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Good News exchange

Jaxon Sheffield

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Sheffield proves he shines just as brightly as his brothers

HOMETOWN SPORTS

PLUS: IT'S TIME TO CELEBRATE

ISSUE 8 2023

A PUBLICATION OF
EXCHANGE MEDIA GROUP

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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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Welcome Walking Horse Fans!!!

Location Location Location!!!

Beautiful rolling hill farm with million-dollar views and 91+/- acres! This property has an older farmhouse that will need renovations, and utilities are active at the home. This farm is in a convenient location just off the main Highway 231 North going towards Murfreesboro and has open and wooded acreage as well as 1,262 feet of road frontage.

559 Coop Road, Bell Buckle, TN

$1,065,000 MLS# 2549608

Renovated Brick Home on 8.72+/- Acres!!

This home features 3 bedrooms, 2.5 baths, all new flooring throughout with lifetime warranty for laminate, all new paint, new gas stove top in kitchen, double ovens, new sunroom, 38x23 bonus with half bath and finished attic. Exterior features a 30x50 shop with 19x14 office, new roof, and new LED lighting. Other exterior features include a new 2 car carport, shed, new salt water in ground pool and more!!

2350 Highway 64 East, Shelbyville, TN

$859,000 MLS# 2539443

Rolling 147+/- Acre Farm Bordering Duck River

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

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

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

Awesome Farm in the Southern Middle Tennessee Area

Secluded and private with small cabin like home built in 1880. Really nice barns and completely fenced and cross fenced. Well, small creek, pond, county water. Just North of Huntsville & South of Murfreesboro and Nashville. Open fields and pastures with tracts of woods. Great get away retreat for hunting or make a wonderful place to live off the grid.

1039 Hemphill Road, Petersburg, TN

$799,000 MLS# 2543513

WELCOME HOME!!

This eye-catching home is loaded with natural light, completely new renovations throughout the home, new flooring, new cabinets, new ductwork, and the list is extensive. Located in a well-established neighborhood and home is ready for immediate occupancy. Just walk inside and see for yourself. You don't want to miss this one!!

201 Woodmont Drive, Shelbyville, TN

$390,000 MLS# 2532634

Hunter's Paradise with

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

Last One Available!

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!

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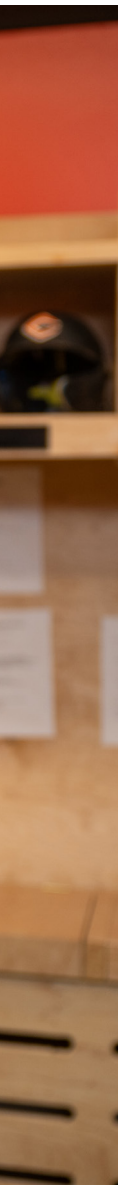

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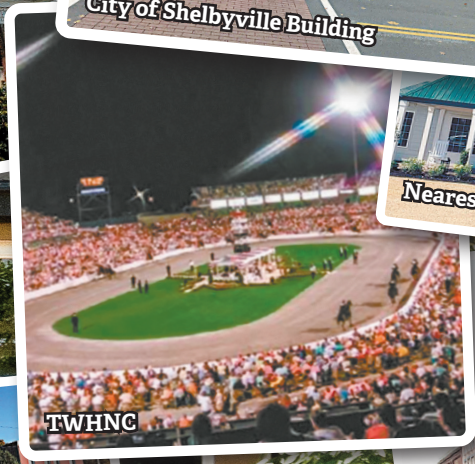

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LETTER FROM THE EDITOR

Chasing dreams, creating legends

The unbreakable spirit of our hometown sports

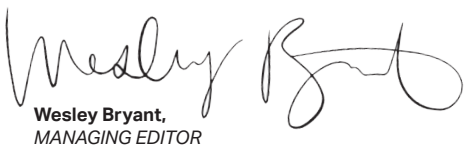
OUR HOMETOWN sports is not simply a spectacle of athletic prowess; it is a celebration of the human spirit — an embodiment of the unwavering bond that emerges when we come together to support our own. Behind every cheer and every thunderous applause lies a resolute belief in the power of unity and camaraderie. It is through the collective spirit of parents, siblings, and friends that we create an atmosphere where young athletes thrive and carry the torch of sportsmanship with pride.

In the heart of our hometown sports, we witness the captivating dance of hard work and determination that unfolds on the field. Our athletes, like tireless warriors, pour their hearts into each practice, seeking not only victory but personal growth and excellence. Their unwavering commitment sets them on a path to success, inspiring not only their teammates but an entire generation of dreamers who aspire to follow in their footsteps.

In the spirit of sportsmanship, our hometown sports transcends mere competition and embraces a culture of respect. As athletes compete, they embody the values of integrity, humility, and compassion, leaving a lasting impression on their fellow teammates and opponents alike. In both triumph and defeat, they stand united, bound together by the shared pursuit of greatness and the cherished memories that will endure for a lifetime.

We celebrate not only the remarkable achievements on the field but also the unwavering support and encouragement that courses through the veins of our community. Each athlete, with every sprint, throw, and goal, inspires us to strive for greatness in our own lives, armed with the knowledge that through teamwork and dedication, we can conquer any challenge that comes our way.

As we delve into the inspiring stories that grace these pages, let us remember the importance of fostering a culture of teamwork, hard work, and sportsmanship within our hometown sports. Together, we form an unbreakable bond, a tapestry of love, and a legacy of excellence that will forever define the spirit of our community. **GN**



Wesley Bryant,
MANAGING EDITOR

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MANAGING EDITOR Wesley Bryant
VP OF SALES Ken Holtzinger
LAYOUT ARTISTS Brianna Brubaker, Melissa Davis
PHOTOGRAPHERS Brooke Snyder, Ashleigh Newnes
CONTRIBUTING WRITERS Tina Neeley, Sara Hook, Kali Bradford, Jeriah Brumfield, Gabriel Huff, Paige Cushman, Amanda West, Adara Huntley
PROOFREADER Michelle Harwell
ART PRODUCTION MANAGER Todd Pitts
PRINT AD DESIGNER Ben Adams
BUSINESS DEVELOPMENT Lorri Allen, Faith Cashion, Amanda Cox, Mark Mahagan, Kevin Maples, Janet Mullins, Matt Scott, Sandra Thomas

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FOUNDER Bill Thomas (1940-2010)

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DIRECTOR OF MAGAZINES Katie McNabb
VP OF PARTNER DEVELOPMENT Chase Perryman
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GOOD NEWS

CHAPTER 1 OF 3

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

14 Benefit for Hope raises $30,000

18 Brooks Healing Center celebrates its first anniversary

22 2023 Tennessee Walking Horse National Celebration

Submit a positive story on our website:

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Photography by Ashleigh Newnes

◄ Tyler Bowman

▲ Front: Daniel Craig, Tammy Pirtle, Carol Garrette, Shelby Fortel, Chelsea Utz, Autumn Swanson, Allyssa McBay, Kara Swain, Abby Lamb, Abi Brown, and Jacey Collier
Back: Taylor Dowell, Eli Elliott, Jasper House, Caleb Andrews, Connor Huie, Shawn O'Gorman, Broderick Bowen, Emma Collard, Chloe West, Addison Brothers, and Jonathan Boyce

Benefit For Hope raises $30,000

Leadership Bedford teens raise awareness and funds for better mental health.

By Amanda E. West // Photos submitted by Autumn Swanson and Daniel Craig

INSPIRED BY their own experiences and unique challenges, students from Youth Leadership Bedford recently made a lasting impact by hosting the first annual Benefit For Hope on April 15 at Shelbyville Central High School (SCHS). Students from The Webb School, Community High, Cascade High, and SCHS united in coordinating this event for their class project. The teens' efforts paid off, raising an astounding $30,000! These much-needed funds will provide grants for anyone younger than 21 who seeks professional counseling but cannot afford mental health services.

"I'm so proud of this year's class for taking on a project that is so important. This mental health awareness campaign has the potential to help many people. It's an incredible legacy these young people will leave behind," said Carol Garrette, who volunteers as a youth advisor with the program. This class project was highly ambitious and featured dinner catered by M·A·C Daddies, live music, a silent and live auction, a mental health resource fair, and an insightful presentation by Mary Anne Christian from the Tennessee Suicide Prevention Network.

"This event has been the most eye-opening experience I've had in my high school career," said Kara Swain from SCHS. "I've connected with many people in our community and have gained knowledge and respect for the roles of all mental health providers and individuals who

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Kara Swain and Emma Collard

respond to crisis emergencies. The support for this event was greater than we imagined it would be. I want to thank all the sponsors and people who came to support us. Raising nearly $30,000 is a great start on our journey to fund counseling services. I feel like we are getting closer to breaking the stigma around mental health issues in Bedford County."

Friends for a Better Bedford donated $1,500, and platinum donors who gave at least $1,000 include Farm Credit, Elaborate Images, Cooper Steel, Dr. Tammy Garrett, Wild Wilderbeast Lodge, First Community Bank, Leadership Bedford Board, and Rural First. Almost two dozen other businesses graciously donated at the gold and silver levels. Items donated for the auctions included a prestigious hunting trip to South Africa, tickets to the NASCAR race at the Nashville Superspeedway, signed sports memorabilia, cast iron cookware, unique artwork, and Yeti coolers.

"Benefit for Hope is essential to our community. We need to rally behind those who are struggling with mental health issues," said Daniel Craig from Cascade High. "One thing that motivates me is that this event is going to help others. The money from the event could not only help people but could also save a life. I have gone through losing classmates, and it is not something I want anyone else to go through. Mental health is not something we need to take lightly; it is a tough topic to talk about, but it is necessary. That motivated me to work on the project every day. I hope future Youth Leadership Bedford members continue this amazing event. I hope they raise $60,000!" **GN**

If you or someone you know is facing mental health issues, dial 988 for immediate help.

Wartrace music legend memorialized with historic marker.

WARTRACE CELEBRATED its musical heritage in June with the unveiling of a marker honoring jazz trombonist Jimmy Cleveland, a Wartrace native. The Tennessee Music Pathways program placed the marker in Wartrace, recognizing Cleveland's accomplishments performing with jazz legends and on "The Merv Griffin Show." Family and friends attended the event, reminiscing about Cleveland's humor and generosity. The marker is located in downtown Wartrace, near the railroad square. **GN**

Director of arena operations and events at Tennessee Walking Horse National Celebration named.

TRAVIS EMORE was recently appointed as the director of arena operations and Events at the Tennessee Walking Horse National Celebration. Emore, known for his expertise in equestrian facility management and footing, brings a wealth of knowledge and experience to the role. Celebration CEO Warren Wells expressed excitement about Emore's addition to the team and acknowledged his strong reputation in the industry. Emore's appointment aims to contribute to the future success of the Tennessee Walking Horse National Celebration and Cooper Steel Arena. **GN**

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AMAZING RENOVATION! Great for a large family. On 5.5 acres. Stunning stained-glass entry. The upstairs space is wide open, perfect for entertaining! Living Room opens to Eat-in Kitchen & Dining Area. Downstairs has enormous Rec Room w/Patio doors, covered patio, 2 BR, 2 Full BA, Hobby Rm, Office & wonderful Laundry Room. $639,900 MLS#2546949

Cindy Barnes
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This beautiful home in the Historic District of Shelbyville is move in ready and still has most of the 1920 wood work, three fireplaces, beautiful doors, grand foyer staircase and hardwood floors. There are ornate twin French doors spread out through the home. The home hase HVAC through out for living comfort. Walk down town, to school and much more. 5 beds-3.5 baths. $440,000 MLS#2516910

Bryan Nerren
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New Construction - Located in the Unionville area, this Beautiful new 3BR, 2BA home is located on a large corner lot.Features include a concrete driveway and turnaround, all electric HVAC system, granite countertops, tile shower in MBA, tile floors in wet areas, LVP floors, kitchen island, and stainless appliances. $359,900 MLS#2538917

Gerald Baker
(931) 607-6463

▲ Tyler Bowman

Brooks Healing Center celebrates its first anniversary

Founded with love. Rooted in nature.

By Amanda E. West // Photography by Ashleigh Newnes

RECOVERING FROM drug and alcohol addiction is not only possible, but life can be even more meaningful and beautiful afterward. Just ask Tyler Bowman, founder and CEO of Brooks Healing Center (BHC).

"Life is beautiful. It's based on perception and how we look at it. It's the people we surround ourselves with and our mentality. Drug and alcohol addiction is rooted in a thinking problem, and we must know how to combat that to overcome it. At BHC, we love our patients until they can love themselves. Someone did that for me, and now I want to do that for others. When I finally went into a treatment program the last time, I'd had enough. I was willing to make the necessary changes."

After Bowman successfully completed a similar treatment program, the love and acceptance he discovered compelled him to open a facility in Normandy alongside the soothing waters of the Duck River. "This is my mission. I feel like if I'm still alive after multiple overdoses and all the chaos I caused my family, then this is my way to give back. The name refers to a brook," said Bowman. "It's a moving water analogy. I believe life is always changing, and one of the hardest things for me was accepting

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"This is my mission. I feel like if I'm still alive after multiple overdoses and all the chaos I caused my family, then this is my way to give back."

-Tyler Bowman

that change. It created a lot of anxiety and fear in my life. We can't control things that happen to us, but we can control how we react. We want others to know they can accept life on life's terms. At BHC, we can equip you with the best tools to succeed in life and find fulfillment and joy."

The facility offers three programs, starting with a clean slate through detox guided by a medically trained professional. Patients enrolled in the residential housing program are submerged in full-time treatment, while others have the flexibility of a 30 to 60-day partial hospitalization plan if they have a devoted support system in place back home. While following their individualized plan, patients work with licensed therapists to dig into the root causes of their addictions and learn ways to navigate through their past trauma without returning to the numbing effects of drugs or alcohol. Bowman said he enjoys the nature aspect of the program because it allows those in recovery to have fun and reminds them how to enjoy life without centering activities around drinking and using drugs.

Centrally located between Nashville and Chattanooga, the picturesque location offers ample opportunities for kayaking, fishing, quietly meditating, hiking, and reconnecting with oneself and nature. Programs offered include a powerful 12-step peer support program, cognitive-behavioral therapy, and music, animal, and trauma-informed therapy that will radically change your thought process and help you regain a solid footing in your life. BHC's motto is to learn to navigate life's waters with clarity of mind, body, and spirit. Bowman, along with trained staff, is just a phone call away. **GN**

For more information, go to www.brookshealingcenter.com

Shelbyville Mills School reunion breakfast held.

FORMER SHELBYVILLE Mills School (SMS) students gathered for a reunion breakfast this summer at Fellowship for Christ Church, Shelbyville. The first grade class of 1957-58 met several times then extended the invitation to all former SMS students. Special guests were former SMS students, Shelbyville Mayor Randy Carroll, and Sharon McDonald. McDonald's parents, Lon and Cleo Shelton, were educators at the school. The mill community was a favorite in Shelbyville's history and holds a special place in the hearts of those who called it home. **GN**

Bridge dedicated to memory of former Bedford County Commissioner/Mayor Jimmy Woodson

A BRIDGE OVER the Duck River in Shelbyville, Tennessee, was dedicated to the late Jimmy Woodson, a former county mayor, commissioner, and educator. Woodson, who passed away in 2021, served the community for years, battling amyotrophic lateral sclerosis (ALS) while fulfilling his responsibilities. He was praised for his courage, persistence, and commitment to public service. Woodson's unwavering dedication and impact on the Bedford County community were evident through his years of service and leadership. **GN**

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TWHNC
Celebration
2023
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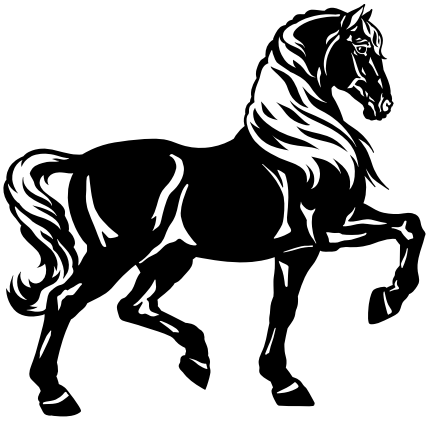
AMIDST THE rolling hills and radiant beauty of Shelbyville, Tennessee, an enchanting celebration awaits, ready to ignite our spirits and fill our hearts with joy. As the Tennessee Walking Horse National Celebration commences, a sense of unity and pride sweeps through the vibrant community, uniting locals and visitors alike in a shared appreciation for equestrian excellence and timeless traditions. From the graceful hoofbeats that resonate through the hallowed grounds to the resounding cheers of the crowd, the air is infused with electric energy that captivates all who gather to partake in this grand spectacle. With each passing year, the Celebration in Shelbyville stands as a testament to the indomitable spirit of a community that cherishes its heritage and embraces the future with boundless optimism and unyielding passion. GN



NEW LIFE for an old *favorite*

The Celebration welcomes Cooper Steel as its arena partner.

By Amanda E. West and Tina Neeley // Photography by James Jordan

A rendering of the future facade designed by Mathias Collective.

THE CALSONIC Arena, located at the Celebration grounds, has a new identity — the Cooper Steel Arena. The exterior and the interior received much-needed updates, including fresh exterior paint, an updated facade, and new doors and windows. A new Cooper Steel Arena sign reflects a corporate partnership between Cooper Steel Fabrications and the Tennessee Walking Horse National Celebration (TWHNC), which includes multimillion-dollar renovations.

"We've been looking for someone to purchase the naming rights of the arena for several years now," said Warren Wells, TWHNC CEO. "I can't think of a better company to partner with us than Cooper Steel. They started locally here in Shelbyville and have been tremendously successful around the country. They are a family-owned business and a great corporation for our community."

Boasting 52-foot ceilings, a 150-foot by 300-foot show floor with an additional 125-foot by 250-foot indoor warm-up area, permanent seating for up to 4,500 spectators, and additional seating for up to 7,000, the massive indoor arena has served as the hub for national and community events since its completion in 1989. According to Wells, plans aren't finalized for the entire renovation but will include a facelift for the whole arena. Renovations will take a break during this year's TWHNC and resume in October.

"This will be great for the Tennessee walking horse industry; we have a lot of walking horse shows that call this arena home. This is also good for our community. We are recruiting new events for Shelbyville, and these upgrades will only help us bring in more. In 2021, we brought in just under $50 million to the local economy. We've had a good bit of growth since then, and this will only compound that growth."

This year, the TWHNC will celebrate its Diamond Anniversary of 85 years. This year's Celebration, beginning August 3 and continuing through September 2, must be added to your calendar of events.

"The board and I have a vision that I think will be tremendously successful for the Celebration and our community," said Wells. "Our World Grand Championship Show has seen steady growth over the last few years, which should continue. We have struggled to be profitable for the last 15 years but have seen success over the last two fiscal years. The renaming of the arena is very exciting. We are working on a master long-term plan, and that gets me really excited for the

future of our 105-acre facility. I'm excited about the future of the Celebration."

Last year, the Celebration added Wednesday night to its schedule. Previously, this night was the Tennessee Walking Horse Breeders and Exhibitors Association Futurity Night, and the Celebration absorbed those classes into its schedule, making the Celebration 11 nights rather than 10. Last year, Wednesday night events were held in the Calsonic Arena (now the Cooper Steel Arena). This year, the first Wednesday night will be held outdoors in the Celebration Arena. Food booths and the Blue Ribbon Circle will be open like all other nights of the Celebration.

The Celebration will also host several exciting family-friendly events such as a motocross competition, various 4-H events, dog shows, rodeos, circuses, monster truck wars, a demolition car derby, and, of course, its crown jewel, the world grand championship for the Tennessee walking horse.

"My oldest son really loves when the monster trucks and the Lone Star Rodeo come to town," said Wells. "He is crazy about dirt bikes, so we are working with a producer to get Arena Cross back to Shelbyville. That arena is so personally special to me. I was in the Shelbyville Tennessee Army National Guard that deployed to Iraq in 2005-2006. When we returned, the community threw us a welcome home event in what will now be called the Cooper Steel Arena. That was the first time I saw my friends and family since returning home. As you can imagine, I [have] great memories in that arena, not to mention all the events I attended there as a kid."

Wells, a native of Bedford County, believed success was found elsewhere, so he left to pursue a career in the professional sector away from home but ultimately chose to return to his first love.

"Bedford County is special, as well as the people. We have so many great stories and history. I am obviously biased since we are the home of a breed of horse that bears our state's name around the world. I like best that Shelbyville is my home. It is who I am to the core. I love that my son now wears the same school sports uniforms that I did as a kid. I believe that the best days for Bedford County are before us, and I am excited to be here and play a role in our future success. I hope the next generation doesn't have the same outlook on Bedford County that I did, and I will work diligently to make them realize they can have a successful career right here at home." **GN**

For more information on events and employment opportunities or to host your event at the Celebration, go to twhnc.com.

GETTING READY for the *big show*

THE TENNESSEE Walking Horse National Celebration has selected Derek Bonner, Leah Boyd, Nathan Clark, David Sisk, and Kenny Smith to judge the 85th Annual Celebration. The Celebration will begin on Wednesday, August 23, 2023, and conclude on Saturday, September 2, 2023.

"We are pleased to be able to name such an experienced group of judges for our upcoming world championship show. Our committee did a tremendous amount of due diligence on each of the judges that were qualified and available to judge this year. While several others were vetted, we feel extremely confident that this group will do an excellent job in marking their cards," said Celebration CEO Warren Wells. **GN**

FUN FACT:
For the World Grand Championship class, horses enter the arena to the song "Flat Walk Boogie" composed and played by official TWHNC organist Larry Bright.

The Celebration over the years

Charles McDonald's humble leadership and dedication have contributed to the event's success, making a lasting impact on the community of Shelbyville and Bedford County.

Twins, Tucker and Tanner, carry on a family legacy of winners at the Tennessee Walking Horse National Celebration, with their grandfather, Keith Johnson, providing them the opportunity to participate and experience the joy of riding in the event. In 2019, Tanner became a Celebration winner, continuing the tradition of success in the Johnson family.

Warren Wells, the CEO of the Tennessee Walking Horse National Celebration, brings a wealth of experience and a deep-rooted connection to Shelbyville. From his memorable days as a popcorn scooper to his service in the National Guard and diverse leadership roles, Warren's journey has led him back home to helm this iconic event.

Dee Foster's love for the Tennessee Walking Horse National Celebration runs deep, stemming from cherished childhood memories of her grandparents attending the event. As an adult, she has returned to Shelbyville year after year, contributing her talents to the Celebration.

With generations of expertise in managing the intricate sound system, the Kincaids work tirelessly behind the scenes, striving for perfection and creating an unforgettable experience for the spectators, who may never know the immense effort that lies within the miles of wires connecting them to the heart of the Celebration.

As the final curtain falls on our Celebration, we are left with a profound appreciation for the heart and soul that infuses every moment of this cherished event. It is not just the graceful horses or the skilled riders that make the Tennessee Walking Horse National Celebration truly magical, but the extraordinary people who come together to create this spectacle year after year. The spirit of community that envelops Shelbyville during this time is a testament to the unwavering dedication and passion of our residents, who pour their hearts into making this Celebration a resounding success. From the tireless organizers to the devoted volunteers, it is their love for this vibrant town and its rich equestrian heritage that transforms this gathering into an unforgettable experience for all. As we bid farewell to another memorable Celebration, we carry with us the knowledge that it is the collective spirit of our people, their unwavering commitment, and their shared love for this community that ensure the legacy of this grand event lives on for generations to come. **GN**

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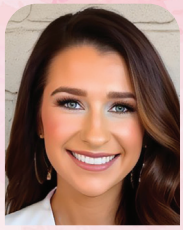
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CHAPTER 2 OF 3

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

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

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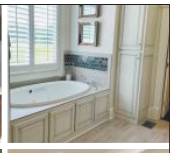

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BEFORE THE Webb School closed its 153rd year, which saw the largest enrollment in school history and the most diverse student body with students from five continents, 22 countries, and 12 states, plans were already underway to exceed expectations in the next school year.

During 2022-2023, Webb continued an intentional focus on the school's firm foundations of honor and character, along with the pursuit of the three A's — academics, arts, and athletics. At the same time, a path for the future in the form of a strategic plan emerged to equip the school and Webb students for what Head of School Ken Cheeseman said are "the greatest challenges and opportunities they will face in the future."

"The Webb School is in a strong position to continue to be both relevant and sustainable long into the future," said Cheeseman, completing his third year as head of school. "Webb has powerful programs and performances in the three A's — academics, arts, and athletics — under the direction of a dynamic leadership team, faculty and staff, and board of trustees, along with strong support from our parent associations, alumni, donors, and friends."

In comments to the Webb community, Cheeseman related key ideas from a recent conference he attended in England with heads of schools from all over the U.S., the U.K., and for-profit and not-for-profit leaders from both sides of the Atlantic.

"In our discussions, we grappled with the observation that there has been a tectonic shift in how much of our world operates. It was insightful to hear so many perspectives."

Cheeseman explained that most of the conversations centered on several central questions:

> I am confident that Webb graduates will be equipped to thrive and lead in every corner of the globe.
>
> **- Ken Cheeseman**

1. Amid these tectonic shifts in how our world operates, what will the future demand of our students and us?
2. For what ends are we preparing our students?
3. What processes, assessments, and student showcases should we use to equip students to be their very best, competing most favorably in a changing world while being agents of goodness?

Continuing to think about these questions, Cheeseman noted the significant advantages students gain from a Webb personalized education with small class sizes, small advisories, and small grade levels, where every student is known and valued.

"Our size allows for the formation and growth of deep, healthy relationships between outstanding faculty and staff and our students in which they are both nurtured and challenged to know their passions and gifts and develop them with character above all else."

Cheeseman also pointed to other aspects of the "Webb Difference," emphasizing honor, character, and personalized education. Included are the Emerging Voices Program, which stresses writing across the curriculum and public speaking; a global education to prepare students to live and work in a globally connected world; and the Wilderness Instruction and Leadership Development (WILD) program to provide extensive training in outdoor skills, leadership, and confidence.

"Being one of the most diverse schools in Tennessee, with a powerful honor code and college-preparatory standards, we are a microcosm of the world our graduates will inherit. I am confident that Webb graduates will be equipped to thrive and lead in every corner of the globe." **GN**

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Brandi Smith

The glue that holds it all together.

By Amanda E. West
Photography by Ashleigh Newnes

BRANDI SMITH said she was an unusually talkative and wild child who teetered somewhere between Scout from "To Kill a Mockingbird" and Idgie Threadgoode from "Fried Green Tomatoes." "I talked too much, and I couldn't sit still. I had no idea where that would take me in life or if there would even be a place for me. But I was blessed from the heavens because Daddy taught me to work hard for what I wanted. Momma taught me that a mother's love never fails. My sister, Ashley, taught me that hard work and determination pay off. And my grandmother, Gayle Wheeler, taught me someone has to be the glue to hold it all together."

As an adult, Smith is the dedicated, hard-working employee her father and sister spoke about. She took to heart her mother's words about unending love, and she has become the super glue that bonds everyone together. Quoting Mahatma Gandhi, she said, "The best way to find yourself is to lose yourself in the service of others." She is a doting mother to her adult sons, Brandon Smith and Dyson Collins, and her granddaughter, Landree. Brandi is a dedicated employee of Jack Daniel's Distillery, a longtime board member of the county fair, and a volunteer with Wreaths Across America in Moore County. Ten years ago, on Veterans Day, Brandi began making goodie bags as a special thank you for fellow

"I hope the younger generations take ownership of this community and love it just like previous generations did."

– Brandi Smith

employees who served in the military. This simple act of kindness now includes donations from several veteran-owned companies, which supply the yearly gifts that Brandi faithfully distributes. The VFW of Lincoln County recently surprised Brandi with an award recognizing her commitment and service to veterans, plus she received an additional award from the Air Force recruiting unit.

Brandi is the director of the Bedford County Fairest of the Fair pageant, and in 2019, she was the recipient of the Stoby Neeley Volunteer Award. The People's Choice initiative for the Fairest of the Fair pageant allows contestants to donate to local charities. This has resulted in donations of over $20,000 for Homes of Hope of Bedford County to provide for the needs of foster children. Clothe Our Kids of Bedford County received around $2,500 in donations, and New Destiny Dog Rescue received approximately $10,000.

When something is important, you always make time for it, said Brandi. "I was born and raised in Bedford County. I raised my children here. My granddaughter will grow up here. My parents and all my grandparents grew up here. This is my community. My friends are here. I want people to be as proud of this community as I am. I want everyone to embrace our diversities and figure out a way to come together and grow. Being involved gives you an outlet to meet new people and make new friends."

Helping others reach their highest potential is important to Brandi. "I just try to lead by example. I hope that when others see someone doing good, they want to do good too. I hope it has a ripple effect. I want to inspire the next generation to be more involved. Because what happens when I'm too old to do it? People can look at me and know you don't have to be perfect to impact someone's life. I want others to be inspired because I've overcome adversity and made bad choices, but I never let it stop me. I grew from it, and now I want to be a bright light in my community. Not famous. Not popular. But valued. One day, when my life flashes before my eyes, I want to make sure it's worth watching. I will never forget the mistakes I have made, and I will always remember the lessons I learned from them."

Smith peeks into the future with both wonder and excitement. "I would love to see us build a closer-knit community that is inclusive of all walks of life. Shelbyville is a diverse town, and I'd love to see a way to bring us all together. I want a safe, small-town vibe but with things that help and benefit the community. I would love to see us one day have a big farm-to-table community supper downtown on the square. Most importantly, I hope the younger generations take ownership of this community and love it just like previous generations did." **GN**

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JAXON SHEFFIELD

NO LONGER PLAYING IN THE SHADOW

Sheffield proves he shines just as brightly as his brothers

By Amanda E. West // Photography by Ashleigh Newnes

IT WAS a Friday evening in early June, and varsity baseball player Jaxon Sheffield had recently graduated from Cascade High School (CHS). Most young men his age might be out on the town celebrating with friends, but not Sheffield. Instead, he reminisced about why his athletic career has been a home run. "Everyone in my family has had a big part in my career so far with everything I've ever done. When I think back, I can't think of any sporting event that I've played in that there wasn't at least one of my family members there to support me. If my mom, Misty, had to work and my dad had obligations of his own, they would always get together and come up with a way that at least one of them, or my grandparents, could be there to support me at my game. They just always found a way in their schedules to be there."

From the time he smacked the first ball off the tee at 5 until he pitched for the varsity team in high school, Sheffield had played football and baseball for the Tullahoma Wildcats. But in late 2022, when his dad, Travis Sheffield, accepted the position as the head baseball coach for the Champions, Jaxon transferred to Cascade High in Bell Buckle to play his last season with his dad. Sheffield was the MVP in March as the Champions beat Cornersville and impressed again in April when he helped them conquer Grundy County. "When I transferred to Cascade to complete my senior year, it was a whole new group of people. But everyone brought me

> "When I think back, I can't think of any sporting event that I've played in that there wasn't at least one of my family members there to support me."
>
> - JAXON SHEFFIELD

▲ Travis and Jaxon Sheffield

in with open arms, and we all got along just fine. They accepted me, and we had a ball together."

The Sheffield family instantly rose to stardom throughout Tullahoma when Jaxon's big brothers, Jordan and Justus Sheffield, signed with the major leagues. Jordan Sheffield currently pitches for the Colorado Rockies and Justus Sheffield pitches for the Atlanta Braves. With Jaxon ranked as one of the top 26 players in Tennessee, the Sheffield family has proven to be kings of the pitcher's mound. "My brothers have always encouraged me, and I've seen all the good things they've done in their baseball careers. I want to follow in their footsteps and play in the major leagues one day. To do that, I will need to take some of the hardest steps I've ever taken. I'm going to need to work harder than I have been and just stay at it."

When I asked Jaxon what it's like pitching for his dad and playing the position of a middle infielder, he said, "Dad holds me to a higher standard than everyone else, and that's how it's supposed to be. I like the extra pressure that he puts on me. I want to give my best, and he helps me achieve that. Playing sports has always been something I've enjoyed doing. Most players don't enjoy practicing, but I love practicing. I think it's fun. Sports are fun, whatever the game, whether it's football, baseball, or basically anything that is competitive."

Jaxon said his favorite major accomplishment includes beating prior athletic records. "During the 2021–2022 football season, I was the running back and linebacker for the Wildcats, and we won the state championship for the first time in the school's history. I can't just thank one person who has helped me along the way because people have been helping me all my life. The entire coaching staff at Tullahoma has helped me every step of the way, especially coach Maurice Shaw and coach Sisk. The environment in that locker room in Tullahoma was my home away from home."

While Sheffield spent the summer choosing which college to attend, he helped his dad coach the Cyclones summer baseball program at CHS. "We have kids from several of the surrounding counties," said Sheffield. "If it doesn't work out for me to play professionally after I graduate from college, I will definitely stay in athletics and maybe coach like my dad. No matter what happens, keep playing the game," advises Sheffield. "You may have a losing streak and play several bad games in a row, but don't quit. If you keep working and stay in the cage, you can have a really good game that puts you on a hot streak. So stay at it. Always continue bettering yourself." **GN**

CHAMPIONS
2

You're
Girl
Likes My
Game Better

ANDREW REEVES

SWINGING FOR SUCCESS

Andrew Reeves to represent The Webb School at the Junior National Championship.

By Amanda E. West // Photography byAshleigh Newnes

THE SUN shone brightly over Jekyll Island as Andrew Reeves, a sophomore at The Webb School (TWS), swung his golf club, striking the white ball with a hard thud. A surge of joy filtered through him as he watched it soar through the air and land on the velvety putting green. He could smell the freshly mowed grass and hear the birds chirping from the surrounding palm trees. Reeves ran toward his ball, eager to finish the hole below par. He felt the soft breeze on his face and the sweat forming across his forehead. Lining up his putt, he drew in a steady breath. Feeling the weight of his trusty club and the grip of his gloves around the handle, he adjusted his stance and focused on nothing but the ball. Gently tapping it, he watched it roll toward the hole, disappearing below the surface. Reeves grinned and pumped his fist in the air. He had just earned sixth place in the annual Hurricane Junior Golf Tour and the opportunity to compete in December at the Hurricane Junior Golf Tour National Championship in Orlando, Florida.

TWS quickly recognized Reeves's skill when he joined the golf team in 2019 and earned the title of Most Valuable Player of the middle school. That spring, he competed in the U.S. Kids Golf Nashville Local Tour, where he placed

"I am passionate about golf. I feel that sports, in general, provide important lessons to prepare us for adulthood. "

- ANDREW REEVES

first for the season and qualified to play in the world championship in Pinehurst, North Carolina. When COVID-19 shut down most sports competitions, instead of taking time off, Reeves continued to compete in several local events and focused on improving his golf score. While in the eighth grade at TWS, he played for the high school team, where he secured several more victories, including placing second at the WillowBrook Golf Course and getting one of the top 20 spots for the state.

"My parents, Jason and Gina Reeves, motivate me to do my very best to succeed, along with my coach, Jeff Mitchell, from TWS, and my swing coach, Jude Lenahan, from The Grove Golf Club in College Grove. My parents put clubs in my hands at an early age, and I started going with my father to play golf. I learned it takes hard work and dedication to be successful."

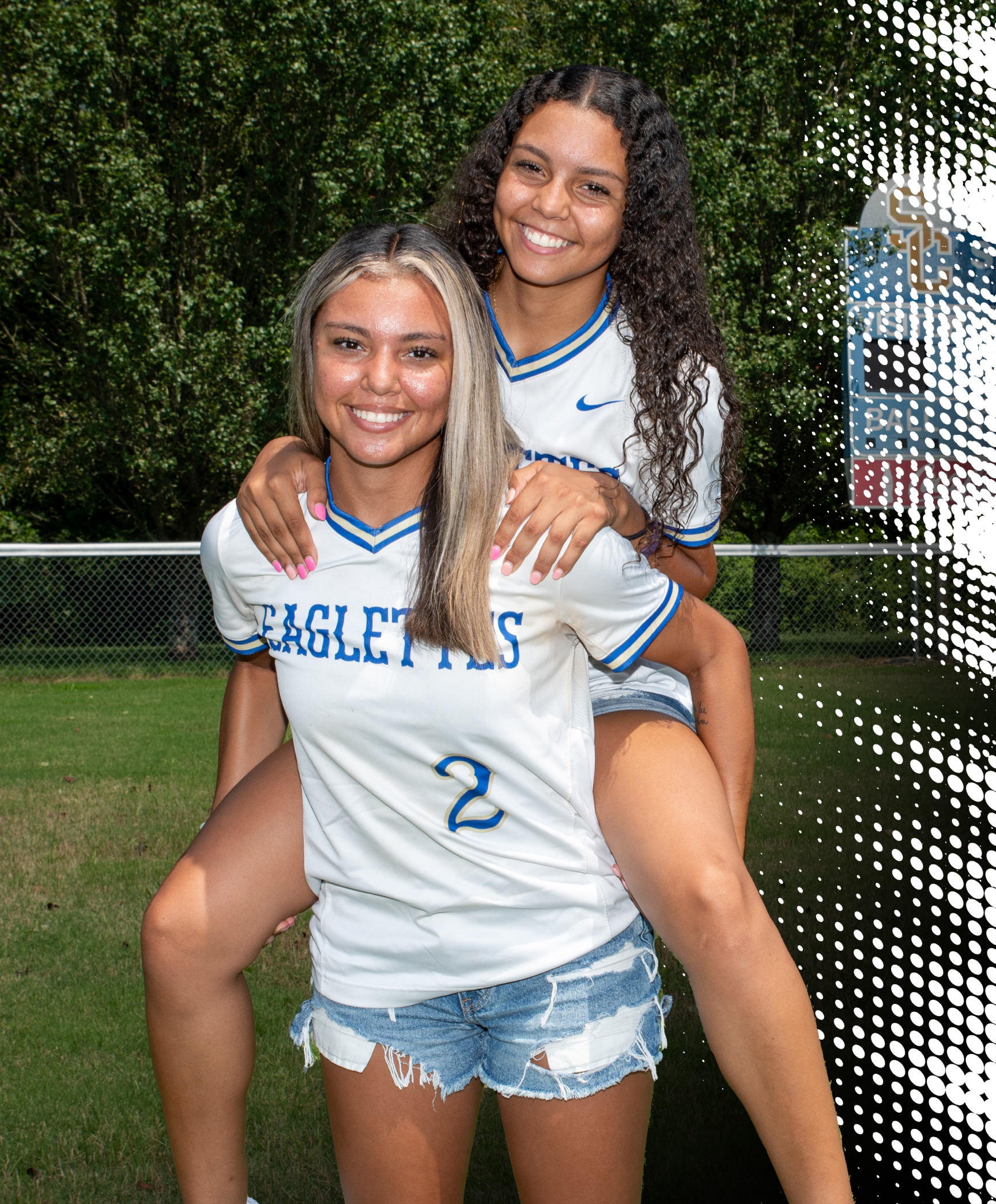
As a varsity player for TWS during the 2022–2023 school year, Reeves scored second place at the WillowBrook Sundrop Invitational. Later, he was the low medalist at Indian Hills in Murfreesboro and the low medalist at Riverbend Country Club (RBCC) against Grace Christian with an even par. He led Team USA to victory at the RBCC Junior Ryder Cup, where he

served as captain. Tying for second place at the Stones River Country Club, Reeves later tied for first in the district tournament, propelling the TWS golf team to third place. The following week, they finished second in the region, qualifying for the TSSAA state tournament at the Sevierville Golf Club, where Reeves tied for fourth place.

In December, at the national championship, Reeves will play against some of the finest golfers in the country and is looking forward to proudly representing TWS. When asked about representing TWS in the upcoming tournament, Reeves said, "Webb has given me a lot over the years, and this was my opportunity to give back to them."

Coach Jeff Mitchell frequently tells his golf team to "stop whining and start trying." Reeves has undoubtedly proven to be a model example of this motivational charge. "Andrew has been a loyal member of the Webb golf program since his sixth grade year," said Mitchell. "He has made steady improvements each and every year. His most significant area of improvement has been his mental approach and mental toughness. He now thinks a lot about tournament preparation and the proper way to practice. I would expect that we will see continued growth and improvement from Andrew. I look forward to seeing all he will achieve at Webb and beyond."

With limitless potential in golf and academics, the future shines brightly for Reeves. He hasn't chosen a college major yet, but he is interested in possibly pursuing a career in engineering, technology, or architecture. "I am passionate about golf. I feel that sports, in general, provide important lessons to prepare us for adulthood. I will keep practicing, playing tournaments, and working with my coaches to develop a stronger mental game from now until December." **GN**


2

ALYVIA & ALYSSA SMITH

SOFTBALL SISTERS

The 'dynamic duo' of Shelbyville Central High School

By Amanda E. West // Photography by Ashleigh Newnes

WHILE THE years have flown by too quickly, and Amanda Shelton has begged for time to pause and let her catch her breath, she's never stopped being in awe of her daughters, Alyvia and Alyssa Smith. At one year and six months apart, Shelton lost count of how often complete strangers stopped her to ask if the girls were twins. At 5, she enrolled Alyvia in T-ball, and every other year, Alyvia and Alyssa would be on the same team depending on Alyssa's birthdate. By age 8, the "dynamic duo," as the sisters are now called, began playing on the same team. Even though Alyssa was the youngest player, she easily kept up.

Today, the girls are a force to be reckoned with at Shelbyville Central High School (SCHS), which has led to their success on and off the softball field. "These two have been the best kids growing up, from their academic achievements to their amazing softball careers. I only wish the best for these two," said Shelton. "I pray they always keep their faith in God. He's got a big plan for my babies, and I'm so happy and proud to call them both mine!"

Shelton said they enjoy a bond while playing on the same team. "It's kept them close throughout the years and through high school. They couldn't be any closer. I love to see them shine on the field to-

EAGLETTES
2

gether. They are a team within themselves. I think they know when the other is off her game. They feel the vibe because they are so close. They know how to communicate with each other when nobody else does. Going through all the sweat, the injuries, the wins, and the losses together has brought them even closer."

Coach Whitaker from SCHS described them as "different flowers from the same garden." Whitaker said he nicknamed the girls "Smith" and "Two," which he says lovingly evokes a side-eyed smile from Alyssa. He describes the girls as some of the most down-to-earth and says they are special sisters. He predicts a bright future for them both and reminds them frequently that it starts with the small things, which in the scheme of things, become the big things. "I'm so glad I coached them both at the same time. With them, it was more than coaching. It was more like seeing two kids grow into wonderful and strong young ladies on and off the field. These two can be upset with each other and not talk for a moment, but later I can look up to see them smiling."

The girls are also playing for the Tennessee Illusions and Motlow, but in the past have played for Harris Middle School, the Dirt Divas, Hawks, 2:3, Flamethrowers, Twisters, Fury Platinum, and the Shelbyville Chompers. Alyssa and Alyvia have both earned the title of MVP, and Alyvia was chosen as the Offensive Player of the Year and won All-District. When asked what motivates the girls to work hard on the softball field, Alyssa answered that she wants to make her family proud, and Alyvia gives her best because she doesn't want to fail.

"Playing sports definitely keeps you on track school-wise and with other things," said Alyvia. "Play every game like it's your last and don't care about what others say. Alyssa and I are around each other literally everywhere we go, which has made us grow really close. We are best friends."

Alyssa said, "Always try your hardest and give it all you've got. You only live once. So do what you love. Don't be afraid to take risks, and don't listen to what people think of you. My biggest dream is to be successful in life, and I will work hard to get there. I always pushed myself to be on my sister's level. Having Alyvia as my sister means I've always had someone to make memories with. We always help each other."

After graduation in May 2025, Alyssa wants to coach younger children and plans to attend college, but she is undecided about where she will go. Alyvia plans to play softball for Motlow State Community College and wants to earn an associate degree before transferring to Middle Tennessee State University. "You win some, you lose some," quotes Alyvia. "It ain't always home runs, and that's just the way life plays."

I'm sure these softball sisters have faced defeat over the years, but these two will definitely hit it out of the ballpark for future success. **GN**

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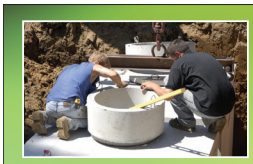

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CASCADE HIGH SCHOOL

2023 Football Schedule

DAY	DATE	OPPONENT	TIME
Friday	Aug. 18, 2023	Moore County High School	7 p.m.
Friday	Aug. 25, 2023	AWAY @ Richland High School	7 p.m.
Thursday	Aug. 31, 2023	Huntland High School	7 p.m.
Friday	Sep. 8 2023	AWAY @ Community High School	7 p.m.
Friday	Sep. 15, 2023	Watertown High School	7 p.m.
Friday	Sep. 22, 2023	Forrest High School	7 p.m.
Friday	Sep. 29, 2023	AWAY @ Monterey High School	7 p.m.
Friday	Oct. 13, 2023	Cannon County High School	7 p.m.
Friday	Oct. 20, 2023	AWAY @ Fayetteville High School	7 p.m.
Friday	Oct. 27, 2023	AWAY @ Marion County High School	7 p.m.

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COMMUNITY HIGH SCHOOL

2023 Football Schedule

DAY	DATE	OPPONENT	TIME
Friday	Aug. 18, 2023	AWAY @ Lewis County High School	7 p.m.
Friday	Aug. 25, 2023	AWAY @ Eagleville High School	7 p.m.
Friday	Sep. 1, 2023	Forrest High School	7 p.m.
Friday	Sep. 8 2023	Cascade High School	7 p.m.
Friday	Sep. 22, 2023	AWAY @ Cannon County High School	7 p.m.
Friday	Sep. 29, 2023	AWAY @ Grundy County High School	7 p.m.
Friday	Oct. 6, 2023	Sequatchie County High School	7 p.m.
Friday	Oct. 13, 2023	AWAY @ Giles County High School	TBA
Friday	Oct. 20, 2023	Red Boiling Springs High School	7 p.m.
Thursday	Oct. 26, 2023	Watertown High School	TBA

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2023 Football Schedule

DAY	DATE	OPPONENT	TIME
Thursday	Aug. 17, 2023	Siegel High School	7 p.m.
Friday	Aug. 25, 2023	AWAY @ Marshall County High School	7 p.m.
Friday	Sep. 1, 2023	Coffee County Central High School	7 p.m.
Friday	Sep. 8 2023	AWAY @ Columbia Central High School	TBA
Friday	Sep. 15, 2023	AWAY @ Wilson Central High School	7 p.m.
Friday	Sep. 22, 2023	AWAY @ Franklin County High School	TBA
Friday	Oct. 6, 2023	Spring Hill High School	TBA
Friday	Oct. 13, 2023	AWAY @ Lawrence County High School	TBA
Friday	Oct. 20, 2023	Lincoln County High School	TBA
Thursday	Oct. 26, 2023	Tullahoma High School	TBA

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THE WEBB HIGH SCHOOL

2023 Football Schedule

DAY	DATE	OPPONENT	TIME
Friday	Aug. 18, 2023	AWAY @ Cornersville High School	7 p.m.
Friday	Aug. 25, 2023	Columbia Academy	7 p.m.
Friday	Sep. 1, 2023	AWAY @ Franklin Road Academy	TBA
Friday	Sep. 8 2023	Pope John Paul II Preparatory School	TBA
Friday	Sep. 15, 2023	AWAY @ Middle Tennessee Christian School	7 p.m.
Friday	Sep. 29, 2023	Christ Presbyterian Academy	TBA
Friday	Oct. 6, 2023	AWAY @ Davidson Academy	TBA
Friday	Oct. 13, 2023	AWAY @ Goodpasture Christian School	TBA
Friday	Oct. 20, 2023	Battle Ground Academy	TBA
Thursday	Oct. 26, 2023	AWAY @ Providence Christian Academy	7 p.m.

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- Strawberry Cheesecake 6.99
- Chocolate Cake 5.99
- Tiramisu 8.99

DINNER MENU

Appetizers

Weekdays 3pm to 9pm, and Weekends 3pm to 10pm

- Garlic Mussels 12.99
  - *White Wine, Lemon Juice, Parsley*
- Fra Diavola Mussels 13.99
  - *Onion, Red Peppers, White Wine, Marinara Sauce*
- Fried Calamari 14.99
  - *Marinara Sauce, Lemon, Parsley*
- Grilled Octopus 13.99
  - *Cherry Tomatoes, Olives, Capers, Lemon Butter Sauce*
- Herbed Mashed Potatoes 8.99
  - *Sage, Rosemary, Parsley, Oregano*
- Mac & Cheese 9.99
- Chicken Mac & Cheese 12.99
  - *Garlic, Alfredo Sauce, Breading Crust*
- Mushroom Italian Risotto 15.99
- Vegetables Flat Bread Pizza 9.99
- Margarita Flat Bread Pizza 9.99

Salad

- Caesar Salad 8.99
  - *Romaine Lettuce, Parmesan Cheese, Croutons*
- Revaira Salad 10.99
  - *Lettuce, Arugula, Cherry Tomatoes, Cucumbers, Revaira Dressing*

Have the option to add

- Chicken 6.99
- 3 pieces Jumbo Shrimp 9.99

- Caprese Salad 10.99
  - *Tomatoes, Mozzarella Cheese, Balsamic, Olive Oil*
- Italian Green Salad 10.99
  - *Lettuce, Mixed Greens, Onions, Cherry Tomatoes, Italian Dressing*

All food recipes are made in house for unique experience

Entree

- Grilled Shrimp Fillet Mignon - 6 oz. 41.99
  - *Mashed Potatoes, Grilled Asparagus*
- Grilled Shrimp Fillet Mignon - 8 oz. 46.99
  - *Mashed Potatoes, Grilled Asparagus*
- Grilled New York Strip - 12 oz. 40.99
  - *Grilled Broccoli, Herbs, Mashed Potatoes*
- Grilled Ribeye Steak - 12 oz. 44.99
  - *Italian Mushroom Risotto, Grilled Asparagus*
- Lamb Rib Rack 43.99
  - *Half Rack of Rib Lamb, Mustard, Breading Crust, Roasted Potatoes*
- Revaira Frutti Di Mare 45.99
  - *Octopus, Mussels, Calamari, Lobster, Shrimp, Snapper Fish, Marinara Sauce*
- Seared Salmon 32.99
  - *Breading Crust, Mixed Vegetables, Mashed Potatoes, Lemon Butter Sauce*
- Seared Branzino Fish 28.99
  - *Mixed Vegetables, Lemon Butter Sauce, Cherry Tomatoes, Roasted Herb Potatoes*
- Red Snapper Fish 32.99
  - *Grilled Broccoli, Mixed Vegetables, Cherry Tomatoes, Olives, Capers, Lemon Butter Sauce*
- Chicken Alfredo Pasta 23.99
  - *Grilled Chicken, Mushrooms, Alfredo Sauce, Fettuccine Pasta*
- Spaghetti Marinara Pasta 21.99
  - *Chicken, Spaghetti Pasta, Marinara Sauce*
- Shrimp Pasta 27.99
  - *Cherry Tomatoes, Red Peppers, Alfredo Sauce, Penne Pasta*
- Mussels Pasta 24.99
  - *Garlic, Lemon Juice, White Wine, Parsley, Butter, Linguine Pasta*
- Chicken Parmesan 26.99
  - *Chicken, Parmesan Cheese, Spaghetti Pasta*
- Chicken Piccata 23.99
  - *Chicken, Lemon Butter Sauce, Spaghetti Pasta*

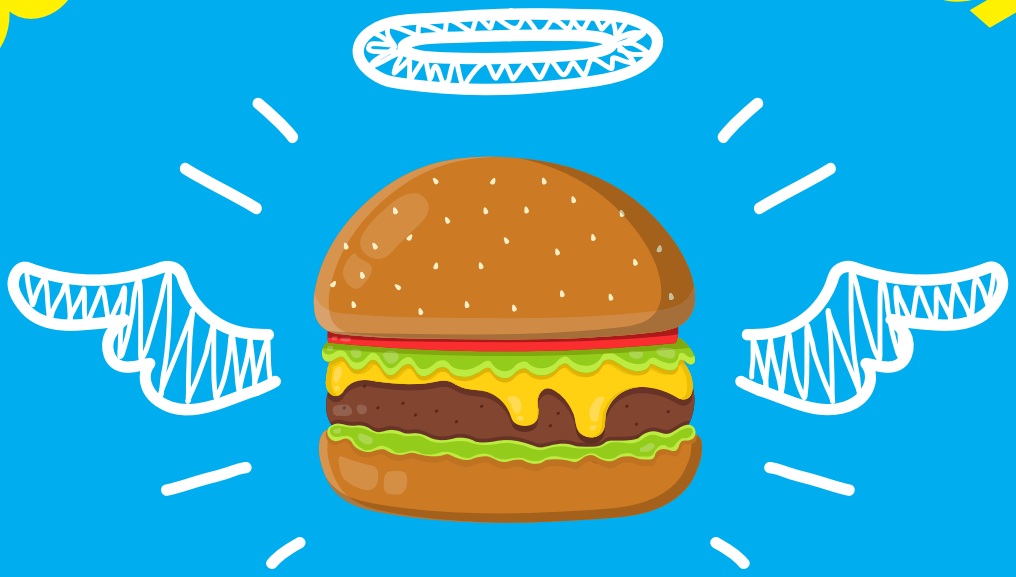
Kids Menu

- Chicken Tenders & Fries 12.99
- Cheeseburger & Fries 11.99
- Spaghetti Marinara Pasta 11.99

Dessert

- Strawberry Cheesecake 8.99
- Chocolate Cake 7.99
- Tiramisu 8.99

Burger heaven



AND HISTORIC CHARM

Pope's Cafe – a classic symbol of Shelbyville serving burger perfection

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 Pope's Cafe.

Pope's Cafe

(931) 492-4028
120 Public Square E.
Shelbyville

NESTLED WITHIN the heart of Shelbyville lies a culinary treasure steeped in history and renowned for its exceptional burgers — the iconic Pope's Cafe. Since its establishment, this historic eatery has been a symbol of local pride and a go-to destination for residents and visitors seeking an unforgettable dining experience.

Housed in a beautifully restored building that exudes timeless charm, the cafe preserves the town's history while offering a welcoming ambiance. As patrons step inside, they are greeted by a warm atmosphere that instantly transports them to a bygone era, complete with vintage décor and photographs that tell stories of days long past. And, of course, the scent of chargrilled burgers wafts in the air.

Grab a seat and extra napkins because their burger is the biggest, juiciest burger in all of Shelbyville. The melt-in-your-mouth tenderness in each bite, complemented by the melty cheese and your choice of toppings, is anything but an average meal. Each bite releases a burst of savory juices, satisfying even the most carnivorous cravings. Paired with freshly made french fries, these golden wonders testify to the kitchen's artistry.

While the history and ambiance of Pope's Cafe are undeniably captivating, it is their burgers that truly steal the show. With a menu featuring an array of mouthwatering options, each burger is meticulously crafted to perfection. Pope's caters to every palette, whether you prefer classic cheeseburgers, fried fish, or even a well-made Southern breakfast.

Pope's Cafe proudly symbolizes Shelbyville's history and culinary excellence. With its rich heritage, remarkable burgers, and unwavering dedication to quality, this charming eatery continues to captivate the hearts and taste buds of all who have the privilege of dining there. Whether you're a resident or a traveler passing through, a visit to Pope's Cafe promises a remarkable journey through time and an unforgettable burger experience. **GN**

Touchdown Favorites

Big tastes for the big game.

IT'S THAT time of year again when friends gather, jerseys are donned, and anticipation fills the air. Whether you're an avid sports fan or simply enjoy the camaraderie, there's one thing that can truly elevate the game day experience: mouth watering food. Get ready to tease your taste buds with our collection of touchdown favorites. From the savory and cheesy Ham and Cheese Sliders to the fiery and tangy Hot and Tangy Wings, and not forgetting the crowd-pleasing Buffalo Chicken Dip, these recipes are sure to make your game day celebration a winner. So grab your apron, unleash your inner chef, and prepare to cook up a storm that will leave your guests cheering for more. **GN**

Ham and Cheese Sliders

Submitted by Debbie Miahnahri

2 pkgs. sweet Hawaiian rolls, 12 oz. each
1 1/2 lbs. Virginia ham, NOT honey ham
12 slices Swiss cheese
1 stick real butter
2 t. Worcestershire sauce
1 t. garlic powder
1 t. onion powder
1 t. poppy seeds

Preheat oven to 375°. You will need two 9"x13" baking pans. Slice rolls lengthwise and place bottoms of 12 in each pan. Place ham on the rolls; then top with cheese slices. Put top of roll on and set aside. In a sauce pan, mix butter, Worcestershire, garlic powder, onion powder, and poppy seeds. Wait until butter is completely melted then brush mixture over the ham sandwiches. Cover with foil and let sit in refrigerator for 1 hour or overnight. You can bake them immediately if desired. Bake for 15 minutes or until cheese is melted.

Hot and Tangy Wings

Submitted by Dennis Gardner

3 1/2 lbs. chicken wings
1 c. barbecue sauce
1/2 c. hot sauce
1/2 c. honey
1 t. brown sugar
1 t. dry mustard

Clean and dry chicken wings. Cut and discard wing tips. Cut the wings at their joints to make two separate pieces. Place chicken pieces in broiler for 8-10 minutes until chicken is browned, flipping pieces once. Place chicken in a slow cooker. In a small mixing bowl, combine barbecue sauce, hot sauce, honey, brown sugar, and mustard. Pour over wings. Cover and cook on low for 4 1/2 to 5 hours or on high for 2 to 2 1/2 hours.

Buffalo Chicken Dip

Submitted by Cindy Crosslin

1 pkg. cream cheese, softened, 8 oz.
1 can chunk white chicken, drained, 10 oz.
1/2 c. buffalo wing sauce
1/2 c. ranch salad dressing
2 c. Colby/Jack cheese, shredded

Preheat oven to 350°. Spread cream cheese into an ungreased shallow light baking dish. Layer with chicken, wing sauce and salad dressing. Sprinkle with cheese. Bake uncovered, 20-25 minutes or until cheese is melted.

Submit your recipes to be included in Good News Magazine and the Exchange Cookbook: www.southernaprons.com

FAST BREAK
345
Wartrace, TN
340
Wartrace, TN
Strolling Jim Marathon
Women Overall
1st Place

good times

CHAPTER 3 OF 3

This section of the magazine covers local things to do.

76 Bringing the world to Wartrace

84 Community Events

88 Events Calendar

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Submit a positive story on our website:

goodnewsmags.com

Photo submitted by Naresh Kumar

◄ Anna David and Shannon Dye

▲ David Martin, Steve Durbin, and Madeline Rivera

Bringing the world to Wartrace

Four decades of The Strolling Jim

By Amanda E. West // Photos submitted by Naresh Kumar

SINCE 1979, Lazarus Lake has organized the annual Strolling Jim Ultra 40 Marathon in Wartrace, Tennessee. According to Lake, some of the best runners in the world have been to Bedford County for the Strolling Jim, the second oldest continually held ultramarathon in the United States. This legendary race begins at the Well House in downtown Wartrace and covers 41.2 miles of scenic roads before ending at the Strolling Jim historical marker in front of the Walking Horse Hotel. Runners can enjoy the meandering rolling hills, native wildflowers, picturesque farms, and wildlife along the route. The race has routinely attracted runners from all 50 states and at least seven other countries who enjoy the friendly atmosphere and Southern hospitality of Bell Buckle and Wartrace.

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of 2020. "We'd al-

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We want to build stronger communities through positive, local stories. We can't do that without your submissions. Submit a story idea, and it could be featured in the magazine.

goodnewsmags.com/stories

Held the first Saturday of each May, the Ultra Marathon has a 95% completion rate, which is astounding considering the length of this "ultra" challenging course. According to Lake, almost 4,000 people have competed in the marathon over the years. Of the 156 who completed the 2023 race, 26-year-old Dan Green from Huntington, West Virginia, was the first to cross the finish line in just 4 hours, 18 minutes, and 59 seconds. Green missed beating the course record set by Zach Beavin in 2022 of 3 hours, 55 minutes, and 44 seconds, which earned Beavin $6,000. Finishing second, in 4 hours, 57 minutes, and 11 seconds, was 40-year-old Allison Mercer from Atlanta, Georgia. Mercer's finish time allowed reigning champion Camille Herron, who finished in 4 hours, 44 minutes, and 1 second in 2022, to keep her title another year. Potential winnings increase by $1,000 every year that the course record remains unbeaten, according to Lake.

Besides the 40-miler, participants could also race in the marathon, the half marathon, or the 10K. Eric Waterman received first place in the marathon after completing it in 3 hours, 8 minutes, and 49 seconds. Owen Bradley finished the half marathon in 1 hour, 34 minutes, and 46 seconds. Sean Giffin was the first to complete the 10K in 41 minutes and 45 seconds. Three noteworthy participants in the 40-miler were all 76, and the oldest runner, 80-year-old Janet Lowe from Cookeville, took part in the 10K, proving that age really is just a number.

Lake said they raised $9,000 in this latest race and, through the years, have been able to donate roughly $100,000 to the East Bedford Civic Club, which benefits Cascade High School. "After almost 50 years, most people in Bedford County can't remember a time when we didn't have a Strolling Jim," said Lake. "Now, we have all kinds of different distances, and we welcome locals to come out and enjoy a little foot tour of the pretty countryside where they live. It's also a terrific way to support our schools."

Slip on your running shoes because the 2024 Strolling Jim Ultra Marathon starts on May 4. **GN**

For more information on where to tent camp, lodging, and parking during the marathon, including statistics from 1979 to 2023, go to www.ultrasignup.com and search for Strolling Jim.

▲ Allison Mercer and Steve Durbin

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goodnewsmags.com/photos

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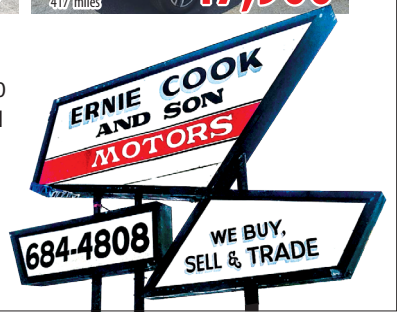

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I'm honored to be part of a state senate that supports the Celebration.

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sen.shane.reeves@capitol.tn.gov

Bedford County Fair - July 17-22

Photography by Ashleigh Newnes

The fair thrilled as always, with exhibits, a tractor pull, a horse show, and other events that allowed for the fun and fellowship that has become the fair's trademark.

1. Davie Barnes **2.** Jase, Jaylin, Jayla, and Christy Yancey **3.** Junior Zanghi **4.** Pam and Fred
5. Dylan and Oliver Sanchez **6.** Korban Cruthers, Blaire Hollins, Marlee Hansen, and Cole Sanders

Third Thursday - July 20

Photography by Ashleigh Newnes

The Third Thursday with the Shelbyville Bedford County (SBC) Chamber Networking Group met to update connections and establish new ones. The recent union of the SBC Chamber of Commerce with the Shelbyville-Bedford Partnership was introduced, along with other new members. Local businesses are invited to join them every third Thursday at the Fly Arts Center.

1. Rose Ramirez and Wanda Holt **2.** Hershel Thrasher and Mike Jones
3. Mike Davis and Charlie Williams **4.** Yolanda Flick, Mandy Mitchell, Marty Gordon, and Julia Logan Mayes

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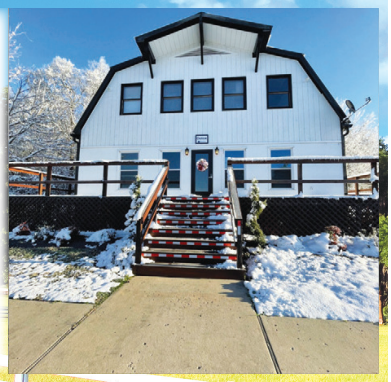

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EVENTS CALENDAR

August 11

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 and 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 17

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

Every Thursday through September.

August 22

9:00 pm **Friends of the Shelbyville-Bedford County Library Book Sale**
Bedford County Public Library
220 S. Jefferson St.
Shelbyville

Hardcover books are $1 each, paperbacks are 50 cents each, DVDs, jigsaw puzzles, and audiobooks are $1 each.

If you are interested in volunteering for the book sale, call us at (931) 684-7323.

September 9

10:00 am **Second Annual Bedford County Health Fair & Hot Rods**
Around the courthouse in Shelbyville

Vendor fee $50, car entry fee $20. Contact Amanda Lankford at (931) 680-2771 or by email at amanda.lankford@arosacare.com. Rainout date will be September 16, 2023

6:00 pm **Community Clinic of Shelbyville and Bedford County's 20th Anniversary Celebration**
First Baptist Church
304 Depot St.
Shelbyville

This fundraiser consists of a reception banquet, speaker, silent auction, and acknowledgements of partnerships and supporters. Cost is $125.

For more information call (931) 684-6772.

September 16

8:00 am **Household Hazardous Waste Collection Event**
Agriculture Center
2119 Midland Rd.
Shelbyville

Event is sponsored by the Tennessee Department of Environment and Conservation.

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