

Good News

SHELBYVILLE

JUNE 2021

**Mule &
Bluegrass
Festival**
Pg. 9

HEROES ON THE FRONT LINES

THE FACES AND STORIES OF OUR
COMMUNITY'S FRONTLINE WORKERS



FARM-TO-CONE ICE CREAM
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RELAXING MOUNTAIN STAYCATIONS



SAVE THE DATES!

July 19th - 24th, 2021
at the Bedford County
Agricultural Center

OFFICIAL FAIR SCHEDULE

SATURDAY, JULY 10TH

Bedford County Fairest Of The Fair

2:00 PM	Precious Miss Bedford County Fair	Girls 0-11 months
2:30 PM	Baby Miss Bedford County Fair	Girls 12-23 months
3:00 PM	Toddler Miss Bedford County Fair	Girls 2-3 years
3:30 PM	Tiny Miss Bedford County Fair	Girls 4-5 years
4:00 PM	Petite Miss Bedford County Fair	Girls 6-7 years
4:30 PM	Little Miss Bedford County Fair	Girls 8-10 years
5:00 PM	Junior Miss Bedford County Fair	Girls 11-12 years
5:30 PM	Mrs. Bedford Supreme	Single women, 21+
6:00 PM	Mrs. Bedford County Fair	Married women, any age
6:30 PM	Young Miss Bedford County Fair	Girls 13-15 years
7:00 PM	Miss Bedford County Fair	Girls 16-20 years

*All pageants held at Shelbyville Central High School Auditorium

SUNDAY, JULY 18TH

1:00 PM - 5:00 PM	Receiving Home Ec/Ag Exhibits
1:00 PM - 5:00 PM	Receiving Green Thumb Challenge Entries
1:00 PM - 4:00 PM	Receiving Hat Contest Entries

MONDAY, JULY 19TH

9:00 AM - 12:00 PM	Home Ec/Ag Exhibit Judging
5:00 PM	Open Dairy Heifer Show
6:00 PM	Opening Ceremony
6:00 PM	Green Thumb Challenge Awards
6:00 PM - 9:00 PM.	Home Ec/Ag Exhibits Open to the Public
6:00 PM	4-H Chick Chain
7:30 PM	Youth Competition Night
7:30 PM	Chase Clanton & Vintage Vibes -Entertainment <i>Sponsored by Randy Sadler Shelbyville Record Shop</i>

TUESDAY, JULY 20TH

4:00 PM - 9:00 PM	Home Ec/Ag Exhibits Open to the Public
4:00 PM - 9:00 PM	Cruise In
6:00 PM	Open Beef Show
6:00 PM	Boots, Beaus, and Bling Pageant
7:30 PM	Decorate A Hat Contest

WEDNESDAY, JULY 21ST

10:00 PM	Senior Citizens Day (Cancelled)
10:00 PM	Youth Day @ Ag Extension Center (Cancelled)
10:00 AM - 6:00 PM	Receiving Poultry and Rabbit Entries
10:00 AM - 6:00 PM	Receiving Open & Junior Egg Entries
10:00 AM - 6:00 PM	Receiving Ugly Chicken Entries
4:00 PM - 9:00 PM	Home Ec/Ag Exhibits Open to the Public
7:00 PM	Poultry Trivia Registration
7:00 PM.	Fun Dog Show Registration
7:00 PM	Cornhole Tournament
7:00 PM	Faith/Patriotic Night
	<i>Chris Bobo, Southside Church of Christ</i>
7:30 PM.	Poultry Trivia
7:30 PM	Fun Dog Show
8:00 PM	Micah Doak Wilson, Gospel Entertainment

THURSDAY, JULY 22ND

10:00 AM - 2:00 PM	Special Needs Day
4:00 PM - 9:00 PM	Home Ec/Ag Exhibits Open to the Public
6:00 PM	Smoker Truck & Tractor Pull Registration
6:00 PM	Open Beef Show
7:00 PM	Smoker Truck & Tractor Pull
	<i>There will be a 50/50 Drawing (Board Members & their immediate family not eligible to win)</i>
7:00 PM	Mid-State Cloggers – Entertainment
7:00 PM	Bicycle Competition
8:00 PM	Macy Tabor – Entertainment

FRIDAY, JULY 23RD

4:00 PM - 9:00 PM	Home Ec/Ag Exhibits Open to the Public
6:00 PM	Mini Pull Registration
6:00 PM	Open Sheep Show
6:30 PM	Stephanie Nash - Entertainment
7:00 PM	Mini Pull
7:00 PM	All Pleasure Horse Show
8:00 PM	Sam Varga – Entertainment

SATURDAY, JULY 24TH

9:30 AM	Miniature Donkey Show
12:30 PM	Kiddie Parade Registration
1:00 PM - 9:00 PM	Home Ec/Ag Exhibits Open to the Public
1:00 PM	Kiddie Parade
1:00 PM	Antique Tractor Pull
3:00 PM	Central Region 4-H Meat Goat Show
6:30 PM	Poultry & Rabbit Show Awards (poultry barn)
6:30 PM	Brett Bone – Entertainment
7:00 PM	Mule Show
8:00 PM	Phil Baldez & Band, Featuring Jeff Whitlow – Entertainment (George Jones Tribute & Rocking Chair Give-A-Away)

SUNDAY, JULY 25TH

1:00 PM - 3:00 PM	Home Ec/Ag Exhibits Pickup
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LIVE MUSIC ALL DAY SATURDAY!

CARNIVAL OPENS

6:00 PM	Tuesday – Friday
3:00 PM	Saturday

NIGHTLY EVENTS

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BedfordCountytnFair.org

A woman with long, wavy brown hair, wearing a bright yellow, long-sleeved, wrap-style dress, is sitting on a white kitchen island. She is smiling warmly at the camera. Her hands are clasped in her lap. The background shows a modern kitchen with white cabinets, a tiled backsplash, and a countertop with a vase of white roses.

Sadie says...
“Sell It!”

A trusted face in local business is back – and ready to meet all your needs with diligence and heart.

As a former editor in local news and author of 10-year-running column *Sadie Says*, Bedford County citizens will remember Sadie Fowler for being passionate and trustworthy as she shared stories from the heart. Driven by her love for people, Sadie has shifted gears and made the transition into real estate under the banner of 1st Choice Realtors.

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Vanderbilt Bedford Hospital

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VanderbiltBedfordHospital.com

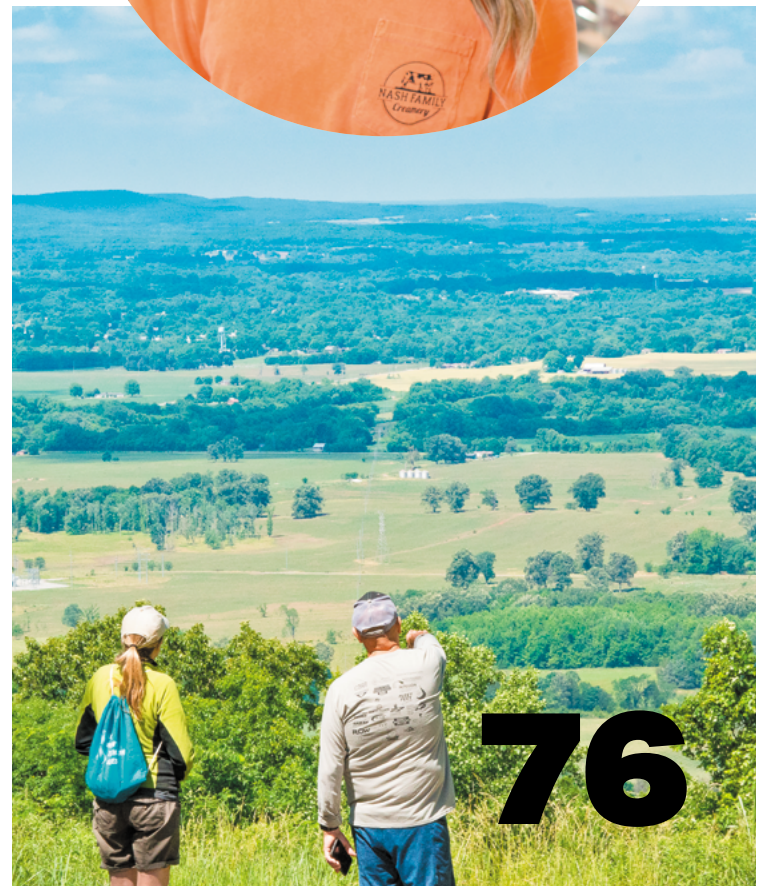
MAKING HEALTH CARE PERSONAL



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LETTER FROM THE EDITOR

Welcome to Good News Shelbyville

IT'S TIME FOR A NEW PERSPECTIVE



WHAT IF we had a better way to spread good news? To tell the stories of community, love, and growth. The constant stream of bad news was having a negative impact on everyone, including myself. I didn't think it could get any worse.

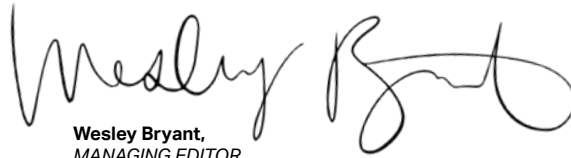
Then, 2020 happened.

It forever changed our world—but you already know that. You know the stories of heartbreak, arguments, battle, and anger... but have you heard these stories? Stories of love, faith, joy, and perseverance. Have you heard the good news the people around you have to offer? Good news is all around us, and Exchange Media Group wants to share it with you.

They eat in the same restaurants you do. They drive on the same roads you do. Shelbyville is full of good news just waiting to be shared.

It's with great honor that Exchange Media Group and I present to you: Good News Shelbyville.

These are the stories of the heroes in our town.



Wesley Bryant,
MANAGING EDITOR

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GOOD NEWS



PHOTOGRAPH BY REBECCA SHARP, SHARP IMAGES.

American Mule & Bluegrass Festival

loads the wagon with charities.

BY ELENA CAWLEY, EXPERIENCETN.COM

Fiddle and banjo players will team up with artisans and food vendors to create an atmosphere of fun and harmony at the inaugural American Mule and Bluegrass Festival. Put on your dancing shoes and prepare to sing along with Rhonda Vincent and The Rage, the most decorated bluegrass band. Uncle Shuffelo and His Haint Hollow Hootenanny, Tennessee Mafia Jug Band, The Grasskickers, The Borrowed Mules, and Brush Arbor Revival will join Rhonda Vincent and The Rage to bring melodies and joy.

One of the main goals of the event will be educating visitors about the history and value of mules, according to Marty Ray Gordon, organizer of the festival. →

The American Mule and Bluegrass Festival will welcome visitors to the Calsonic Arena in Shelbyville, Sept. 13-18. The festival will feature various events, including bluegrass concerts; crafts fair; mule show, mule clinics, mule logging competition and mule demonstrations; square dancing and cloggers; a wagon train; chuckwagon cooking; Pickers Alley with a stage, where pickers and bands will showcase their musical talents.

Gordon decided to launch the initiative a few months ago. A team of supporters joined Gordon to create an event aiming to unite the community and help charities.

“I had been sitting around, looking at the news, frustrated with all the stuff that’s been going on, and that wasn’t helping anyone,” Gordon said. “I decided to do something to help somebody.”

Gordon decided to create a fun festival and provide funds for worthy causes. He wanted to entertain visitors and educate them about mules.

“We have mules, we raise mules, and we train mules,” Gordon said. “My wife and I show mules.”

His appreciation for mules began in his childhood when he spent time with his grandfather, Ray Tenpenny, who was a legendary walking horse trainer, said Gordon.

“I was raised with mules,” Gordon said. “My grandfather was born in 1908, and he always had good mules. I used to work with him in the field. When I was a young man, he told me most people underestimate the value of a good mule.” One day, when they worked on the field, Gordon’s grandfather said, “You will find out about the value of a mule today.”

“When you work and you have a good mule, it makes things easier,” Gordon said. “My grandfather raised six kids during the depression with a good mule. He always thought people didn’t recognize how much mules helped.”

His grandfather, who is listed in the Walking Horse Hall of Fame, was one of the pioneers creating the walking horse industry, said Gordon.

Gordon inherited determination and dedication from his grandfather and uses these qualities to aid organizations in need. The American Mule and Bluegrass Festival



“Most people underestimate the value of a good mule.”

PHOTOGRAPH COURTESY EXPERIENCETN.COM

will provide entertainment with the goal to raise funds.

“We decided to include bluegrass to get people to come and listen to music,” Gordon said. “At the same time, we will educate people about mules. The mule has pulled people out of the Great Depression. The mule pulled us out of war – mules participated in every war we had. There’s no reason mules can’t help to provide funds for charities and help them get back on their feet. That’s what I’m trying to do – leverage the mule and give some entertainment through bluegrass and crafts. The mule, the

bluegrass, and the crafts are all American-made. What the mules are going to be pulling for now is charity. In the past they ploughed the dirt, put the seed in, pulled the loads. Now, we are loading the wagon with charities.” The five charities the event will support are Shelbyville Soup Kitchen, the Boys and Girls Club of Bedford County, the Habitat for Humanity, the Center for Family Development of Shelbyville, and Horse Play of Coffee County.

“We will showcase the mule, the bluegrass and the crafts to support these organizations,” Gordon said.

One of the event's highlights will be educating the youngest visitors. "We want to educate the youth and people who want to learn about mules and the equipment," Gordon said. "We will have a learning center, where kids can become a junior mule skinner. They will learn how to hook mules up, about the parts of the harness and the implements that they pull."

Children will have a chance to earn a mule skinner certificate.

"We will also have a petting zoo," Gordon said.

Pickers Alley will provide opportunities for those who'd like to show their musical talents.

"Pickers Alley is going to be an area where we invite pickers to play on the barn porches," Gordon said. "There will be dedicated porches where the pickers can play. And we will provide opportunities for them to pick on a stage outside. We will have a stage outside and a stage inside the Calsonic Arena. We will have an award for the best picker."

Visitors will have a chance to sign up for a drawing to win Angel, a 2-year-old mule.

"Angel will be given away the last night of the event, Saturday night," Gordon said. "If you win her and don't want to take her home, you can auction her off. And all the money will go to charity."

Vendors will ensure visitors enjoy tasty meals and American craftsmanship.

"We expect to have food trucks so people can expect to eat good food," Gordon said. "We have about 30 spots for vendors to display their handmade crafts."



PHOTOGRAPH BY BARR STUDIOS

The event will offer camping, as well.

"We have 350 campsites available to rent, with electric and water, and nearly 2,000 stalls to rent," Gordon said.

Visit www.americanmuleandbluegrassfestival.com to purchase tickets and learn more about the festival. -GN

AMERICAN MULE AND BLUEGRASS FESTIVAL

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CITY NEWS

Picture Perfect Shelbyville

*LOOKING AHEAD TO THE FUTURE OF
SHELBYVILLE IS A COLLABORATIVE EFFORT*

By Donna Copeland // Photography by James Jordan

PICTURE THIS... imagine what your “ideal Shelbyville” looks like. Look out five or ten years into the future. Imagine what would make Shelbyville even better, even nicer, even more appealing to you than it is today.

What does that look like to you? Are there more parks? More diverse shopping? Different businesses in the business park? What about restaurants? Events? Recreational opportunities? How about art? What kind of services would you like to see offered in Shelbyville? What would neighborhoods be like? How about the town square? Or along the river?

What kinds of educational opportunities would you like to have available? Anything for older adults? Would you like an emphasis on health? Are there medical services you would like in town? What kind of religious services interest you? Do you want more green spaces or more buildings?

There’s a lot to think about when you’re imagining your picture perfect Shelbyville, isn’t there? Now here’s the fantastic news: the City of Shelbyville wants to know what you would like to see



in our community's future. The details for how you will share this information will be rolled out over the next several months and we will be sure to share it here. Regardless of how the city collects that information, *your* input is critical. Looking ahead to the Shelbyville of the future is a collaborative effort. Let's all consider what we would like to see and experience in ten or twenty years so we can get to work making that happen. As Stephen Covey said, "The best way to predict your future is to create it." So let's all get our thinking caps on and start imagining our future community. Together we can make it better than any one of us could imagine by ourselves. Another great quote about determining your future is by Albert Einstein. He said, "If you want to know the future, look at the past." As the City of Shelbyville prepares to embark on future visioning, there will also be a time of reflection of what the town has been in the past. This doesn't mean to recreate history, but to learn from what has worked well and what hasn't worked so well. Where has Shelbyville been successful? How has Shelbyville

“
*The best way to
predict your future
is to create it.*
”

contributed to producing great citizens? Where has Shelbyville fallen short? What has Shelbyville struggled with and overcome? How has the town created change in the past? What has made Shelbyville famous?

Are there historical mementos or memoirs from your family that highlight a personal perspective on local history lessons? Are there unsung heroes who inspired and made a difference, but won't be found in any history book?

Are there history lessons we'd like to avoid in the future? George Santayana said, "Those who do not learn from history are doomed to repeat it." Let's make sure we learn from the past to create a brighter future.

Are there examples of unlikely allies pulling together to create success? What happened in the educational system of the past? What worked and what didn't? How did people learn new skills? What kinds of public services were available at different periods of time? Do you know when the first fire department was formed in Shelbyville? How about the first library? How did those become reality?

Shelbyville has a long history, so let's work together to unearth some of those lessons and piece together a more rich and complex understanding of where we have come from so we can better see where we are heading.

One piece of history that is soon to be reimaged is the play structure at H.V. Griffin Park. The City of Shelbyville has received a Blue Cross Blue Shield grant to completely update and renovate the playground. There will be more accessibility for children of all ages with a greater variety of activities to engage in, within a safer environment, and promote improved physical fitness.

The demolition will begin in July and the project should be completed by the end of the year.

The city needs your input to rise to the level of greatness it is capable of achieving. The leadership and government of Shelbyville want to make sure that all of Shelbyville is represented in looking back to the past and forward to the future.

City Manager Joshua Ray summed up how he views his role each day by asking himself the question, "How can we most effectively complete a task or project that improves the quality of life for the citizens of our Shelbyville?" Let's make sure you keep your seat at the table to express the desired tasks and projects that you're excited about that will make a difference in your picture perfect Shelbyville. Stay tuned to this magazine as well as <https://ShelbyvilleTN.org> for updates on how to submit history lessons and your future vision. **GN**



COUNTY NEWS

Great Things are Happening in Bedford County

A NEW ERA OF IMPROVEMENTS IS UNDERWAY

By Donna Copeland // Photography courtesy of Odinn Media

HAVE YOU felt the rumble of activity in Bedford County? If you're feeling a movement under the earth below your feet, it's not an earthquake – it's the massive improvement that is coming to the area! Better access to education, government transparency, and access to the information you need about Bedford County is now (or will soon be) at your fingertips.

TCAT

Have you heard about the new \$42 million TCAT (Tennessee College of Applied Technology) Shelbyville campus expansion? A skilled workforce is needed in industries around Middle Tennessee. The diverse training that is available at TCAT Shelbyville includes everything from Administrative Office Technology, Industrial Electricity, Practical Nursing, Truck Driving, Welding Technology, and more.

“The new TCAT will be a game-changer for our region,” said State Representative Pat Marsh who worked with State Senator Shane Reeves to include the project in the state budget. The 117,000 square foot educational center will be located at 231 North Business Park and will facilitate partnerships and customized training programs that will benefit existing industries and make Bedford County more attractive for businesses looking to move to Middle Tennessee.

Many people worked together to get this project off the ground, including State Senator Shane Reeves, State Representative Pat Marsh, Governor Lee, and County Mayor Chad Graham. As County Mayor Graham said, “The state’s decision to fund the new Tennessee College of Applied Technology/Bedford County Higher Education Center is far-sighted. This facility is an innovative way to meet Tennessee’s most critical economic challenge, workforce training. It will benefit not only Bedford County, but all Middle Tennessee.” This new campus is important for several reasons. First and foremost, there is a waitlist of over 500 people waiting for classes at the Shelbyville TCAT campus. This new campus will enable those students to get the training they need to fast-track their careers. There are also plans for high school students to participate in “dual enrollment” where they can earn credit for their high school graduation while attending classes at TCAT. They will be able to graduate high school and already have college credits or perhaps even a certificate from one of the diverse programs available at TCAT Shelbyville. This type of facility aids the economic development of the individuals who receive training there and the entire region. This sounds like a win-win for everyone.

Courthouse Renovation

You might know the justice department moved out of the courthouse in 2019 and there is a renovation underway to better utilize the space. The pandemic really highlighted the need to have the ability to livestream meetings and meet changing technological needs for the future. The renovation will include having a large meeting room available with monitors for viewing more easily from the back of the room as well as wiring for audio and video productions. As meetings are livestreamed and people can watch them from their homes, this can increase community engagement in local government. Helping the people of Bedford County have access to their local government officials and be aware of what is happening in their region is important to stay informed and updated. As Aung San Suu Kyi said,



“Democracy is when people keep a government in check.” Additionally, while keeping the courthouse’s 1930’s architectural style, there was an overdue need to update bathrooms and have listening devices available for public meetings to better meet ADA (Americans with Disabilities Act) requirements. The renovation should be complete in November 2021.

Updated Website

Why should you care about an updated county website? Knowledgeable citizens can be more active in their local community. The new website has ways to look at county meeting agendas and meeting minutes as well as listen to audio recordings from past county commissioner meetings.

You can also send an email or file a complaint right on the county website by clicking on the “Contact Us” link. All of the county departments are listed including their responsibilities, office locations, staff names, and phone numbers. There are bid opportunities as well as job opportunities. Looking for something to do? Check out the calendar of events and meetings.

Can’t find what you’re looking for? Use the search bar at the top of each page and enter what you are looking for. Scroll down to see what your options are. If you still can’t find what you are looking for, call the office. There are still considerate humans at the Bedford County department offices to help you.

With so many purposes for the Bedford County website, it is designed to make accessing information easier than ever and promoting transparency in local government. Doesn’t that sound like a great idea?

Be sure to check out the easy-to-navigate website at:
BedfordCountyTN.gov

Stay tuned for even more good news coming from the County Mayor’s office! It’s a great time to be in Bedford County, Tennessee. **-GN**

2021 David T. Craig Memorial Scholarship Recipient



Congratulations to Anna Parsons on receiving the 2021 David T. Craig Memorial Scholarship. Ms. Parsons, daughter of Tim Parsons and Susan Huff, is a graduate of Shelbyville Central High and will be attending the University of Tennessee and majoring in Agricultural Economics and Business.

This scholarship was set up by the Craig family as a memorial to honor David T. Craig, former owner of Craig & Wheeler Realty & Auction, LLC. Mr. Craig was a 1970 graduate of the University of Tennessee and loved all aspects of the University. He also enjoyed the world of agriculture and how it influences every day living. Most of all, he loved and enjoyed the community in which he was actively involved for over 40+ years. For donations to the scholarship, please contact Brent Canady at First Bank-Shelbyville. **-GN**

SCHOOL NEWS

Introducing Dr. Tammy Garrett

*INVESTING IN OUR COUNTY
& OUR STUDENTS*

By Donna Copeland

“**W**ORK HARD and be kind.” Those are words that Dr. Tammy Garrett, Bedford County’s new school superintendent lives by and instills in the students with whom she connects. Dr. Garrett sees herself and the rest of her office in support of the students and teachers in Bedford County’s schools. She likes to picture an upside-down triangle with the students at the top, the teachers in the middle, and the administration at the bottom. She uses the information and data available to better understand what students need to be successful and then tasks herself and her team with providing that information and support to them.

For example, students who have access to good nutrition perform better in school. Students who have support for their mental health and safety needs are more likely to be successful in their academic studies. It takes a diverse team, including other government agencies and local businesses to provide the students of Bedford County with the variety of support needed to set them up for success.

Dr. Garrett looks forward to increasing students’ post-graduation plans. As a first-generation college graduate herself, she has a special place in her heart for helping all Bedford County graduating seniors find, develop, and successfully complete advanced training for their future careers, whether at a career and technical education facility, community college, or four-year university.

This enthusiasm for post-graduation plans isn’t just about individual students experiencing financial success and career stability. It is also an important part of attracting businesses and industry to Bedford County. Large organizations that are looking to open new facilities often require people within the local population to be able to fulfill their employment needs. Additionally, having a strong local school system is attractive to people considering a move to Bedford County. That means strengthening test scores and curriculum.

“We were beyond excited to hear the news about the state’s \$42 million funding to build a new campus for Tennessee College of Applied Technology in Shelbyville,” says Garrett. “This investment in our county and our students is a game-changer for our citizens.” Along with inspiring the students of Bedford County to plan for their futures, Dr. Garrett is very excited about dual enrollment possibilities for students to be able to simultaneously complete high school graduation requirements while earning college or career and technical degree credits. This is an extremely time-effective and cost-effective way for students to get a jump-start on their future careers. Dr. Garrett loves to read! A recent book she read about literacy is by Robert Probst and Kyleene Beers-*Forged by Reading*. It inspired her to think about the way reading helps to challenge our own thoughts



and ideas. How reading is used in the educational system she believes makes a difference in the lives of every student. As a young person, she loved the book “Where the Wild Things Are” by Maurice Sendak, reading it over and over again. She also enjoyed the “Little House on the Prairie” series by Laura Ingalls Wilder. She has fond memories of going to the library and checking out a book she hadn’t yet read and discovering a different time, place, or way of thinking in the pages between the covers. She has seen the effect of education changing lives because it has changed her own life.

Her parents each completed the eighth grade and valued the educational opportunities available to their daughter. They encouraged Dr. Garrett to go much farther with her education. She said, “I was a first generation college student. Teachers and coaches changed my life. That is my purpose here. To give back and change the lives of kids; show them what is possible. I want kids on college campuses who don’t see that in their future because they haven’t seen people do that in their families. I want to change lives, just like mine was changed.”

She found success on the basketball court and softball field. Her high school coaches, Doyle Parham and Tom Miller helped to

instill the discipline and mindset necessary to be a winner. In fact, she didn't walk during her Spring Hill, Tennessee high school graduation ceremony, even though she was the school's salutatorian (the second highest student in her graduating class) because her softball team was at a state tournament. She taped her speech in advance, advising her teachers that if her team was winning, she would be playing ball on graduation day.

Dr. Garrett continues to be a fan of sports today. She recognizes the value found in the lessons learned on the field of teamwork, discipline, healthy living, competition, and sportsmanship. The roots of her mantra to "work hard and be kind" are in her athletic experiences.

Dr. Garrett had a very special educational mentor named Dr. Linda Gilbert, former Director of Schools in Murfreesboro, who lived the value of meeting the needs of the whole child so they would be able to learn to their maximum potential. Dr. Garrett remembered fondly, "She showed me how to partner with people in your community to get the kids what they needed. Just the heart she had for kids in education modeled what I do today." Sadly Dr. Gilbert passed away in 2020, but her legacy clearly lives on in Dr. Garrett's commitment to Bedford County's children and indeed all of its citizens.

“
*I want to change lives
 just like mine was changed.*
 ”

In her downtime, Dr. Garrett likes to recharge by spending time at the lake going boating and fishing with her husband Joe. She particularly loves watching bald eagles soaring at Kentucky Lake and finds them mesmerizing to watch. She has two children: a daughter who is a teacher and a son who recently graduated with a degree in biochemistry from the University of Tennessee. And it should come as no surprise that her favorite leisure activity is reading.

According to Benjamin Franklin, "An investment in knowledge always pays the best interest." Keep watching the students of Bedford County, and eagles won't be the only soaring that Dr. Garrett gets to witness. -GN






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TOP SENIORS

Community High School
Webb School
Shelbyville Central High School
Cascade High School

Community High School



ERICA MORRIS

101.26
Moving to Florida with Family

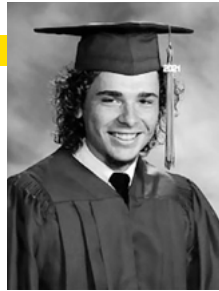


LEXI MOLNAR

101.22
University of Tennessee Knoxville -studying Nursing

JACOB COOPER

100.56
Middle Tennessee State University - studying Accounting



JADYN GREER

100.29
University of Alabama Huntsville - studying Actuarial Science or Orthopedics



MONTANA BURRAHM

100.07
Middle Tennessee State University - studying Science & Math

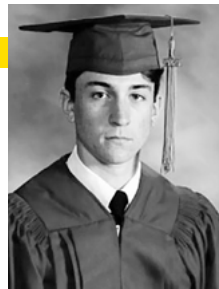


JESA MOORE

99.98
University of Tennessee Chattanooga - studying History

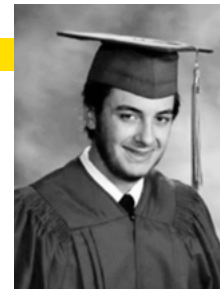
EVAN PETRIE

99.93
Roane State Community College - playing baseball



BARRETT PETERSON

98.77
University of Alabama Huntsville - studying Astronautical Engineering



KORIENNE BEASLEY

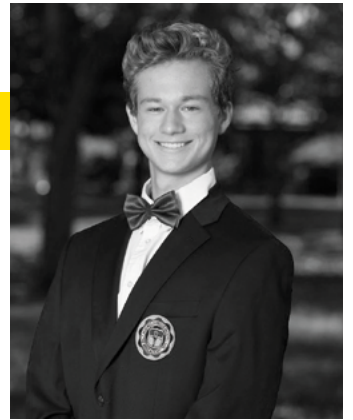
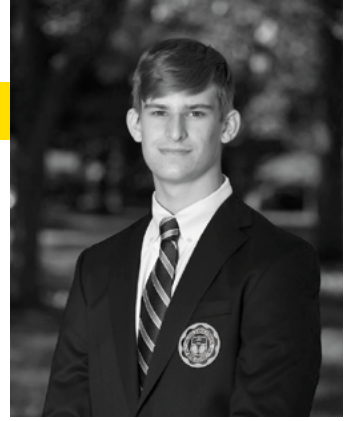
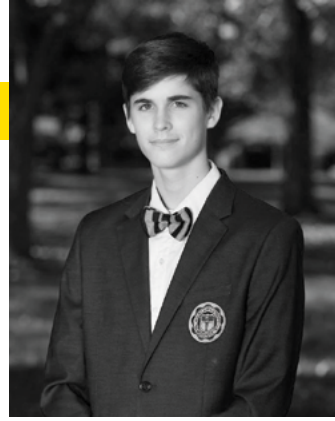
98.69
Middle Tennessee State University - studying Animal Science



JEWELL HEWITT

98.49
Middle Tennessee State University - studying Language

TOP 10 SENIORS 2021



Webb School

Bedford County residents graduating from Webb School.

Top to bottom, left to right:

JAMESON BROWN *The University of Tennessee - Chattanooga*

MOLLIE KATE CREECH *Belmont University*

SAM HASTINGS *The University of Tennessee - Knoxville*

DAWSON HASTY *Motlow College*

JAYDEN JACKSON *The University of Tennessee - Knoxville*

CHARLIE MITCHELL *Tennessee College of Applied Technology - Shelbyville*

BRYANT MORTON *The University of Tennessee - Knoxville*

CLAIRE PARSONS *The University of Tennessee - Knoxville*

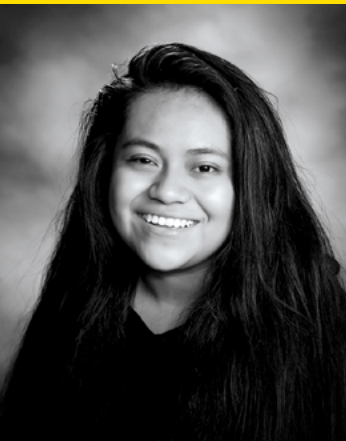
RUTH SMITH *Freed-Hardeman University*

TREY SNELL *Florida Southern College*

WILLIAM TAYLOR *Samford University*

CALEB VOORHES-FONTENOT *Middle Tennessee State University*

TOP 10 SENIORS 2021



Shelbyville
Central
High
School

Top row, left to right:

HANNAH BURKS Motlow College **10**

COLLIN CATES MTSU **4**

ELLA COBB MTSU **9**

KHLOE DAVIS Liberty University **2**

Middle row, left to right:

DENISE OLEA HERNANDEZ UC San Diego **7**

NOAH MOLDER Univ. of Memphis **6**

LARISA RINCON MOLINA MTSU **1**

BROOKE NEAL Going on the Mission Field **8**

Bottom row, left to right:

JAKE THOMPSON Univ. of Al. Huntsville **5**

GELSEY PHILLIPS UT Chattanooga **3**

MAURICIO REYES TN Tech **8**

TOP 10 SENIORS 2021



Cascade High School

Front Row - Left to Right
CONNOR PRIM - Valedictorian
CHEYENNE SIMPSON - Salutatorian
TRISTEN VAUGHN
SAMUEL MADDOX
EMILY HOULE
SETH COUNTLESS
CARLI GUESS

Back Row - Left to Right
CHLOE DELEASE
MADDIE CROSSLIN
REANNA RICHARDS
LEO AVILA
ADAM REEVES
ALYSSA RHODES

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 \$6,699 52"



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GOOD LIVING

Change *for the* Better

BY TRISHA SANDORA // PHOTOS BY JAMES JORDAN

State Representative Pat Marsh talks about his hometown of Shelbyville, the traditions that keep this close-knit community thriving, and all the good things in store.



COMMUNITIES DON'T get better by chance. It takes people with ideas, foresight, and the willingness to put in the hard work required to make positive change. And most of all, it takes people who genuinely care about those who live in the community, including friends, family, neighbors, newcomers, and others they have yet to meet. Pat Marsh is one of those people. Born and raised in nearby Fayetteville, Pat has called Shelbyville home for over four decades. "I'm kin to a lot of people in Lincoln County and very connected to both counties," Pat says. Whether he is attending sessions at the State Capitol in Nashville as a State Representative, tending to 100 head of cattle on his farm, or running Big G Express Trucking Company alongside his brother Jack, Pat is deeply invested in the wellbeing of this community. If it seems like Pat has a lot of irons in the fire, he does, but then again, there's a lot to be done. Since 2009, he has represented over 64,000 people as a State Representative serving Bedford and Lincoln counties. "If and when I decide to run again, I've been told that number will increase to 70,000 people," Pat says. Bedford County has experienced the greatest percentage of growth between the two counties. In the bigger picture, Tennessee has grown from 6.3 to 6.91 million residents during his term. Serving as a State Representative has allowed Pat to learn about the people and organizations actively working to better people's lives. "People are working together to make things better. There are so many good things going on that I wouldn't have known anything about if I hadn't been a State Representative," Pat says. To date, seeing the new Tennessee College of Applied Technology (TCAT) Shelbyville Campus become a reality is one of his career highlights. "We just found out that 42.4 million dollars have been allocated to build a new TCAT college. Senator Reeves and I had a whole lot to do with that — we lobbied and pushed and pulled," Pat says. "It's a game-changer, in my opinion, for Bedford



“Even if you're not from here originally, you feel welcomed and at home. You feel like you're appreciated. It's a safe, friendly place.”

and Southern Middle Tennessee.” The new campus will be built between Shelbyville and Murfreesboro and will serve seven counties. “I just feel really proud to be able to work on that [TCAT] and other things that will continue to help our citizens and counties for a long time in the future,” he says. In 1995, Pat and his brother Jack founded Big G Express, a national trucking company. Today, the company runs more than 600 trucks and provides work for approximately 700 people. Drivers haul full truckloads all over the United States. One of their biggest customers is Jack Daniels Distillery. Trucks haul in eight loads of barrels and about 15 loads of glass bottles to the distillery and haul out several loads of whiskey a day. “We have a lot of people who have been with us for 20 years. It's just like a family operation,” Pat says. Pat is also excited about several new faces in city and county leadership, including Bedford County Mayor Chad Graham,



new industrial recruiter Shane Hooper, City Manager Joshua Ray, and Bedford County School Superintendent Dr. Tammy Garrett. “They are bringing fresh perspectives and are fired up about making things better for Bedford and Shelbyville,” Pat says. However, along with all the exciting new changes on the horizon, Pat also recognizes the traditional strengths of this small rural community. “There are still a lot of farmers. We’re number one or number two in beef cattle production in the state. We also have a big Tyson plant that provides work for 1,400 people. A lot of farmers raise chickens. Some raise corn to feed chickens. It’s a huge agricultural county,” Pat says. The Tennessee Walking Horse Celebration, held the last two weeks of August for

ten nights, is also a tradition that has played a vital role in sustaining the community. “We have a lot of horse owners from the Eastern U.S. who have a horse home or second home in Bedford County. They help our property taxes, our restaurants, hotels, gas stations, and all kinds of different things,” Pat says. He attends the event every year. “What I love to do most is to go see the people. They’re always dressed up and having fun. There are barn parties where they all get together. It’s a big tradition.” Pat served on the Celebration Executive Board for 27 years. The Celebration recently hired a new executive director, and the future looks bigger and brighter than ever.

Even with all the good things happening in the community, there is still nothing better than spending time with family. Pat and his wife Mary frequently take time out of their busy schedules to enjoy their six grandchildren at a lake house on Tims Ford Lake.

What does Pat love most about Shelbyville and Bedford County? “The people. They’re down-home, country, and friendly — good people to be around.” -GN

Barnyard Kids 25th Anniversary & Graduation

Barnyard Kids celebrated their 25th anniversary with graduation at HVGriffin Park on May 20th. The festivities were complete with bounce houses, water slides, and catering from Rowdy Ranch. The children performed songs from throughout their years at BYK.

- | | | |
|-----------------|----------------|---------------------|
| Kaelan Threet | Hannah Person | Adeline Barks |
| Adeline Miller | Lilian Carter | Layton Womble |
| Easton Reese | Max Ward | Landrie Jones |
| Phoenix Stewart | River Todd | Mila Rado |
| Hunter Skelley | Makena Byford | Sophia Sucilla |
| Jayce Sarvak | Mallory Morton | Charlie Kate Nelson |



Sarah Kathryn Rich & Charlie Kate



Adeline Barks



Layton Womble



The Reese Family



Amy & River Todd



Hannah Person

HEROES

ON THE FRONT LINES

THE FACES AND STORIES OF OUR COMMUNITY'S FRONTLINE WORKERS

by Wesley Bryant // Photography by James Jordan

For over a year, we have battled
an invisible killer. Because of
our hometown heroes, we are
nearing a victory. These are
miraculous stories from the
front lines.

HOME FOR A HERO

Why a firefighter will never leave the Bedford County Community.

"I'm not gonna lie," Justin Bird said. "There have been plenty of nights when I'm laying in bed at night while I'm on duty at the station thinking 'I've got the greatest job in the world.'"

Justin is an engineer for the Bedford County fire department, but not all days are spent fighting fires. Many civilians are not aware of the extensive jobs that take place inside the department.

The 24-hour shift starts with a thorough cleaning of the station and constant training while the firefighters wait for the next call. Days and nights are spent together as a crew, bettering their skills for the next call, be it a medical call, a wreck, or a house fire. But then, the COVID-19 pandemic hit America, and it made its way to Bedford County. As a department, they had to prepare for the worst. After seeing videos and news stories from China, the pandemic became real when cities like New York and Los Angeles were battling the virus with numbers so high they didn't seem real. It led to the anticipation, how will Bedford County be affected?

Justin and the rest of the crew had to prepare themselves for the pandemic inside and outside the walls of the department.

"The fire department is probably one of the cleanest buildings around because it's cleaned every single day," Justin said.

When COVID hit, it was fully sanitized, from the bed posts to the door handles, three times a day. And with COVID cases in the county on the rise, the crews could no longer spend time together at every meal. They had to adjust to social distancing guidelines. The days of sitting together around the table and quizzing each other on streets in the county were over. Now, the crew was divided, sitting just a few members per table at dinner.

While the pandemic brought worry and uncertainty to the world, the Bedford County community was the light at the

end of the tunnel. The community came together, even when everyone was six feet apart. The community continually donated to the department that was on the front lines fighting the pandemic; every corner of the county donated masks, hand sanitizer, and other personal protective equipment.

The majority of the calls for the fire department were medical calls, and there was a time that the Bedford County EMS only ran calls where there were COVID symptoms in the house. Not every call was a tame one. On the front lines, firefighters see things that no one would want to see.

"Sometimes bad calls happen," Justin said. "And they could be a career-ender." At times, some bad calls involved children, but Justin was there to give them comfort. He would keep a rubber band around his fire-resistant helmet. He would arrive at a call with a child and see them worried, scared, and upset. Inside the rubber band on his helmet was a small action figure.

"This guy protects me," he would tell them. "And I'm going to make sure everyone is okay." Then Justin would ask them to watch after the action figure. The newfound purpose would give them comfort while Justin and the crew did their jobs.

On top of keeping the county safe, Justin is the coordinator for Toys for Tots. In addition to the COVID protection gear, the community donated toys and funds to give more than 600 families toys for the holiday season during one of the worst economic periods in recent memory.

Through economic uncertainty and a pandemic, the community worked together to save as many lives as possible. That's why Justin calls Shelbyville home, for now and forever.

"I will never leave," he said. **-GN**





J. BIRD



JUSTIN BIRD
Firefighter

HEROES
ON THE FRONT LINES



JARYLIN BISHOP
ICU Nurse

THE SILENT VICTORIES

Jarylin Bishop, an ICU nurse, shares miraculous recoveries that are so often forgotten.

'Am I completely gowned up? Do I have everything on correctly?' Jarylin Bishop thought as she stood in front of the doorway to the patient's room. On the other side of the door was her first COVID-positive patient. She started her job just a few weeks before and was still on orientation for the night shift. But she didn't have a choice. In the ICU for the Vanderbilt Bedford Hospital, she had to trust herself and everything she had trained for and step through the doorway.

The month before her first COVID patient, she moved to Bedford County with her family. But that wasn't the only thing she did that week. Jarylin passed the state boards, sold her house, started moving into her family's new home, and began her new ICU nursing job at the hospital. While most people would say that's enough stress for one person, the pandemic hit America within the next 30 days. By mid-March, patients with COVID were coming into her hospital.

At the beginning of the pandemic, hospitals around the globe didn't know how to tackle this new virus with mysterious effects on people. The ICU team at the Vanderbilt Bedford Hospital was doing their best to get the highest recovery rate possible. While every town, every hospital, and every family has an upsetting COVID story, we rarely hear about the recoveries and victories that happened in hospital rooms across the world.

"That's one of the reasons I love bedside nursing so

much, being able to watch patients progress," Jarylin began. "I mean, I've had patients where I think 'Oh my goodness. This does not look good.' Then I watch them make a full recovery."

While Jarylin can recall stories from every room in the ICU where a patient either passed away or recovered, it's the reunion with family that keeps her going.

"It's not always good. One of the hardest things for nurses is the number of patients we lose," she said. "The recoveries and the victories are what keeps us going. Seeing really sick patients get better, seeing families get their loved ones back... Those are the things that make all the difference in nursing."

Jarylin recalls one patient who was not likely to survive. The patient's will to live gave them motivation to push as hard as they could in physical therapy and breathing exercises. Their oxygen repeatedly dropped to 60, and the team had to contemplate putting the patient on a ventilator. In the end, with the help of Jarylin and the team, the patient made a full recovery.

After working long shifts, Jarylin comes home after 7 am to be with her family. Then, she gets her young children ready for preschool and helps them start their day. Jarylin encourages you to spend time with your family.

"We're not done with [the pandemic] yet; we're still seeing it," she said. "Be cautious... but see your family and love them. We took it for granted for so long."-GN

FAMILY, LOVE, AND THE GOLDEN RULE

How Cathy Purcell shows gratitude for the community through her hard work.

Cathy Purcell is a certified nursing assistant, or CNA, in Shelbyville. She lives in Unionville, just a quick 17-minute drive up the road from the hospital. She lives on the same road as her mother, step-dad, aunt, uncle, and daughter—a place she has called home her entire life. Her family and her passion for helping others have kept her in Unionville, and the Vanderbilt Bedford Hospital is a better place with Cathy nearby. As a CNA, she is responsible for helping patients, getting vital signs, giving baths, feeding them, and other care. She works to make sure the patients feel comfortable; her gentleness is felt in every room she enters. In September of 2021, Cathy will celebrate twenty years as a CNA. After two decades of care, she starts and ends every day with the golden rule.

“I love helping people. That’s my thing,” Cathy said. “I treat others the way I want to be treated.”

Lisa Adams, a registered nurse, noticed Cathy’s care for patients.

“Cathy has always been a kind-hearted, gentle spirit who diligently works with compassion and tireless dedication to her patients,” Lisa said about Cathy. That rings true at both the hospital and at home. When she leaves work and heads to her family’s street after a long day of working with COVID patients, she still is thinking of others. She would make sure to change her clothes, wash her hands, and take extra precautions to keep her loved ones safe.

While the pandemic is worrisome, Cathy did her job every day without fear. She wouldn’t let the overwhelming stress get to her. In fact, she worried more about the safety of her family. “I was more worried about taking it home to my family,” she said. “Family means a lot to me.” It was not so easy for everyone to stay focused, hardworking, and loving during 2020 as the globe fought the pandemic. But Cathy was different. She tried to stay positive and follow her golden rule. When asked what was her motivation to keep going, she listed the two things that are the most important in her life. “Prayer and Christian music when I go into work and come out of work,” she answered. “I treat everybody the way I wanna be treated. The Lord is very much so my driving factor.”

Cathy believes there has been both good and bad to come from the pandemic. While it kept people apart, we learned more about how to protect ourselves and each other.

“[2020] was the most different, but it was not really the most difficult,” she said. “In some ways, yes. Being isolated from other people made things more difficult.”

Even on difficult days, a little bit of gratitude goes a long way. “Just someone telling me thank you, that makes me appreciate it,” she said.

Cathy’s impact at the hospital can expand beyond those walls. She and others in the hospital point out how kind and welcoming Shelbyville is, even during a pandemic. The town, the hospital, and Cathy Purcell spend every day thinking of others first—spreading joy and love through the golden rule. -GN



CATHY PURCELL
CNA

MAKING OUR HOMETOWN A LITTLE BRIGHTER

How Ricky Donovan brightens every day to make Shelbyville feel like home.

If you get the pleasure of walking by Richard “Ricky” Donovan in the hallway of the hospital, he will speak to you. A simple hello, at the least, can brighten anyone’s day. Ricky is an environmental service worker for the Vanderbilt Bedford Hospital. He makes sure every hallway, bathroom, waiting room, common area, and hospital room is in the cleanest and safest shape it can be for the patients, staff, and visitors.

Ricky has always called Shelbyville home and is proud of it. Born and raised here, he’s spent sixty five years in the town. Many here are proud of Shelbyville for the hometown feel; Ricky is a part of the reason it feels like home for so many. He makes a point, inside the hospital and out, to speak to everyone he can. He believes the small gesture of kindness can brighten every day, even the bad ones. And he is right.

“We try to make eye contact and to speak to everyone. If I saw you walking down the hall I’d smile and ask how you’re doing,” Ricky said. “I try to make everyone feel comfortable. The hospital is sometimes not the best place for someone to feel comfortable... Everyone has doubts sometimes, and I guess if we talked to people we could give them more light.”

During the pandemic, Ricky felt that working in the hospital meant he was helping out however he could. And while hospitals were

the frontline of the battle against the virus, he still felt safe at work. Although Ricky was working hard with the rest of the team to keep the hospital clean, he gave all the credit to the hospital staff and administration for giving them what they needed. Masks, supplies, and even gowns were provided to keep everyone safe. “I figured I was safer at the hospital than I’d be anywhere else,” he said. The extensive and regular cleaning prevented unnecessary spread of the virus.

As he looked back on the pandemic, kindness and compassion stood out the most. “You saw the best out of people,” he said. Ricky said the administration for the hospital was on the floor asking what he needed.

The hometown feel of Shelbyville isn’t here by accident. It’s people like Ricky who make every day a little brighter. Through a pandemic or not, Ricky encourages everyone to look to the Lord and let Him guide every step you take. “You have to put your faith in the Lord and take it one step at a time,” he said. “He will lead us through it.”

Today, tomorrow, and the next day in Shelbyville will be a special day because of people like Ricky Donovan.

“We shouldn’t be so judgemental when you see people—we shouldn’t be judgmental anyways, but we as humans are,” he said. “But you need to give everybody a chance.” -GN



RICKY DONOVAN
Environmental Service Worker



DR. AUSTIN MACKENS
Medical Director of Emergency Medicine

Austin Mackens MD
Emergency Medicine
Community Physician
VANDERBILT UNIVERSITY
MEDICAL CENTER
AFFILIATE



THE LEADER WE NEEDED

*How Dr. Austin Mackens led
the hospital staff to win a war.*

“I heard a bad quote in mid-April of last year from a healthcare provider. It was not someone I knew directly,” Dr. Austin Mackens said. The bad quote he heard was “I did not sign up for this.”

“My first thought was “No, this is what you signed up for. We signed up to help people no matter the scenario.”

Dr. Mackens is the Medical Director of Emergency Medicine at the Vanderbilt Bedford Hospital. Along with patient care in the emergency room, he is also responsible for arranging schedules, solidifying processes, and more.

In the beginning of the crisis, we didn't have the answers and neither did doctors. It was a new virus. We didn't know how it spread, why it affected people differently, or what medications and treatments worked to reduce the dramatic symptoms. On top of that, the supply of personal protective equipment (PPE) was dwindling. Everything from masks to even toilet paper was flying off the shelves. People at home were not the only ones needing PPE. Workers at the hospital on the front line often had to resort to reusing PPE, like N95 masks, because the nation (and the world) was in a shortage.

“Being in a leadership role, you get used to having to come up with the answers. But in this situation, you just didn't have them. Sometimes as a leader you have to humble yourself and say ‘I don't know.’ And then

you have to rely on others around you to help you find the answers,” he said.

Even though the PPE was running low, Dr. Mackens was determined that no one in his emergency room would get unnecessarily sick with COVID-19. “I told my staff that, number one, no one here is getting COVID,” he said. “Our cases, that were contracted from patients, were incredibly low.”

As cases climbed in the United States, anything about the virus fired up political discourse. Every side of the argument seemed to fall into drastic conflict. On the front lines, Dr. Mackens felt differently; he believed the pandemic helped him grow as a person. “Honestly, if you look at what has been accomplished across multiple countries, we have never seen a response like this since WWII—where so many countries came together,” he began. “Everything came from scratch. Brand new vaccines, massive PPE production. I see it as we all forgot we had these conflicts for just a little while and we made sure to all fight for a common goal.”

The emergency room staff would look to Dr. Mackens for his guidance. As the pandemic carried on and numbers rose, the staff never backed down. He would tell them, “I know you're tired. We're going to look back on this and we're going to remember that this is history. People will remember forever. And we got to experience it first hand. I know you're tired. But we have to keep pushing.”

The COVID war has been a hard-fought battle that is soon to come to an end. One day, we will get to shout victory because of leaders like Dr. Austin Mackens. **GN**

255 DAYS STRAIGHT

How Donya Neal fought the pandemic every day for more than eight months straight.

January 1, 2021, was the first day in more than 250 days that Donya Neal got to take a day off as an Infection Control Practitioner at the Vanderbilt Bedford Hospital. Since mid-April 2020, she had worked seven days a week for more than eight months straight. Donya's job in ICP is to track the positive and negative COVID testing results. Before then, the hospital knew that something was coming. On the news, there was a new case popping up somewhere in America. The next day, four new cases. Then, twenty cases, until the number started to snowball. They knew it was coming to Middle Tennessee. They took every precaution. They strung up plastic to separate beds. Donya was preparing for the worst. But then, the hospital had no COVID



patients. No rushing to the emergency room for care. No hospital beds in the hallways... until May and June of 2020 brought an explosion of cases in the area.

"We were getting multiple patients a day," Donya said. "We have 60 beds here. Half of the occupied beds in the hospital were occupied by COVID patients. It was everywhere you looked. We had patients in the ER, ICU, everywhere." As the hospital staff did what they could to prevent the spread of COVID, some caught COVID outside of the hospital walls. The spreading of the virus had started within the staff. "The hardest part for us was when the staff started getting sick," she said. "Seven nurses in one department out with COVID for two



DONYA NEAL
Infection Control Practitioner

weeks. We had to start finding ways to get around half of our staff being out.” The hospital had to begin cross-training nurses to move departments. Emergency room nurses would now be trained to work in the CCU or ICU departments. “It got really scary there for a while,” she said.

The COVID cases didn’t slow down until months later. This constant flow of newly sick patients kept everyone at the hospital on their feet. It kept some going into work every day for more than 250 days—a feat only a true hero can claim. It’s not easy being a hero. When you work every day from April to December, it begins to take a toll.

Donna not only made an impact on her own family, but also on families across the county. One of the motivators to keep going was helping other families. “The biggest motivator was my attachment to the community,” she said. “I love working in the community I live in. Seeing people out at Walmart or Kroger and they come up and say ‘I remember you! Do you remember me?’ It’s nice to see the people you take care of and they say ‘you took care of my mother’—we appreciate that.”

Donya’s sacrifice made a difference in the hospital and in the county. A sacrifice only a true hero could make. **GN**

HEROES
ON THE FRONT LINES



DR. TROY MILLER
Director of Hospital Medicine

WHEN YOUR BACK IS AGAINST THE WALL, BREAK IT

How Dr. Troy Miller pushed through the unknown to save more lives.

Dr. Troy Miller, the director of hospital medicine at Vanderbilt Bedford Hospital, researched through evidence from hospitals in cities that were already hit by the pandemic. He knew it was coming to his hospital soon and wanted to be prepared to care for the people of Bedford County when it was their turn on the front line.

“We had no effective treatment for the new coronavirus,” he said. “All you’re seeing are these scary images out of China, then New York and New Jersey, where the ER is stacked up.”

The problem was, those hospitals didn’t have an effective treatment at the time either. They were wrestling with a virus they knew nothing about. “I did a lot of reading, a lot of research,” he began. “I had to take a break because I started to freak myself out. We didn’t have a great handle on how to treat patients. Nobody did. And we knew the virus was coming to our town next.”

But Dr. Miller wouldn’t take no for an answer—he was determined to find treatment. He was going to do everything in his power to save as many lives as possible. As more information came from the larger cities, Dr. Miller’s keen eye for answers led doctors in Bedford County in the right direction. They worked to get early approval to use remdesiver, convalescent plasma, and dexamethasone as they discovered it was benefiting patients trying to beat COVID.

“We were pretty aggressive in getting approval,” he said. While the drugs could improve the process of recovery, there was and is no cure. As the doctors followed the

learning curve of battling the pandemic, they got a better handle on how to fight it. “We’re doing better. They’re surviving. They’re not dying on you the way they did initially,” he said. “That first couple of months was a lot of unknowns. In medicine, that’s hard because when people come to the doctor they want it fixed. There has never been a virus that we’ve cured. We know how to make it better—to fight off the worst of the infection, but nothing really ‘cures’ a virus,” he added.

Dr. Miller had to show patients that they could survive. He gave hope to patients who felt like their backs were against a wall. “They come in and have the deer in the headlights look like, ‘Am I going to live?’ You instill in them that, yes, you have a serious illness, but we’re here fighting for you. We’re at war and we’ve got to fight. You have to do these things if you want to get better,” he would encourage them.

As a physician, he didn’t have a choice to give up. That was never an option.

“Part of my job as a leader is to say ‘we’re moving forward.’ We hit a wall? Let’s get around the wall or go through the wall. That’s part of what we signed up for.” Dr. Miller made the difference in letting them know that even when their back was against the wall, it was a fragile one. He is a reminder that you can buckle down and break through it. -GN

LIVE LIKE THERE IS NO TOMORROW

How Jeff Miller, a respiratory therapist, found the good through a pandemic.

Imagine walking into work and the first thing you have to do is develop an action plan to treat a patient who has been shot, another patient who has pneumonia from COVID-19, and another patient who just had a heart attack. That is every day for Jeff Miller, a registered respiratory therapist at the Vanderbilt Bedford Hospital. He is responsible for covering the emergency room, medical surgical units, and the critical care unit.

To develop a plan for the patient, Jeff begins with an examination of the patients with breathing and cardiopulmonary disorders. Then, he consults with the physician to develop the action plan for how to begin treatment. For COVID-positive patients, that treatment could mean life support and a ventilator.

Being in the room when making the decision to put a patient on life support or not has made an impact on Jeff's life. With disorders like COPD, congestive heart failure, and heart attacks, medical professionals have had years and years of education on how to get the patient back to full health. Jeff could know what to expect with those existing disorders. Then, a new, mysterious virus was infecting people quickly. It was contagious and unforgiving.

Over time, the war with the virus brought on new enlightenment on how to treat patients. Medical professionals were starting to get a grip and understand what their next steps should be. But even with time and experience, COVID was still unpredictable. "The unpredictability of the virus made a one-size-fits-all-treatment for COVID patients impossible," Jeff said. "Each covid patient presented their own unique obstacles. We, as healthcare providers, had to do a lot of thinking outside the box on how to battle this virus."

Seeing the damage the virus could do firsthand made Jeff

immediately take precautions. "I became a fanatic when it came to protecting myself, my patients, my coworkers, and loved ones at home. Everything I did on a normal basis, prior to COVID-19, had now become something that I had to think about methodically. Everything I touched or came into contact with had to be evaluated in an orderly manner so that I did not spread the virus to other people. Washing my hands and wearing a mask became an obsession both inside and outside the hospital because I saw firsthand how deadly this virus could be," he said.

Overtime, the COVID cases began to fall because of people like Jeff. "If I could pass on anything that I have learned from this pandemic, it's this. Masks work, social distancing works, and vaccinations work," he began. "It's not just about you. It's about all the other mothers, fathers, and grandparents that are out there doing their best to live the rest of their lives during this awful time. It's about newborns, young children, and teenagers who have yet to live their lives. We must protect ourselves, our loved ones, and be kind and respectful to one another."

On the other side of the coin, Jeff was able to focus on what matters because of the pandemic. "I have learned to live life as if it were going to be gone tomorrow. This virus has taken so many lives way before their time. When you see firsthand the aggressiveness of the virus and how quickly it can take someone's life, it gives you an opportunity to step back and evaluate your priorities. It has helped me understand how grateful I am to have my family and friends." -GN



JEFF MILLER
Respiratory Therapist

A BREATH OF FRESH AIR

How Darryl Blackwell gave hope to cross the finish line during COVID recoveries.

In patient after patient, the COVID-19 virus attacks your lungs. You may have heard that it contributes to pneumonia or COVID pneumonia. The virus causes inflammation in the lungs. With inflamed lungs comes fluid. The organ usually filled with air begins to fill with a fluid, making it hard to breathe. As the lungs worsen, a COVID patient could need oxygen or to be sedated with a ventilator, a machine that breathes for them. On top of pneumonia, COVID can cause acute respiratory distress syndrome (ARDS) or sepsis. All of these complications can cause long-term lung damage even after the coronavirus is out of the body.

One way to heal lungs that have been damaged by COVID pneumonia is through respiratory therapy, such as breathing exercises. The goal, an



often intimidating one, is to reduce the need for oxygen for the patient. A newfound strength in the lungs, that previously had sacs of fluid blocking oxygen, can make all the difference in a recovery.

For patients who had a difficult time with COVID, physical therapy can be a daunting task. It could feel like an unwinnable battle without motivation, encouragement, and the gentle guidance of an expert.

At the Vanderbilt Bedford Hospital, they had just who they needed: Darryl Blackwell. Darryl is an acute care physical therapist. His main objective is to evaluate if patients are safe to go home or if they need rehab. Acute care is short term care; Darryl finds the safest option for the patient, then coaches them through the therapy.

COVID changed everyone's life. But for sick patients who were infected



DARRYL BLACKWELL
Acute Care Physical Therapist

with the virus, their lives could change medically forever. It could feel impossible to get back to your everyday life, leaving many patients thinking ‘Will I ever be the same?’ Darryl was not going to let that happen. He had a goal and was determined to meet it.

“I get joy seeing patients get back to their normal life,” he said. “It makes me happy to see them getting back to what they love.” Since the pandemic, he sees seven to eight patients every day. Normally, he would see three or four patients at the hospital. With COVID, the number of his patients doubled. At the most, up to 80% of his patients were people who had recovered from COVID.

After a patient has been in the hospital working to overcome the virus, they can feel down or upset after spending an extended amount of time

away from family and in isolation. Darryl knows this when he walks into the rooms. He does his best to lift their spirits.

It’s not only the patients who are impressed with his work. Darryl’s care has been noticed by other figures in the hospital. Dr. Troy Miller called him a ‘silent MVP.’ “Early movement exercise is key in a recovery from COVID,” Dr. Miller said. “He did an amazing job.”

Everyone needs encouragement; we’re built to connect with others. To have motivation from others can be the difference between going home with oxygen or not. The ability to uplift others is in Darryl’s nature, and it has changed the course of COVID recovery for countless patients. **-GN**

The Cream of the Crop

At Nash Family Creamery,
when life gives you milk,
you make ice cream.

BY TRISHA SANDORA //
PHOTOS BY JAMES JORDAN





For the Nash Family, the green, green grass of home is a 500-acre farm north of Shelbyville, Tennessee. However, it wasn't always that way. The story of Nash Family Farms began over nine decades ago on a small farm in central California. It was there that Wallace and Ida Nash, along with their three young children, started a little side business selling extra milk from their cows. As many a farming story goes, the business fell on hard times. Three years later, the cows perished due to an illness. So what did the young family do? They began again, in the middle of the Great Depression. Their resilience and perseverance paid off. Four generations later, the fruits of their labor have grown into a full-scale dairy operation that currently includes approximately 1,800 cows.



A Crew of Contented Cows

My Tennessee Home

In 2013, due to falling market prices, lack of water, and increased cost of doing business in California, the Nash family decided to make the big move to greener pastures. Today, the 90-plus-year family legacy continues to thrive in its Tennessee home. Climate-controlled barns, equipped with misters and fans, comfortably house the dairy cattle. Spring and fall crops provide much of the high-quality feed that keeps the herd happy and healthy. The result is delicious and nutritious milk.

Cody Nash is the 4th generation to carry on the family tradition. Working together with his wife, Kara; his sister, Stephanie; and his mom and dad, Terry and Steve, the family keeps the day-to-day operation running smoothly with the help of more than twenty employees. Through the years, there have been several bovine stars who were extra special. Some have taken the spotlight at county fairs and livestock shows and even brought home a blue

ribbon or two. There was Miracle, a sweet Jersey heifer, and a Brown Swiss named Belle. Today, the big brown eyes of Belle's daughter Maple might beckon you to get a little closer. "Everyone knows her. She'll let you walk up to her and pet her," Cody says.

In 2020, Cody expanded the family business to include a creamery. "This is our first step of making a product from dairy farming that people can enjoy directly," Cody says. The Nash Family Creamery sells handcrafted ice cream and will begin selling its cheese, both made at the creamery, sometime this summer. In the summer months, they will have a specially selected super-sweet variety of corn available. The store also stocks products from other area farms, including meats from Potts Meat Processing in Wartrace; beef from Pleasant Valley Farms in Shelbyville; honey from TruBee Honey in Eagleville; barbecue, and hot sauces from Captain Rodney's of Lewisburg; and fruit cider from Morning Glory Orchard in Nolensville.

Got Milk?

The cows at Nash Family Farms produce 8,000 to 9,000 gallons of fresh raw milk every day.





20 Delicious Flavors



Keeping it Cold

Churning the ice cream as cold and fast as possible and then getting it directly to the freezer hardens the tiny ice crystals in the mixture and results in a dense, creamy, melt-in-your-mouth frozen treat.

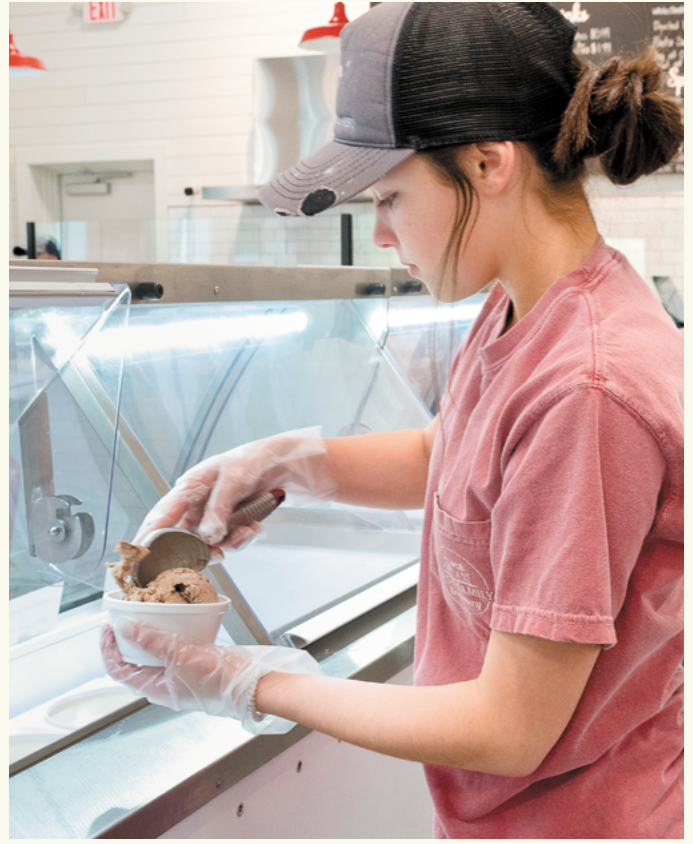
The Art and Science of Ice Cream

So what's the secret of the incredibly creamy ice cream at Nash Family Creamery? The process of making the ice cream starts with a high butterfat sweet cream. "We make it 5 gallons at a time using high-quality ingredients and lots of natural flavors. The process is streamlined to get the ice cream to an extremely cold temperature to preserve the smoothness and creaminess of the ice cream," Cody explains. From there, he adds special ingredients to create 20 delicious artisan flavors, including Buttered Pecan; Minty Chocolate Swirl; Cookies & Cream; Strawberry Swirl; Southern Pecan Pie; and more. The Premium Homemade Vanilla and Chocolate Brownie Batter rank at the top as best sellers. And if you can't make up your mind and want to try it all, there's the Cow Trough — a jumbo-sized sundae with seven scoops of ice cream, four house-baked cookies, hot fudge, marshmallow topping, and whipped cream. Take-home ice cream is also available in pints

and half gallons. Cody shares that 8 oz cups of ice cream, with spoons included under the lid, will soon be available at farmers markets and festivals in Middle Tennessee. You will also be able to purchase them at several retail locations in the area, along with Nash Family Creamery cheese.

The Nash Family is currently working on adding farm tours and experiences for guests, clubs, and schools to enjoy. In the meantime, visitors can enjoy the picturesque views from the creamery. For the Nash Family, farming is a way of life built on family heritage and sustained with modern technology. "Almost every single dairy farm has a family that runs it. It's not just milking cows. It's growing the feed for them and getting the milk to market. There's a lot that goes into it," Cody says. **-GN**

For more information, including store hours, follow [@nashfamilycreamery](#) on Facebook and Instagram. Also, visit the website at [nashfamilycreamery.com](#).





A HORSE'S LIFE

Tuesday's Foal

IN THE ROLLING GREEN HILLS JUST OUTSIDE SHELBYVILLE, A DRUM HORSE COLT FROLICS IN THE PEACEFUL PASTURES OF CLEARVIEW HORSE FARM

By Trisha Sandora // Photos by James Jordan

ACCORDING TO the nursery rhyme “Monday’s Child,” people born on a Tuesday grow up to be gracious, agreeable, refined, and polite in manner or behavior. It might apply to horses as well, or at least it does for Remington, the new Drum foal born on April 20 at Clearview Horse Farm. In the early hours of a Tuesday morning, in a pasture cushioned with soft Spring grass, the colorful colt quietly made his entrance into the world. Although Clearview Horse Farm owner Marie Lloyd Campbell had been waiting for this moment, it still came as somewhat of a surprise. “I woke up one morning, and there he was,” Marie says. She explains that many times, mares will give clear signs that they are ready to foal, but in this case, she was discrete, and the signs were subtle. However,

once you learn about the characteristics of this breed, the details of the colt’s birth make perfect sense.

Remington is a special breed of horse known as the American Drum Horse, a breed known for its laid-back temperament. His mother is a Clydesdale mare named Dixie, and his father, a Drum stallion named Raddison. Historically, the Drum horses in England were bred to be war horses. They carried the drums in the Queen of England’s various regimental bands and processions. In addition to two silver or brass kettle drums, each weighing approximately 90 pounds, the stout horses carry a fully outfitted rider. The riders steer the horses with reins attached to their feet, so their hands are free to play the drums. As you can guess, a Drum Horse must have an exceptional disposition and

remain calm and quiet amidst the banging of the drums and hustling and bustling of huge crowds. They are still used by the Queen of England today.

IT'S IN THE GENES

A Drum horse is a cross between a Shire, a Clydesdale, and a Gypsy Vanner. “As a child, I always had Gypsy Vanner Horses,” Marie shares. “When I got older, I preferred that kind of breed. They’re sturdy, calm, and bomb-proof. They are also considered “cold-blooded” as opposed to “hot-blooded” like a thoroughbred.” Gypsy Vanner horses originated in England and Ireland. They are built like a small draft horse and were used to pull gypsy wagons. When they are bred to a Clydesdale, they get more height. The result is a very docile breed

with an easy gate. A typical Drum Horse stands approximately 16 hands or more with a long flowing mane and tail and a feathering of silky hair that begins over their fetlocks and covers their entire hooves. Drum horses are highly versatile athletes suitable for many disciplines, including Dressage, Hunter, English/Western Riding, Jumping, Eventing, Driving, Trail Riding, and Parades. "They're always colored," Marie adds. "In other words, they're always black and white or brown and white." Many horse breeders breed specifically for color, structure, or performance. However, for Marie, her breeding program is all about disposition. "I breed for temperament," she says. To get a registered Drum horse, you have to have a registered Clydesdale mare, which brings us to Dixie, Remington's mother. But before Dixie came into the picture, there was Raddison, Remington's father, and before that, was the beginnings of Clearview Farm. So, let's back up a few years to the condensed version of how it all started.

THE STORY OF CLEARVIEW HORSE FARM

In 2006, Marie, originally from Manchester, England, purchased a farm in Shelbyville and set out on a mission to create a welcoming place for people, horses, and dogs. Starting with a small structure originally on the acreage, Marie developed the farm into a top-notch equine facility complete with a professional indoor show arena, a lighted outdoor arena, an extreme trail course, and two barns with 110 stalls. Fifty-two of the stalls were imported from England. Monarch, a company that builds similar stalls for the Queen of England's Royal Mews at Buckingham Palace, crafted the Victorian-styled stalls. Adding her special English touch, Clearview Horse Farm became Marie's home away from home, where today, she welcomes horse enthusiasts from all over the world.

As the farm began to take shape, Marie started looking for the perfect Drum Horse stallion. One day, while searching the internet, she came across a promising

“
*I woke up
one morning
and there he was.*
”

candidate. "By the time I got around to getting back with the sellers, he was sold," Marie recounts. "I was really disappointed, but the lady who offered him for sale kept my number." As fate would have it, the story wasn't over yet. It turns out that the gentleman who had bought Raddison as a surprise Christmas present for his wife wanted to return his purchase. Even though they loved the horse, his wife did not want a stallion. "A month later, I got a phone call from the original owner saying the people who had bought Raddison felt he was too much of a nice horse to geld, and they had returned him to her. So, he was back up for sale." At that point, Marie knew it was meant to be. "He's just been an amazing horse. This past weekend, at the USDF (United States Dressage Federation) Show in Conyers, Georgia, Raddison won first place in Classical Dressage. We're very excited about that."

As Marie made plans to begin her own Drum Horse breeding program, Raddison was the obvious choice for a strong foundation. "I started thinking it would be great having a few of his babies because he is so good-minded, so quiet. He's a perfect gentleman," she comments. From there, she

began the search for a quality Clydesdale mare. In Wisconsin, she discovered just what she was looking for in a mare that previously pulled in an eight-team hitch in big shows and competitions -- Dixie was her name. Building a breeding program from the ground up takes time. "I'm still first-generation," Marie says. "It took me three years to get Remington. The first couple of years, we tried artificial insemination (AI), but nothing stuck. So I decided I would just let Raddison work it out for himself. I put them out together in the field, and bingo, he got her in foal. He knew what to do. I just let nature take its course. It's been an interesting and educational journey," she adds. If all goes as planned, Raddison will have another Drum Horse foal on the ground next Spring, with Clydesdale mare Joselyn.

Due to their easygoing nature and versatility, Drum horses are becoming more and more popular. There are a few breeders in America who have been breeding Drum horses for generations, but for the most part, they are still a relatively unknown breed in the States. To see this special breed up close, take a drive on Highway 231 towards Fayetteville, and pull in the gravel driveway that leads to Clearview Horse Farm. See if you can spot Remington and Dixie out in the pasture. You might even catch Marie out working with the youngster. "He's already learning about the basics. We are starting on the groundwork now, putting on a halter, leading him around. He is just so wonderful, laid-back, and confident. He makes it easy," Marie says.

To keep Clearview Horse Farm running smoothly, it takes a lot of dedicated workers. "Ronnie Campbell, my husband, manages the farm, hay, etc., and I manage the barn, events, and guest rooms," Marie shares. She also sings the praises of her loyal customers and the staff members, who all play essential roles in the Clearview Team.

To learn more about Clearview Horse Farm, visit the website at clearviewhorsefarm.com. -GN

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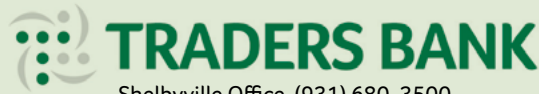


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Transforming *SPACES*



*Interior designer Tanya Coffey
not only imagines what is possible,
but she also makes it real.*

by TRISHA SANDORA // PHOTOGRAPHY by JAMES JORDAN



Transforming a space all starts with an

IDEA.

Sometimes it comes from a photograph or from traveling and seeing what someone else has done. Sometimes it comes from out of the blue. For Tanya Coffey, taking ideas and turning them into a reality is what she does best.

For Tanya, inspiration is everywhere. With a love for traveling, she is continually discovering new ideas and fresh perspectives in the places she visits. One place she can't wait to return to is Africa. "I love the animals. The countryside is gorgeous, and they have amazing food," she shares. Even as a child, Tanya would find herself redecorating her bedroom, assisting her parents with their many remodeling projects, and following her mother through countless fabric and decor stores. Today, she has turned her passion into a career, creating stylish, beautiful spaces for residential and commercial projects.

Recently, Tanya got a call from a client who wanted to turn half of their garage into an entertaining space. The client gave her a list of essential features that included a bar, multiple televisions, workout equipment, and comfortable seating. "We took one of the full two-car garage sides and converted it into a bourbon bar/theater room/man cave," Tanya explains. "We left the garage doors on the room, so they could literally just roll up the doors, and their friends could pull up in their golf carts and watch the game. Then we put down LVT (Luxury

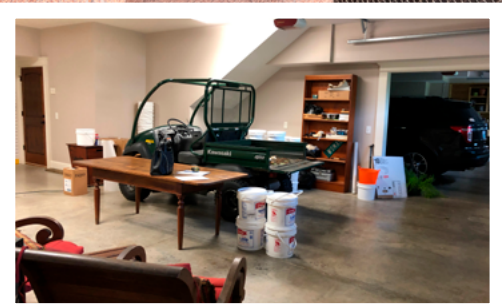


Vinyl Tile) that is easy care and looks like rustic hardwood." A full working bar that seats six to eight people is one of Tanya's favorite features. The wet bar features a camel-colored granite called Leathered Blue Flower. "It has just a bit of blue, creams, and grays," she explains. The blue in the granite helps pull the color from the blue walls. It's a very welcoming and fun space. Another one of Tanya's favorite local projects is an outdoor porch she transformed into

an indoor sunroom. Adding two walls and closing the room in with windows and doors created an airy, light-filled room. "It's very light and bright and a mix of contemporary and antiques," Tanya comments. The windows, doors, and oversized Peacock Paver floor tiles enhance the open feeling of the sunroom. Custom upholstered chairs covered in stain-resistant performance fabric that are kid and pet-friendly also helped create a space where everyone feels welcome.



In addition to transforming spaces, Tanya also specializes in designing new construction houses. She has worked with homeowners and builders through all phases of new construction and remodeling for over 25 years. Today, as Bedford County continues to grow, Tanya is helping many people turn their new house into a home. With Dwell, Tanya's full-service interior design studio and retail boutique located in the heart of historic uptown Shelbyville,



BEFORE *and* AFTER

These photos show how Tanya's visionary decorating skills turned half of this four-car garage into a stunning bourbon bar / man cave.



“

I love seeing people's eyes light up when they realize their dream can become their reality.

”



it's easy for new homeowners and remodelers to dream on and get the creative juices flowing. From the first stages to the finishing touches, Tanya can help you make all those tough decisions, including floor and tile selections, plumbing fixtures, and light fixtures, as well as furniture and accessories.



Dwell boutique showcases a stunning selection of unique, high-quality custom upholstery furniture, home accessories, lighting, rugs, gift items, and seasonal decor. Stop by and say hello to Tanya, and while you're there, go ahead and share that wild idea that you have been thinking about, she just might have a few ideas. **-GN**

Dwell is located at 119 East Depot Street, Suite B on the Shelbyville town square.

Renovations featured in this article were contracted by Sweeney Construction.



FAITH

God of the Others

*A FRESH PERSPECTIVE IN THE
WAKE OF A DIVISIVE YEAR*

By Jason Daughdrill

IT WAS a cool October day. The rain had just subsided, and I sat down in my church office after helping load some food boxes. I was tired, a little cold, and frustrated about the weather ruining another event we had planned at Gateway Church. As I sat there stewing in my frustration, I sensed the nudge of the Holy Spirit. A nudge that led me to reflect on what I had just witnessed instead of the poor weather canceling our event. It changed my perspective.

I believe we could all use a fresh perspective after the traumatic events and divisive tone of 2020. Our nation had been ripped apart by various hot-button topics that evoked passionate opinions and responses. Political opinions on what is just and unjust, racial division, our leaders warring against one another, churches splitting over masks or no masks, and all while we are trying to navigate a global pandemic.

It seemed that suppressed opinions began to be shouted from the rooftops (aka Facebook), while our ability to listen and empathize escaped us overnight. We became a loud nation that forgot how to listen.

But there I sat on that October day, sulking, pouting, and frustrated with all we had faced in the last six months. Then, suddenly my heart was awakened to the beauty of what I had just witnessed and what was unfolding in my church family. I saw people with different color skin, different stories, different backgrounds, and even volunteers from other churches and the

community, working together with a shared goal... to love and serve others. That's it! No secret agenda. Just to love others in the name of Jesus. No political speech, no loud opinions, just pure love. I couldn't help but think about John 13:35, where Jesus tells us that the world will know that we are His disciples by how we love one another. That's the standard!

I couldn't help but think about Jesus's cultural context in the first century. It was first-century Israel, living under the occupation of the Roman empire. Within Israel's influencers, none were greater than the Pharisees and Sadducees. Two parties that didn't agree on much, except wanting to keep things like they were and under their control. Jesus stepped into a world where people identified with one camp or another. Then, He showed that you didn't have to choose either camp. There was another way. His way. The way of the others.

Does this sound familiar? We have relinquished our ability to discern and think critically at the altar of right-wing or left-wing. Republican or Democrat? People ask me that question as if who I am is as simple as choosing a side! What I am learning is that I want to be in the camp of Jesus; I want to be in the camp of the others. I do not want to allow ideological camps to make my decisions for me. I want to pray, think, listen, ponder, pray some more, educate myself, and come to a conclusion. I want to be able to love people in all the camps without one camp feeling like I am cheating on them or I have compromised.

What I saw that October day is what His Kingdom looks like. It looks like Jesus. Jesus loved the Jew, and He loved the Samaritan who was despised by the zealous Jews. He didn't allow the camps and cultural compartmentalization to keep Him from those He was born to reach. That's the point! That is the Kingdom! And that gives me hope!

Don't lose heart and don't lose your way. I want to give you the good news that literally thousands of families have been fed over the last year and hundreds of thousands of pounds of food distributed. Why? There are people out there who care enough to make a difference, and they don't allow labels to keep them from it.

Don't allow people to box you into a corner.

Don't be afraid to stand against the wind.

Pray, listen, love, and enjoy being the "others." -GN



Jason Daughdrill is pastor of Gateway Church in Shelbyville. Learn more at gatewayshelbyville.com

A close-up photograph of a chef's hands garnishing a dish. The chef is wearing a grey apron over a white shirt. The hands are positioned above a white plate with a ribbed rim, which contains a piece of seared meat, a whole roasted onion, and a potato. The chef is sprinkling fresh green herbs onto the dish. In the foreground, there are various fresh vegetables including red bell peppers, green bell peppers, and leafy greens. The background is slightly blurred, showing a kitchen environment with a wooden table and a metal container.

You've got good taste.

*Now seeking food critics for a regular
column in Good News Shelbyville*

Submit work samples to
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Good News SHELBYVILLE



Summer Salads

These delicious summertime salad offerings will add a little bit of fun to any meal. Chock full of a variety of nutritious and fun ingredients, you'll be glad you remembered to put salad back on the menu.

Mandarin Chicken Salad

Submitted by Vernon Simmons

3 c. cooked chicken, cut up
1 t. onion, minced
1 t. salt
2 T. lemon juice
1 c. celery, thinly sliced
1 c. grapes, seedless
1/3 c. mayonnaise
1 can Mandarin oranges, 11 oz., cut, drained
1/2 c. toasted almonds
6-8 lettuce leaves
6 ripe olives, pitted

In a bowl combine chicken, onion, salt, lemon juice and celery. Refrigerate several hours. When ready to serve, toss in grapes, mayonnaise, and all but a few orange segments and almonds. Line a salad bowl with lettuce leaves. Arrange chicken mixture on top. Garnish with reserved orange segments and almonds. Top with olives.

Broccoli Salad

Submitted by Lamenda Cunningham

1 c. seedless raisins
1/2 med. red onion, chopped
12 slices bacon, fried and chopped
1 bunch broccoli, chopped
1/4 c. sugar
1/4 c. cider vinegar
1 c. mayonnaise, may use lite

Combine raisins, onion, bacon, and broccoli in a large bowl. In another

bowl, combine sugar, vinegar, and mayonnaise, stirring well. Pour over the salad mixture and toss well. Marinate for 2 hours before serving. Keeps well in refrigerator.

Shoe Peg Corn Salad

Submitted by Lurlene Brown

1 can shoe peg corn, 12 oz.
1 purple onion, finely chopped
1 sm. can tiny green peas
1 can green beans, finely sliced
1 c. celery
1 green pepper, finely chopped
1 can pimentos
salt, to taste
1/2 c. cooking oil
1 1/2 c. vinegar
1/2 c. sugar

Mix corn, onion, peas, beans, celery, pepper, and pimentos together in a bowl; drain well. Sprinkle with salt. Heat oil, vinegar and sugar in a pan over medium-high heat until sugar dissolves. Pour over the corn mixture while still hot. Keeps in refrigerator for several days.

Pineapple Apricot Salad

Submitted by Irene Hopkins

2 small boxes apricot flavored gelatin
2 c. hot water
1 c. apricot juice
1 can apricots, 17 oz., drained, chopped
1 lg. can crushed pineapple, drained, reserve juice
1 c. marshmallows

1/2 c. sugar
3 T. flour
1 egg, slightly beaten
2 T. flour
1 egg, slightly beaten
2 T. butter
1 c. whipping cream, whipped
3/4 c. Cheddar cheese, grated

Keep apricot and pineapple juices separate. Chill fruit before using. In a large bowl, dissolve gelatin in hot water. Add apricot juice. Fold in apricots, pineapple and marshmallows. Chill until firm. In a double boiler combine sugar and flour. Blend in egg and butter. Add reserved pineapple juice and cook stirring until mixture thickens. Cool thoroughly and fold in whipped cream. Spread this mixture over salad. Sprinkle top with cheese and chill before serving.

Share your favorite recipe:

MAIL ENTRIES TO

Exchange Media Group
P. O. Box 490 Fayetteville, TN, 37334

SUBMIT ONLINE AT

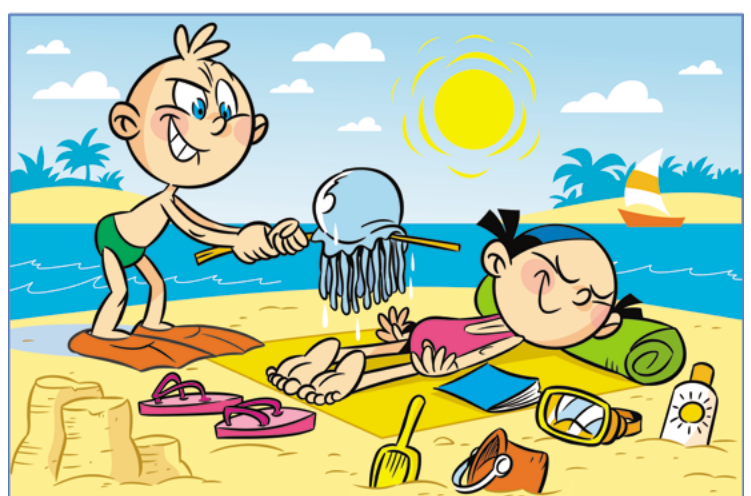
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GOOD TIMES

Rolling on the River

BY TRISHA SANDORA // PHOTOS BY ODINN MEDIA

WHETHER YOU WANT TO FISH, FLOAT, OR JUST ENJOY THE SCENERY, THE DUCK RIVER IS THE PERFECT PLACE TO SPEND SOME ONE-ON-ONE TIME WITH NATURE.

At 284 miles long, the Duck River is the longest river located entirely in the state of Tennessee. It is also one of the most biologically diverse rivers in North America, home to more than 50 species of freshwater mussels and over 150 species of fish. It's the ideal location for kayak, and canoe enthusiasts to explore the scenic waters of South Central Tennessee. The river also offers an excellent opportunity to get a closeup view of the abundant wildlife that lives within the delicate ecosystem along the water.

Duck River Facts

284

MILES LONG

Duck River Access Points



Normandy Dam Access Area mile 248.3
Normandy Bridge mile 246.7
Dement Bridge mile 243.1
Three Forks Bridge mile 239.9
Mullins Mill Bridge mile 235.6
Hwy. 82 Bridge mile 224.2
River Bottom Park mile 221.8
Shelbyville Old City Dam mile 221.4
Warner Bridge mile 210.1
Halls Mill mile 202.5
Haskins Chapel mile 195.1
Riverview Campground mile 192.0

Some river access points are located on private property and are only available due to the generosity of landowners. Maintain good relationships with private landowners along the river and respect the privilege of river access by keeping the launch points clean and free of trash. *Downloadable maps are available at duckriveragency.org*

ROW A BOAT

The Duck River has long stretches of slow-moving water that make it ideal for beginners. Several access points along the river allow for trips ranging from 2 miles, which takes about an hour, to 14 miles, which takes approximately six hours, depending on how many stops you make along the way. It's not uncommon to see deer, mink, otter, wood ducks, kingfishers, turtles, and even bald eagles as you float down the river. If you don't have your own boat, Float-A-Boat kayak rental in Normandy has everything you need to spend an enjoyable day on the river. For a small fee, boat owners can park at the Normandy location and take advantage of the shuttle service to and from the river. *For more information about kayak and canoe rentals visit their website at fabontheduck.com or call 931-619-6959.*





50

**SPECIES OF FRESH-
WATER MUSSELS**

150

**SPECIES
OF FISH**

CASTALINE

For fishing enthusiasts, the Duck River will not disappoint. TWRA stocks Normandy Lake and the Duck River year-round. At Normandy Dam, low water intakes pull cold water from the bottom of the reservoir and release it into the Duck River. For a stretch of approximately 6 miles, the conditions are optimal for trout habitat. Over 150 species of fish swim in the waters of the Duck River including smallmouth, spotted, and largemouth bass, stripers and more. For those 16 or older, a standard hunting/fishing license with a trout stamp is required. There is a juvenile license for those 13 years to 15 years. Children 12 years and under are not required to have a license. New hunting/fishing licenses go on sale February 18th of every year.

KEEPING IT CLEAN

The last 15 years have brought major improvements to the cleanliness of Tennessee rivers and lakes. Each June, Bedford

County residents join forces with several other counties for the annual Duck River Cleanup. Through these efforts, and others that help to raise public awareness of water quality issues, wildlife habitat is being restored.

RIVER SAFETY

While out on the river, it is extremely important to keep informed of the water flow. In a matter of seconds, dangerous fast-rising water can make the river unsafe for wading or floating. The fluctuations are a result of water being released from Normandy Lake by the Tennessee Valley Authority (TVA).

The sights and sounds of the river create a sense of awe and reverence for the natural world that is just outside our windows. Listen to the sound of a blue heron taking flight, or the splash of a trout jumping, while you watch the water gently lap against the bank. A day spent on the river is a good day, relaxing, peaceful, refreshing, and exhilarating all at the same time. **-GN**

RULES OF THE RIVER



- ▲ Always wear a certified PFD (personal flotation device) also known as a life jacket
- ▲ Know the flow and conditions - visit tva.gov/Environment/Lake-Levels/Normandy, get the app on your mobile device, or call (800) 238-2264.
- ▲ Be respectful of landowners.
- ▲ Leave it cleaner than you found it.



MOUNTAIN OF FUN

**FOR SPECTACULAR VIEWS, OUTDOOR ADVENTURES,
SHOPPING, AND UNIQUE DINING EXPERIENCES,
A DAY TRIP TO MONTEAGLE IS A SURE THING.**



BY TRISHA SANDORA // PHOTOS BY JAMES JORDAN

W

est of the Appalachian Mountains, a beautiful expanse of elevated land known as the Cumberland Plateau rises approximately 1000 feet above the surrounding countryside. The small town of Monteagle serves as a gateway to this playground of natural wonders. There are waterfalls, gorges, arches, natural bridges, and ever-changing views that will leave you filled with awe. Whether you want to camp, hike, bike, soar through the air on a zipline, listen to live music, or enjoy the sights from the comfort of your car, everyone will enjoy a day on top of the mountain.

Monteagle has long been a popular stopping place for travelers. After all, the top of the mountain is the perfect place to stop, stretch your legs, fuel up, and get a bite to eat. From mules, oxen, and horses to motorcycles, cars, and eighteen-wheelers, the road to Monteagle has been well-traveled and has been the backdrop for many a family story. Johnny Cash even penned a song about a runaway truck titled Monteagle Mountain. During its heyday from the 1940s to the 1960s, the small town catered to travelers with over a dozen service stations, restaurants, lodges, and even a few beer joints.

For over 60 years, one of the favorite stops in Monteagle has been the iconic **JIM OLIVER'S SMOKE HOUSE**. Although a devastating fire recently destroyed the restaurant and General Store, the 85-room Mountain Lodge and 23 cabins survived. As the family gathers the resources to rebuild the restaurant and general store, you can still enjoy this historic landmark with an overnight stay at the lodge or in one of the log and timber frame cabins outfitted with fireplaces and Jacuzzi tubs. The Smoke House also has a long-standing tradition of live music which will continue in the barbecue pavilion behind where the restaurant once stood. Jim Oliver's Smoke House will rise again, and we can't wait.

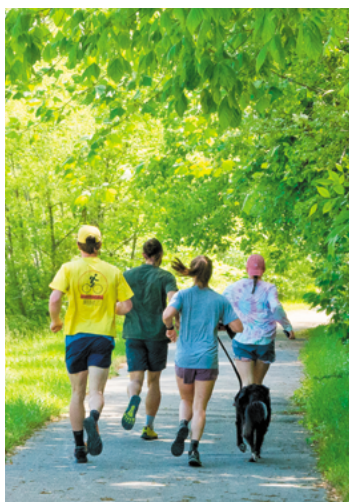
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WHAT TO DO



If you're ready to get outside and get some exercise, you've come to the right place. At **BIGFOOT ADVENTURE**, you can ride a zipline, play a round or two of disc golf, go hiking, and even set up a tent and stay for a night or two. You can walk, run, or bike the **MOUNTAIN GOAT TRAIL**, a paved, multi-use recreational path built on an old railroad bed. Today, a five-mile stretch of trail connects Monteagle and Sewanee. Eventually, it will extend to 35-plus miles, connecting seven towns in two counties. You can take a walk



Natural Bridge

across the **NATURAL BRIDGE** in Sewanee, a 25-foot-high natural sandstone arch that spans 50 feet. The bridge is easy to get to and just a couple of hundred yards from the parking lot. There are also multiple hiking trails you can explore. It just depends on how far you want to go. The **SEWANEE PERIMETER TRAIL** is a 20-mile loop through an upland deciduous forest with beautiful overlooks, geologic features, lakes, and ponds. There are also ten hiking trails along the route, including Bridal Veil Falls. **SOUTH CUMBERLAND STATE PARK** spreads over four counties with more than 30,000 acres of land that includes 90 miles of



hiking trails. On the Grundy County side, **FOSTER FALLS**, a spectacular 60-foot waterfall is a sight to behold.

If a leisurely drive sounds more appealing, the beautiful campus of the **UNIVERSITY OF THE SOUTH IN SEWANEE** is a must. Sewanee is located approximately six miles from Monteagle. The campus is situated on 13,000 acres and

features impressive stone buildings with architecture inspired by Oxford in England. Most of the buildings are constructed of locally quarried Sewanee sandstone. A short drive down Tennessee Ave. will take you to the 60-foot-tall **SEWANEE MEMORIAL CROSS**, which stands in a quiet spot on the edge of a bluff, where you can see for miles.





Mountain Outfitters

WHERE TO SHOP

Several eclectic shops offer a fun and unique shopping experience. **MOUNTAIN OUTFITTERS** has everything you need to enjoy the great outdoors. Offerings include, Chaco sandals, Blundstone and Danner boots, Patagonia sweaters and jackets, Columbia pants, and many other brands of women's, men's, and kid's clothes. For something you won't find just anywhere, ask about the handcrafted feather bow ties. **MOONEY'S MARKET EMPORIUM** is a local market stocked with health food products, garden supplies, crafts, and antiques, all under one roof. The shop truly has something for everyone, from hand-knit hats and plants to vitamins and kombucha. **HALLELUJAH POTTERY** features work from



master potters, in addition to sculptures, earrings, and candles

WHERE TO EAT



MOUNTAIN GOAT MARKET in Monteagle features a menu that includes a variety of unique

sandwiches, salads, and pizzas, in addition to creamy milkshakes and other irresistible desserts. Take some time to wander through the market and browse the shelves that showcase unique gift items, including locally sourced jams and honey.



Sewanee has several fun dining options as well. **SHENANIGANS** is housed in the oldest building in Sewanee. The menu features casual grilled fare, made-from-scratch pizzas, burgers, southern comfort food, and a great selection of regional, award-winning craft beers. Outside patios strung with lights add to the charming atmosphere in the two-story blue house, which has been a Sewanee institution since 1974. **THE BLUE CHAIR**



is a small cafe set inside a quaint house on the university's



campus that serves breakfast, lunch, and coffee. **HIGH POINT RESTAURANT** offers fine dining in a 1929 mansion. According to local legend, the mansion was financed by Al Capone. During the prohibition era, escape hatches on the roof and tunnels in the basement were used to transport liquor. Today, the details and history of the building enhance the dining experience with a hint of mystery. **PAPA RON'S ITALIAN STEAKHOUSE** is the sister restaurant to High Point, located less than a mile down the road. Best selling menu items include Chicken Penne, meatballs, fried mushrooms, and breads. Be sure to plan a stop at the **DUTCH**



MAID BAKERY in nearby Tracy City. It's the oldest family-run bakery in the state of Tennessee. The bakery, established in 1902, is still operated by descendants of the founders and serves up fresh-baked bread, pastries, and cakes daily.



Mooney's Market Emporium

These are just a few ideas to get you started. There's so much to see, taste, and do up on the mountain that one day trip is sure to lead to another. -GN

Rec Center Events

shelbyvilletnparks.org

Rec Center Summer Camp

June 7 - July 30

Mon. - Fri. 8:00 am - 5:00 pm

Cost: \$800/child
(entire 8 week program)

\$75 discount for each additional child in same family.

Ages: 7-11

Register online or in person at the Rec Center.

Starlight Cinema Series at H.V. Griffin Park

June 11:

The War with Grandpa

June 18:

The Croods: A New Age

June 25:

Jumanji: The Next Level

July 2:

The Little Mermaid -
Flick N' Float

Movies will be shown at sunset so times will vary. In case of rain, movies will be shown inside the Rec Center at 8:00 pm.

Daddy-Daughter Dance: Under the Stars

June 19

6:00 pm - 9:00 pm

(Aubrey Lewis & Lions Club pavilions)

Girls ages 4-14

Cost: \$35/each couple
\$15 each add'l child.

Fourth of July Celebration

Saturday, July 3rd

5:00 - 9:30 pm

- Live music by the Escape Band
- Food Trucks
- Arts and Crafts vendors
- Volleyball and Cornhole
- Bounce house obstacle course

ATHLETICS

Youth Soccer

Register **June 1 - 30**

Cost: \$40

Ages 4-12

(as of Jan. 1, 2022)

Annual Seniors Independence Day Potluck Luncheon

July 3

Shelbyville Recreation Center Meeting Room

Attention Seniors! Enjoy good food and friends.

Fried Chicken, drinks, & paper products will be provided.

Please bring a side dish or dessert to share with the group.

After Lunch, Enjoy some Gospel Music with the Hardan Henry Band.

Singing will begin around 1:30pm.

Reservations required. Please call us at (931) 684-9780 to reserve your spot.

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A Generous Donation

FAST donates \$500 to the Bedford County Cancer Foundation in memory of Kathy Zeis.

Pictured from left:

Sarah Smith, Connie Allen, Freda Dean

COMMUNITY CALENDAR

June 07

Tales & Tails Summer Reading Program

June 7 - July 23

Shelbyville Bedford County Public Library, 220 S Jefferson Street Shelbyville

Free Fun, Prizes and Activities for Age 0-18. Explore the ocean. Meet exotic animals. Win Big Prizes for Reading!

Register May 31 - June 28 at The Shelbyville-Bedford County Public Library or visit sbcpllibrary.org! View the complete calendar online.

11

Bell Buckle Farmer's Market

Every Friday

**June 4 - September 24
3:00 pm - 6:00 pm**

Downtown Pavillion across from Southern Charm

12

Ed Carson

Memorial Fishing Day

9:00 am - 12:00 pm

Riverbottom Park, 320 South Main Street, Shelbyville

Kids Ages 4-15 (must be accompanied by an adult). No fishing license required. Bring your own rod, bait, and tackle please. River will be stocked by TWRA.

Summer Blitz Shopping Fun

9:00 am - 5:00 pm

Shelbyville
Courthouse Square

Come enjoy some summer shopping on the square in Shelbyville and visit all local vendors offering exceptional quality home decor, jewelry, clothing, decor and so much more! Have lunch with our local food trucks set up to serve you and have a seat on the grass or steps or at our picnic tables set up for you to enjoy the day!

1st Annual American Legion Cornhole Tournament

10:00 am - 6:00 pm

Bedford County
Agriculture Center

The American Legion Post #23 of Shelbyville, TN is hosting the First Annual Cornhole Tournament open to the general public. All are welcome and Veterans are encouraged! All proceeds will go to the Post for Veteran's Causes.

We will have Trophies and Prizes. We are looking at a cost of \$30 solo and \$60 for teams. We will be grilling chicken thighs and serving beverages all day long. We will also have vendors for a good part of the day.

65th Annual Raus Community Ice Cream Dinner

5:00 pm

125 Smith Chapel Road,
Tullahoma

Homemade Ice Cream, Best Grilled Hamburgers, Delicious Homemade Desserts! Family Fun! Be sure to tour the one-room Historic Raus Schoolhouse. Proceeds support preserving Raus Schoolhouse.

16

TN State Championship 4-H Horse Show

8:30 am - 11:30 pm

Tennessee Walking Horse
National Celebration Grounds

Art in the Park: Clay Owls

6:00 pm - 8:00 pm

June 16 & June 30

Henry Horton State Park,
Shelter 4

Local artist Anna Whitworth will be teaching several different hand building skills during this program as well as providing visual instruction for your clay owl projects. We will combine coil building, with pinch pots, and then texture, to create your own owl sculpture. This is a two-part program* The first day will be instruction and creating your artwork. The artwork will then be dried, kiln fired, and ready for part two of the program when we will stain and seal the owls. Part 1 - June 16th. Part 2 - June 30th. All Materials will be provided. Please wear clothes you don't mind getting dirty.

Pre-registration is required. Register online or call (931) 364-7724. Ages 12+

17

Third Thursday Together (Business Networking)

8:00 am

Upstairs at the Coffee Break on the Square

Join us for the Third Thursday Together business network monthly meeting! This is a relaxed business networking meeting with no annual dues or strict formalities, while still being professional and organized. Please come a bit early if possible to order/pay for breakfast, coffee, etc. so there is not too long of a delay.

Charity Rummage Sale

8:00 am - 2:00 pm

June 17 & June 19

206 Madison St, Shelbyville
Benefiting Castle Ministries

19

RC Cola & Moon Pie Festival

7:30 am - 5:00 pm

Historic Bell Buckle

The wackiness that only Bell Buckle can perfect is back! There's not a better day during the year than the day of the Bell Buckle Chamber of Commerce's annual RC-MoonPie Festival held the 3rd Saturday in June for 26 years! The certified RC-MoonPie 10 Mile Run starts the day

Continued on next page

COMMUNITY CALENDAR

Continued
with a challenging course but worth it for its spectacular sunrise and scenery. Over 1,000 runners get going early to earn bragging rights and also to be first in line for what has been called one of the very best race day breakfasts! Register online at bellbucklechamber.com. America loves a good parade and Bell Buckle delivers one of the best. Be sure to get a good spot to watch the parade pass by and maybe even catch a flying MoonPie! Ever try to drink an RC and eat a MoonPie while hoola-hooping? Try your hand at it during the ever popular RC-MoonPie games. Kids of all ages participate in all

manner of games and maybe even balance a can of RC on their heads at the same time. Expect a few duck calls to possibly make their way into this year's games. There's so much for everyone to enjoy with a large selection of arts and crafts booths, music, cloggers, contests, and gobs of good Southern food fare! The grand finale of the day is the cutting and serving of the World's Largest MoonPie – where Bell Buckle says "Let them eat PIE!"

For more info visit:
bellbucklechamber.com

Wartrace Music Fest

6:00 pm - 10:00 pm
29 Main Street, Wartrace

Join our historic railroad town for the Wartrace MusicFest Summer Concert Series on the 3rd Saturday of June and July. Each night will feature a headliner as well as local talented musicians. Live music on the square, awesome food trucks, games, official MusicFest merchandise, downtown shops, and craft beer at the Iron Horse Pizzeria. Chairs, coolers, kids, and leashed pets are welcome! Gates open at 6 pm and music from 7 pm-10 pm. Contact us to inquire about local bed n' breakfasts. Support talented local musicians this summer and come enjoy an evening of rock n' roll by the rails! ***Plenty of space for social distancing at this outdoor event so masks are welcome but not required.*** Tickets \$15 at Gate or on Eventbrite. Kids under 12 years old are free.

25

Celebration City Region Car Club: Cruise on the Square

6:00 pm
Shelbyville Square
Every 4th Friday evening -

April - October. Everybody Welcome! Bring your own car or just come look!

Newton Nissan South Car Giveaway for Students

6:00 pm
Newton Nissan South
2801 Hwy 231 N Shelbyville
We're giving away a 2021 Nissan Versa! Students receive one (1) entry for every "A" on their report card (up to 8 entries). All we need is your report card for the 2020-2021 school year by June 21st, a valid driver's license (student or parent), and you're entered! You can bring the report card/driver's license to the dealership or email it to cargiveaway@newtonnissansouth.com - Must have completed 9th, 10th, 11th or 12th grade for the 2020-2021 school year in a Tennessee high school.

26

Watermelon Festival

10:00 am - 4:00 pm
Lucky Ladd Farms, 4374 Rocky Glade Rd, Eagleville
Crawl on down to the farm for some summertime family fun and enjoy a FREE slice of refreshing watermelon.



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No copies please. Entries will be accepted until Noon on September 1, 2021 when the drawing will be conducted.

Name: _____ Phone Number: _____

No purchase necessary to enter the contest. The odds of winning the \$250 cash drawing will depend upon the number of entries received. Winner will be selected by random drawing and need not be present, but will be required to publicly be named.

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22nd Annual Duck River Clean-Up

7:00 am - 1:00 pm
River Bottom Park (located behind Shelbyville Power)
7:00 am - Registration
11:30 am - Lunch, Prizes & Awards
This event is a TN Promise community service opportunity.

For more information:
Shelbyville-Bedford County Chamber of Commerce
(931) 684-3482

July 10

Evening on the Hemp Farm

4:00 pm - 7:00 pm
Kingdom Acres
1705 Kingdom Rd, Bell Buckle, TN 37020
Take a wagon ride through the hemp fields. Learn and see how it grows while discussing the history of the crop and its benefits. Dinner on the Lawn

Bring your own food or food truck available.

17

First Choice Fish Fry Fundraiser

3:30 pm - 6:30 pm
Walnut Ridge Farm,
1198 Whiteside Hill Rd

With some adjustments to the activities offered and extra measures in place for the safety of all who attend, we want to invite you to join us at our annual fundraiser. We encourage you to follow First Choice Pregnancy Counseling Center on Facebook to stay up to date on event information. \$10

before event \$15 at the gate. Children under 12 eat free. Tickets are available at eventbrite.com

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