

Vanderbilt Health is proud to be the leading provider of primary care and urgent care to adults and children in Shelbyville and surrounding communities. We believe it's important to deliver high-quality care close to where you work and play. It's one more way we're making health care personal—and more convenient.

Vanderbilt Integrated Primary Care Shelbyville*

1612 N. Main Street, Suite B Shelbyville, TN 37160 Monday - Friday, 8:00 a.m. - 4:30 p.m. 931-685-2022

Vanderbilt Integrated Pediatrics*

1612 N. Main Street, Suite B Shelbyville, TN 37160 Monday - Friday, 8:00 a.m. - 4:30 p.m. 931-685-2022

Vanderbilt Integrated Urgent Care*

1612 N. Main Street, Suite A Shelbyville, TN 37160 Monday - Friday, 8:00 a.m. - 8:00 p.m. Saturday, 8:00 a.m. - 6:00 p.m. Sunday, Noon - 6:00 p.m. 931-680-8910

Vanderbilt Integrated Primary Care Madison Street*

1401 Madison Street Shelbyville, TN 37160 Monday – Friday, 8:00 a.m. – 4:30 p.m. 931-685-2025

Vanderbilt Integrated Primary Care North

116 Frank Martin Rd Shelbyville, TN 37160 Monday - Friday, 8:00 a.m. - 4:30 p.m. 931-685-5554

Vanderbilt Integrated Primary Care Unionville*

3335 Highway 41A Unionville, TN 37180 Monday - Friday, 8:00 a.m. - 4:30 p.m. 931-294-8464

Vanderbilt Integrated Primary Care Wartrace*

507 Blackman Boulevard Wartrace, TN 37183 Monday – Friday, 8:00 a.m. – 4:30 p.m. 931-389-0600

Vanderbilt Bedford Hospital



Sadie says...
"Sell It!"

Go with the voice Bedford County has known & trusted for more than a decade!

As a former editor, columnist (Sadie Says) and avid supporter of the Tennessee Walking Horse industry, Sadie Fowler has a proven track record that demonstrates her commitment to excellence and her community. Under the banner of 1st Choice Realtor, Fowler is

POSITIONED AND CONNECTED

to handle all your real estate needs with exceptional ability. Her local sales savvy and far reaching network across the southeast will provide insights that won't disappoint.

SHELBYVILLE TULLAHOMA MURFREESBORO NASHVILLE

Sadie Fowler Parsons

Contact her today: 931-639-3525 SELLITSADIE@GMAIL.COM sadiefowler.com



211 S. Jackson St, Tullahoma, TN (931) 455-8000

Sadie Fowler also remains a consultant for various media consultation jobs and welcomes your inquires.



ABSOLUTE ESTATE AUCTION

5 Houses & Lots

Saturday, March 26TH Starts @ 9:00 A.M.

Estate of Mr. Buster Pruitt Jr.

HOMES WILL BE SOLD ON SITE OF EACH PROPERTY

9:00 A.M. 106 Wheeler Street (Off North Main Street)



10:00 A.M.
120 Hickory Drive
(Off North Main Street)



11:00 A.M. 300 Kingwood Avenue (Off North Main Street)



12:00 P.M. 428 Fairground Heights (Off Bethany Lane)



1:00 P.M. 201 Kayden Street (Off Of South Cannon Blvd.)



AUCTIONEEERS NOTE: All homes were previously rental property. Some are move in ready and others can use a little TLC, but this is a great opportunity for investors, buyers searching for smaller homes, or just good rental property. Don't miss this sale! Todd Bobo, Attorney

COME & BUY AT YOUR PRICE...

TERMS: 20% Cash or Approved Check Day of Sale, Balance Due in 30 Days. Possession with Deed.

No Buyers Premium • WHAT YOU BID IS WHAT YOU PAY!!!

Announcements made day of sale take precedence over previous advertising. Homes built prior to 1978 may contain lead based paint. This ad serves as a notice to anyone wanting to conduct an assessment prior to auction. For further info or pre-auction inspection contact: Tad Craig (931) 639-0914



since 1973 Lic. #547

Call for more info on these properties today!

(931) 684-9112 • CraigWheeler.com 508 Cannon Blvd • Shelbyville, TN 37160

















Call for more info on these properties today!

Custom Built Home on 2.75 Acres



This 3 bedroom 3 full bath home has a spacious layout and is handicapped accessible! This custom home is 3,359 sqft, has a huge bonus room, jack & jill bath, real penny backsplash in the kitchen, all new laminate floors, 2 car garage with steel framing and a covered private patio.

493 Cedar Grove Road, Chapel Hill, TN \$749,900 MLS# 2353750

Northwestern Bedford County! **Completely Remodeled Home** on 1.3 Acres!!



This 3 bedroom 2 bath home is 2,632 sqft and features new Zone HVAC system, new plumbing, new 200 amp electrical service, new insulation, new windows and doors, new roof, new siding and much more! This house is sitting on 1.3 acres and is close to Chapel Hill and the Franklin area.

607 Old Columbia Road, Unionville, TN \$469,000 MLS# 2345622

Newly Built 2,554 SqFt Home sitting on 1.62 Acres



This stunning 4 bedroom 3 bath home features an open floor plan, bonus room upstairs, primary suite with double tray ceiling, double vanities and large walk in double headed shower, granite in kitchen and bathrooms, tile in bathrooms and laundry room and stainless appliances! There is a huge sun room off the rear of the house with gas fireplace, patio, 2 car attached garage and concrete drive.

858 Longview Pointe Lot 3, Shelbyville, TN \$624,900 MLS# 2354157

61+/- Rolling Acres with 1,597 of River Frontage!!



Check out this beautiful property that borders the Duck River! This property consists of a 2 story home with 2 separate entrances and attached oversized 2 car garage. Upstairs includes 2 bed, 1 bath, full kitchen and downstairs includes 1 bed studio, 1 bath and full kitchen with gas stove and all appliances remaining!

511 Burnt Hill Road, Unionville, TN \$1,250,000 MLS# 2356273

Stunning 89.95+ Rolling Fenced Acres on the Duck River!



This property features approximately 4,000 +/- ft. of Duck River frontage, 2 ponds, oak trees, mobile home, (2) 30x70 barns, power, water & septic at mobile home & at barn, 2 wells, county water at road and (2) 45+/- acre tracts can be purchased separately.

310 Moulder Road, Shelbyville, TN \$1,199,000 MLS# 2308762

Amazing Hilltop Views on 21+/- Acres!!



This 2,460 SqFt home features open concept, vaulted ceilings, free standing wood burning stove, large laundry room with storage, 9' ceilings in bedrooms, basement includes cold storage and reinforced safe room, covered wrap around decks with electric & cable wiring to enjoy the views, covered carport and breezeway with electrical outlets and lights! This is a great property for huntina!

200 Teal Hollow Road, Kelso, TN \$525,000 MLS# 2356831

Renovated Home Overlooking **Normandy Lake**



Wonderful property that features a renovated 4 bedroom 3 bath home with stacked stone fireplace w/gas logs, tongue & groove ceilings, covered front porch, deck, elevated Tiki bar overlooking the lake, mini barn/shop all on 1.5+-acres! Perfect place for entertaining or enjoying the peace and quiet!

3855 Roberts Ridge Road, Manchester, TN \$499,900 MLS# 2351982

Beautiful Rolling 49+/- Acres!!



This land features 3 gorgeous hilltops with potential building sites, 2- 40x330 ft. barns, 40x60 shop, natural creek fed pond, and multiple trails that lead to the hilltons.

1760 Knob Creek Road, Wartrace, TN \$595,000 MLS# 2292932

Considering an Auction?

Call us today to consult with our professional auctioneer team! Real Estate-Farms-Machinery-Investment Property-Land-Lots Over 49 Years



(931) 684-9112 CraigWheeler.com

508 Cannon Blvd • Shelbyville, TN 37160







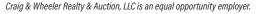














MARCH 2022

CONTENTS

Letter from the Editor: 10 Spring Home & Garden

GOOD NEWS

Fire & Police: A Master Plan 14

Chief Matt Doak and Deputy Chief Bryan Crews help facilitate a master plan for the fire and police departments.

County News: EMS Training 18

Training Captain Chris Cox reports EMT training is back in progress despite staffing shortages.

New Elementary School 22

The City of Shelbyville is expecting a new elementary school in July 2024.

16 Projects, \$350 Million 24 Investment, and 900 Jobs

Funds from the American Rescue Plan Act can help our local community.

New Elementary League 28 Basketball Team

Coach Chris Lawson and Coach Kyle Turnham lead a successful elementary basketball league.

GOOD LIVING

March Madness: 34 What's the Craze All About?

Your guide to understanding March Madness.

Couple Restores a Shelbyville 38 Craftsman-style Farmhouse.

Rick and Sandi Morris have been renovating their 1911 farmhouse for 14 years.

How to Transform 46 Your Empty Nest.

Adult children leaving the home means extra room.

A Deadly Cold Night and a Life-50 Changing Humane Association.

Shelbyville-Bedford County Humane Association helps hundreds of animals find new homes each year.







52 A Season of Hope, Growth, and Renewal

Welcoming a promising Spring.

54 Making Shelbyville a Gorgeous Place to Live for Generations

A family-owned business leaving Shelbyville better than they found it.

56 Freshen up Your Home with Help from Dwell Fine Interiors

Four easy steps to refresh your home for spring!

60 Hilltop Bed and Breakfast: Leave Your Worries at the Door

This getaway (not too far away) is truly an experience, not just a room for the night!

66 Pull out the Kitchen Mixer and Preheat the Oven

We've gathered some of the best St. Paddy's Day recipes for you!

68 Mai House is Your House

Mai House breathes new life into the Shelbyville food scene.

70 Homesick Hearts

The same in every language.

GOOD TIMES

74 Another Bell Buckle Treasure: Daffodil Day

The yellow beauties are prevalent in the community because of a mass planting.

76 Community Events

80 Calendar of Events

82 Advertiser Index

Good News

Will Thomas

Publisher

Chase Perryman

Creative Director

Katie McNabb

Magazine Director

Sissy Smith

Business Development Leader

Will Kelly

Art Director

Melissa Davis Brianna Brubaker

Layout Artists

Todd Pitts

Art Production Manager

Jeriah Brumfield, Shane Hooper Tina Neeley, Colby Prince, Julia Eads

Contributing Writers

James Jordan

Photographer

Wesley Bryant

Managing Editor

A Publication of Exchange Media Group, Inc.

Founder Bill Thomas (1940-2010)

Marketing Director Evan Dawson Business Development Lorri Allen, Tim Ashley, Taylor Bagby, Faith Cashion, Janet Mullins, Kyndall Reasonover, Sandra Thomas

Account Executive Team Leader Misty Zimmerman
Digital Assistants Ginger Jones, Marisa Thornton
National Accounts Executive Bob Barger
Human Resources Tracey Pollock
Customer Service Shelli Fuller, Barb Hargrove, Tim Weir
Distribution Cameron Dangerfield, Steve Seiler

Lead UX Designer Clinton George / Website Designer Crystal Melhaff

Jr. Website Designer Beth Anne Ratliff / Content Strategist Shelby Dias

E×chänge

P.O. Box 490, Fayetteville, TN 37334 (800) 247-7318 exchange-inc.com

© 2022 Exchange Media Group, Inc. All Rights Reserved.



BUY LOCAL!

We Paid Out Over \$3,500,000 To Local Contractors and Auto Specialist in 2021!

Call us for a review of your policies.

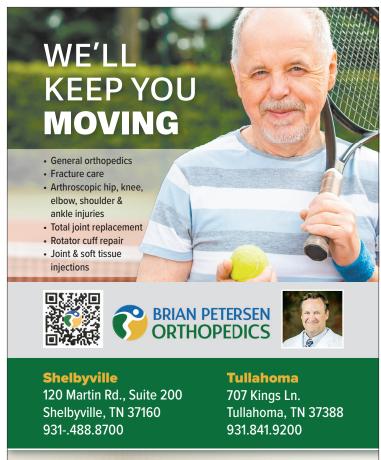




(931) 680-1011 • younginsur.com 1500 Madison St. Shelbyville, TN 37160



1416 HUNTSVILLE HIGHWAY || FAYETTEVILLE TN || 931-297-2391 200 HOBSON ST STE 39 || MCMINNVILLE TN || 931-473-3804 761 MADISON STREET || SHELBYVILLE TN || 931-685-9644 375 W LINCOLN ST || TULLAHOMA TN || 931-222-4353 405 BYPASS ROAD || WINCHESTER TN || 931-962-4991 1676 WEST COLLEGE ST || PULASKI TN || 931-292-6464 3600 MAIN ST || JASPER TN || 423-939-0530















Did you know?

Jones Heating & Cooling installs commercial and residential systems.



Jones Heating & Cooling sells several reliable brands, such as Lennox, Bryant, and York.

Financing available

Reasonable Rates

Jones Heating & Cooling Spring HVAC Maintenance

Includes 22+ points including:



Tighten all electrical connections



Test the performance of the electrical components



Test the performance of the entire system.



PLUS
Coil Cleaning



Call us to schedule your HVAC maintenance today!

931-735-6363

Residential & Commercial

Reliable Service

jonesheating.net

LETTER FROM THE EDITOR

Spring Home & Garden

Making a house a home

THE POTHOS plants on the kitchen window seal are from your grandmother last summer. The welcome mat has little specks of dirt from your brother's boots from his visit over the weekend. Your favorite Bath & Body Works candle is sitting lit on the coffee table. The receipt for the candle is acting as a bookmark in "Where The Crawdads Sing" on your nightstand.

Not every house is a home. We may move from Nashville to Shelbyville and then to Chattanooga, bringing your home along with you—even when the houses always change. Home is where you feel like yourself. It's where you don't have to ask for permission to dig through the fridge when you get home from work. It's where you don't have to take your shoes off at the door if that's not something you do. You get to balance wooden picture frames on nails in the wall—pictures you picked yourself.

Or maybe home isn't about the decorations down the hall or the familiar snacks in the pantry. Maybe home is about the people around us: our family, our friends, and our neighbors. Life blooms like a flower in spring when we make a house a home. Our minds

are at peace and our busy lives get to take a moment to breathe. Find ways to fill your spaces with love, joy,

and happiness.

Shelbyville is full of people who want to make your life better by making your home better. From the living room to the front yard, this issue of Good News Shelbyville is all about exactly that: making a house a home. •GN

Wesley Bryant,

From our readers



"When you first start a business you take a huge risk and you are just constantly filled with being anxious and nervous not knowing how exactly it will take off. I never would have imagined that I would ever get to have this moment where my business would get advertised in my hometown's "Shelbyville Good News" magazine. Good News Shelbyville I am so very thankful for this! This is definitely an accomplishment for me and my business!"

- Briley O'Neal on Facebook

"Catching up on the latest Good News Shelbyville magazine. This edition is packed with really great things happening in Bedford Countyfrom education reform to economic development and even plans to improve relationships within the community. I grew up in this town. I've seen a lot of change over the years. And I'm excited to see what's to come this year and in the future. Thanks for sharing good news with us each month!"

Julie Culp, Weichert,
 Realtors -The Andrews Group on Facebook

Tell us about your experience!

Do you enjoy Good News Shelbyville? Let us know what you think! Follow us and leave a review on Facebook. Search Good News Shelbyville or send a letter to the editor: goodnews@exchange-inc.com



Take The Worry Out Of Your Taxes



Dean Blount *CPA/Partner*



Katybeth Beasley Bobo Partner



Kaye Reynolds



Mallory Lasater



Brittany Casson



Melinda Milton



Laura Jones



Jolie Richardson



- Bookkeeping Services
- Individual & Business Tax Returns
- Gift, Inheritance & Other Tax Returns
- State Returns
- Business Consultation
- Payroll Services
- Quickbooks Consulting & Training
- Financial Statements
- Audit & Review Service
- Free Consultation

Call us today for all of your tax and accounting needs







CITY NEWS

The city is constructing a facilities master plan.

Chief Matt Doak and Deputy Chief Bryan Crews help facilitate a master plan for the fire and police departments.

> By Jeriah Brumfield // Photos acquired from shelbyvilletn.org

T HERE IS no doubt that the city of Shelbyville is growing at accelerated rates. Shelbyville Fire and Police Departments continue to adapt to such growth and make the city a safer place one day at a time.

With the help of Fire Chief Matt Doak and Police Deputy Chief Bryan Crews, the city plans to develop a facilities master plan. The plan will consist of restoring old facilities and constructing new facilities. It is a concept that works to fulfill the city's infrastructure and facility needs and will consist of budgeting plans and layouts for future and existing facilities.

The current facilities are limited by location, existing stormwater system (the flume), and the age of the structures. Fire Chief Doak reports that with the growth the departments are experiencing in and around the community, they have to ensure the efficient and effective delivery of services. Those services require space, and equipment for employees and operations. →











"I can foresee that anytime we have a joint-use need, that is going to be our focus of effort."

- Chief Matt Doak

Doak plans to adjust to recent community changes by providing space for fire department employees. "We have a building that was designed for one administration, and now we have four or five people on a shift," Doak said.

Their current facility on Lane Parkway does not have enough crew areas, living areas, administrative areas, and accessible apparatus areas.

They refurbished their dormitory living area, but they are still working to improve the quality of their facilities, despite such efforts. Doak reports that their main building is around 60 years old, and has "served its purpose."

The facilities master plan will help them reach the next level of service they need, as well as the space needed. Doak said the facility's master plan would allow them to do their jobs. "It's not so much to enhance but to ensure services and performance."

Doak reports the fire department is currently at a level where it cannot meet

the minimum efficiency and performance standard. With the passing of time and the profound need for citizens to feel safe in their community, he feels it is essential to meet such requirements as effectively and efficiently as possible.

Doak believes the facilities they operate out of should complement the community's needs. "60 years ago, the fire service was mainly worried about fighting fires, where today it's fire, rescue, hazardous material, swift water, high angle rescue, EMS, and just about everything that becomes an emergency now involves my department."

Doak appreciates running training programs in the new facility and looks forward to collaborating with Shelbyville Police Department to continue adding value to Shelbyville's community.

"I can foresee that anytime we have a joint-use need, that is going to be our focus of effort." The department's leadership plans to work interchangeably to "enhance each other's abilities to provide for the community." **-GN**



The Best Mexican Food in Shelbyville!

116 Sunlite Rd. Shelbyville, TN 37160

(931) 684-2766

9.99

Dine in · Carry Out

Mon-Fri 11:00 am - 9:00 pm Sat-Sun. 11:00am - 10:00 pm

Monday thru Thursday HAPPY Hour - 2 for 1 Margaritas Tuesday Nights LIVE Trivia • Thursday Nights LIVE Survey Friday Nights LIVE Karaoke • Saturday Nights LIVE Music

12.99

9.99

Specialties



QUESADILLA DELUXE

A flour tortilla stuffed with chicken or beef. With sour cream, guacamole and pico de gallo. Served with a side order of lettuce, rice & beans.

HAWAIIAN QUESADILLA

A large flour tortilla, stuffed with grilled chicken, and pineapple chunks. Topped with cheese sauce. Served with sour cream, guacamole and a side of lettuce.

CHILE RELLENO

Two poblano peppers stuffed with cheese. Served with rice and beans.

MEXICAN PIZZA

Fried tortilla filled with steak, chorizo, spinach and grilled chicken. Toped with cheese sauce.

ALAMBRES

Grilled chopped steak served on a skillet Cooked with onions, mushrooms, bell pepper and bacon. Covered with cheese. Comes with rice, beans, and a side salad.

Seafood

FISH TACOS (3)

Lightly breaded and grilled tilapia. Served on flour tortillas with our own delicious Mexican cream sauce. Served with rice.

ENCHILADAS DE CAMARÓN

Three corn tortillas filled with diced grilled shrimp, onions, and tomatoes. Topped with our green salsa. Served with rice, sour cream, lettuce and guacamole.



LA PARRILLA TILAPIA & SHRIMP 12.99

Grilled tilapia and shrimp, flamed with teguila and cooked with pico de gallo. Smothered with cheese dip. Served with rice and beans.

Two grilled tilapia fillets cooked with onions, jalapeños, cilantro, tomatoes and six jumbo shrimp. Served with rice, lettuce, avocado slices and sour cream.

CAMARÓN FELIZ 10.99

Grilled shrimp with rice, topped with our cheese sauce.

CAMARONES A LA DIABLA 11.49

Spicy and hot shrimp. Served with rice and vegetables.

AGAVE SPECIAL

Grilled chicken, steak and Mexican sausage. Cooked with onions and bell peppers. Covered with Monterey Jack cheese. Served on a hot skillet with rice, beans, and a side salad.

POLLO FIESTA

Grilled chicken on a bed of rice, topped with our cheese sauce.

POLLO EMPANIZADO

Sliced chicken breast, breaded with a quacamole salad, rice and beans.

POLLO CHIPOTLE

Grilled chicken breast with onion, topped with chipotle salsa. Mixed with sour cream and cheese.



POLLOLOGO

Grilled chicken breast served with rice. beans and a side salad.

CHORI POLLO

11.99 Grilled chicken, cooked with Mexican sausage. Served with rice and beans.

FAJITA QUESADILLA

Flour tortilla with your choice of chicken or steak fajita. Served with rice and beans.

Steaks

STEAK MEXICANO

12.99 T-bone steak topped with bell peppers, tomatoes and onions. Served with rice, beans, and tortillas.

STEAK RANCHERO

12.99 T-bone steak topped with our tomato sauce. Served with rice, beans, and tortillas

CARNE ASADA

Steak served with onions, tomatoes, and guacamole. Served with rice, beans, and tortillas.

13 49

14 50

STEAK AND SHRIMP

T-bone steak topped with mushrooms and onions. Topped with cheese sauce, six jumbo shrimp and broccoli on the side. Served with rice and tortillas.

CHILE COLORADO

Chunks of steak topped with red sauce. Served with rice, beans, and tortillas.

Pork tips served with rice, beans, salad, and tortillas.



LA RIVERA SPECIAL

FOR ONE 13.99 FOR TWO 22.75

Beef, chicken, shrimp and Mexican sausage. Cooked with onions, bell pepper and tomatoes. Served with lettuce, pico de gallo, sour cream, guacamole, tortillas, rice, and beans.

FAJITAS RANCHERAS

FOR ONE 13.25 FOR TWO 22.49

Beef, chicken, and shrimp. Cooked with onions, bell pepper and tomatoes. Served with lettuce, pico de gallo, sour cream, guacamole, tortillas, rice, and beans.

SHRIMP FAJITAS

FOR ONE 14.99 FOR TWO 23.49

Cooked with onions, bell pepper, and tomatoes. Served with lettuce, pico de gallo, sour cream, guacamole, tortillas, rice and beans.



SHRIMP FAJITA NACHOS FAJITA CHAPALA 15.49

Grilled tilapia covered with cheese sauce, served on a bed of shrimp, imitation crab, bell peppers and onions. Served with rice, beans, and tortillas.

FAJITAS HAWAIIANAS

FOR ONE 12.99 FOR TWO 21.99

Grilled chicken cooked with onion, bell peppers, and pineapple, topped with shredded cheese. Served with rice, beans, lettuce, pico de gallo, sour cream, and guacamole.

FAJITAS

FOR ONE 12.49 FOR TWO 20.99

Chicken, steak or mix. Cooked with onions, bell pepper and tomatoes. Served with lettuce, pico de gallo, sour cream, guacamole, tortillas, rice, and beans.

NACHOS FAJITAS

Grilled chicken or steak cooked with onions, bell peppers, and tomatoes. Topped with cheese sauce, lettuce, pico de gallo, guacamole, and sour cream.

MOLCAJETE

Steak, chicken, chorizo and shrimp. Covered with our Monterey cheese. Prepared with grilled onions, bell peppers, cactus, pineapple, and spring onions. Served on an authentic Mexican molcajete bowl. Comes with a side salad.



COUNTY NEWS

Bedford County Emergency Medical Services continue training programs.

Training Captain Chris Cox reports EMT training is back in progress despite staffing shortages.

By Jeriah Brumfield // Photos contributed by Brett Young

D ESPITE THE tremendous staffing shortage Bedford County Emergency Medical Services (EMS) faced this past year, the level 1 ambulance service is combating such issues by teaching training programs for all interested in EMS.

"Being excellent in EMS" means more than 911 response calls to the department. Though their primary job is 911 response, the department holds themselves to a higher standard of training and preparation for future emergency medical technicians (EMTs) and advanced emergency medical technicians (AEMTs).

Assistant Director Brett Young said they aim to provide the "highest level of care to the citizens of Bedford County."

In their quest to remain a well-rounded response team, the department sought opportunities to enhance their level of training for future EMTs.

Training Captain Chris Cox reported that the EMS division recognized that the industry needed more applicants

in Tennessee, and the community colleges needed help implementing EMS training. Department leadership did not take long to answer the industry's calling. They applied and were approved to teach EMT and AEMT programs.

The department taught its first EMT program in July of 2020. The class consisted of 10 students, mainly from Bedford County. Seven out of the 10 students could obtain state licensure as an EMT. They also taught and completed an advanced class in November of 2021, and they have hired at least five employees from one of the two classes. Cox said their programs benefit the state and Bedford County.

They plan to create a program catered to graduating high school seniors. Department leadership's goal is to provide high school seniors with some direction on what they want to do after graduating high school. Cox said the benefits of having training sessions are that they are more affordable than community college and easier to enroll.

COLDWELL BANKERS HAS OVER 96,000 AGENTS IN OVER 300,000 OFFICES WORLDWIDE



Dianne Arnold 931-703-5104 diannearnold@charter.net

Madison Arnold 615-603-0077 madisonarnoldsales@gmail.com

Ranking in the "President's Circle" which is the top 8% of Coldwell Banker agents worldwide is Dianne Arnold, an agent for 36 years in Bedford County and Madison Arnold, a new tech savvy agent. We would like to thank our clients for helping us achieve this level. Whether buying or selling we will make your needs our greatest priority. We are the ones to work exclusively for you. Give us a call in 2022.



Gerald Baker 931-607-6463 gbaker@realtracs.com

Gerald Baker ranks in the "Diamond Society" top 15% of Coldwell Banker agents worldwide. I would like to thank all of my clients for allowing me to assist them over the past 20 years, and I look forward to working even harder to make real estate dreams come true in 2022. Please call me with any of your real estate needs.



Janice Carlton
615-603-0077
madisonarnoldsales@gmail.com

Janice Carlton has ranked in the "Diamond Society" top 15% of agents worldwide. I appreciate all my customers and friends I have worked for over the last 38 years for helping reach this level. I hope to work for you also in 2022.

Listings needed! Lots of buyers with not enough to show them, so call us to list your home!

Office: 931-684-6522

1708 North Main St., Shelbyville, TN 37160

FARMS | HOMES | LAND

WWW.COLDWELLBANKER.COM

COLDWELL BANKER SEGROVES-NEESE REAL ESTATE

-2014 Youth Academy
-2017 Youth Academy
-2017 Youth Academy
-2017 Youth Academy
-2017 Youth Academy

Teaching has always been a top priority for this group of first responders. In 2013 they began the Bedford County Youth Academy. High school seniors at least 17 years old attended Emergency Responder Class, and at the end, they could take a test to become a licensed EMR. They have taught 121 high school seniors since 2013. Young reports 22 students worked in an EMS-related field. Their training courses help students interested in health care, even if it isn't EMS-related.

AEMT Jamie Lokey has been an employee for nine months.

"This is something that I always knew I wanted to do. I was just never able to do it," Lokey said.

Lokey said one night, he saw an ad on Facebook where they were recruiting students for their first basic class. He immediately registered for the beginner's class and later became an AEMT. "I believe Chris has given myself and the others in the class the ability to appropriately treat our patients and identify signs and symptoms that can make a difference for that individual." -GN

In April, the EMS department will be hosting a Youth Academy for high school students interested in the EMS field.

If you are interested in this opportunity, feel free to email Chris.Cox@bedfordems.com.

They also plan to hold an EMT class during the summer.

Chris Cox will release more information about the upcoming class soon.

Free Delivery - Financing Available

ETINGANID Service co.

FAMILY OWNED AND OPERATED SINCE 1934

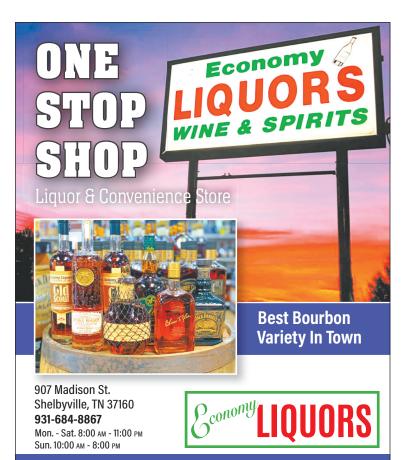
Check out our 14,000 sq. ft. showroom!

Filled with everything you need to furnish your home!

- Ashley Progressive Furniture Coaster Catnapper
- Brooks Furniture Stein World Maytag Whirlpool
- Speed Queen Amana KithcneAid Electrolux LG
- Frigidaire Sony Simmons Serta Mid-South Mattress



400 MADISON STREET, SHELBYVILLE, TN | (931) 684-5662 | WWW.KINCAIDSERVICE.COM



Within Walking Distance from the Celebration Horse Show Grounds!







MARK KINCAID, OWNER



Art | Gifts | Jewelry | Gift Certificates | Wedding Registry



We can create a cohesive design plan for a whole house, multiple rooms, or even a single space, depending on your needs.

Our refresh service offers a fresh concept for a lived-in space. We'll work to give your space new life by mixing your existing pieces with new furniture.



Shelbyville's Largest Selection of

Tuxedos Prom Tuxedos TUXEDOS

Tuxedos for the Ball **TUXEDOS Wedding Tuxedos**

Calvin Cannon Company Torso (931) 639-3643 Historic Uptown Shelbyville

C&C CONSTRUCTION Tile • Painting • Decks Windows • & More! Harrell Cude, Owner **C&C CONSTRUCTION** 997 Gaither Rd, Shelbyville, TN (931) 808-9749

For your continued support and partnership in 2021. I look forward to working together in 2022 CAMILLE BELL

REAL ESTATE AGENT (931) 224-5719

Camille is a lifelong resident of Bedford County and loves welcoming new residents to the area. She prides herself on serving her clients and helping them through the buying or selling process. Give her a call today to help you with your Real Estate needs!



(931) 684-9112 CraigWheeler.com 508 Cannon Blvd.



(Shelbyville, TN 37160

SCHOOL NEWS

There is a new elementary school in the making.

The City of Shelbyville is expecting a new elementary school in July 2024.

By Jeriah Brumfield

B EDFORD COUNTY School District is constructing its new and highly anticipated elementary school. District Superintendent Dr. Tammy Garrett reports that a new elementary school has been in the works for three years. To aid them in choosing the school's location, they looked at county growth patterns, potential sites, and the recent census.

Garrett reported that the area within city limits on the North Side is continuously growing, so they purchased a piece of land located off Highway 231 behind Marelli North America. Still, they will continue to tour other newly constructed buildings within the region as potential locations. Their search for the ideal location continues.

Garrett said, "We just want the best learning environment for our students."

Leadership plans to give all students a brick-and-mortar building because students are currently in portable buildings. The best way to provide students with a sustainable learning environment is to get them out of portables. Garrett said having students in portable buildings is "a learning environment issue and a safety issue."

Along with a healthy and sustainable learning environment, leadership also takes school growth, safety, and supervision into account as they move forward.

The district plans to collaborate with the county leadership and Transportation Director Kenny Parker to continue studying growth trends of the city and middle and high schools.



The district will also collaborate with school board members, county commission, county board chairmen, and the county finance director to provide a sustainable learning environment to the elementary school students and get them out of portables.

Garrett said collaborating with everyone, including the mayor, economic development, and community planning, is a "remarkable experience." She enjoys watching them work together for the good of the community.

Some of the things the county might expect with constructing a new school are a gym for hosting elementary and Amateur Athletic Union basketball tournaments, a stage, and a space where the "community can come together."

Garrett reports that the new school should be "move-in ready" by July 1, 2024. They plan to open in August of 2024 to begin the school year.



Photos acquired from communityhs.bedfordk12tn.com

COMMUNITY HIGH SCHOOL WING

It is an exciting time for Community High School. In addition to the new elementary school, Community High School's new wing is currently under construction and will be "move-in ready" by August 2023. The wing will consist of 12 general educational classrooms, three for career and technical education (health sciences, cosmetology, criminal justice programs), and a Special Education (CDC) room remodel. The new room will be sustainable and meet the needs of students with disabilities.

The district was given ESSER funds (covid funds) from the government to help with the new wing at Community High School to help with social distancing. Garrett reports the capacity of the school will double with this new addition.

In addition to the ESSER funds, Community High School obtained a grant of \$260,000 in collaboration with Vanderbilt, Bedford County, Celebration Way, and different health facilities to incorporate a full health science lab to give students hands-on experience. **-GN**



INDUSTRIAL NEWS

16 projects, \$350 million investment, and 900 jobs

Funds from the American Rescue Plan Act can help our local community.

By Shane Hopper // Photographs contributed by Shelbyville-Bedford Partnership

THE SHELBYVILLE-BEDFORD Partnership, the local economic development organization, is actively working on more than 16 projects in the City of Shelbyville and Bedford County. 10 of the projects tentatively sit north of Bypass 437 on each side of Highway 231 in an area projected for high growth. The 10 projects represent more than \$350 million in capital investment and more than 900 jobs. The good news is developers, realtors, and private investors recognize Shelbyville and Bedford County for their growth potential. The challenge in this high-growth corridor is the utility infrastructure.

Fortunately, assistance is available from the state and federal government for utility upgrades. Funds from the American Rescue Plan Act (ARPA) at the state level, provided by the federal government, can help communities offset expenses to upgrade drinking water and sewer capacity infrastructure. The elected

leadership of Shelbyville and Bedford county recognized the need for utility upgrades and started planning in 2021 for the availability of grant money to offset the expenses of utility upgrades.

In February of 2022, the Shelbyville Bedford Partnership, in conjunction with Representative Pat Marsh, the City of Shelbyville, and Bedford County, hosted a forum to discuss ways to maximize state-level ARPA funds from the state. The State of Tennessee designed incentives into project grants with multiple entities working together for a common goal. For example, collaborative projects may apply first and with a smaller funds match from the city and county.

The ARPA discussion led by Marsh included resource speakers Deputy Commissioner Greg Young, Regional Director Chuck Yoest, Senior Policy Analyst Jennifer Tribble, and others, all of the Tennessee Department of Environment and

Conservation

Charlie's the BOSS

HE'S MARKING THEM DOWN!























2014 GMC Sierra 1500 Base

Stk#221313





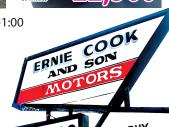




Shop with us in person! Mon-Fri 8:30-5:30 Sat 8:30-1:00 809 N Main St., Shelbyville, TN Family owned & operated since 1975



LINE 24/7 FINANCING
AVAILABLE



we BUY, SELL & TRADE

Call Us For A FREE Quote Today

Auto • Home • Boat • Motorcycles • Annuities • Life
Retirement • College Savings Plans

Amanda O'Neal Agency Owner amandaoneal@allstate.com



635 N. Main St., Ste. G • Shelbyville, TN 37160 • (931) 684-3230

onealinsurancegrouptn.com









(TDEC). The state funds of ARPA flow through TDEC for drinking water and sewer upgrades. State-elected officials Marsh and Shane Reeves participated in the discussion and hailed the importance of utility upgrades for future growth. Marsh and Reeves diligently support efforts to increase Bedford County's appeal for economic development.

Local utilities, Shelbyville Power and Water (SP&W), and Bedford County Utility District (BCUD), also participated in the meeting to discuss the possibilities for collaboration to maximize the state ARPA funds. BCUD serves water to the high-growth area, and SP&W provides municipal sewer to the same. Chairperson Dobee Mallard's of SP&W and David Dickens's of BCUD attendance highlighted the local utility commitment to servicing current customers and providing increased capacity for growth.

Mayor Chad Graham and Mayor Wallace Cartwright attended the meeting with their support staff. To maximize the TDEC grant, the city and county will join forces with the utilities to present a united front to the state for future growth and development.

Fierce competition flows between communities, and states for projects delivering jobs and capital investment. Shelbyville and Bedord County must do its part to be competitive and fight for a better future. The collaborative group of the City of Shelbville, Bedford County, Shelbyville Power & Water, and Bedford County Utility District can capture more than \$7 million dollars for Bedford County's future. •GN



Sir Pizza of Shelbyville

1731 N. Main Street, Shelbyville, TN 37160 931-735-6379 177 Relco Dr. Manchester TN 37355 931-954-5395

Sir Pizza of Manchester

like us on facebook.

Sunday Special - buy 5 wings, get 5 half price
Monday Special - free breadsticks with purchase of any large pizza
Tuesday Special - BOGO free pizza - dine in only | BOGO half off pizza - carry out only
Lunch Special - 1 topping 8" pizza for \$5.99 from 11am-2pm weekdays

APPETIZERS

BREAD STICKS

10 seasoned sticks topped with parmesan cheese and served with marinara sauce

GARLIC CHEESE TOAST

6 pieces of toasted garlic bread loaded with blend cheese. Served with marinara sauce

STUFFED BREAD STICKS (3) OR (5)

mozzarella stuffed bread sticks served with marinara sauce

KNIGHTS BITES

Pretzel bites topped with salt and served with our favorite cheese dip

CHEESE FINGERS (SMALL) OR (LARGE)

crust brushed with Italian seasoning, loaded with blend cheese, cut into finger slices and served with marinara sauce

KNIGHTS KNOTS

Individual twisted garlic bread knots served with our marinara or spaghetti sauce

SPECIALTY PIZZA

AVAILABLE IN 8" 12" 14"

ROYAL FEAST

pepperoni, mushrooms, onions, green peppers, and our original sausage KING'S FEAST

Baked ham, pepperoni, our original sausage, bacon, and beef

QUEEN'S FEAST

Mushrooms, black olives, green olives, green peppers, and onions

FARMER'S ALMANAC

Baked ham, pepperoni, mushrooms, green peppers, onions, our original sausage, beef, black olives, green olives, (jalapenos and anchovies available upon request)

BBQ BACON

Double cheese, BBQ sauce, beef, bacon, provolone cheese, and cheddar cheese

GARDEN FEAST

Ranch dressing base with mushrooms, tomatoes, and broccoli

PRINCESS FEAST

Ranch dressing base, chicken, pineapple, tomatoes, and banana peppers

TN HOT CHICKEN PIZZA

Boneless wings tossed in our sir sizzle sauce, chopped pickles, and jalapenos topped with a ranch drizzle

THE DUCHESS OF SHELBYVILLE

Chicken sausage, diced to matoes, mushrooms, sliced pepperoncini with our pesto sauce $\,$

CREATE YOUR OWN

Sauces: Signature Tomato Sauce, Sir Que, Ranch Dressing, Pesto Basil, Italian Garlic Butter

Toppings: Baked Ham, Sir Pizza Beef, Sir Pizza Sausage, Bacon, Pepperoni, Garlic Roasted Chicken, Mushrooms, Green Peppers, Onions, Black Olives, Green Olives, Banana Peppers, Pineapple, Tomatoes, Jalapenos, Anchovies, Sliced Pepperoncini, Salami

AVAILABLE IN 8" 12" 14"

Take advantage of our 2 for 1 draft beer ALL DAY - EVERYDAY

SALADS

Signature Bleu Cheese | Ranch | Italian | Honey Mustard | French | Thousand Island

HAM, CHICKEN, OR TURKEY CHEF SALAD

Your choice of ham, chicken or turkey. Lettuce, tomato, ham, eggs, provolone cheese, cheddar cheese, bacon bits, cucumbers, and croutons

DINNER SALAD

Lettuce, tomato, cheddar cheese, bacon bits, cucumbers, and croutons

KINGS WINGS

Sir Meek & Mild | Sir Medieval | Sir Sizzle | Dragon's Breath | Sir Que | Sir Tso | Jala-mango | Moonshine BBQ | Hot BBQ | Italian Garlic Parmesan

TRADITIONAL OR BONELESS - AVAILABLE IN 5, 10, 15, OR 20 CT

OVEN TOASTED SUBS

served hot on toasted hoagies *Sandwich Prices Include* Lay's® Classic Potato Chips, Pickle Spear, and your choice of cheese, lettuce, tomato, mayo, or mustard

BAKED HAM, CHICKEN, ROAST BEEF, OR TURKEY SUB

Choose from Provolone, Cheddar, Swiss, or blended cheese

MEATBALL

Meatballs covered in marinara sauce. Choose from Provolone, Cheddar, Swiss, or blended cheese

POTATO WEDGES

Add potato wedges to any sandwich

SOUP & SALAD OR SOUP & SUB COMBO

Sir Italian Noodle Soup, White Chicken Chili, or Sausage Lentil Soup

THICK HEARTY PASTA

All dinners include salad, pasta, and garlic bread. Choose from one of our signature sauces:

Spaghetti Sauce | Marinara Sauce | Alfredo | Pesto Basil

LARGE, REGULAR, OR CHILD'S SPAGHETTI

LASAGNA

RAVIOLI (CHEESE OR MEAT)

STUFF YOUR OWN CALZONE

Includes 3 toppings of your choice filled with our spiced blend cheese and served with marinara sauce



FREE 5ct wings with purchase of any 12" OR 14" specialty pizza

can be used at Sir Pizza of Manchester and Sir Pizza of Shelbyville



any 14" pizza
e used at Sir Pizza of Manchester an
Sir Pizza of Shelbyville

Sir Pizza of Shelbyville

SPORTS NEWS

Bedford County has a new elementary league basketball team.

Coach Chris Lawson and coach Kyle Turnham lead a successful elementary basketball league.

By Jeriah Brumfield // Photos submitted by Bedford County Schools



Bottom row from left to right: Daisy Davidson, Tenley Clardy, Jordan Doak, Ellizabeth Fernandez, Aubrey Bowling, Sully Townes, Hunter Phillips, Isaac Brown, Braylon Speegle, Miquel Jones, Christian Baker. | Middle row from left to right: Skyy Pointer, Kayden Doak, Aliana Thaw, Emilee Blackburn, Dara Frazier, Sophia Kelly, McKinley Morton, Ellie Reeves, Zoe States, Andi Jo Sublett, Corbin Riley. | Last row from left to right: Violet White, Hayden Moore, Imani Johnson, Kennedy Burk, Slayleigh Doak, Everleigh Gill, Adrianna Doss, Lily Green, Nichole Lopez, Kallen Vari, Luis Carrillo, Van Watts, Blake Harris, Cole Hutson

C HILDREN'S BASKETBALL is just one of many sports that impact children's health and development. Bedford County school districts are making it a point to ensure elementary-aged basketball players are as well-prepared as middle and high school students for the upcoming season.

With the help of the Superintendent of Schools Dr. Tammy Garrett, head boys basketball coach Chris Lawson and head girls basketball coach kyle Turnham at Shelbyville Central High School began an elementary basketball league for fourth and fifth-grade girls and boys in the fall of 2021.

The coaches had numerous goals for how they wanted to conduct the elementary league. Coach Turnham said he and coach Lawson wanted to begin

teaching a higher level of fundamental skills to the children earlier in their careers.

Coach Lawson said, "For me, one of the main goals was to provide an opportunity for elementary-age players to develop and prepare for the transition into middle school basketball." Lawson aimed to make the elementary league similar to middle and high school teams by incorporating tryouts and competitive games.

Turnham added that the coaches wanted to create a school spirit that did not exist without the league. The league helps players understand the work ethic and dedication necessary to compete for their middle school and high school teams. The coach's long-term goal is to pave the way for some players to receive college scholarships later on.





"It was so much fun watching the players not only improve but compete for their school."

- COACH CHRIS LAWSON



The coaches can already see the league's impact on the students. Lawson said, "I am already excited to see how these young players develop in the offseason and how much they grow going into next year."

Lawson said that every team improved their dribbling, layup techniques, and shots by the end of the season.

During week one, Turnham said some players struggled with fundamentals such as dribbling and shooting.

"By the end of the year, every single player had improved in each of those facets." Turnham credits the coaches for their direction and the students for their receptiveness to the coaching.

"It was so much fun watching the players not only improve but compete for their school." Coach Turnham said the support of the principals and coaches helped keep school spirit high from week one throughout the season. The coaches plan to provide the teams with uniforms next year. Each school raised money to provide the team with jerseys by hosting a game on a Saturday during the season. The league will also offer opportunities for players to go to basketball camp to continue developing their skills during the offseason. The coaches plan to sit down and talk about improving next season.

Coach Turnham wants to give a special "thank you" to Superintendent Dr. Tammy Garrett for her vision and support during the process.

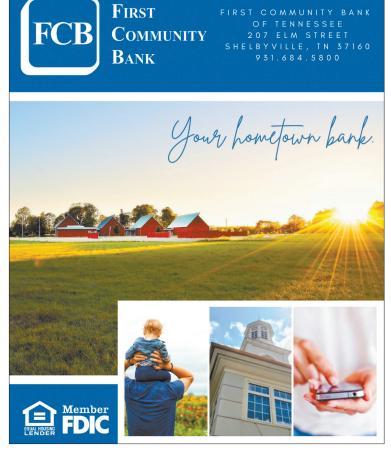
"Without her, this league would not have been possible. She's the one that made the league a reality, and the support we got from her and Barry Bennett could not have been better."

Turnham also wants to thank coach Lawson.

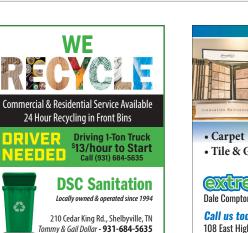
"We worked together incredibly well, and it was an honor to coordinate the league with him." ${}^{\bullet}$ GN

BUYING • Selling • AUCTIONS







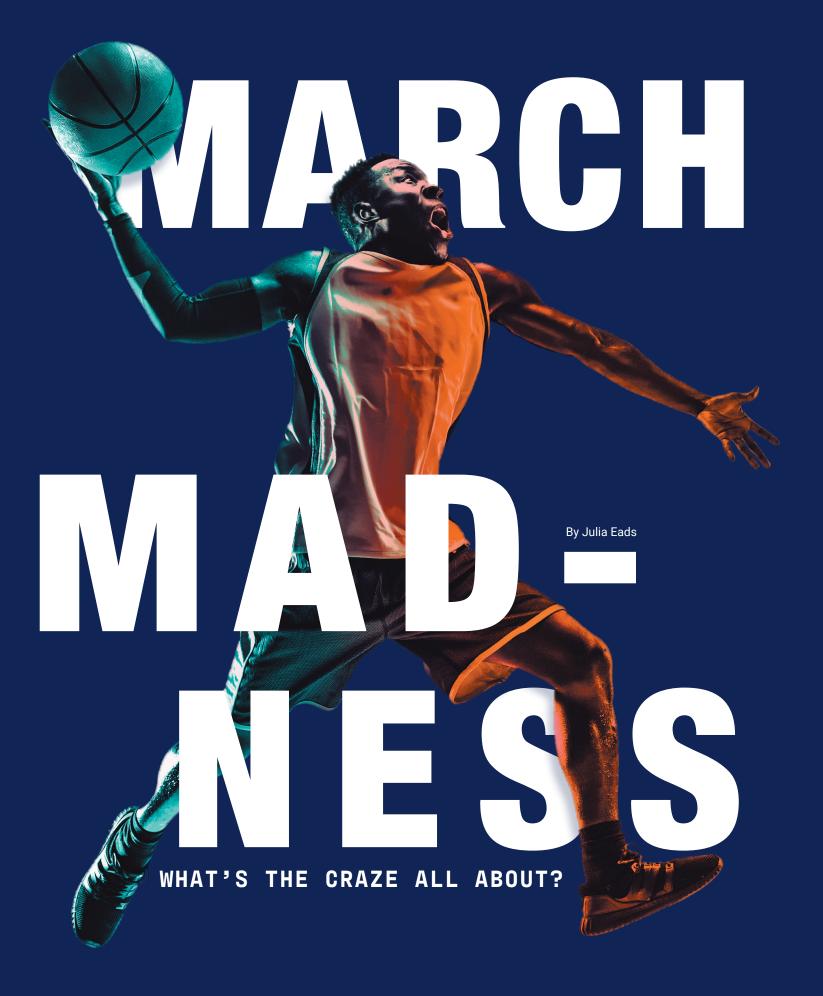












YOUR GUIDE TO UNDERSTANDING MARCH MADNESS.

O R BASKETBALL
fans, the month of
March is a time of
basketball-watching
bliss as it marks
the beginning of the
National Collegiate Athletic Association (NCAA)

basketball tournament. In other words, March is the time of year when "ball is life." Men and women alike gather around living rooms, sports bars, and screens of any size to view the most binge-worthy sporting event of the year. Here is your one-stop guide to understanding the busy month ahead:

The NCAA tournament is a showdown for Division I college basketball teams. In previous years, March Madness was exclusively used to describe the men's basketball tournament. This year the language will be extended to include the women's tournament as well.

The tournaments are single-elimination—meaning if a team loses even once, they are out. Both the men's and women's tournaments start with a total of 68 teams. There are 32 teams that receive an automatic bid by winning their conference's postseason tournament. These 32 teams are known as automatic qualifiers. The other 36 teams are essentially invited to play in the tournament with what's called an at-large bid. These bids are given out to promising teams by a committee called the Selection Committee on Selection Sunday. Selection Sunday is a very exciting day for basketball fans as it marks the first day that the full NCAA tournament brackets are revealed. This year, Selection Sunday will be on March 13.

Another task that the committee works on during Selection Sunday is

seeding teams. To seed a team is more or less to give them a place in rank. A team's region as well as its rank determines where it will fall within the tournament bracket. The NCAA tournament brackets are split into four sections correlating with the four conference regions: South, East, West, and Midwest. Once the teams have received their rank, the tournament rapidly begins.

The first four games historically are played on the Tuesday and Wednesday following Selection Sunday. Deemed "The First Four" these games clear out four teams so that the true "First Round" of the tournaments begins with 64 teams. In a span of three weeks, the tournaments will proceed through six rounds (First Four, First Round, Second Round, Sweet Sixteen, Elite Eight, Final Four) before the last round, which is the championship game. The winner of each of the men's and women's tournaments gets to go home with a national championship title.

Are you beginning to understand why it's called March Madness? So many basketball games within a short timespan! To add to the madness, sometimes there are upsets within the tournament where a low seeded team is much more successful than expected and beats a high-ranking team. Teams that play better than anticipated are often deemed "Cinderella" teams. These Cinderella stories make following the March Madness tournament that much more fun!

The first official tipoff of March Madness 2022 is scheduled for March 15 and the Championship Game is scheduled for April 4 at Caesars Superdome in New Orleans. In the meantime, jump into the madness yourself by creating a predictions bracket of your own! -GN















Do you know someone who should be in Good News Shelbyville?

We're looking for good news, people to cover, contributing writers, artists, and photos of events.

Submit your good news at: GoodNewsMags.com

Good News



Restoring A Shelbyville CRAFTSMAN-STYLE FARMHOUSE.

Rick and Sandi Morris have been renovating their 1911 farmhouse for 14 years.

By Julia Eads // Photos contributed by Rick Morris





HERE ARE moments in life when you take a step back and ask, "How did we get here? How did this come to be? How did we get in this state or condition?" Similar to the aging of the skin, most things are subtly yet consistently changing and deteriorating over time. An exception to this rule comes when much attention and care is invested. For instance, wrinkles do not form overnight. They develop slowly, each day. To ward them off as long as possible, a consistent skincare regimen works wonders. Another instance of natural progressive decline could be found in the caretaking of a yard or piece of property. Suppose caretakers cut corners over time, neglecting or becoming lazy with the upkeep. In that case, weeds that were once contained in a neat and well-maintained yard can slowly turn into what looks like an overgrown jungle. Unfortunately, this slowcreeping beast called deterioration reared its head at a craftsman-style farmhouse on Lewis Avenue in Shelbyville.

The eclectic farmhouse was built in 1911. The original structure changed and morphed over the years, as most things do. In one season, the farmhouse was converted into a mini-apartment complex complete with three kitchens. Rental properties of all kinds usually indicate numerous tenants rotating through. This property was no exception. Unfortunately, with people constantly

trafficking in and out of the house, the house slowly lost its luster. Then, facing more neglect, it eventually went into foreclosure. Other than the songbirds flying around in the second story, the poor house sat empty and quiet. Would it ever see new life pacing down the halls? Would there ever be little fingerprints smudged on the windows again? Would the smell of fresh coffee fill the air once more? Or, was this the end for the old house—abandoned and long forgotten?

66

Restoring the home all these years has been a labor of love.

99

Luckily in 2008, Rick and Sandi Morris ventured over from Memphis in search of a place to call home. Initially, they were looking to buy something in Wartrace. However, during their journey, they happened to come across the tired farmhouse in Shelbyville. Immediately, they knew they had to pull the trigger and purchase it. The moment they laid eyes on it, they saw its potential and fell in love. Rick and Sandi had long desired to do a home renovation themselves. Rick has a background in construction, and Sandi has a knack for all things creative. Together, \rightarrow

Designed for people, not for profit.















GREAT 8 **BONELESS WINGS MEAL**

Eight of our tender, tasty boneless wings tossed in your choice of sauce, served with Texas Toast and Ranch Sauce, Crinkle Fries, and a small Coca-Cola Freestyle® drink.

AVAILABLE FOR A LIMITED TIME ONLY

Try Our New Buffalo Garlic Blaze Sauce!

ZAX FAMILY PACKS



20 PC. CHICKEN FINGERZTA **FAMILY PACK** Regular: \$24.99 • Buffalo: \$28.99

30 PC. BONELESS WINGS **FAMILY PACK** Regular: \$24.99

FAMOUS FINGERZ



BONELESS WINGS 5ct. \$4.69 • 10ct. \$8.29 • 20ct. \$15.59

TRADITIONAL WINGS 5ct. \$6.19 • 10ct. \$11.29 • 20ct. \$21.59

CHICKEN FINGERZ™ 5ct. \$6.19 • 10ct. \$11.99 • 20ct. \$22.99

BUFFALO CHICKEN FINGERZ™ 5ct. \$7.19 • 10ct. \$13.99 • 20ct. \$26.99

DESSERTS



One 99° • Three \$1.79

FAMOUS MEAL DEALZ BIG ZALADS



CHICKEN FINGER PLATE Regular: 4ct. \$8.59 • 5ct. \$9.29 • 6ct. \$8.59 Buffalo: 4ct. \$9.59 • 5ct. \$10.99 • 6ct. \$12.39

TRADITIONAL WINGS & THINGS Regular: \$10.29 • Buffalo: \$10.89

BONELESS WINGS & THINGS Regular: \$9.29 • Buffalo: \$9.89

BIG ZAX SNAK® MEAL Regular: \$6.79

BUFFALO BIG ZAX SNAK® MEAL Regular: \$6.99

BONELESS WINGS MEAL Regular: \$6.79

TRADITIONAL WINGS MEAL Regular: \$8.29

DRINKS



Small: \$1.99 • Medium: \$2.19 • Large: \$2.49

GALLON OF SWEET OR UNSWEET TEA \$4.99

KID7® DRINK 99¢

Regular: \$1.09 • Chocolate: \$1.09

APPLE JUICE \$1.09



SOUTHWEST ZALAD® Fried: \$8.59 • Grilled: \$8.59 • Garden: \$6.59

THE HOUSE ZALAD® Fried: \$7.99 • Grilled: \$7.99 • Garden: \$5.99

THE CORR ZALAD® Fried: \$8.29 • Grilled: \$8.29 • Garden: \$6.29

THE BLUE ZALAD® Fried: \$7.99 • Grilled: \$7.99 • Garden: \$5.99

SHAREABLES & SIDES



FRIED WHITE CHEDDAR BITES \$3.99

CRINKLE FRIES Regular: \$1.99 • Large: \$2.49 • Basket: \$2.99

COLESLAW - CUP \$1.24

BASKET OF TEXAS TOAST

EXTRA CHICKEN FINGER Regular: \$1.19 • Buffalo: \$1.09

www.zaxbys.com

THE NIBBLER \$1 76

SANDWICH MEALZ



ZAXBY'S® SIGNATURE SANDWICH Meal: \$7.29 • Sandwich only: \$4.99

ZAXBY'S® SPICY SIGNATURE SANDWICH Meal: \$7.29 • Sandwich only: \$4.99

KICKIN CHICKEN SANDWICH Meal: \$6.49 • Sandwich only: \$4.49

GRILLED CHICKEN SANDWICH

Meal: \$6.49 • Sandwich only: \$4.49

3 NIBBLERZ® SANDWICH Meal: \$7.29 • Sandwich only: \$5.29

ZAXBY'S® CLUB SANDWICH Meal: \$8.29 • Sandwich only: \$6.29

CAJUN CLUB SANDWICH Meal: \$8.29 • Sandwich only: \$6.29

SAUCES

Zax Sauce[®], Spicy Zax Sauce[™], Ranch, Honey Mustard, Marinara, Wimpy™ Tongue Torch°, Nuclear™, Insane™, Original, Hot Honey Mustard, Sweet & Spicy, Teriyaki, BBQ



931-735-6541

101 Palmer Dr. • Shelbyville, TN

the two set out on a mission of restoring the home. As for the farmhouse, it finally had what it deserved—a family eager to invest in it, take care of it, and help it reach its fullest potential.

Rick and Sandi shared, "restoring the home all these years has been a labor of love." "Other times," Rick admittedly jokes, "it has just been downright labor," as the couple has been working on this ongoing renovation for over 14 years. The number of major repairs and projects they have taken on since buying the home is staggering. Initially, they switched out all the mechanicals, electricals, plumbing, and HVAC systems. When possible, Rick and Sandi aimed to restore the craftsman farmhouse in a manner that most closely depicted its original look. In efforts to do so, the couple kept all the original doors as well as most of the hardware. They also made every effort to keep the original walls, trim, and flooring by sanding them down and restaining them. On the inside of the house, Rick found an old craftsman paint pallet from Lowes. Rick and Sandi explained, "In a true craftsman home, there is no white." So the couple followed suit, and to this day, there is not a square inch that is plain white. Instead, all of the colors inside and outside of their home are drawn from that pallet.

Additionally, the couple kept all of the original windows except for five that were replaced on a need basis. To help with the draftiness that coincides with having old windows, Rick and Sandi chose to have insulation blown into the house's walls. The insulation would help keep warm air in during cold winter months and cool air in during hot summer months.

One major project the couple quickly undertook was converting the house's three kitchens and one bathroom into one kitchen and six bathrooms. They had no intention of renting the space out as previous owners did before utilizing the area, like apartments. Still, the one remaining kitchen is stunning. It is complete with custom cabinets and lots of space for entertaining while cooking. The kitchen also hosts one of the house's most unique features: a 25-foot-deep and 12-foot-in-diameter cistern! Rick and Sandi admit they have yet to try the well



water themselves. They did ensure, however, that it is in working condition and is safe to drink from! Other than a massive cistern in their kitchen and beautiful custom cabinets, another unique feature the couple decided to keep was a pocket window over the sink. A pocket window goes back into the wall when opened or raised. The couple believes it is an original piece of the house built in 1911.

It's a lot of house.

While renovating, Rick and Sandi found that the owners before them had lowered the ceilings. The couple desired to raise them back up. During the process of restoring the ceilings back to their original height at 11 feet high, Rick and Sandi soon discovered there was no support remaining to bear the weight. Therefore the couple had to add a four-inch by 12-inch beam to hold up the second floor. Needless to say, raising the ceilings was a bit more of a project than what they originally bargained for. However, that is not uncommon when working with older homes. In fact, running into issues seemed like quite the norm for the homeowners.

While renovating their sizable covered front porch, Rick and Sandi came across a few rotten floorboards. After pulling those up, they found that more boards had been condemned. Eventually, they decided the entire structure and decking would need to be replaced. This included new concrete pier footers and a concrete wall to support the new porch. After all their hard work, the couple enjoys morning coffee out on their 12-foot by 50-foot front porch, complete with four ceiling fans!

Last year, when about 95% of their 5,200 square foot home was renovated, Rick and Sandi briefly put their house on the market, thinking they would like to sell it. However, when it was crunch time, the couple pulled it off the market and decided they had put too much of their heart and soul into the space. Feeling more confident than ever in their decision, they agreed they were in their forever home. The home is complete with five spacious bedrooms, four massive fireplaces, six bathrooms, a large covered front porch, a library, music room, game room, stairlift, an enclosed screen porch, an outdoor kitchen with a bar, a stone patio with a firepit, a privacy fence, a detached garage, a shop building, and a 1,500-square-foot unfinished basement. Rick said, "It's a lot of house." Then Sandi laughed, "It's comfortable."

Although Rick and Sandi have slowed down on major renovations, don't let them fool you! They still keep busy. Currently, the couple is building custom furniture to use in one of the rooms in their home. The furniture will be a lovely addition to their custom home. And as for the farmhouse, it should be pleased to know the Morris family is staying for good. **-GN**















Contact your local sales rep at: sissy@exchange-inc.com or (931) 224-5268

















Deb Insell, Agent 923 N. Main St Shelbyville, TN 37160 931-684-5274 www.debinsell.com

State Farm, Bloomington, IL 2001738



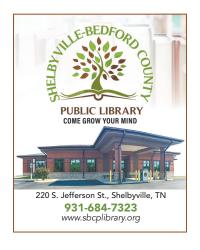














6 Railroad Square E. Bell Buckle, TN 37020 (931) 813-3130





1. HOBBY HAVEN:

If you've always meant to set up a crafting room or artist's studio, now is an ideal time to do just that. Find the hobby you really love and transform your newly vacant room into your peaceful getaway. Set up a Bluetooth speaker or radio, open the curtains, and light a candle. It's like a vacation at home.

2. GUEST SUITE:

If you've never had a spare bedroom to entertain guests, a child's former bedroom can fit the bill. It may not be that difficult to transform such spaces into relaxing and inviting rooms for overnight guests. Be sure there is at least a queen-sized bed and a dresser or chest of drawers to stash belongings. Neutral tones for paint and linens can be inviting to guests.

3. LIVING ROOM REDO:

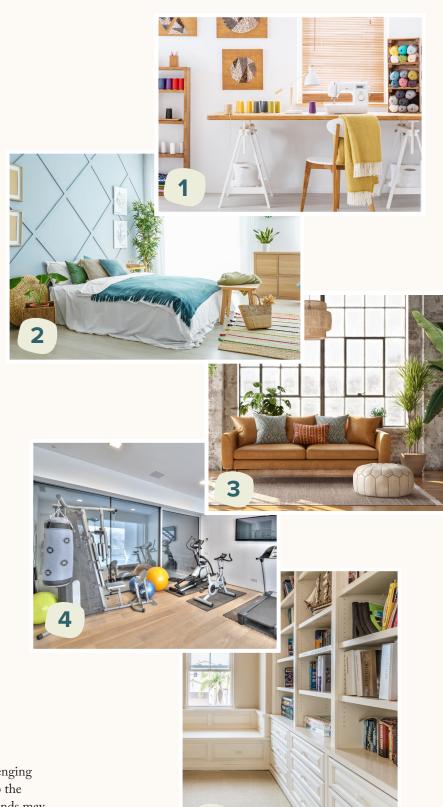
When there's an entire soccer team coming over to hang out, that large sectional sofa or modular seating may be ideal. Now that the kids are out of the house and their friends are no longer coming over for movie night, living rooms can be more intimate with small-scale seating. A small sofa and two comfortable chairs may be a more fitting option.

4. AT-HOME GYM:

Save on gym membership fees by building a mini studio right at home. Choose one of the larger bedrooms and then fill it with fitness equipment, such as an elliptical trainer, a treadmill, a bench press, and some free weights. Store rolled-up mats in the closet for yoga sessions.

5. HOME LIBRARY:

With extra downtime, it's easy to get bored with scavenging through Hulu, Netflix, and Amazon Prime. Switch up the storytelling by reading more often. Your spouse or friends may want to read the same book with you. Use the newly empty space to put all of your favorite books on beautiful bookshelves. Add a comfortable piece of furniture. Your home library may fill your free time with peace and mindfulness. **-GN**



5





















A deadly cold night in Shelbyville kickstarts the founding of the

Life-Changing Humane Association.

Shelbyville-Bedford County Humane Association helps hundreds of animals find new homes each year.

BY JULIA EADS // PHOTOS CONTRIBUTED BY SBCHA

NFORTUNATELY, SOMETIMES in life, it takes a tragic accident to unveil a place of great need. This is what happened on a freezing-cold winter night in 1978 when many of the animals at the city pound were found frozen to death. In May of the same year, in sincerest response, the Shelbyville-Bedford County Humane Association (SBCHA) was founded in hopes to ensure this type of tragedy would have fewer odds of ever being repeated. The SBCHA is a non-profit 501(c)(3) organization funded by contributions and fundraising events. SBCHA is a separate entity from both Shelbyville Animal Control and Bedford County Animal Control. Although, all three groups work together at times to best care for animals. An all-volunteer staff runs SBCHA.

The overarching mission of all humane societies is simple: to create a more humane society. For SBCHA, the mission concentrates specifically on Shelbyville, Bedford County, and its inhabitants. The mission statement reads, "Our mission at SBCHA is to improve the welfare of all animals in our community through various avenues. We strive to educate the public in responsible pet ownership, the importance

of spay/neuter, and to give voice and shelter to all the unwanted, abandoned, and abused animals in our community."

In the early years of SBCHA's existence, many of the rescued animals were kept solely in foster homes across the county until new home placements were appointed. In approximately 2002, a small, no-kill shelter was opened. Opening the shelter took the pressure off of a lot of foster homes, but many are still used on an as-needed basis. Once an animal is in the care of SBCHA, he/she is examined by a licensed veterinarian, updated on all vaccinations, and spayed or neutered if he/she is at an appropriate age. This is to ensure safety and health for everyone across the board and to provide the best care for the animals. At this time, SBCHA is committed to specifically cats and dogs.

The goal of SBCHA is to help facilitate adoptions and place animals in loving and responsible homes where they will live for the rest of their lives. Christine Abbey-Carlton, SBCHA's treasurer and cat adoption coordinator expressed, "We are proud of our target of placing at least 100 dogs and cats a year in excellent and loving homes. One of our favorite things is receiving pictures and emails from adopters showing how happy they and their new pets are."

To help ensure pets are indeed going to safe and loving homes, all potential adopters are required to fill out an adoption



application. Then, applicants undergo an interview process.

Do you love dogs and cats yet are currently not ready to make a lifelong commitment by adding another member to your family? Outside of adoption, there are other ways you can help keep animals safe, healthy, and happy. The first way is to volunteer your time. Each day at the shelter, many tasks need accomplishing. These tasks range from helping with adoption paperwork to aiding in animal care. Opening your home up as a foster home is also another great need. Fostering allows animals to be in a safe environment while their forever home placement is confirmed. Another way to meet a practical need is donating dog/ cat food, trash bags, towels, blankets, etc. A full list is available on SBCHA's website. Monetary gifts are always appreciated and needed as they go a long way in helping out with monthly expenses. -GN

To begin the adoption process, visit the website at shelbyvillebedfordhumane.org and fill out an application. You can donate money through SBCHA's website or send cash or check to P.O. Box 391, Shelbyville, TN 37162.

Shelbyville-Bedford County Humane Association expresses its gratitude to its grantors, volunteers, and partners for making it possible for cats and dogs in need to find shelter, safety, and forever-loving homes.



SPRING HOME & GARDEN

WELCOMINGA PROMISINGSPRING

The season of hope, growth, and renewal is upon us.

Stories by Julia Eads // Photography by James Jordan Art Direction & Layouts by Will Kelly & Brianna Brubaker



DAY IS coming when the bleak grays and browns will be overturned by a more promising green. The frigidness of the current season will cease to exist as the chilling weather passes by. The final cold front is forgotten. The days ahead are bright—soon to be filled with warmth as light comes peering in. Through the blinds, past the drapes, and to your face, the light reaches you like a soft, sweet kiss. Wake up, sleepyhead. It's the dawn of a new day.

Temporarily part ways with comfort as you kick off those all-encompassing sheets, *swoosh*. The cold is piercing, yes. But it is time to face the day. New seasons require new modes of operation (I know you can't see it yet, but all things are being made new! Hang in there.) Still, reluctantly, you lace up those crusted-with-mud work boots. Your bitterness grows with every loop you feed through. You would much rather crawl back into bed, find the toasty warm spot

you just left, and raise a white flag surrendering to your eyelids in the game of tug-o-war. Oh, to drift off into a slumber and forget every responsibility that bears weight. Still, you zip up your jacket, place a hat on your head, and keep going in preparation for this new season. (For that, I am proud of you.)

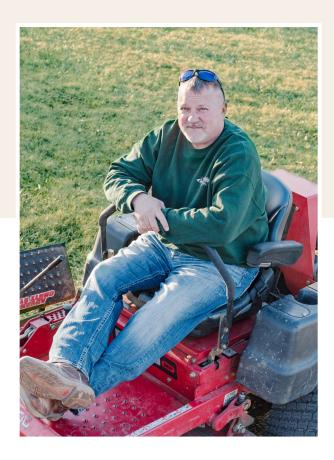
Out the door and to the shed, you shake out the stiffness that coincides with a long slumber. Begrudgingly, you grab the shovel, shears, and rake. It's time to put in work. From sunup to sundown, sweat drips off your brow as you labor and sew new seeds. New life requires cutting off the things which have halted growth. This is pruning. Pruning may initially make for an uncomfortably bare appearance and an empty feeling. It can also feel exhausting, but dig deep and refuse to become discouraged. Your work is not done in vain! You are doing something!

In just the right time, the skies will open up, the rain will fall, and refreshed you will be. Your investments of today will soak. They will grow. And in due time, they will yield an increase. The harvest will not just be for you, but it will

benefit generations to come.

Fast forward. Out in the front yard, a feisty little boy sways back and forth on a tire swing. It's hung way up high on the sturdiest branch of the towering oak tree. The brown-eyed boy is full of life. He spends his afternoons putting on a show for anyone who will look in his direction. Laughter fills the air. His mother is seated below the tree, propping her back upon the tree trunk. The wind blows. She takes a deep breath in. Exhaling gratitude, she is simply thankful for the shade the old tree provides. Off to the side, a tiny figure catches the mother's eye. Prancing around in the field next door is her daughter. The little girl bends down to collect wildflowers of all colors to fasten to her homemade flower crown. She dashes over to her mother for help and to show off all the treasures she found.

It's odd to think, but it is still true: this simple afternoon started years ago. When you got out of bed and got to work, the little boy laughed and the little girl twirled. So as you go about your labor-intensive preparations for spring, try to remember the dancing and games. Rather than bitterness and rather than dread, I pray excitement and



Making Shelbyville

A GORGEOUS PLACE TO LIVE

for generation after generation.

A family-owned business making Shelbyville better than they found it.

NE OF Shelbyville's most trusted lawn care services, Adam's Lawn Service, has been around since 1989. The business started in a bit of an unusual way. Kris Adams, the current owner of the business, was a freshman in high school and was as rowdy as they come. His father, Wade Adams, was a firefighter at Arnold Air Force base. On an ordinary weekday, Wade received a phone call as he was returning home from a 48-hour shift at the fire station. The man on the other end of the phone, Walt Zimmerman, asked for Wade's son, Kris. Zimmerman owned Bottle Hollow Lodge and was requesting that Kris come mow the estate. Kris's father was baffled. He had no clue how the man knew of his son or that he had a knack for mowing lawns. He definitely had no clue how the man managed to find his phone number. Regardless, Kris was still in school for a few hours and Wade had a decision to make. He agreed to get started on the property maintenance himself. He brought a 20-inch push mower and began going up and down, back and forth, all across the estate's land.

As Kris recalled that day, he laughed at how worn out his father was after he push mowed the entire property. Kris said his father, dripping in sweat, picked him up from school and immediately brought Kris to the nearest store to purchase two riding lawn mowers. This essentially marked their first day of business. From that day on, the two were full speed ahead. They gained more and more traction as new clients requested their lawn care services. Wade owned Adam's Lawn Service for 10 years before Kris purchased the business from him. The business continues to see growth over the years. To this day, Kris steadily employs a crew of about five to seven people year-round. Although Kris's father retired, the family affair still lives on in some ways as the company's crew leader, Colby Melson, has been dating Kris's daughter for over six years.

The crew's mission at Adam's Lawn Service is to "leave the world better than you found it." This goal is intended both physically and metaphorically. It is the team's obvious intent to make Shelbyville more beautiful to the physical eye. This is achieved by performing their business services such as mowing, hedging, weed eating, blowing, trimming, installing landscapes, and mulching. However, it is also the team's goal to make Shelbyville more beautiful in ways that the physical eye cannot see. This is done by caring for others and serving the community in whatever capacity possible. One example of this is Kris and his crew taking care of a newly widowed woman's overgrown field and refusing any payment from her. This example and others similar are ways Shelbyville is being left better than it was found thanks to local, family-owned businesses like Kris's. **-GN**









Dwell Fine Interiors helps

FRESHEN UP YOUR HOME

Four easy steps to refresh your home for spring with help from Tanya Coffey.

By Julia Eads // Photography by James Jordan







SWAP OUT YOUR THROWS

Let's face it. Everyone was sick this past winter. And where do most sick people gravitate to? The couch. And more specifically, sick people curl up with throw pillows and blankets. Your throw pillows and blankets have seen more than enough wear and tear this season. It's time to release them from duty and allow some new ones to take their place of service. Adding different pillows and blankets is one sure way to easily change the mood and style direction of an entire room. You can easily add colors, patterns, and textures to a space without having to overcommit altogether. Implement the throw swap to introduce a new style or freshen up an old one!

J UPDATE YOUR WINDOW TREATMENTS

Curtains are oftentimes pulled tight and blinds are snugly shut as an added attempt to stay warm during winter months. But a refreshing spring is on the way! Start your refresh by dramatically flinging wide your curtains and opening your blinds. Feels better already doesn't it?

Next, head over to Dwell's Boutique on the square. There you can find ready-made drapes that should do just the trick! Opt for a light and airy drape to help soften the feel of your space. When you find drapes you like, all you have left to do is head home and hang them. This simple switch will help brighten your space and add warmth all in one sweep!





CHOOSE A SIGNATURE SMELL

Imagine the smell of cookies being pulled out of the oven or freshly cut grass. Even the smell after a much-needed rain can be something to soothe the soul. Smells are powerful tools that can guide our moods and emotions. While you get your home ready for spring, don't forget to invest in scent. Dwell Fine Interiors keeps a regular stock of luxurious candles that are guaranteed to help bring positive energy to your home. Each brand of candle they carry is known to be beautifully scented, modern-looking, and long-lasting! The candle is the final touch for a simple yet effective refresh!

3 BRING YOUR BACKYARD IN

Yeah, you read it right. Bring your backyard inside. And no, we're not talking about tracking dirt onto your freshly mopped floors. Rather, we're suggesting that you take a walk outside and make note of what inspires or delights you. Is it the little bluebells or daffodils beginning to spring up from the ground? Or maybe it's the pinecones that are leftover from fall. Bring some clippers and a sack for collecting the things that spark joy. After you have foraged for a while, go back inside and creatively display your items. Hint: almost anything looks nice in a glass vase or in an eclectic bowl.



Need more than a quick four-step approach to updating your home? Dwell Interiors offers many design services including virtual design consultations, new construction consultations, remodeling consultations, home staging services, and more. Owner Tanya Coffey and her team have more than 25 years of design experience and have found there is no job too big or too small

Not sure you need a consultation but maybe just a little more inspiration? Stop in the retail boutique & design studio to browse the high-quality selection of unique furniture, custom upholstery, original art, mirrors, lamps, chandeliers, rugs, pillows, candles, tableware, bed linens, drapery, and antiques. **-GN**





Hilltop Bed and Breakfast:

LEAVE YOUR WORRIES AT THE DOOR

This getaway (not too far away) is truly an experience, not just a room for the night!

NCE UPON a time, there was a cozy cottage on a hill. Isn't that how all the best stories begin? The story of Shelbyville local Vicky Black and her whimsical Hilltop Bed and Breakfast is no different. In 2012, Black bought the property that now holds her adorable cottage. In its original condition, the purchased property was not an inviting space to rest. There were two buildings on the property. One of the buildings was an old farmhouse. That farmhouse is now home to a lovely family, and the other building was a coal shed. The previous owner converted the coal shed into a pool house and then a studio apartment years later. When Black acquired the property, she slowly remodeled the simple apartment into a dreamy guest house straight out of a fairytale.



If you arrive at the cottage in the daytime, the first thing you will see are gorgeous fields of flowers and vibrant garden beds. There's a classic white picket fence that wraps around the picturesque building. Then, off to the side of the cottage stands a towering row of Leyland cypress trees offering privacy to guests. If you adventure down the little brick road, your quest will lead you to a treasure. Shimmering below your feet, your heart races in anticipation. What could it be? You find a pool of water with the most brilliant and bright orange koi fish splashing underneath the water's surface. With the koi pond in front of you and the world behind you, sit down on the old stone bench and allow your mind to escape you. Listen to the water trickling down from the fountain, remembering what it feels like to be a child without a care in the world. You're safe here. You can relax. So breathe in deep and take as long as you need.

On occasion you might hear a busy bee working nearby as Black works in her glass shack next door. Inside the craft shack, she creates beautiful stained glass art. Feel free to pop in to say hello, but don't stay too long! Breakfast is waiting inside!

Open the front door to find fresh fruit, muffins, hot and cold cereal, coffee, and hot tea. Grab a mug out of the cupboard, fill it up to the brim, and head back to a guest-favorite spot: the sunroom. Sit quietly, sipping your warm coffee, and enjoy the morning show as hummingbirds and cardinals zip around to their respective feeders. On occasion, a yellow finch will flutter by for a visit.

Wherever you find yourself resting on the property, Black desires that you make yourself at home. You will know this to be true the moment Black meets you with the key. The warmth of her demeanor, her knack for hospitality, and the thoughtfulness of her actions will help you leave your worries at the door. Whether you are a local and need a change of scenery or have family members coming to visit that need a place to stay, Hilltop Bed and Breakfast Cottage is the perfect getaway. Here you can unwind and let go of the tensions of the day. **-GN**











Airbnb BLISS

For booking information, visit airbnb.com and type "Hilltop Bed and Breakfast Cottage" in the search bar. Gift certificates are also available upon request.





Pull out the kitchen mixer & preheat the oven

We've gathered some of the best St. Paddy's Day recipes for you!

By Julia Eads

ID YOU know the holiday involving copious amounts of green beer is actually an Irish holiday celebrating Christianity? It is! In fact, the holiday is held each year on the anniversary of Saint Patrick's death. Saint Patrick was a patron saint who lived during the fifth century. He was born in Roman Britain but later was kidnapped and brought to Ireland as a slave. During his time enslaved, he grew in his relationship with and affection for God. He did eventually escape from captivity but later chose to return to Ireland to bring the good news of Jesus Christ back to the land. So as you go about preparing your St. Parick's Day feasts and treats, don't forget to remember the Good News! We hope you eat, drink, and be merry!



My Old Fashioned Bread Pudding

Submitted By Debra Gold

Ingredients

1/2 c. dark raisins

1/2 c. brandy

1/4 c. butter or margarine

8 slices white bread, lightly toasted

1 c. light brown sugar, firmly packed

1 t. ground cinnamon

1/4 t. allspice

3 eggs

1/4 t. salt

1 t. vanilla extract

3 c. milk, scalded and cooled

Directions

Cover raisins with brandy in a bowl. Set aside. Spread butter or margarine on each bread slice. Cut bread into 1" cubes. Set aside. Combine brown sugar, cinnamon, and allspice in a bowl, reserving 3 tablespoons. Toss bread cubes in the bowl of sugar mixture. Place half of bread cube mixture in lightly greased 1 1/2 quart casserole dish. Drain raisins and place over bread cubes. Repeat layers. Combine eggs, salt, and vanilla in a medium bowl. Beat with electric mixer on medium speed for 1 minute. Gradually stir in milk. Pour over bread cubes. Let stand for 5 minutes. Sprinkle reserved sugar mixture over top. Bake at 325° for 45-50 minutes. Serve warm.

Irish Scones

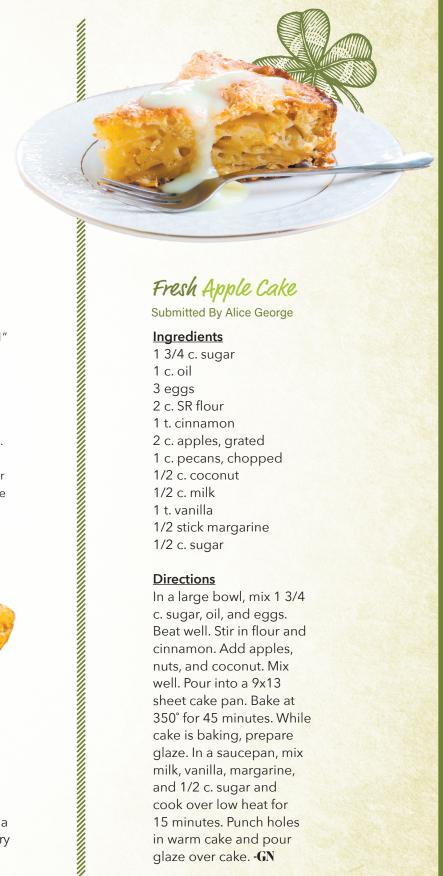
Submitted By Debbie Rutledge

Ingredients

3 c. SR flour 1 t. cream of tarter 1/2 - 1 c. buttermilk

Directions

Preheat oven to 400°. In a large mixing bowl, mix together flour and cream of tarter. Add enough buttermilk until it's easy to work with. It should be like biscuit dough. Turn onto floured surface and roll into desired thickness, adding flour as needed. Using a pizza cutter, cut into triangles and place on a buttered cookie sheet. This dough does not rise very much, so do not roll out too thin. Bake 15 minutes.



Fresh Apple Cake

Submitted By Alice George

Ingredients

1 3/4 c. sugar

1 c. oil

3 eggs

2 c. SR flour

1 t. cinnamon

2 c. apples, grated

1 c. pecans, chopped

1/2 c. coconut

1/2 c. milk

1 t. vanilla

1/2 stick margarine

1/2 c. sugar

Directions

In a large bowl, mix 1 3/4 c. sugar, oil, and eggs. Beat well. Stir in flour and cinnamon. Add apples, nuts, and coconut. Mix well. Pour into a 9x13 sheet cake pan. Bake at 350° for 45 minutes. While cake is baking, prepare glaze. In a saucepan, mix milk, vanilla, margarine, and 1/2 c. sugar and cook over low heat for 15 minutes. Punch holes in warm cake and pour glaze over cake. -GN



Mai House IS Your House



Good News is coming to dinner!

We will feature a local food critic's thoughts as he dines in Bedford County. This month Colby Prince visited Mai House Asian Cuisine.

Mai House Asian Cuisine

(931) 492-4740 Mai House Asian Cuisine 1057 Madison St., Shelbyville, TN

Find their full menu at: maihouseasiancuisine.com

And follow their Facebook for restaurant updates and even TikTok videos of the food being prepared.

Mai house breathes new life into the Shelbyville food scene by offering unique and well-executed techniques that break the mold.

ELCOME HOME. That's how it feels when walking into Mai House Asian Cuisine for the first time. I was promptly greeted by some of the nicest staff I've ever met in the restaurant industry, which makes for a great experience. This was my first time visiting Mai House, and I'll be the first to admit I've been missing out.

I ordered one of my favorite dishes, general toa's chicken. I was also offered the choice of soup or salad and opted to try the soup. To my surprise, it wasn't your average watered-down miso or mushroom soup. It was called "hot and sour egg drop soup," which was another first for me. With eggy goodness throughout and big pieces of crab meat, the soup was packed with flavor.

The main dish arrived in a quick manner and the

proportion was massive. Visually, I could tell this general toa's chicken was unlike any I've had before. The chicken was fried perfectly and kept its crispy texture while coated in the house-made general to a sauce and topped with cashew peanuts. The taste was phenomenal, breaking away from other Asian restaurants and creating their own unique dish. The crunch and flavor the cashews added to the dish was a new experience for me as well, and I found myself adding cashews to every bite. I also tried the sweet and sour chicken and was blown away by the flavor. It was new and different, unlike any sweet and sour sauce I've ever had.

I thought Mai House would be similar to other Asian restaurants, but I've been proven wrong. They've broken free from the typical, all while creating their own flavors that pack a punch. This is a refreshing and new way to enjoy Asian cuisine here in Shelbyville and I urge everyone to give them a try like I did. **-GN**

FAITH

Homesick Hearts

The same in every language

By Tina Neeley

A STHE regal, iridescent purple martins flew in and out of their colony housing, she pointed and asked through my phone's translator, "Can I take one home?"

Over the birds' noisy chatter, I struggled to explain to my young visitor the birds were wild, but my answer didn't translate well.

"Can I have one, please? We have them in my country." Her face was filled with the hopeful expectation of a child at Christmas, and my heart melted and ached in the midsummer sun.

Like my new friend and her family, the purple martins travel here from great distances. We enjoy hosting the birds that return year after year to our property. I'm especially fond of their songs and calls. Their clicks and ticks resemble Morse Code more than birdsong; they're animated conversations in a foreign language.

"We have them in my country."

I heard it again and again throughout the day, and I longed to give her the wild bird of her homesick dream.

Our hearts spoke the same language. Her youth may have momentarily blinded her to the source of her homesickness, but I've lived longer in a foreign country.

Hebrews 13:14 reminds us this world is not our home. There's something inside the believer's heart always longing for home – not the homes of bricks and sticks, but of gold and many rooms, the one our heavenly Father is preparing. We are homesick for a city whose builder and maker is God. (Heb 11:10) But until we cross the threshold into eternity, God, being the good Father He is,

gives us little joys and treasures to encourage us as He's walking us home. He loves giving good gifts to His children.

An online retailer known for having everything an earth-bound body needs just happened to sell a small, stuffed purple martin, complete with authentic birdsong and chatter. Lucky for me, I'm a prime-card-carrying member of the club.

You should have seen her smile as the soft, toy swallow sang its endless song to her homesick heart. I think my homesick heart smiled just as large. -GN

His language is not foreign, though we sometimes feel inadequate in our understanding of the Bible. Don't settle in a land of less. Intentionally read and look deeper into a verse or section of scripture. The closer you look, the richer the soil and the deeper your roots go into the soil of God's marvelous love. (Ephesians 3:17–19)

STUDY RESOURCES: biblehub.com, studylight.org, studybible.info

GO DEEPER:

In Genesis 12, God called Abraham to leave everything and everyone familiar and travel to a land God would show him. Included in this call was a covenant promise of great blessing.

God may not call you to such an extreme journey, but He calls you.









Another Bell Buckle Treasure: **Daffodil Dav**

The yellow beauties are so prevalent on roadsides and in the community because of a mass planting over a century ago.

By Julia Eads

RIVING PAST historic Bell Buckle at night, one might mistake the small cluster of buildings for a sleepy little town with not much going on. However, anyone who has stopped and spent time in this treasured gem of a town knows that's far from the truth. Bell Buckle is a tightly-knit community made up of fun, interesting, and friendly people. The town is full of artsy folk SWAL who nurture and appreciate the uniqueness and history of their λ_0 quaint town. In fact, Southern Magazine honored Bell Buckle as its first choice for Best Small Towns in 2021. Established in 1852, Bell Buckle is now known for its home cooking, eclectic shops, southern hospitality, handmade crafts, antiques, quilts, a world-renowned college preparatory school, and annual downhome festivals.

One of Bell Buckle's most loved festivals is the Daffodil Day Celebration. The celebration is held every year on the third Saturday in March. It is a celebration of spring, life, and of course thousands and thousands of those bright yellow flowers! Many are unaware, but the yellow beauties are so prevalent along the roadsides and throughout the community because of a mass planting that took place over a hundred years ago. Since the planting, the daffodils have multiplied and are now growing in every backyard, along every roadside, and all throughout the tree-lined town. Each spring, those little yellow flowers take over and bring such cheer to every person passing by! Due to the coronavirus pandemic, a formal celebration has not taken place in the past two years. While the flowers still bloomed, the crowds did not gather. Needless to say, this year's celebration is highly anticipated by all!



Saturday, March 19, 2022, from 10 a.m. to 4 p.m.

The 44th Annual Bell Buckle Daffodil Day Celebration will take place in Historic Bell Buckle on Saturday, March 19, 2022, from 10 a.m. to 4 p.m. The free event will have a host of activities and contests for all ages and interests. The morning will commence with the famous Daffodil Flower Show. The contest will be held at the new Bell Buckle Mini-Banquet Hall 2. Entries will be accepted that morning until 11:30 a.m. and winners will be announced at 12:30 p.m.

Another Daffodil Day contest is one for the nicest butt in Bell Buckle! Self-professing grill masters from all around gather at Captain Rodney's lot to show off their barbecuing skills. To experience the cook-off yourself, follow the drool-worthy smells to Captain Rodney's lot. For only \$10, guests will be able to sample each of the contestants' entries and vote on a favorite. Votes will count towards the People's

Choice Award. Cook-off winners will be announced at 4 p.m. following the Arbor Day Ceremony. For rules and instructions for both contests, visit the chamber website at bellbucklechamber.com.

In addition to the ongoing contests, there will be a host of activities to enjoy. Shop until you drop in all the local stores and vendor tents. Get a bite to eat at the Bell Buckle Cafe or at one of the many food trucks on-site. Take a seat on an old wooden bench and listen to local music artists, Olivia Mason and Chase Clanton. Go meet John T. Wayne, grandson of "The Duke" John Wayne. Mr. Wayne will be signing books at the Bell Buckle Coffee Shop until 3 p.m.

Lastly, don't forget to arrive early for the free tree seedling giveaway. The Bell Buckle Chamber of Commerce and the Bell Buckle Tree Board, organizers of this event, look forward to hosting this celebratory day! -GN

Jummm!

COMMUNITY EVENTS

Local Favorite Performs at Penalties



Photographs by Jacob Johnson
Jacob Johnson was live at Penalties in
Shelbyville. Jacob Johnson is a local favorite
here in Middle Tennessee. He frequently
plays at Common John Brewing Company
in Manchester, Whiskey Trail BBQ in
Tullahoma, and Drafts and Watercrafts in
Winchester during the summer season. Jacob's
music reaches far past these small-town county
lines as he is adored in Nashville, Gatlinburg,
and Chattanooga by his audiences. Find his
schedule to catch one of his next shows by
visiting facebook.com/officialjacobjohnson.





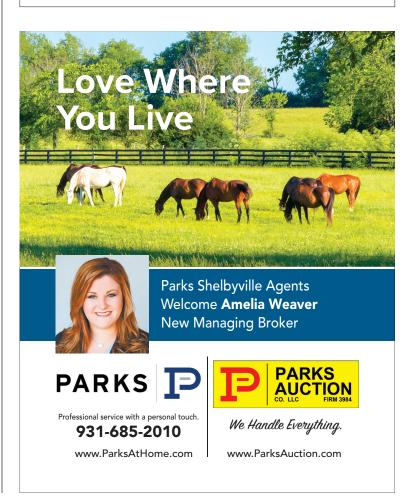
Female Songwriters Steal the Show

Photos provided by Casey Michelle Photography

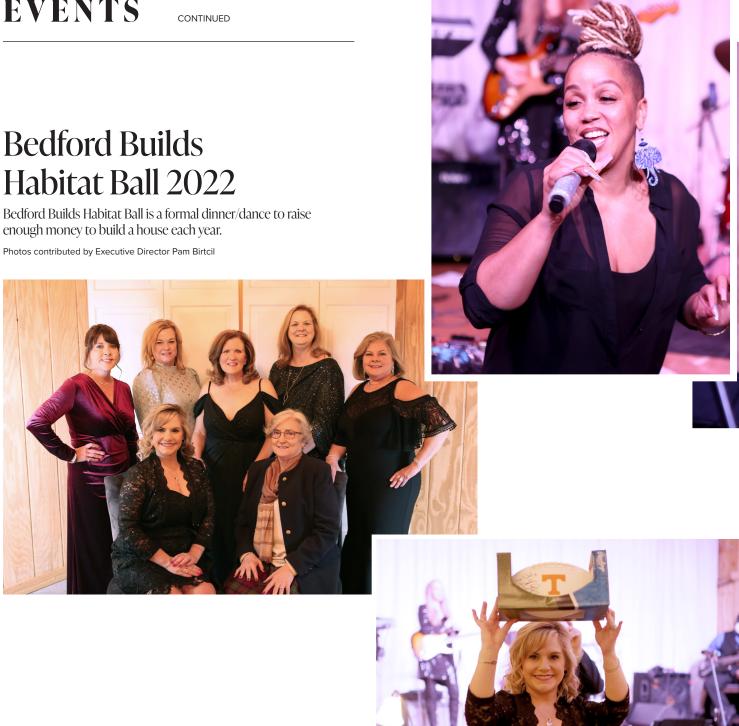
A group of talented women put on a show with GSM Productions at Bring It Back Games located at 108 Lane Parkway Suite EE. The all-female headliner group called Yesterday Morning was the highlight of the songwriters' show. Yesterday Morning is a country-folk duo composed of Jessica Terrell and Cassidy Dickens.







COMMUNITY EVENTS CONTINUED

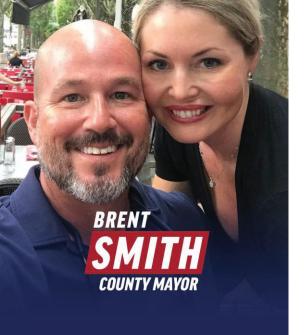












HONEST, CONSERVATIVE LEADERSHIP

Mark your calendars for a

lunch event!

Meet Brent Smith,

Bedford County Mayor, Republican Candidate

Saturday, March 26th,

2022, at Noon

Bedford County Ag Center

2119 Midland Rd., Shelbyville

Hotdogs, hamburgers, chips and soft drinks will be served.

Come on out and join us, and let's get Bedford County pointed in a new direction!

VOTE IN REPUBLICAN PRIMARY

ELECTION DAY: MAY 3RD EARLY VOTING: APRIL 13TH - 28TH

EVENTS CALENDAR

MARCH 2022

March 3

10:00 am Vittles with a Veteran **Cooking Class**

Thursday, March 3 - April 7 Shelbyville Recreation Center, 220 Tulip Tree Rd, Shelbyville

March 3 - Chicken Pot Pie March 10 - Sheppard's Pie March 17 - Soda Bread March 24 - Chicken Cacciatore March 31 - Mac and Cheese April 7 - Southern Fried Chicken tacos

Call to register (931) 684-9780 All classes include lunch

1:00 pm **Game Time**

Shelbyville Recreation Center, 220 Tulip Tree Rd, Shelbyville

Cards, Dominos, Uno, Rook, Chess, and much more. (931) 684-9780

March 4

1:00 pm

Chocolate Bingo

Shelbyville Recreation Center, 220 Tulip Tree Road, Shelbyville (931) 684-9780

March 5

10:00 am Painting with Cindy "Sleepy Koala"

Shelbyville Recreation Center, 220 Tulip Tree Rd, Shelbyville

Paint a pre-drawn design on a 9x12 canvas and you design the background. Must preregister for ages 5 and older. (931) 684-9780

March 8

2:00 pm

First Baptist Church Shelbyville Red Cross **Blood Drive**

First Baptist Church. 304 East Depot, Shelbyville

March 9

6:00 pm Art in the Park

Textured Sunflowers

Henry Horton State Park, 4209 Nashville Highway Chapel Hill

In this program, we will unleash your creativity by designing textured sunflowers! Local artist Anna Whitworth will teach you the process of building a 2D multimedia piece while experiencing the fun of creating a unique work of art. Instruction and all materials will be provided. Participants are welcome to bring their favorite glue gun if they prefer. Hot and multi-temperature glue sticks will be on hand. Please wear clothes that you don't mind getting dirty. We will be in the Hotel conference room C. Pre-Registration is required.

Park Ranger Sam Davenport Phone: (931) 202-4070 Email: samantha.davenport@ tn.gov

10:30 am Morning Storytime Ages 0-6

Shelbyville Bedford County Library, 220 S Jefferson St

Our interactive storytimes introduce young children to reading, music, STEAM, and language with stories, songs, and activities. Parents learn fun ways to build the early literacy skills their children need to learn to read.

March 10

1:00 pm **Game Time**

Shelbyville Recreation Center, 220 Tulip Tree Rd, Shelbyville Cards, Dominos, Uno, Rook, Chess, and much more. (931) 684-9780



FAST TRACK TO A COLLEGE DEGREE

- Save time and money by earning college credit for what you already know
- Online programs
- Flexible options for busy adults
- · Free degree evaluation (find out how quickly you can finish your degree at MTSU)

mtsu.edu/finishnow



0122-0337 / Middle Tennessee State University does not discriminate

policy at mtsu.edu/iec

on the basis of race, color, national origin, sex, or disability. See our full

5:30 pm Painting with Zeal -**Spring Bridge**

Shelbyville Recreation Center, 220 Tulip Tree Rd, Shelbyville

Ages 10 and older. Must preregister. (931) 684-9780

8:00 am **Country Music Cluster**

Walking Horse Celebration, 1110 N Evans St, Shelbyville

4 days of AKC all-breed dog shows along with 8 Fast CAT events & 4 Temperament Tests. Premiums are linked on the AKC events page. Co-host Nashville Kennel Club.

6:30 pm Creating with Crystal

Marshall Co. Art Guild 107 West Commerce St., Lewisburg

Crystal will be offering acrylic painting, wood sign painting, mixed media, and brush pen lettering classes. Email: crystal.oneal1995@gmail.com Phone/Text: 931-224-2043

March 12

1:00 pm D&D / RPG Club (Grades

Shelbyville Bedford County Library, 220 S Jefferson Street

Go on an adventure with our D&D/RPG Club!

The club will be focused on playing tabletop role-playing games, where each person creates their own character to be part of a larger story. Whether you are new to roleplaying games or an expert, this club is for you

10:00 am Lego Club (Grades K-6th)

Shelbyville Bedford County Library, 220 S Jefferson Street

Play with LEGOs and conquer challenges with your friends!

March 15

10:30 am Badminton Practice

Shelbyville Recreation Center. 220 Tulip Tree Rd, Shelbyville (931) 684-9780

5:30 pm Ladies Night Out Crafts

Shelbyville Recreation Center, 220 Tulip Tree Rd, Shelbyville

Reversible Wooden Summer Porch Signs. Ages 13 and older, must pre-register. (931) 684-9780

March 17

5:00 pm Adult Basketball **League Begins**

Shelbyville Recreation Center, 220 Tulip Tree Rd, Shelbyville

For ages 16 and older. (931) 684-9780

8:00 am **Third Thursday Together Business Networking**

The Coffee Break 121 Public Sq S, Shelbyville

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. Rose Ramirez - (931) 224-3060

March 18

Birthday Bingo 1:00 pm

Shelbyville Recreation Center, 220 Tulip Tree Rd, Shelbyville

Celebrate March birthdays with birthday bingo. Play bingo, win prizes, and enjoy birthday cake. (931) 684-9780

March 19

5:30 pm **Painting for Fun**

Shelbyville Recreation Center, 220 Tulip Tree Rd, Shelbyville

Choose a ceramic object to paint, for ages 2 to 100. (931) 684-9780

March 22

6:00 pm Mandatory Coaches,

Team Volunteers, and **Umpire Clinic**

Shelbyville Recreation Center, 220 Tulip Tree Rd, Shelbyville

At Shelbyville Big Pavilion -bring your chairs & jackets. If you want to participate with any team in your community -you have to attend this clinic for the time required for your certification card that will have to be with you at all times, in order to be a team volunteer. For More Information Contact Tim Burns (931) 575-1802 Or Brad Ward (931) 224-0065 Or Tyba (615) 890-1540

GOOD NEWS SUPPORTERS

We can spread Good News because of our generous advertisers. They help make our world a little brighter. We encourage you to do business with them.

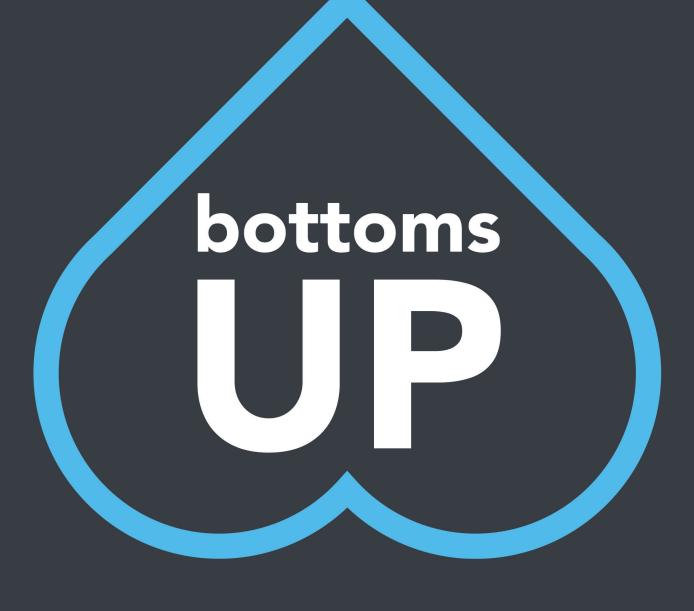
| 1852 Antiques2 | 0 |
|--|---|
| A&S Heating and Cooling1 | 5 |
| Allstate - O'Neal Insurance Group2 | 5 |
| Badcock Corporation | 8 |
| Bedford Builds2 | 0 |
| Bedford County Arts Council4 | 5 |
| Bedford Moore Farmers Co-op | 9 |
| Big G Express4 | 7 |
| Brent Smith for Mayor8 | 0 |
| Brian Peterson Orthopedics | 8 |
| Brown's Body Shop4 | 7 |
| Calvin Cannon Company2 | 1 |
| C and C Construction2 | 1 |
| Celebration Feeds / Shelbyville Farm Center3 | 6 |
| Chad Graham for Bedford County1 | 5 |
| Clanton Pipe and Supply3 | 6 |
| Clarabell Collectibles4 | 7 |
| Coldwell Banker Dianne Arnold1 | 9 |
| Coldwell Banker Misty Zimmerman4 | 9 |
| Corner Cleaners2 | 5 |
| Craig and Wheeler - Amanda Seibers4 | 5 |
| Craig and Wheeler - Camille Bell2 | 1 |
| Craig and Wheeler Realty & Auction4, | 5 |
| Daniel's Paint & Body Shop2 | 5 |
| Dennis Young Insurance | 7 |
| Dr. J. Howard Rupard3 | 6 |
| DSC Sanitation3 | 0 |
| Dwell Fine Interiors2 | 1 |
| Economy Liquor2 | 0 |
| Ernie Cook and Son Motors2 | 5 |
| Extreme Flooring3 | 0 |
| Faith and Family Wellness4 | 5 |
| Family Chiropractic Complex7 | 9 |
| Farm Bureau Insurance Jeff Floyd3 | 0 |
| Farm Credit Mid-America4 | 9 |
| Feldhaus Memorial Chapel4 | 0 |
| First Bank - Shelbyville2 | 5 |
| First Community Bank3 | 0 |
| Garrett's Automotive2 | 1 |
| HA Beasley & Company1 | 1 |
| Henry's Cabinats | a |

| Heritage Jewelers | 8 |
|---|----|
| Heritage Realty Group - Sarah Morris | 49 |
| Heritage Realty Group Cindy Barnes | 47 |
| Heritage Realty Group | 36 |
| Heritage South Community Credit Union | 40 |
| Hilltop Antiques | 40 |
| J Jordan Boutique | 36 |
| Joel's Tire & Brake | 15 |
| Jones Heating and Cooling | 9 |
| Kincaid Service Company | 20 |
| Landers Tires | 47 |
| La Rivera Mexican Cantina | 17 |
| Leannes Flowers | 9 |
| Lee Adcock Construction | 15 |
| M&L Greenhouse | 20 |
| MTSU Online | 81 |
| Murfreesboro Medical Clinic | 84 |
| New Covenant Christian Book Store | 77 |
| New Hope Chapel | 8 |
| Parks Realty _ Auction - Amie Lee | 40 |
| Parks Realty and Auction Office | 77 |
| Redds Heating and Air | 36 |
| Sadie Fowler First Choice Realty | 3 |
| Shelbyville Bedford County Public Library | 47 |
| Shelbyville Parks and Recreation | 47 |
| Simplicity Home Decor | 47 |
| Sir Pizza Manchester | 27 |
| State Farm Deb Insell | 45 |
| Swing Cabinets | 40 |
| Templeton & Assocaites Insurance | 40 |
| The Madison Event Center | |
| The Russell Center for Vein and Vascular Care | |
| The Stone Depot | 45 |
| Topline Home Builders LLC | 49 |
| Traders Bank - Shelbyville | 45 |
| Trott Lumber | 45 |
| Tyson Foods | 79 |
| Vanderbilt Bedford Hospital | 2 |
| Woodruff Realty & Auction | 30 |
| Zaxby's | 41 |



Tell them to request a free subscription at GoodNewsMags.com





If you're 45 or older, it's time to get your colonoscopy.

45 is the new 50! It is now recommended that adults begin screening for colorectal cancer at age 45. Although there are many screenings that can help find colorectal cancer, none is better than a colonoscopy. If you are age 45 or older, it's your turn.

Your health is our mission.

