

Good News

exchange

Makani Sarellano

Meet Santa Maria-style barbecue!

Kadillac Que invites you to gather around the pit.

THE
FOOD
ISSUE

ISSUE 7 2023

A PUBLICATION OF
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Sheela Parrish, MD

Board-certified in Family Medicine

We welcome Dr. Sheela Parrish to the Vanderbilt Bedford Hospital team of primary care providers. Dr. Parrish is a board-certified family physician who diagnoses and treats a wide range of chronic and acute conditions in adults 18 and older, and offers preventive services such as routine physicals and immunizations.

Dr. Parrish earned her medical degree from the University of Alabama at Birmingham and completed her residency in family medicine at UAB's Huntsville campus. Her extensive professional background includes providing care in both private and hospital settings and serving for more than a decade at the Department of Veterans Affairs. She is accepting new patients at Vanderbilt Integrated Primary Care Shelbyville. To schedule an appointment, please call 931-685-2022 or visit VanderbiltBedfordHospital.com.

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It's Getting Hot Out And So Is The Market!

Custom Built Brick Home Situated on 6+/- Acres!



This amazing home sits right off 231 North in a convenient location! This home features 3 bedrooms, 2 bathrooms, 2,143 sqft and hardwood/tile throughout. Exterior features beautiful landscaping, outbuilding, in-ground salt water Pool w/ heater, covered patio and more!!

126 McDale Road, Shelbyville, TN
\$599,500 MLS# 2534198

Hunter's Paradise with 405+/- Scenic Acres!!



This stunning property features a 1,299 sqft home, 2 bedroom trailer, cabin, 1 large barn and much more! Throughout the property has springs, a pond and the Cane Creek flowing through it. Property is loaded with wildlife. Best Hunting in Middle Tennessee!!!

60 Lambrick Road, Petersburg, TN
\$2,750,000 MLS# 2516437

Welcome to 112 Pleasant Way!!



This gorgeous ranch style home features 3 bedrooms, 3 bathrooms, laminate flooring throughout the whole house, spacious bedrooms with extra-large closets, double vanities in primary bath, attached 2 car garage, covered patio and nice fenced in back yard!

112 Pleasant Way, Shelbyville, TN
\$407,400 MLS# 2529763

Welcome to JC Farm Lane By Tims Ford Lake



This property is situated on 52 gorgeous acres backing up to the lake, all custom built with tankless hot water, granite countertops throughout, tiled shower w/multiple shower heads, farm sink in kitchen, custom hickory cabinets, cypress wood porch ceilings, stamped concrete porches, 4 public boat ramps within 7 minutes, fenced for livestock, huge bonus room and much more!!

389 JC Farm Lane, Estill Springs, TN
\$1,720,000 MLS# 2527707

Adorable Home In Flat Creek Community!



Beautiful 3 bed 2 bath home situated on a large lot with mature trees. This well kept home features a master bedroom with tray ceilings, a spacious living area and beautiful kitchen with updated hardware and new appliances. This property provides a large 18x12 covered deck, 2 car carport and the ability to build a shop with water & electric run to the end of the drive. This home is just minutes from Shelbyville, Lynchburg and Tullahoma!

2143 Highway 82 South, Shelbyville, TN
\$279,900 MLS# 2540315

Rolling 147+/- Acre Farm



Private & Secluded 147+/- acre farm with over 1.3 miles of Duck River frontage! Newly built 40x100 shop with concrete floors. Several soil sites on the property as well as trails, shooting houses, row crops and bluffs. Loaded with wildlife!

1128 Highway 64 West, Shelbyville, TN
\$1,700,000 MLS# 2491551

Last One Available! Newly Built Home in D & D Subdivision



Wonderful new construction home featuring 4 bedrooms, 2 & 1/2 baths, 1,723 sqft, granite in kitchen and bathrooms, huge kitchen island, LVT & carpet flooring, covered front & rear porches, concrete drive, stainless appliances and more!

218 Coney Island Road Lot 8, Shelbyville, TN
\$334,900 MLS# 2435156

Beautiful Brick Home in Brookhaven Subdivision



Check out this 3 bedroom 2 bathroom home in Stonegate Estates. This home features hardwood floors, carpet in bedrooms, tile in bathrooms, and tile countertops in kitchen. The primary suite has a tray ceiling and a separate shower/tub. Exterior features a 26x21 garage plus storage area, screened in porch, fenced in backyard and storage shed.

113 Stonegate Circle, Shelbyville, TN
\$382,500 MLS# 2509272

Like New Custom Built Home



House is immaculate with wrap around porch and has a great layout with soaring ceilings in family room with stone fireplace, open kitchen with bar countertops, roomy family room, Rinnai tankless hot water heater, 42x60 six stall horse barn with power and AC in the tack room, or office space, 2 wash bays, land has a gentle roll to it with great spots for hunting, or trail riding, cattle or whatever you choose.

251 Falcon Drive, Decherd, TN
\$789,900 MLS# 2494856



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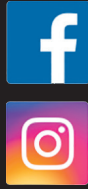


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LETTER FROM THE EDITOR

Savoring the Summer Delights

Embracing the Tastes of Connection and Joy

AS THE sun casts its golden glow upon our world, we find ourselves awakening to the delights of summer – the vibrant colors, the warm breezes, and the echoes of laughter and togetherness. With the arrival of this cherished season, we unpack our picnic baskets, dust off our grills, and embark on a culinary journey that celebrates the tastes of connection and joy. Picture yourself lounging on a sun-kissed beach, surrounded by loved ones, as the tantalizing aroma of sizzling barbecues and refreshing fruit salads fills the air. Each bite becomes a portal to shared memories and the bonds that make our summers truly special.

Within this symphony of flavors, taste reigns supreme, captivating our senses and igniting our palates with delight. It possesses the enchanting ability to transport us to cherished moments in time, where the sweetness of ice cream cones, the tang of grilled seafood, and the juiciness of summer fruits evoke the essence of carefree days and long-lasting friendships. Just as the sun embraces us with its warmth, taste weaves

together the threads of connection, uniting generations and cultures through the art of shared culinary experiences.

Food, once a simple means of sustenance, has blossomed into a catalyst for a deeper sense of togetherness and celebration. It serves as the foundation upon which we build lasting memories, uniting families, friends, and communities. From the lively neighborhood block parties to the lively chatter of farmers’ markets, summer is the season when local food establishments take center stage, showcasing their delectable offerings and embodying the spirit of our vibrant communities.

So, as the sun casts its warm embrace upon us, let us seize the summer moments. Immerse yourself in the delight of every bite. Embrace the joy of shared meals with loved ones, knowing that within those sun-kissed flavors lies the essence of togetherness. In the pages of Good News, we invite you to savor the stories that unite us through food, forging connections that nourish not only our bodies but also our souls. **GN**


Wesley Bryant,
MANAGING EDITOR

From our publishing partner



“As a lifetime resident of Shelbyville and an experienced advertising/marketing professional, I’m incredibly thrilled to contribute to a magazine that shares positive stories, strengthening our community. If you are interested in building a stronger brand or promoting your business feel free to reach out to me and let’s talk.”

Sissy Smith

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CHAPTER 1 OF 3

This section of the magazine covers local positive news you may have missed.

14 Army veteran receives mortgage-free home

18 Southside Elementary students receive new shoes and socks

22 Shelbyville Community Soup Kitchen is now serving a third weekly meal

Submit a positive story on our website:



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Photography by Ashleigh Newnes

◀ Della Johnson, Audrey Johnson, Lynda Johnson, and Lisa Clifford Davis



▲ Jessica, Luke, Lily, and Xanthin Luptak

Army veteran receives mortgage-free home

A new home clears the way for Xanthin Luptak to care for his family.

By Tina Neeley // Photography by Ashleigh Newnes

DAN LIPINSKI said, “On the battlefield, the military pledges to leave no soldier behind. As a nation, let it be our pledge that when they return home, we leave no veteran behind.” It’s a pledge taken to heart by Freedom Alliance, U.S. Bank, and Ole South Properties, who joined forces to honor the service of U.S. Army Sgt. Xanthin Luptak.

Luptak knew early that his dream home was with the U.S. Army. While other kids dreamed of being a superhero, Luptak dreamed of life as a United States soldier. His dream came true when his mother approved his Army National Guard enlistment paperwork at 17.

He said, “I followed my dreams.”

His dreams took him places he could never imagine beginning with active duty stationed at Hawaii’s Schofield Barracks. From there, he would go on to serve a 15-month deployment to Iraq, where he performed dangerous route-clearing missions; a temporary assignment at the U.S. Military Academy at West Point training cadets on route clearance; a deployment to Afghanistan attached to a special forces unit where he taught the Afghan army and police about improvised explosive devices (IEDs) and munitions and route clearance operations; and a transfer to Fort Knox, Kentucky.

Luptak’s vision of his dream home grew when he met and married Jessica.



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▲ Jessica, Luke, Lily, and Xanthin Luptak

He was exposed to dangerous toxins from burn pits and obtained combat injuries while overseas. Doctors diagnosed him with non-Hodgkin lymphoma while preparing for surgery for his injuries.

“My wife held my hand during chemotherapy, through all my surgeries, and two children. She’s the one that definitely keeps the power in the machine going. I’m a cancer survivor,” said Xanthin.

Medically discharged, the family of four moved to New Hampshire, where Xanthin obtained a bachelor’s degree in project management.

“I saw the email from Freedom Alliance looking for a veteran family to fulfill this home, so we threw our hat in the ring. We didn’t even think we had a chance,” Xanthin said. “Then, through many interviews, phone calls, and video interviews, we were selected.”

On March 22, 2023, Xanthin and his family came home to Shelbyville, where they were given the keys to a mortgage-free home thanks to the collective efforts of organizations and corporations that believe in giving back to those who sacrifice so much for our freedom. **GN**

Freedom Alliance is a charitable organization providing help and support to wounded troops and military families. U.S. Bancorp, the parent company of U.S. Bank National Association, partners with Freedom Alliance’s Heroes to Homeowners program through its Housing Opportunities after Military Engagement (H.O.M.E.) program. And locally owned and operated builder Ole South and its founder and owner, John Floyd, rounded out the mission by constructing the Luptak family’s Shelbyville home.

Tom Kilgannon, president of Freedom Alliance, said, “This is a couple that has been through a great deal, and Xanthin is somebody whose injuries really impact his life for the long term. So a long-term solution is needed to provide him a mortgage-free home that will help him be able to focus on his family and his rehabilitation, just taking care of those priorities in his life.”

Xanthin’s reaction to the gift was priceless.

“I felt relieved. I felt like everything was worth it. I felt like my time overseas, my years in the military, all the hardships, heartache, and the sacrifices my family made were worth it,” he said.



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Spectacular renovation sitting on 5.5 acres in Indian Hills Subdivision. Perfect for a large family!!! Impressive upstairs living space is wide open and perfect for entertaining! Amazing kitchen with lots of cabinets, an island, and quartz countertops. Come see...it's too much to describe. Owner financing possible. Price Reduction. **MLS#2470548 \$654,900**

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Completely remodeled lovely one story. 4 bedrooms with 3 1/2 baths featuring a large rec room, den with fireplace formal living and dining. You'll be glad you looked!. **MLS#2467961 \$524,900**

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Gorgeous 4 BR 3 BA home on corner lot! Min. from everything in Murfreesboro in a great, quiet, neighborhood. This home has 3 large BRs & an office could be used as a BR downstairs. Upstairs there's a BR, den/playroom & a bonus that could also be used as a BR. All kitchen appliances & mini barn will remain. Call Cort today for your private showing. **MLS#2527064 \$419,000**

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This is an incredible property with offices, custom car/motorcycle shop & residence. The floors have hot water piping to heat the building fueled with Propane or Wood. Located close to Shelbyville, Tullahoma, Murfreesboro or Nashville. With acres there is room for much more. Work your own hours, then retire to the back patio overlooking the Duck River. **MLS#2306490 \$999,000**

Bryan Nerren
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Unionville area - Beautiful new construction 3BR, 2BA home on a large corner lot Concrete slab construction. Concrete driveway & turnaround, large BR's, all electric HVAC, granite countertops, tile shower in MBA, tile floors in wet areas, LVP floors, kitchen island, & stainless appliances. Some selections available if contract signed in time. **MLS#2538917 \$359,900**

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Amazing home on 10.01 private acres built in 2004 with 3363 sq. ft of living space! Freshly painted downstairs, updated appliances, tankless gas water heater, gas grill hookup, window film on all windows, hardwood floors in main part of home, covered front and back porches, patio, mature trees, and beautifully maintained. Perfect location, only minutes to Murfreesboro.. **MLS#2530913**

Wayne Neese and Sandra Neese
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▲ Senator Shane Reeves

Southside Elementary students receive new shoes and socks.

Hope and encouragement with sole

By Tina Neeley // Photography by Ashleigh Newnes

THIS SUMMER, the children on Shelbyville's south side walked, ran, and jumped with happy feet, not because school was out but because every student at Southside Elementary received a new pair of shoes and socks along with other goodies on May 19. The giveaway showcased the heart of our community and its partners, investing in the lives of our youngest residents and our future.

As the students entered the gym grade by grade to be fitted, the atmosphere was electrified, buzzing with laughter, excitement, and anticipation. It is doubtful that anyone present will ever forget the heart and hope deliv-

ered in shoes and backpacks filled with socks, books, and a note of encouragement.

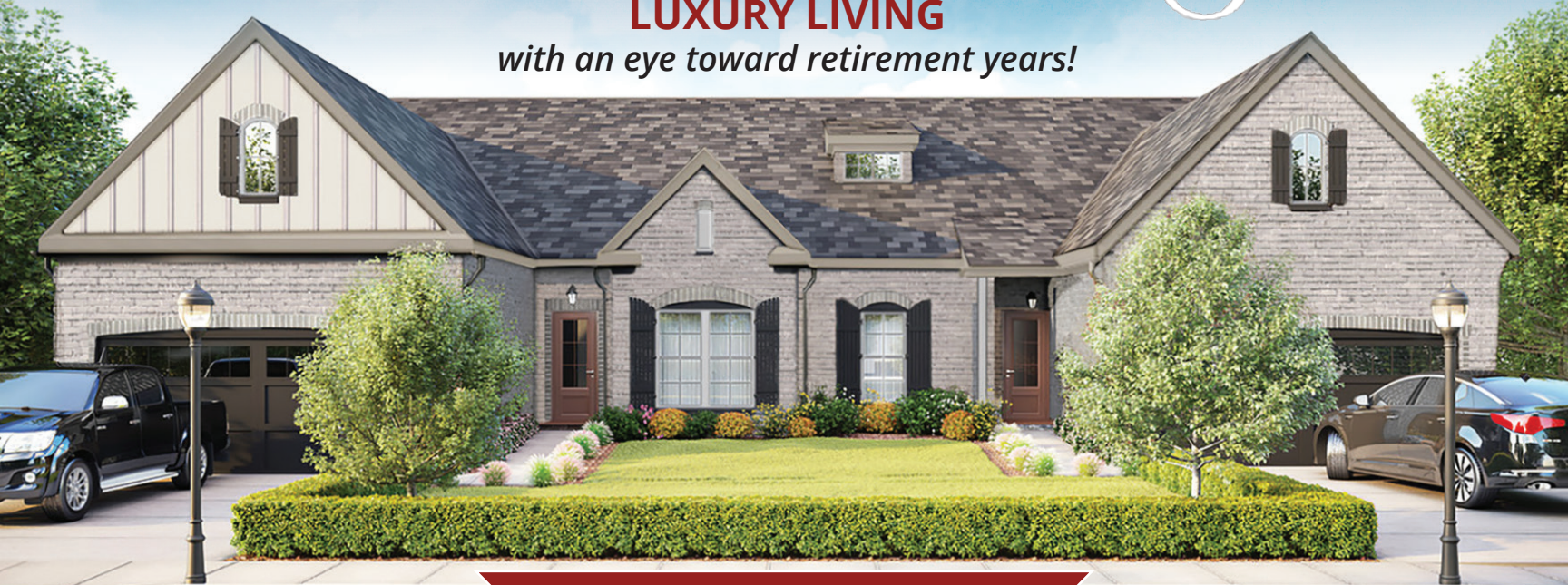
Bedford County resident Eileen Vick, events manager of cityCURRENT Nashville and site coordinator, was excited to bring the program home and says nothing compares to witnessing firsthand the children's reactions.

She said, "We had more volunteers show up per capita this event than any shoe events in Nashville. That's a testimony to how our community supports these kids. When you sit across from them at their height and look into their eyes, you look into their souls, hear their stories, and it

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► Greg Vick, Austin Swing, Pat Marsh, Shane Reeves, and Mark Thomas



► Susannah Thompson, Tammy Pirtle, and Andrea Brown



◀ Volunteer giving a book to a young student

touches you. We were able to sit down across from them as they told us what their hopes were and asked, ‘What do you want to be when you grow up?’”

Samaritan’s Feed provided a hope bag with a personal message from their teacher and new socks inside. Coca-Cola provided each student with a new backpack into which a new book from the Governor’s Literacy Foundation was placed. Extra books were left with the school for distribution through its other programs.

Meeting basic needs affirms children’s value to the community around them.

“The event surpassed our expectations. Just witnessing the joy and happiness on those children’s faces was incredible,” Vick said. “The volunteers and their support

reaffirmed the belief in the power of compassion of the community coming together. I’m so lost for words. This was probably the closest to perfect shoe distribution I’ve done in years.”

The event was possible through the generosity of The Boedecker Foundation, a private foundation with a mission to empower communities and inspire positive change throughout the world. Collaborating with The Boedecker Foundation was Samaritan’s Feet, a humanitarian aid organization that serves and inspires hope by providing shoes to those in need around the world, and cityCURRENT, a private-funded catalyst engaging a team of more than 100 partner companies in an array of positive-oriented media and philanthropic initiatives to enrich, engage, and impact the community. Rounding out the list of contributors and supporters were Dr. Tammy Garrett and the Bedford County School System; Jeremy & Markya Carpenter, owners of Tennessee Downs Racing Club; John Dixon, Area Sales Manager, Reyes Coca-Cola Bottling-Midwest; and the Governor’s Early Literacy Foundation.

Southside’s students saw a community that cares. Who knows where good shoes might carry them in the future? **GN**

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▲ Randall Lucas, Billy Taylor, and Lillian Taylor

Shelbyville Community Soup Kitchen is now serving a third weekly meal.

Tens of thousands of meals served since 2016.

By Tina Neeley // Photography by Ashleigh Newnes

THE CROWD lined up long before the meal was to be served, and little food, if any, remained as a late child asked for a to-go plate. They were gone, consumed by those struggling to make ends meet at a time when many are forced to decide which life necessities go unpaid this month: rent, utilities, gas, medicine, or groceries. Food insecurity is all around us. Perhaps none know this better than our community's homeless.

Since opening its doors in 2016, Shelbyville Community Soup Kitchen has existed to attempt to bridge the hunger gap.

The kitchen's first meal served 12 people, and today serves approximately 180 to 190 meals at each dinner. Unhindered by the pandemic, the kitchen served to-go orders from the parking lot of the old Save-A-Lot building, and in a single day, 215 orders went out. An estimated 40-50,000 meals have been provided since 2016!

Today's meals are served at the kitchen's home, within walking distance of the Duck River Bridge. Many come and go by car, and others walk to the afternoon dinners. Some are homeless; many are not.

Many others come to serve in whatever ways they are able. The volunteer calendar is booked for 2023, and only a few spots remain for 2024. Churches, youth groups, civic organizations, and individuals serve, cook, and clean, adding a smile or a kind word to the day's menu. Every heart and hand is blessed.

Angelique Quinlan is a Tuesday regular, drawn to the kitchen to give back out of thanksgiving for her own recovery from addiction. A hairstylist by trade, you'll find her behind a donated barber's chair offer-

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ing free haircuts on Tuesdays. When the cape comes off, the transformation is complete. Her cloak is out of sight, but she is a true superhero among many who bring goodness and humanity to those who come.

Humanity also comes in Ziploc bags filled with health and hygiene supplies. Socks sometimes round out the bags, a gift valued way beyond their retail costs.

An area homeless man gratefully explained that the bags humanized him and the socks were as much, if not more, necessary than a good tent. He and his friend talked of going two to three days between meals at times and are thankful for the kitchen's presence in the community. His friend added, "We look forward to it like Christmas."

Speaking of Christmas, remember the child asking for a plate after all was gone? At the same time, a third homeless man was leaving, a to-go plate in hand. Overhearing the conversation, he stopped and gave his plate to the child.

With school out for the summer and many children missing the meals provided by the schools, the kitchen added a Monday lunch in June, serving from 11 a.m.-12:30 p.m. They deliver extra meals to an area homeless shelter four days a week, all possible through

donations of time, money, and resources from the community, including more than 200 volunteers and more than 20 area churches.

They come hungry, but everyone involved leaves filled and refueled by hope and kindness.

Yes, it really is more blessed to give than to receive. **GN**

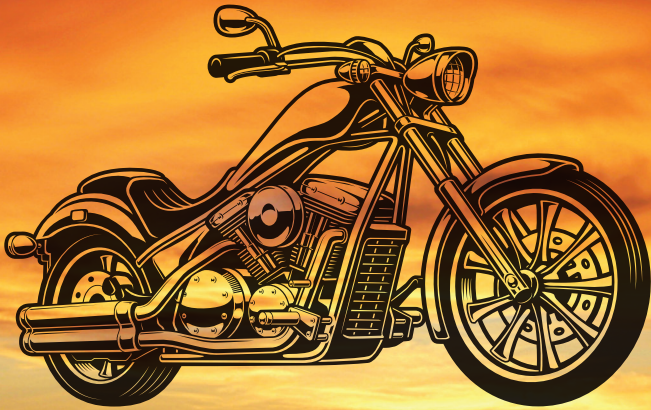
The Shelbyville Community Soup Kitchen is at 336 S. Cannon Blvd., Shelbyville, and may be reached at (931) 735-6122. Meals are served Mondays from 11 a.m.-12:30 p.m. and Tuesdays and Thursdays from 3-4:30 p.m. For more information, follow the kitchen on Facebook or go to shelbyvillesoupkitchen.org. Donations may be mailed to P.O. Box 2259, Shelbyville, TN 37162.

Donations of the following staples are always needed:

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GOOD NEWS

CHAPTER 2 OF 3

This section of the magazine covers local people or businesses you need to know about.

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- 40 The food issue
- 55 Sizzle, smoke, and savor: This barbecue is major

Our stories are based on submissions from local people. Submit yours here:



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Photography by Ashleigh Newnes

◀ Cara Adcock



Hands & hearts for the homeless

The Fruity Lemon Grille is both.

By Tina Neeley // Photography by Ashleigh Newnes



Wayne Appleby

SUMMER'S HEAT presses down on the long line forming at the food truck. Nearby, others wait their turn at cooling stations of plastic wading pools and misting fans. It's not a summer music festival, and they aren't fans escaping the heat and excitement; they're our city's homeless.

It's the Fourth of July, and the park is filled with campers. While most just pass through, one couple moves their tent every 14 days, working within the park's rules. Months before, they'd also been the just-passing-through kind, but life quickly changed.

With a pocket full of memories and little money to their name, the fried



chicken, potato salad, and corn of their annual holiday celebration seemed like a luxury, but they decided it would be worth it. With groceries for a celebration for two, she'd just started cooking when a nearby camper asked to join them, lured by the sweet aroma. They were unsure how there would be enough but agreed to their company. A few minutes later, buckets of fried chicken and tons of potato salad and corn on the cob arrived, and 20 or so campers enjoyed an evening celebrating our nation's freedom.

The couple at the campground scrapping dinner together was Misti and Wayne





The
Fruity Lemon
Grille

RY
D
EE

Appleby, and the food truck feeding people experiencing homelessness is their Fruity Lemon Grille.

Misti said, “When we became homeless, we were sitting on top of the world. I was a nurse in a doctor’s office, living my dream. My husband had an excellent job, and we were incredibly active in our church. Literally, in a matter of two months, we lost everything. We had nothing — no money, no cars, no house, no food. There was a time when we were camping in our tent and wondered which we would pay for that night, the space to stay with our tent or the ice to keep our food cooled because we didn’t have the money to do both.”

It didn’t seem it could get any better, but it did.

“We didn’t have the money to drive to Murfreesboro to see the fireworks, but that night, after it got darker deep in the woods of the Cedars of Lebanon State Park, we were talking around the fire when all of a sudden, the fireworks started,” Misti said. “We all sat back in awe, and I broke down in tears and bawled. I said, ‘I hear you, Lord; I hear.’ And it was two weeks later that we got out of the homeless situation. It was so incredibly humbling.”

Their July Fourth campground experience marked the beginning of the end of their homelessness but not their commitment to the homeless.

Later, a challenge to recreate the fruit tea her son and daughter-in-law had been buying in Murfreesboro led to her own special recipe, which she sold to the public along with fresh-squeezed lemonades. A last-minute request to add food to fill a spot left open by another vendor led to a menu of specialty grilled cheese sandwiches, and The Fruity Lemon Grille expanded to food truck vending.

The food truck sales at various events and locations provided resources to extend a helping hand to the area’s homeless.

“We could handle what was being thrown at us, but it was through it that my husband and I learned what it truly meant to become one.”

- *Misti Appleby*



“We would park at Castle Ministries and feed them whatever they wanted. It didn’t matter how much or what; I just wanted them to have food. We also did cooling stations, blanket rolls, and everything we could because that was where our hearts were. My mom started Helping Hands, and it became what we wanted to do deep in our spirits,” she said.

Cooling stations in the summer and warmth for the winter with sleeping bags filled with hats, gloves, scarves, socks, and a bag of food. Also included is a thermos that can be refilled with coffee or hot chocolate anytime the food truck is nearby.

The more they helped others, the greater the desire to do more grew.

In a conversation with her mother just before she passed away, Misti’s mom asked, “Wouldn’t it be something if that truck just served the homeless population?”

Misti agreed but reminded her God would have to open the door because it wasn’t something they could afford on their own at this time. Her mom assured her, “Oh, He will. He always does if it’s what’s meant to be.”

Misti and her husband talked, prayed, and felt led to take their food truck to homeless shelters in and around Shelbyville. They offer meals and have hopes of adding a bathing station when God makes it possible.

Their own experience forever changed how they relate to the homeless population.

“We could handle what was being thrown at us, but it was through it that my husband and I learned what it truly meant to become one,” Misti said. “It wasn’t that we turned our noses up at other people; it’s just that we thought they could do better than they were doing. All they had to do was try. Right? But when we went through this, God had to teach us this humility and how to understand what other people are going through, and that it’s not always as simple as it seems.” **GN**



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GRAMMY'S GOODIES
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BY TINA NEELEY // PHOTOGRAPHY BY ASHLEIGH NEWNES



IF WALLS could talk, the unfinished kitchen walls in the old photograph of Cara Farris Adcock at her 10th birthday party would whisper of a sweet future. Adcock returned to the same kitchen where she baked 4-H award-winning applesauce muffins and now bakes sweet treats that celebrate the special occasions of others.

Except for special birthday cakes for her children, Adcock's baking took a back burner to work and raising a family. She began baking cakes for a Shelbyville restaurant in early 2020, and before long, someone from church asked her to make baseball cookies. Adcock hit a home run and soon received one request after another for her specially decorated cakes, cookies, and cupcakes.

Standing watch over her baking in her childhood home constructed by her father, Jack Farris, and purchased by Adcock and her husband, David, in 2016, are framed family recipes from Cara's grandmother, Catherine Cartwright, her step-grandmother, Cleo Moore, and her husband's grandmother, Rachel Howell.



Cara Adcock



“

MY FAVORITE
THING IS MAKING
PEOPLE HAPPY,
ESPECIALLY
LITTLE KIDS.

—Cara Farris Adcock

Granny Cartwright’s wooden spoon completes the collection, adding more stories to the walls from the old birthday photo.

Cara didn’t learn to decorate bakery items at home. She learned behind the counters of a Franklin Kroger deli. It was there where Cara learned to ice and decorate cakes with borders and piped roses. Little did she know as a college kid that she’d create Grammy’s Goodies.

Why Grammy?

“Well, because Grammy’s my favorite title. I love being called Grammy and hearing them call me that. And since I did bake different [sweet] things, goodies would work if I opened a bakery with big dreams,” Cara said.

Cara is Grammy to seven grandchildren — one boy and six girls. Balancing her full-time job with baking isn’t easy. Neither is turning down orders to create family time, but Cara is careful not to overbook and, more intentionally, encourages other bakers to sell their treats.

Still, not everything about her baking is challenging.

She said, “Sometimes, when you’re flooding the cookie with icing, it is a little relaxing, but it can be stressful when adding all the details.”



▲ Cara with her mom, Carolyn (Cartwright) Moore

PHOTO SUBMITTED BY CARA ADCOCK



Cara agrees that there's something about sweet treats that take us back to our childhood. If you grew up in Shelbyville before the mid-'90s, Whitman's Bakery most always comes to mind.

The sweet aroma welcomed you to Whitman's as soon as the front door opened and the bell above it chimed. We would stand staring into the display case, iced doughnuts, orange chiffon cakes, baklava, and various cookies and bars, all vying for our attention. But the most memorable for most of us were their birthday cakes and butter cookies.

"That's where my birthday cakes come from every year," said Cara. "I remember when I had a cake with a telephone on it when I was 14 because I got a telephone for my birthday."

The Whitmans were Cara's next-door neighbors growing up, and she remembers well that their home smelled just like the bakery. Cara shared a Mother's Day cupcake a few years ago with Mrs. Whitman — a full-circle experience.

And what's her favorite thing about her baked goods?

"My favorite thing is making people happy, especially little kids," she said. "And people saying that it's the best they've ever eaten."

The unforgettable flavor is often the result of testing many recipes. There's no better example than the quest for the perfect wedding cake.

"It took me a long time to get it right. My white wedding cake is my best seller. That cake took me the most tries. I probably made six or seven different recipes until it was the perfect flavor, texture, and crumb," Cara said.

Icings, though, are the most time-consuming.

"Flood icing is a different consistency than the icing for piping, writing, or flowers," she said. "A little rose has to be really stiff. Sometimes you have three different consistencies."

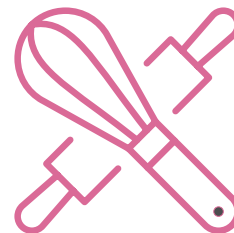
However, taste and beautiful works of art are consistently a Grammy's Goodies trademark, right down to the packaging. No detail is overlooked, and it shows even before the first bite.

There are cookies for every season and reason — Easter peeps, nativity scenes, tea parties, roller skates, anniversaries, baby showers, patriotic-themed, graduation, and sports. You name it, and there's likely a cookie for it in her wheelhouse. The cupcakes are beautiful mini cakes, but nothing compares to those adorned with roses or hydrangea and themed birthday cakes topped with skateboard ramps, barns, or unicorns.

Behind the Kroger deli counter, the college kid couldn't imagine a future filled with decorative iced cookies, cakes, and cupcakes. The seven grandchildren that would sweeten her life were still decades away. But it really all started in that childhood kitchen.

Oh, if walls could talk. **GN**

For more information, follow Grammy's Goodies on Facebook or call (931) 808-5544.



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THE FOOD ISSUE

**Local
restaurants
play a vital role
in our economy
and community.**

*NOURISH OUR
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IN THE heart of our community, tucked away at familiar corners, lie vibrant havens: local restaurants. These culinary gems play an indispensable role in creating a healthy and robust economy while simultaneously weaving an intricate tapestry of connections that make our home truly feel like home. Beyond their delectable dishes and inviting ambiance, these establishments hold the power to unite us, fuel our sense of belonging, and contribute to the very fabric of our community.

Local restaurants serve as economic engines, driving growth and prosperity within our neighborhoods. They generate employment opportunities, providing livelihoods for a range of individuals and supporting the livelihoods of countless families. As we step through their doors, we become participants in a



virtuous cycle where our patronage directly fuels local economic development. The dollars we spend at these establishments ripple through the community, fostering increased job stability, tax revenue, and overall financial well-being. By choosing to dine locally, we actively contribute to the vitality of our economy, ensuring that our hometown thrives.

Yet, the impact of local restaurants extends far beyond economic prosperity. They hold the power to cultivate a profound sense of connection and belonging within our community. These establishments become the backdrop for cherished memories and shared experiences. We gather around tables, savoring meals that reflect our region's unique flavors and traditions. The local chef who pours their heart and soul into each dish becomes a familiar

face, a beacon of culinary artistry and community spirit. From celebratory gatherings to intimate conversations, these establishments become the stage upon which our stories unfold, forging bonds that transcend the transactional nature of a meal.

Let us embrace and champion the local restaurants that enrich our lives. By patronizing these establishments, we contribute to a healthy and thriving economy while fostering a sense of connection that makes our community strong. As we gather around tables, sharing laughter and breaking bread, we affirm our commitment to the values of community. Each bite we savor is a testament to the power of local restaurants to nourish both our bodies and our souls, forging bonds that make our home a place of warmth, unity, and endless culinary delights. **GN**



Makani and Stetson Sarellano

Meet Santa Maria-Style Barbecue!

KADILLAC QUE INVITES YOU TO GATHER AROUND THE PIT.

By Tina Neeley
Photography by Ashleigh Newnes

IT'S THE flavor of hospitality — a meal you hate to end because the food transcends words and fellowship found more in family gatherings than with new friends. A meal catered by Kadillac Que is not just meat and side dishes; it's an invitation to Santa Maria-style barbecue.

Makani (“wind” in Hawaiian) Sarellano is happy to describe his barbecue to you, but he’s even more delighted to show you.

“It’s a very different taste, and it really surprises people. You have to taste it for yourself,” he said.

Before the first bite, the conversation around the open-fire barbecue pit pushes the day’s worries to the far recesses of your mind. Sarellano is happy to share the history of the Coastal Way and the little things that make this style unique.

“We do it over an open fire. Nothing is smoked, and everything is cooked in front of you on our barbecue pit. All our sides are made fresh on site,” Sarellano said. “That’s how it was done back home.”

Back home in Santa Maria is where the third-generation pitmaster and his family closed the gates and spent hours laughing and dancing under a canopy of coastal oak and sycamore trees. As the meat dripped onto oak slabs, the seasonings melded into the rising smoke, carrying the promise of a dinner that complements, not competes with, the gathering’s mood.

He said, “I remember loving going to family barbecues because, for that moment, nothing else mattered. It was like it was the only place in the world. You didn’t even know another world existed outside those gates.”

And it’s that atmosphere Kadillac Que brings to its catering.

“When we come to your event, we’ll pull up, start the fire, and put the food on the grill. The barbecue pit is a very high talking point. The grill goes up, and it goes down, so that controls our heat. Where a smoker is closed in, it takes hours. You go low and slow,” he said. “We can go higher heat, so we can cook a lot of things a lot faster. Where it takes someone 10 to 12 hours to do a chicken, I can completely cook a chicken in an hour and 25 minutes.”

Kadillac Que has a menu perfect for your next event. Meat choices include top sirloin, beef ribs, pork ribs, tri-tips, and chicken. If it can be barbecued, it’s an option. Sides are also prepared over the open fire and paired with a salad and garlic



I remember loving going to family barbecues because, for that moment, nothing else mattered. It was like it was the only place in the world.

- MAKANI SARELLANO



bread. And there's a Hawaiian menu that highlights Sarellano's island heritage.

Food this good is usually center stage, but Sarellano's cuisine is more like another guest at the party.

He said, "I like to tell people we bring something a little different to the South. It's a very unique way of cooking that I think more and more people are going to really enjoy. It was very important to me to bring that style of cooking to the South," said Sarellano. "Wherever I was growing up — at a wedding, a party, or wherever — it was always family. Everything was going on around the barbecue pit. That's what we want to bring to the South. When we're cooking at your event, we want you to come up and ask questions about it. We want you to share stories about your family, and we'll share stories about the history of the food, how and what we learned, and how we pass it down from generation to generation because I think that's being lost right now. We want to bring that talking centerpiece."

Kadillac Que took The People's Choice Award at the 2022 Shining Light Barbecue Competition, a Southern welcome for the Santa Maria flavor. It reflects Sarellano's hospitality as he invites everyone to come around and interact through the

barbecue, offering bite-sized samples that tease your tastebuds before the dinner bell rings. It's more than a meal.

He said, "We want them to feel that they're not just a paying customer to us. We want them to feel like family stepping into our home — our lifestyle. That's what we want."

He said his wife, Crystal, is central to everything he does. The Sarellanos partner with Joe and Mary Andrade of California, who often assist with more significant events. A concrete manager by day, Makani is happy to put in the work to bring his barbecue style to you and your event.

"My wife and I are very strong together. We divide and conquer if we

need to. She's my backbone and takes care of a lot when I'm gone to caterings. It's a lot to handle, but it's all worth it to me," he said. "It's just something good that I think the world needs. When you're eating my food, if you can sit around and forget all the nonsense that's going on for that moment, that makes me happy," he said.

Like a happy breeze whispering gently through the air, Kadillac Que will be a welcomed guest at your next event. **GN**

For more information, call (805) 332-6893 or email kadillacbbq@gmail.com. Don't forget to follow Kadillac Que on Facebook.

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Ruslan Kushnir

The Sound of Silence

EARTH BAR SERVES BODY AND SPIRIT.

By Tina Neeley
Photography by Ashleigh Newnes
and submitted by Ruslan Kushnir

LIFE IS noisy. Something or someone constantly competes for our attention, leaving little space for quiet and contemplation. At home in Los Angeles, Ruslan Kushnir's mind was saturated with non-stop chatter. Thoughts of everything from his daily routine to self-worth and regrets played like a looped reel until he awoke one morning to total silence.

"As human beings, we always serve someone or something or somebody. Some serve families, some serve countries, and some serve places of work. But not many of us, maybe one out of 1000, are doing what we are here to do. We're here to serve God, period. When we serve ourselves, eventually, we become very frustrated and unhappy. There's no happiness in serving ourselves. Mentally and physically, we get worn out, and usually, sooner or later, we end up in a ditch. And this is where I ended up about three years ago," Kushnir said.

At his wit's end, he cried out one night toward the heavens and said, "I don't know if anyone can hear me, but I cannot continue like this. And I don't think I should continue like this. If anyone can hear my words, please help me."



It was a plea that changed everything. He said, “And it was late at night, and then I went to sleep. I woke up in an entirely brand-new state of mind — so new that I didn’t recognize it at first. The silence was deafening, but birdsong eased my fears. I didn’t remember ever hearing the birds. I realized that I was still alive, and I was still breathing. It’s just me, but something has majorly changed. And ever since then, my life hasn’t been the same.”

The silence created space for him to understand God’s presence and direction for his life.

“I learned that God is always in communication with us. He always helps us. He always tries to give us direction,” he said. “Maybe because we are all his children, and as a loving Father, He always guides us. He’s always there, but we do not hear Him because of the noise in our heads and because we are too attached to serving ourselves.”

Kushnir sensed God calling him to leave Los Angeles and move to Shelbyville. Although he knew his cousin lived in Shelbyville, he knew nothing about the area or why he should make it his home. However, he knew that he could trust the voice he heard leading him.

“I packed up my belongings, got in my car in California, drove up to Main Street, went into the first decent hotel I saw, rented a room, went and sat on the bed, and said, ‘Okay, Father, here I am.’ And He has guided me gracefully, from step to step, ever since,” he said.

For everything he loved about Shelbyville, his search for healthy foods yielded few choices. Then the understanding of his purpose in Shelbyville came into focus. A small business in a former bank drive-thru building offering juices, smoothies, acai bowls, and natural drink supplements evolved.



When I saw the building, which sat vacant for so many years, I knew exactly what it was. I could even see the color of the building, all the design, and menu items.

- RUSLAN KUSHNIR



▲ Dana Ramirez

Kushnir said, “When I saw the building, which sat vacant for so many years, I knew exactly what it was. I could even see the color of the building, all the design, and menu items. None of it was my idea. I’d never even made a smoothie before.”

Opening day found him feeling clueless but committed to fulfilling his calling. He sensed an assurance he was hearing God’s heart and was encouraged in his spirit to keep pushing. Refusing to focus on his insecurities, anxiety, and inexperience, he entirely relied on God as he made

his first drink and served his first customer. He admitted he’d never done this before, but his customers didn’t believe him.

Each day brings opportunities to share with and encourage others. Many are excited about healthier choices, and others are learning about a healthier lifestyle. Kushnir’s offerings, he said, feed the body and the spirit.

He connects our overall mental and spiritual health with what and how we eat, leaning toward a vegetarian lifestyle. He believes the negative energy trapped



within the meat multiplies our fear, anger, anxiety, and negative emotion. Choosing natural foods instead, he said, nourishes a more positive lifestyle.

His life in Shelbyville fulfills his purpose, and his customers continue to bless him with their return business and shared conversations.

“It’s very clear that this town needed something like this more than anything else. My customers are the most gracious and appreciative people. I truly believe that some of their lives have changed for the better through the food I serve and through the encouragement of our conversations. If I can help just one soul through their predicament, that’s a service. This is how you serve God,” said Kushnir.

And it’s his definition of success.

“There’s only one purpose to why we are here. It is to serve God,” he said. “I don’t see any other way.” **GN**

For more information, follow [Earth Bar on Facebook](#), or drop by 210 N. Cannon Blvd., Shelbyville, for healthy selections and conversations.

Food, Family, and Fond Memories

RUTH'S KITCHEN SERVES THEM ALL.

By Tina Neeley

Photography by Ashleigh Newnes



G LASSES OF sweet tea and empty stomachs are refilled as plates are delivered to waiting tables. Some enjoy their food quietly while other tables burst into laughter from time to time. Some build plates from the salad bar, while others wait as tables are cleared. Several people come in and out for orders to go.

There's constant movement as diners come and go in waves that energize and fulfill the owner. They're all eating at Ruth's Kitchen.

"I love cooking, but, at the end of the day, it's just hearing people say they're happy because food makes people happy," said Ruth Lawson Arnold, the diner's owner.

Arnold and her family have made many people happy with their cooking over the years. Many remember her father, A.J. Lawson, who owned L & M Grill.

"It's been in my family ever since before I was even born because my dad owned a couple of restaurants. When I was a baby, he was known as a master grill cook. Everybody knew him. Even today, everybody mentions him to me. He was a character, and my mom was one of the best waitresses in town," said Arnold.

She was making her own candies by the time she was 8 and became curious about how certain foods were made by the time she was a teenager. With her parents' example as hard workers, she convinced the owner of Sonic to hire her at 14, and she continued to work there for 12 years.

Then, feeding her growing family became her highest calling.

She said, "When I got married, we had six boys in the house, and I started baking and decorating cakes, and that turned into something I did for the public," Arnold said. "It kept me



Ruth Lawson Arnold



“

I'm a people person, so I love talking to people, hearing the reviews, and whether everything was great or could have been a little different.

- RUTH LAWSON ARNOLD

busy for a long time, and it still does, even though I don't make as many decorated cakes as I used to because I'm so busy with the kitchen.”

Arnold added catering to her resume and baking connected her with the community. With all but one of her children out of school, she knew it was time to pursue the dream of owning her own restaurant as long as she had the blessings of her children.

“I'd gotten to the point in my life where I knew that if I continued to work for somebody else, I would never follow my dreams,” she said. “The one thing that scared me was wanting to get all my kids grown before I did something for myself. It felt a little selfish because I knew it would require so much of my time. So I needed to know they were okay with it before I could step out and do it.”

They were, and she did.

“I've always fixed big meals and catered, so the public already knew my food when I decided to open Ruth's two years ago. I knew that when I put my sign up, it had to have my name on it,” Arnold said.

The diner is an opportunity for Arnold to give back to the community she loves so much. She purchases from local vendors whenever possible and assists at the Shelbyville Community Soup Kitchen. She loves people and would love to spend more time in the dining room.



“I would love to be out front more so I can mingle with my customers because I have front-house experience,” she said. “I'm a people person, so I love talking to people, hearing the reviews, and whether everything was great or could have been a little different. I love hearing how their day was or how their families are. But when I'm out there, I miss being in the kitchen because I want to make sure everything's going the way I want it.”

Ruth's Kitchen serves breakfast and lunch Monday through Sunday and dinner Wednesday, Thursday, and Friday. While many think of Ruth's as a meat-and-three, the salad bar is one of few in town. Steaks,

burgers, and sandwiches are other options. And when you're done, step into the next room and treat yourself to ice cream or a milkshake in a 50s-style diner atmosphere, complete with a jukebox. You can take home Amish cheese, specialty canned goods, and other locally handmade items.

Ruth's is more than a quick meal; it's an experience.

“It's all just one big opportunity to love with food,” Arnold said. **GN**

For daily specials, follow Ruth's Kitchen on Facebook. Ruth's is at 1604 Madison St., Shelbyville, (931) 492-4166.



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We will feature a local food critic's thoughts as he dines in Bedford County. This month Colby Prince visited Ray Ray's Smokehouse.

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AS SOMEONE who has spent a lot of time in Memphis, I consider myself somewhat of a barbecue connoisseur. Sure, Southern barbecue is easy to find, but finding the perfect barbecue is more difficult. If you want some perfect Southern barbecue, look no further.

As you approach Ray Ray's Smokehouse food truck, the tantalizing scent of smoked meat permeates the air, immediately capturing your attention. The inviting sight of the gray food truck with a large bright orange logo sets the stage for the sensory experience that awaits. The friendly staff and donning broad smiles create an atmosphere of warmth and Southern hospitality.

My mouth was watering as I anticipated ordering their barbecue nachos. It's a great way to test their presentation, barbecue, and portions all in one. But these weren't just your everyday nachos. What truly elevated these to new heights was the luscious,

velvety nacho cheese cascading over them. Its bold and slightly spicy undertones complemented the smokiness of the barbecue pork, creating a harmonious marriage of flavors that was impossible to resist. With each bite, my palate experienced a multitude of textures and tastes. The crunch of the chips, the tender pulled pork, and the creamy richness of the nacho cheese created an exquisite medley of sensations.

Ray Ray's Smokehouse is a haven for barbecue enthusiasts and food lovers alike. With their exceptional meats, tantalizing flavors, and warm hospitality, they have mastered the art of capturing the essence of Southern cuisine. Whether you're a local seeking an authentic taste of the South or a curious traveler searching for culinary bliss, this mobile smokehouse will surely leave you craving more. So, grab a napkin, find a spot, and prepare yourself for a smokin' good time at Ray Ray's Smokehouse. **GN**



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CHAPTER 3 OF 3

This section of the magazine covers local things to do.

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Photography by Ashleigh Newnes

◀ Chase Clanton, Sheila Ray, and Gene Ray



Blaire Martin and Jamie McDonald



Kristal Walker

Bringing them back to uptown

Fourth Friday Fest showcases the best of historic Shelbyville

By Kali Bradford // Photography by Ashleigh Newnes

TOWN SQUARES are well known for being hubs for the community. Serving as the heart of a community, people gather to socialize, shop, and enjoy several events. While town squares have seen their ups and downs over the years, they have been revived thanks to those who love them and see their benefit to the community to support the local economy and create a unique sense of community.

Shelbyville's uptown square is rich in its supporters. Resident Calvin Cannon supports the square by operating his business, Torso, and hosting events, such as the Fourth Friday Fest, that welcome locals and visitors to come out and see what the his-

toric uptown square offers. The event occurs from 4 to 9 p.m. on the fourth Friday of each month in historic uptown Shelbyville.

For the past two years, Cannon has worked diligently with other downtown business owners to create a unique shopping experience that allows shoppers to immerse themselves in the local culture while enjoying the small-town charm that cannot be found anywhere else.

"The event was created just to get people out and in uptown," said Cannon. "Shops stay open later so people who may be out of town or at work all day can come and experience the shops uptown. We want them to experience the uptown scene, roam around, and explore what's

available while having fun doing it. The event is also family-friendly, and we invite people to bring their children and enjoy an evening of fun."

Along with the shops offering extended hours, Cannon said the event features food trucks, local artists, artisans, and local music.

"Members of the Fly Arts Center have joined us this year, and you can find them out here doing live art. We also have vendors who make jewelry and other artisans with their items," he said.

Along with artisans, Cannon said that local growers can be found at the event selling homemade items, such as goat's milk and jams, along with locally grown and freshly picked produce.

In its two years, Cannon said he has continued to see the event grow each month in participants and patrons. He hopes to keep that momentum going by introducing new and different aspects of the event.



Tiffany Jones



Billy Pugh, Brenda Holder, and Margaret Polk



Clover Honey



Betti and Kevin Ritter

“We plan to keep adding new and exciting things to the event,” said Cannon. “The public has been so supportive, and we want to keep going.”

Cannon hopes the event can continue as a conduit where people connect, share ideas, and build relationships, creating a strong community spirit. He added that whether you’re a local or visitor, there is something for everyone to enjoy in Shelbyville’s uptown on the fourth Friday of the month.

“If you’re enjoying it for the first time, then we hope it won’t be your last,” he said. “If you’re returning, we hope you’ll find something new to enjoy.”

Vendors looking to participate in the event can contact Cannon at (931) 639-3643 or by email at calvinaaroncannon@gmail.com. For the latest event updates, check them out on Facebook at Historic Uptown Shelbyville. GN



McKenzie Davis and Marsha Moore

Wartrace Strawberry Festival - May 13, 2023



Photography by Ashleigh Newnes

Historic downtown Wartrace hosted the annual Wartrace Strawberry Festival in celebration of spring and all things strawberry! Patrons enjoyed food trucks, crafts, vendors, and more.



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www.celebrationhorsefeeds.com

EVENTS CALENDAR

Get a good look



July 17

8:00 am 24th Annual Bedford County Fair
Bedford County Fair
2119 Midland Rd.
Shelbyville

July 17-22, 2023.
Buddy Jewell will be performing July 22 at 7 p.m.

5:00 pm Genealogy Workshop
Bedford County Public Library
220 S. Jefferson St.
Shelbyville

July 19

10:30 am Summer Reading Finale
Fly Cultural Arts Center
204 S. Main St.
Shelbyville

July 20

2:30 pm Shelbyville Farmers Market
Celebration Grounds
(next to the blue water tower)

July 21

6:30 pm Jaysen Gold
The Iron Horse
23 Main St. E.
Wartrace

July 22

5:00 pm Duck River Chapter Banquet
Calsonic Arena
721 Whitthorne St.
Shelbyville

July 26

5:00 pm Back-to-School Bash
North Fork Baptist Church
1641 Unionville Deason Rd.
Shelbyville

We wish we could publish all the photos we have, but we have too many! Browse our online gallery for free or purchase photos to be mailed to your home. All proceeds from photos go to local nonprofits.



July 28

**12:01 am Tax-Free
Holiday Begins**
State of Tennessee

No taxes on clothing,
school supplies, or
computers July 28-30.

For more information
visit tn.gov.

August 1

12:01 am Grocery Tax Holiday
State of Tennessee

For 2023, Tennessee's
General Assembly has
approved a three-month
grocery tax holiday on
food & food ingredients,
which begins at 12:01
a.m. on August 1,
2023, and ends at
11:59 p.m. on October
31, 2023. The tax-
relief does not include
alcoholic beverages,
tobacco, candy, dietary
supplements, or
prepared food.

August 6

**1:00 pm Aaron Bucks:
Humble Baron
Gospel Brunch**
Nearest Green Distillery
3125 US-231
Shelbyville



**For more events
and to submit
an event visit:**

www.GoodNewsMags.com/events
or call (800) 247-7318



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Coldwell Banker Southern Realty Office	17	Ray's Paint and Body Shop.....	25
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Heritage Realty Group OFFICE.....	5	Zaxby's Winchester.....	33
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MMC AT WESTLAWN

Opening summer 2023, MMC at Westlawn in the Blackman Community off Veterans Pkwy, near I-840. This location will offer premier healthcare services including, primary care for adults and children, gastroenterology services, a dedicated endoscopy center, rheumatology, infusion, otolaryngology, laboratory, and radiology services.

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