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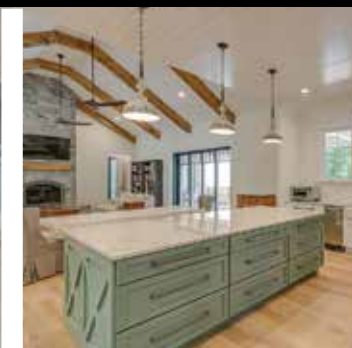
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## LOCAL DRIVING LEGEND

Sterling Marlin tells his story of building race car history in our community



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## CREATING HITS FROM LIFE EXPERIENCES

Songwriter keeps crafting the hits from his Maury County home



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## CHINESE, ASIAN, SOUTHERN FUSION

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**COMMUNITY CALENDAR 26**  
**RECIPE 28**

*Creative Director: Dennis Carroll*

**ON THE COVER:** Wynn Varble discovered his love of county music growing up in rural Georgia. Now he calls Maury County home, and the place from where he continues to write the hits. Photo by Michael Tedesco

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Photography by Michael Tedesco

# STERLING MARLIN

## THE TWO-TIME DAYTONA 500 CHAMPION IS A LIFELONG RESIDENT

BY JASON ZASKY

Sterling Marlin's 525-acre farm has been in his family since 1879, so the 64-year-old former NASCAR champion has local roots that are about as strong as possible. Born in 1957, Sterling is the son of the late NASCAR pioneer Clifton 'Coo Coo' Marlin, so racing has been part of his life from the very beginning. "There's always been race cars here," he says, during an interview conducted just outside his garage, thinking back to the halcyon days of youth when he played quarterback at Spring Hill

High School and spent many nights in his dad's shop working on cars. "When I was in school, there were 1,250 (kids) in grades 1-12, and gas was thirty-two cents a gallon," begins Marlin. "It was also a two red-light town and a two-policeman town.... One was real cool, though, and we would ride around in his car on Friday and Saturday nights." Marlin went on to make his NASCAR debut in 1976 but didn't fully come into his own as a driver until the 1990s, winning the Daytona 500 in both 1994 and 1995. Those were the first two wins

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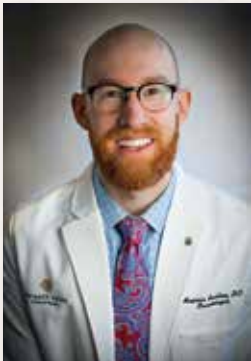
Psoriasis is an inflammatory condition that affects more than 7.5 million adults in the United States. An overactive immune system leads to a characteristic rash that can cause both symptomatic and psychosocial distress. Of additional concern is that 1 out of 3 patients with psoriasis will develop psoriatic arthritis and be at higher risk for chronic systemic inflammation that has been associated with cardiovascular demise.

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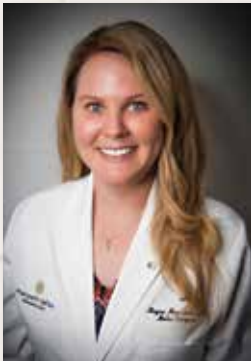
involvement, as well as patient concerns. As with other chronic diseases, psoriasis may affect areas of your life other than your physical health. Psoriasis may affect your emotional health, your relationships, and how you handle stress. It can even affect areas of your life that you wouldn't expect, such as the clothes that you choose to wear. For some people, living with psoriasis can be a challenge and at Harpeth Valley Dermatology, one of our board certified dermatologists will help you handle those challenges. Our goal is to address your concerns and find a successful therapeutic approach that you feel comfortable and confident with. We offer topical therapies, phototherapy, oral medications, biologic options, as well as address lifestyle modifications that ultimately lead to therapeutic success.

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Photography by Michael Tedesco

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of a ten-victory career in which he also won 11 poles.

Asked what made him a great NASCAR driver, Marlin credits his desire.

“You’ve gotta want to,” he insists, before expressing a certain amount of concern with the generation of kids that includes his 18-year-old grandson, Stirlin.

“These boys now, they don’t even work on the cars. I stayed in the shop nights working for hours on end.”

In terms of his driving career, Marlin says he was fortunate to “hit at the right time, as the growth in NASCAR was perfect,”

noting that when he first raced at Bristol Motor Speedway, there were 40,000 people in the crowd.

“Every year, it kept growing until there were more than 150,000,” he says, before noting that his favorite track is Daytona. Yet he’s also very fond of Michigan International Speedway, Charlotte Motor Speedway, and Darlington Raceway,” with the latter being the site of two of his victories.

He admits, though, that he doesn’t miss the travel that comes with being a NASCAR driver, not to mention all the time away from home.

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Photo taken at the Nashville Fairgorunds Speedway in the 1970's.

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"I was in Dover (Delaware) one time, and I woke up in the middle of the night and said to myself, 'Where the hell am I at?'" he quips.

These days Marlin spends most of his time farming, though he still races occasionally at Nashville Fairgrounds Speedway, even as he is battling Parkinson's.

On the farm, he also works on cars, with a collection that includes a '62 Chevrolet Biscayne and a '55 Ford Thunderbird.

Marlin also has a collection of Civil War artifacts that includes everything from bullets to belt buckles. That includes a rare piece from Manassas, Va., which is made up of "three bullets that hit in mid-air and all fused together," he says.

Most of Marlin's collection was found locally. Still, he also has numerous pieces from Virginia. When he was on the NASCAR circuit, he would take leave for a few hours with buddies to go out and hunt using a metal detector.

Of course, It's not as easy to find Civil War artifacts anymore, in part because so much development has taken place in the likes of Richmond, Va., Franklin, Tenn., and other relevant locales.

But even with all the development in Williamson and Maury counties, Marlin says he still loves Columbia, Spring Hill, and the surrounding area.

"I've always liked it here," he concludes.

Follow Sterling Marlin on facebook at Sterling Marlin Racing or twitter @SMR\_114



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Photography by Michael Tedesco.

# SONGWRITER HAD TO LIVE LIFE BEFORE BECOMING A WRITER

BY PAM WINDSOR

Wynn Varble has written many songs through the years with cuts by Garth Brooks, Willie Nelson, Trace Adkins, and others. But country music fans are likely most familiar with the three that went to No. 1: “Have You Forgotten?” by Darryl Worley, “Waitin’ on a Woman” by Brad Paisley, and “A Little More Country Than That” by Easton Corbin.

Varble, who lives in Maury County, discovered a love for traditional country music as a young boy growing up on his family’s farm in Georgia. By the age of 14, he’d learned to play the guitar

and was already writing his own songs.

“Of course, they were terrible,” he says with a laugh.

But the spark was there, and he knew he wanted to write and become a songwriter.

“I saw an Austin City Limits episode,” he recalls, “and Whitey Shafer, Hank Cochran, Floyd Tillman, and a bunch of old songwriters were on there. And they were passing the guitar back and forth, playing songs they’d written for other people, and they were having so much fun. And I said that’s what I want to do.”

He headed for Nashville at the age of 22.

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“I had a cousin that was a tape copy guy at Combine Music which was one of the biggest publishers in Nashville. And he played me some songs that were coming in and being written, and I thought, man, I don’t have any songs that are that good. I’ve got to go do some more living, so I’ll have some stuff to write about. So, I left for 10 years.”

He played music at clubs, worked the horse show circuit for several years, and hitchhiked around the country. Once he felt he’d “got a little livin” under his belt, he returned to Nashville. That was 1992.

Working side jobs to support himself, Varble focused on the craft of songwriting. Soon, people were recording his songs, and in 1996, he had his first song, “Fit to be Tied Down,” recorded by a major artist.

“They took me over to the record label to play the cut. And it was very surreal to see a guy I’d heard on the radio, Sammy Kershaw, singing one of my songs.”

It would take another six or seven years before he had his first big hit with “Have You Forgotten,” a song he and Darryl Worley wrote together after the 9/11 attacks.

The song resonated with a wounded America. Varble was

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Photography by Michael Tedesco

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asked to sing it at a rally at Marshall University. Before the performance, he met a New York City firefighter who asked to stand beside him onstage.

“He’d been there cleaning up the stuff after 9/11, and digging out the bodies, and he shared some stories,” Varble says. “It blew my mind when he told me how important this song was to them, and how it kept them driving on when they were so exhausted.”

Varble took to the stage and sang, and as he got to the final chorus, the firefighter was overcome with emotion.

“He threw his arms around me,” Varble says, “and was hugging

me while I was still singing. And I was trying not to squall. It was really something, I’ll tell you.”

His most recent No. 1, “A Little More Country Than That,” is a co-write with songwriters Don Poythress, and fellow Maury County resident Rory Feek.

Varble says song ideas can come from anywhere, and collaborating often helps because writers can toss ideas back and forth.

He still writes daily, and even after doing it for so many years, he still loves it.

“The process of writings songs is still as fun to me as it ever was. You just do what you do, and every once in a while, you write one that’ll stick.”



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Photography by Robbie Mathis.

# ASIAN AND CHINESE FOOD WITH A SOUTHERN TWIST

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**BY PAM WINDSOR**

Whether it's lunch or dinner, dining out at W'lin's Asian Cuisine and Spirits is an experience unlike anywhere else. Locally owned and operated by Qing Lin, the menu features Asian and Chinese food with a Southern twist. Lin, who is from China, was a partner in another business for a while but decided to branch out on her own and opened W'lin in 2019.

"She wanted to bring some of her own Americanized Chinese recipes," says Bob Dillon, a longtime friend and advisor. "She's taken the best of both worlds to create incredible taste and quality that doesn't exist anywhere else."

With Lin's husband, Tony Wu, the head chef, the restaurant offers an expansive menu. There are various Pho Noodle Soups, chicken dishes such as Cashew Chicken, Curry Chicken, General

Tso's Chicken, and beef dishes like Mongolian Beef and Beef with Broccoli. There is plenty of seafood, with Kung Pao Shrimp, and specialty Southern Style Seafood dishes featuring shrimp, snow crab, and crawfish. There are also egg rolls, Chinese dumplings, fried rice, and much more. There's definitely something for everyone with so many different dishes to choose from.

"The Chicken Curry is absolutely amazing," Dillon says, noting one of his favorites. "It's not too overpowering; it has an amazing flavor and amazing mix. And everything is fresh. You bite into the broccoli (as with the Beef with Broccoli), and it has a crunch; it's not overcooked or mushy. Sometimes you go to other places for fresh vegetables, and they've been sitting around in a steam pot for hours."

There are, however, some things that "are" cooked for an extra

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“THE CHICKEN CURRY IS ABSOLUTELY AMAZING”

Photography by Robbie Mathis.

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amount of time – when it adds to the quality.

“The broth they use is simmered for 24 hours,” Dillon says. “It’s that type of work, making it the right way and not taking any shortcuts, that makes everything so good.”

Gluten-free customers will be pleased to find a number of dishes specifically prepared to meet their dietary needs.

Carry-out or delivery through a service such as Doordash or Grubhub is also available.

W’lin’s has an extensive drink list, from the flavored Bubble Teas popular with both kids and adults, to beer to signature cocktails like the Moscow Mule or W’lin’s Lychee Mule or Japanese Sake.

“We’re a come-in-and-relax after-work dinner spot,” Dillon

explains. “Come in, have your mixed drink, favorite cocktail, and enjoy dinner.”

And for those looking for something sweet after the meal, there are donut balls or sesame balls available for dessert.

While people are initially drawn to W’lin’s for the food and drinks, Dillon says it’s Lin that has people coming back again and again due to her dedication to delivering the best customer service. She truly makes the restaurant shine.

“Lin is the heart and soul of the business. She makes everybody feel special. If you want to come to a great restaurant, get great food and feel special, come to W’lin’s.

*W’lin’s Asian Cuisine and Spirits is located at 2105 Wall Street #103, Spring Hill. It’s directly behind O’Reilly Auto Parts. See W’Lins ad on page 29*

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# COMMUNITY CALENDAR



September 1st through September 5th  
**The Maury County Fair**  
 Maury County Fair & Exposition Center  
 1018 Maury County Park Drive Columbia

Carnival rides and games, livestock, exhibits, monster trucks, motocross, food, and fun for everyone.

Saturday October 8th 10 AM - 5PM  
**John Maher Builders Whole Hog Festival, benefiting The Well Outreach**  
 Oaklawn Mansion, 3331 Denning Lane

Fun for the whole Family, Annual event includes live music, crafts, food vendors and food trucks, kids' activities and more.



Sunday October 9th 10 AM - 6PM  
**UAW Fall Festival**  
 presented by **UAW Local 1853**  
 UAW Union Hall, 25 Stephen P Yokich Pkwy

A free event, offering something for the whole family. Kids area, craft vendors, car show, live music, food, craft beer, and more.



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UAW LOCAL 1853 PRESENTS:

## LOCAL 1853 FALL FEST



**Celebrate the Fall Fest  
 with us! Craft & Food  
 Vendors wanted. All  
 booths are inside.**

UAW Local 1853 Fall Festival  
 Sunday, October 9th, 2022  
 10am - 6pm  
 125 Stephen P Yokich Pkwy, Spring Hill,  
 TN 37174  
 (931)486-0125



To reserve your spot or get more info, e-mail us:  
[UAWFALLFEST@GMAIL.COM](mailto:UAWFALLFEST@GMAIL.COM)



# Great RECIPES

## Grilled Tequila-Lime Chicken with Grilled Asparagus

*Recipe courtesy of the American Heart Association*

### INGREDIENTS (4 SERVINGS)

1/4 CUP TEQUILA OR WHITE VINEGAR  
2 TEASPOONS LIME ZEST  
1/2 CUP FRESH LIME JUICE  
2 MEDIUM GARLIC CLOVES, MINCED  
1 TABLESPOON CHIPOTLE PEPPER CANNED IN ADOBO SAUCE, MINCED, PLUS 2 TABLESPOONS ADOBO SAUCE  
1 1/2 POUNDS BONELESS, SKINLESS CHICKEN BREASTS, FAT DISCARDED  
NONSTICK COOKING SPRAY  
3 BUNCHES ASPARAGUS SPEARS, TRIMMED  
1/4 TEASPOON SALT  
1/2 TEASPOON BLACK PEPPER, DIVIDED  
2 TABLESPOONS CANOLA OIL OR CORN OIL

### INSTRUCTIONS

IN SMALL BOWL, STIR TEQUILA, LIME ZEST, LIME JUICE, GARLIC, CHIPOTLE PEPPER AND ADOBO SAUCE. POUR INTO LARGE RESEALABLE PLASTIC BAG. ADD CHICKEN AND SEAL BAG TIGHTLY; TURN BAG TO COAT. REFRIGERATE 2-12 HOURS.

PREHEAT GRILL TO MEDIUM-HIGH HEAT. LIGHTLY SPRAY GRATES WITH NONSTICK COOKING SPRAY.

IN LARGE DISH, SPRINKLE ASPARAGUS WITH SALT AND 1/4 TEASPOON PEPPER. DRIZZLE WITH OIL. TURN ASPARAGUS OVER TO COAT.

REMOVE CHICKEN FROM MARINADE. DISCARD MARINADE AND WIPE MOST OF IT OFF CHICKEN. SPRINKLE CHICKEN WITH REMAINING PEPPER.

GRILL 8-12 MINUTES, OR UNTIL CHICKEN IS NO LONGER PINK IN CENTER. TRANSFER TO PLATE AND COVER WITH ALUMINUM FOIL.

PLACE ASPARAGUS ON GRILL, FACING OPPOSITE DIRECTION OF GRATES. GRILL 7 MINUTES, OR UNTIL TENDER CRISP.

SERVE ASPARAGUS WITH CHICKEN.

Find more heart-healthy recipes and tips for lowering cholesterol at [recipes.heart.org](https://www.heart.org/recipes)



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Michael Dominic Tedesco is a photographer in Nashville, formerly New York City. Clients include: Mutual of America, Farm Bureau Insurance, Penguin Publishing Group, Gotham Books, Avery Books, Bloomberg Markets, Men's Health, Women's Health, Men's Fitness, The Source, CMJ, St. Johns University, Decker Design, Jujamcyn Theaters, Journal Communications, Warner Music Nashville, University of Tennessee, Meharry College, Edge Artist Management and many Departments of Agriculture in the United States. View more work at [www.tedescopictures.com](http://www.tedescopictures.com)



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