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LETTER FROM THE EDITOR

History over and over again

When the tide comes in, peace is knowing it will wash away back to the ocean.

I AM IN the middle of my third decade of life, and within the last two years, I've discovered something I always ignored: music from the midcentury. Life does not seem to be slowing down. Our schedules are more packed than ever before, and we're still somehow adding more to our plates. When I actually started listening to Sam Cooke, Billie Holiday, The Righteous Brothers, Frank Sinatra, Elvis Presley, and more, I found myself slowing down. While the minute hand on the clock didn't actually stop moving, it felt like it did.

Music can do that. My heart rate slowed. My mind seemed to stop running and worrying about the next thing. The people of that time experienced history over and over again... and so are we. But I have good news... the decades before us made it out okay. Yes, they experienced their own traumas and surprises that influence who we are today, but they found peace.


Wesley Bryant,
MANAGING EDITOR

That peace I found in nostalgia is something I've searched for in my adult life. I understood that the tide comes in and it retreats. Like a pendulum, it will come closer and then swing away again. In the words of Frank Sinatra, "that's life."

In my discovery of peace through nostalgia, I found Elvis's "If I Can Dream." His voice, filled with talent and power, is astronomically moving, but I focused on the lyrics. He sings about hardship and events that may drain our spirits, but he still finds hope to keep moving forward. I believe that is more important today than ever. No matter if you're in the middle of your third decade of life or your seventh, the tide will continue to come in and then wash away.

For this issue of Good News, I want to look back at our community. Decades of life, hope, and love have made us who we are today. I encourage you to find peace in nostalgia as the tide comes in again. **GN**

From our readers



Do you have family and friends in Manchester who would enjoy Good News? Sign them up for free at goodnewsmags.com

Thank you for reading Good News!

"I just want you to know how much I enjoyed reading your magazine. I do not watch the news anymore. Every story is so depressing. Thank you for sharing good news and making us feel better about the community around us and the good people who live here and share their lives with us. Great job keep up your good work.
— Eva Lewis, Good News reader

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CHAPTER 1 OF 3

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

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PHOTO SUBMITTED BY EDITH RIMAS

◀ Stella Greer, Lisa Reed



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Care comes home

Palliative care and hospice put more life into last days when started as early as possible.

By Tina Neeley // Photography by Brooke Snyder

TWO WORDS strike fear and dread in our hearts. Cancer is number two. While number one is associated with it, it is no longer exclusive to it. Any number of conditions can lead to a call for it; the word is hospice. Whispers of a patient in the care of hospice paint mental pictures of resignation and the end. It is, however, a beginning when care comes home.

Eddie Rimas, the Tennessee area executive of clinical operations of Compassus, said, “Most studies show that patients that go under hospice care actually live an average of 60 days longer than patients who

face the end of life without hospice. The reason is that the focus turns to comfort and enables better management of symptoms through medications. They feel better, get out, do more, and spend time with their family. The biggest misconception is that they’re giving up, because it’s so far from giving up.”

We tend to think of hospice as giving up control when, instead, it creates an opportunity to choose what’s most important to the patient. Compassus does everything possible to help achieve these goals, so it’s putting more living into the last days.




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► Stella Greer, Lisa Reed, Paige Watts

PHOTO SUBMITTED BY EDITH RIMAS

Maximizing the benefits of end-of-life care starts while we're still in good health. Considering how we want to be cared for should we find ourselves unable to self-advocate is not just for us; it's a priceless gift to family members. One tool is Five Wishes, a form available online at fivewishes.org that makes your spiritual, personal, medical, and legal wishes known in one document through a series of easy-to-understand questions. Being sure you have a Medical Power of Attorney and Will before facing our last days brings peace of mind to you and your loved ones.

Prior to hospice, some conditions qualify for palliative care simultaneously with home health care. According to Compassus, palliative care focuses on relieving the

pain, symptoms, and stress of a serious illness and is appropriate at any age and stage of the sickness that could lead to the end of life within 18-24 months of the illness' current course. It doesn't prohibit seeking curative or restorative treatment for the illness. This program offers one more tool for extending days and quality of life when pursued early enough.

Finally, palliative and hospice care put arms around both the patient and the family. The peace, support, and warmth described by recipients of such care come back in 'thank you', care, and conversations blessing, gift, help, hope, and comfort.

Knowledge of palliative and hospice care is a quilt of blessings we can stitch in wellness and cover ourselves with when colder days near. **GN**

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◀ First Year Club

Less Facetime and more fishing lines

The Coffee County Fishing Club goes to the nationals.

By Chase Perryman // Photos submitted by Phillip Petty

THANKS TO cell phones, video games, and social media, there have never been more distractions for our youth. Although we are technically more connected than ever before, we can sometimes feel more isolated than ever at the same time. Because all these preoccupations exist inches from our faces, we feel more cut off from the world around us.

Although there are some great benefits to all these technological advancements, there is something no app can give you. There isn't a swipe or a click that can replace the sense of calm and wonder you feel being present in nature.

This is the simple mission of fishing coach Phillip Petty: "To get kids involved in the outdoors and away from video games and cell phones."

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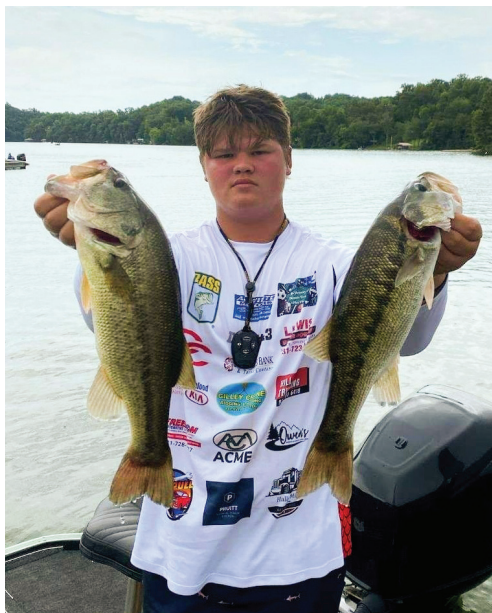
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▶ Kasen Page



◀ Kylan Mantooth

It started as just a group of kids that wanted to fish competitively in tournaments. It has now transformed into an organization that sends young fishermen to compete on a national level.

Back in 2016, Petty's daughter was looking for an alternative to playing softball. At the time, school fishing tournaments had begun to gain momentum. The Pettys' are an outdoorsy type of family. Having always enjoyed fishing, hunting, and nature, they decided to start a group. At first, it was very small, including coach Petty's daughter, son, and a handful of other kids.

"We weren't part of any organization or anything like that, other than just a group of people getting out and fishing a little bit," Petty said about the early days of the team.

Since then, the team has grown in members and accolades. It is a community organization that exists outside of any specific school. It includes students from middle school, high school, and homeschool. There are kids in the group from Coffee County, Bedford County, and Rockvale. This diverse group has one unified goal: to get outside and do a little fishing.

In the previous season of 2022, Jackson Wells, Caden Davis, Kaden Freeze, and Kylan Mantooth went all the way to the nationals. To put this success in perspective, there are around 420 registered teams in the state of Tennessee. Of those 420 teams, only 50 are allowed to advance to the nationals.

The teams compete in seasons put on by Tennessee Bass Nation, an offshoot of Bass Masters. As evident in the name, the type of fish the kids are aiming to hook are bass. There are three eligible species in these tournaments: largemouth, smallmouth, and spotted bass. Tournaments typically last a weekend, and Fridays are the official practice day. Kids are excused from school for a certain amount of days to compete. Those excused absences come in handy, as the team gets to travel all over the state to compete. This is an amazing opportunity for the kids to see the beautiful and diverse lakes, rivers, and waterways here in the Volunteer State.

Fishing teaches our kids patience, persistence, presence, and the importance of conserving our natural habitats. During the off-season, the team does its part to contribute to local conservation work.

For coach Petty, fishing is a family tradition... one he is insistent on passing on. "Pretty much, I have been fishing since I was old enough to really remember—going out with my grandpa and my dad on Tims Ford Lake."

Keep an eye on the continued success of the Coffee County Fishing Club. As of the writing of this article, they are leading the region in points. If you want to join, the main barrier to entry is having a boat and a boat captain. If you are in school, love to fish, and have the means then contact coach Phillip Petty at (931) 636-3149. **GN**

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◀ Tasha Hill, Shana Tanner, Victoria Hendren, Chrystal Britton, Ashley Trimue, Samantha Vernon holding baby Miriam, Pamela George, Sybol Peace, Bailey Thalmann

‘The old has passed away; behold, the new has come.’

Miriam House brings new life to women in need.

By Kali Bates // Photos submitted by Tasha Hill

TRANSFORMATION IS defined as a dramatic change in the form, appearance, or character. Human transformation is an internal shift that brings one in alignment with their highest potential.

Helping women transform and reach their full potential is the work of the rehabilitative program at Miriam House.

According to Miriam House Director Tasha Hill, the Christ-centered, residential, faith-based rehabilitation program is based in Coffee County and serves women across the country.

“We bring in women who struggle with life-controlling issues—not only addiction but abuse and broken situations. We allow anyone truly ready for a second chance to come into our program,” she said.

Hill said the program takes anywhere from 12 to 18 months to complete, depending on the student. While in the program, students participate in various activities that include Biblical education, spiritual counseling, work projects, ministry outreach to the local community, and a number of community service projects.

▶ Tasha Hill, Ashley Trimue



“The whole process is beautiful,” said Hill. “We have eight students at a time due to limited space. It’s a very small facility, but we are getting serious about raising funds to either purchase or build our facility to serve more women and children. At Miriam House, we see women transform from death to life. Their countenance even begins to change from week to week. We focus on wholeness and being whole. We see transformation by introducing them to Jesus and letting the Holy Spirit do his work. We also focus on discipleship and coupling cognitive behavior therapy with the word of God.”

She added that during students’ time in the program, they are introduced to the benefits of incorporating spiritual disciplines into their daily life, such as prayer, Bible reading and meditation, fellowship, church attendance, worship, and service to their family and community.

Hill has had her own battles with addiction, but she said she has conquered through her faith, which has prepared her for this very role.

▶ Victoria and Shana praying



◀ Chrystal Britton, Bridget King, Bailey Thalmann holding baby Miriam

“It’s given me purpose in my life,” she said. “Because I struggled with addiction. I was 14 years old when I started doing drugs, and I was 34 when I came out with the Lord rescuing me. I had lost so much time that I thought I’d never be able to get that back. I made so many mistakes and hurt so many people. But God has brought purpose out of that for me. God used all of those broken things—the hurt and the mistakes—as experience, so I can help these women.”

Hill said the vision of Miriam House is to see women freed from the bondage of addiction and any life-controlling issues. Instead of identifying as a woman in recovery, they want each student to identify not only as recovered but as a completely transformed woman.

“They begin to transform, and we’ve seen many women who have graduated from the program,” she explained. “They are doing great things like teaching, owning their first home, getting their children back, becoming upstanding members of society, and even going into ministry school. We have seen some beautiful things come out of Miriam House. The program may not be for everybody because it’s structured, and anything worth accomplishing is difficult. We have seen some beautiful restoration in the lives of the women who have graduated from Miriam House.” **GN**

For more information on the organization visit miriamhouse.com

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Scrambled Egg Powerbowl: \$8.99

Scrambled eggs, shredded cheese, green peppers, onions, bacon, and sausage

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Side Bacon (4): \$2.50 or Sausage (2): \$2.50

Side French Toast (1): \$2.50

Side Scrambled Eggs (4 oz): \$2.50

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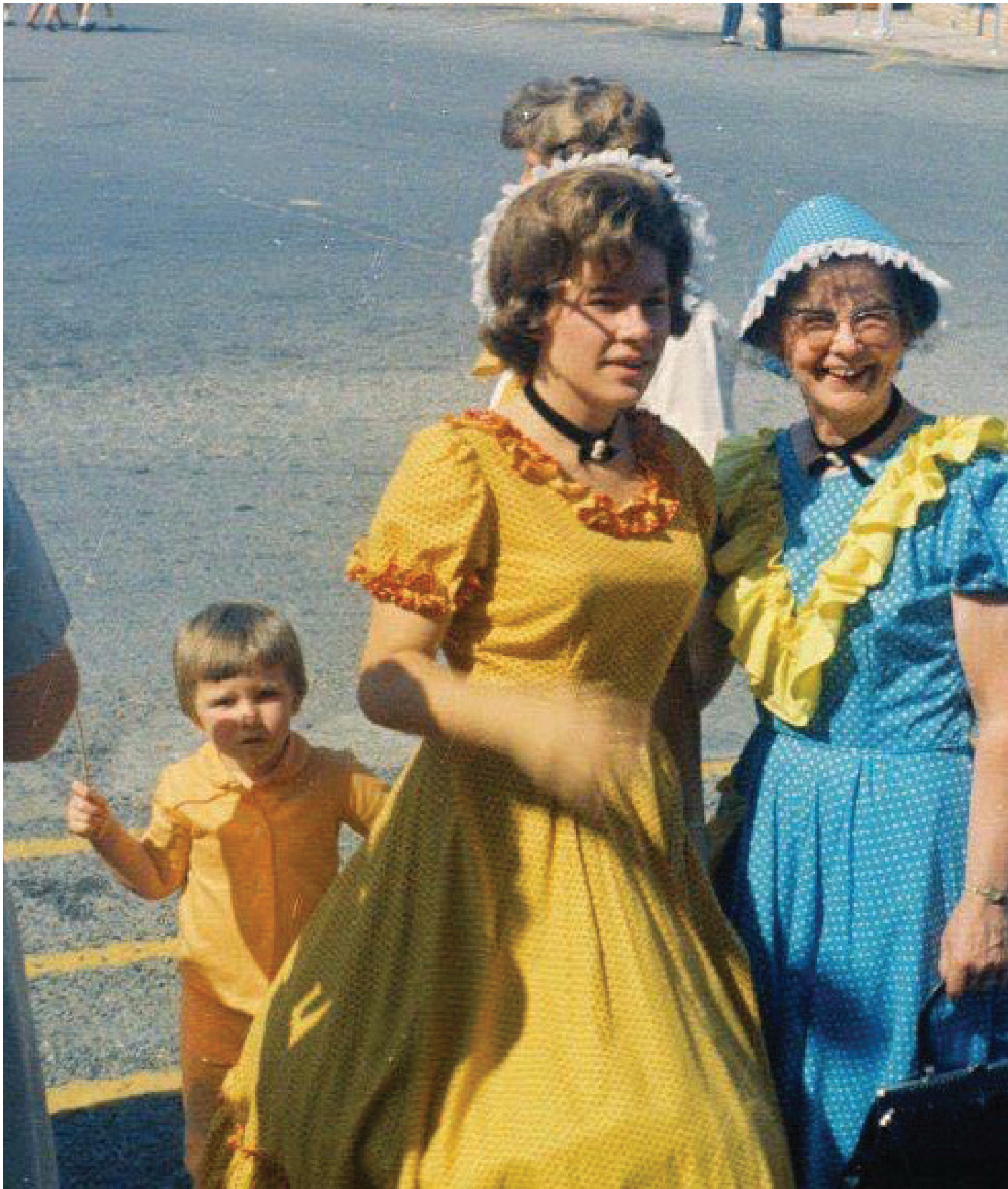
Cold Brew Coffee: \$3.50

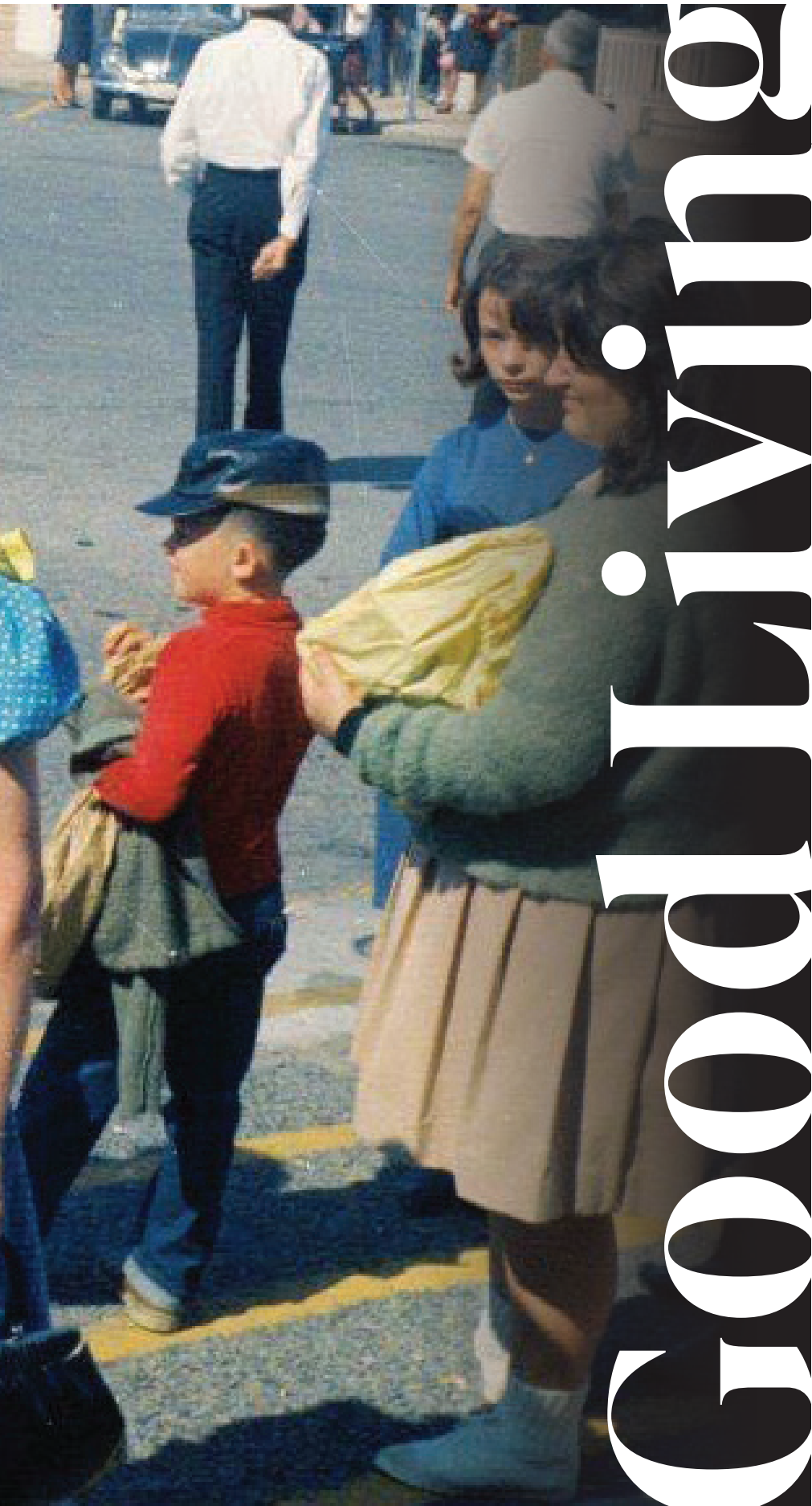
Specialty Cold Brew Coffee: \$4.00

*Prices subject to change.

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CHAPTER 2 OF 3

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

- 28 Creating from the divine
- 34 A fresh start with your health
- 40 If I can dream

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



goodnewsmags.com

PHOTO SUBMITTED BY ROGER STEELE

◀ Enjoying Manchester's Old Timers Day Festival

Creating from the divine

Local artist honors God through unique sculptures.

By Kali Bates

Photography by Ashleigh Newnes

ARTISTS ARE unique creatures. They see things in a way that most of us take for granted or don't have the patience to see. Their minds wander; they imagine and solve invisible problems about making what is in their head come to life on paper or canvas, through a sculpture or installation, or in various other mediums that portray art.

Artists create with inspiration from numerous things, including nature, people, things, or sounds. Some, such as Alexander Calder, start with sculpture. First trained as an engineer before pursuing art, his work was broad and ground-breaking due to the variety of what he created, the scale, and his ingenuity. He made prints, paintings, drawings, tapestries, jewelry, and sculptures, including small figurines and enormous works. His art is displayed in museums and commercial properties worldwide.

Asian artist Ruth Asawa was fascinated with how a line continued and never stopped. She is best known for her unique looped-wire, multi-



tiered sculptures. She spent decades working in the wire medium and developed myriad ways to treat and transform different metals to significant effect. She also experimented by casting other materials, such as paper and clay.

Then there are artists, like Manchester native Willard Hill, whose inspiration is somewhat of a mystery, even to himself. When asked, he states that he has no particular technique or isn't trying to convey a specific meaning. He's simply following what he feels is a divine calling to create.

Hill's creation is that of ragtag sculptures from whatever materials he happens to spot in his surroundings. While you and I may see household items or things that are trash, Hill sees the chance to create a masterpiece. He then scoops the materials up and begins to twist and mold, making a sculpture whose identity is yet to be known. It evolves in real time as Hill works.

Upon finishing, a brightly-colored cartoon-like sculpture stands before you. Currently, Hill finds himself creating monkeys. Monkeys of all shapes and sizes riding bicycles or



hanging off a branch. Hill said he's not sure why he has gravitated to making them; he leaves it to divine creativity.

Since 1982, Hill has been working diligently every day, creating these unique sculptures. Due to a painful and ongoing battle with diverticulitis, the condition side-lined Hill forcing him to stay home. Bored of watching television, he said he needed to create.

"I was sitting there watching TV," said Hill. "I noticed a roll of tape and some wire, and I just started rolling it around. When I got through it, it kind of favored something. From that time on, I just started making things. I give that credit to the Lord, and I don't take any credit for myself."

Hill said that as a child, he could draw and enjoyed it. He added that God gifted him with many different talents, including drawing, being handy, and cooking. Cooking is something that Hill enjoyed very much and had great skill in doing. So much so that he made it into a 60-year career.

That career would end due to his health, but that wouldn't stop him. He stated that it was then that God came in and bestowed upon him the talent to sculpt.

"God wouldn't have given me this talent if I couldn't handle it," he said.

Today, you can find a variety of creatures inside his Manchester home. Creations of all sorts are in a colorful display, line shelves, and set on tables.

Hill has also received local and national recognition for his work. He gives credit to local Manchester business owner Bill Nickels for helping to get his artwork out and into the public's eye.

"Some of my artwork was on display in town, and Mr. Nickels saw it," said Hill. "He came by my house and talked to me about my artwork. We then showed and sold some of my work at Dave Macon Days. Then a woman came from California and asked if I would be interested in having some of my pieces sold in California."



His work has been showcased online and in galleries across the country. You can also view and purchase his artwork locally at the Manchester Arts Center.

While Hill has enjoyed the attention of his work, he said at the end of the day it's about doing God's will and continuing to create as he would allow. At 88 years of age, Hill plans to continue his work in art.

"Whatever he gives me the strength to do, I will continue to do it. You never get too old in God's eye to do what he needs you to do." GN



*“Whatever he gives me
the strength to do, I will
continue to do it. You
never get too old in
God’s eye to do what he
needs you to do.*

-Willard Hill



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A FRESH START WITH YOUR HEALTH

Manchester Recreation Center offers a sensible approach to fitness in the new year.

By Kali Bates

THE START of a new year means the gym will be packed. The possibilities seem endless when the clock strikes midnight on New Year's Eve. We've shrugged off an old year. Now, what will we do with the new one?

At the top of the list of priorities are health and fitness. We all have those extra Christmas pounds that we are anxious to lose, and we hope to start the new year off on the right foot. However, according to the statistics, only nine to 12 percent of those who make New Year's resolutions keep them.

So how does one approach change in the new year with success? Manchester Parks and Recreation's wellness director, Cindy Weber, said it's all about baby steps.

For the past 17 years, Weber has been helping to promote wellness through the center's vast offerings of activities. From pickleball to fitness classes, free weights, water therapy, and racketball, there is something for all fitness levels to enjoy.

Check out the following that will have you running, walking, jumping, swimming, or stretching your way into a successful fitness journey.



1

START SMALL

As you're developing your exercise plan, don't force yourself to make significant changes right out of the gate. If you're only used to working out once a week, more frequent workouts may be challenging. Instead, try making a minor change. For example, try working out three times a week and doing an activity that you consider fun.

"It's all about consistency," explained Weber. "Start with baby steps. Don't think you've got to start doing all these things immediately or that you've got to work out for an hour. Just walking is enough if you are just starting. You can try a class in the therapy pool. Just take baby steps and as you feel better, increase your activity. Increase it as you feel better, not because you have to."

Weber advised that more minor adjustments will be easier for you to stay consistent with, and consistency leads to more significant results.



2

SET MEASURABLE GOALS

Whether you want to swim farther, run faster, or drop a few pounds, make sure you set numerical, measurable goals.

Weber has set a goal for her patrons to kick off the new year, which includes them walking from Tennessee to Texas.

"Each year, we generally do a walk," she said. "Participants can log how far they walk each day and enjoy friendly competition with other participants. It's fun to kick off the year and be accountable."

A stylized illustration of a notepad with horizontal lines. The word "GOALS" is written in large, bold, black, hand-drawn letters at the top of the page. The notepad is tilted slightly to the right.

GOALS

3 DEVELOP A ROUTINE

After the whirlwind of the holidays, it can be a struggle to fall back into old routines. Between the responsibilities of children, work, and even cold weather, all can be un motivating when we're thinking about throwing on our workout clothes and going to the gym.

Weber added that something is always happening at the Center that encourages one to grow in their health journey. She and her dedicated staff work to keep things interesting regarding fitness.

"We do things like FitBit bingo, encouraging people to try different classes or fitness offerings," she said. "Patrons must do something that takes them out of their comfort zone. This challenge allows them to find something else they like to do and take advantage of our other classes."

The Center also houses a full-service gym, including cardiovascular equipment, a full-weighted circuit, and a free-weight area. Weber added that the equipment is up-to-date, and she and her staff are on hand to instruct patrons on how to properly use each piece of equipment.






4

FIND YOUR SUPPORT SYSTEM

If you struggle to hold yourself accountable for finishing a workout or training, try finding a support system to keep you going. The support system can include a fellow gym goer, a friend, or a family member.

Weber credits her dedicated staff and patrons for facilitating a healthy fitness environment.

“I have a great group of instructors, and they are a blessing in themselves,” she said. “We are all one big family and take care of each other. Our senior members keep each other accountable. They are there for each other outside the Center; if someone is sick, they send a card or check in on them. They are a dedicated group.”

To keep up with the fitness opportunities, check out the Center’s Facebook page or website at cityofmanchestertn.com. 

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A vintage photograph of a living room. In the center, a television set sits on a stand, displaying a blue-tinted image. The walls are covered in a patterned wallpaper. In the foreground, the backs of several people's heads are visible as they sit on a wooden sofa, watching the TV. The overall scene is nostalgic and evokes a sense of community.

IF I CAN
Dream

**A NOSTALGIC LOOK BACK
AT OUR COMMUNITY**



OUR COMMUNITY has a rich history. Businesses, people, and locations have created the foundation of who we are today. Each decade is a building block to our identity, creating a beautiful masterpiece that only gets better with the next block.

Today, there are times when we don't have an answer. When hope is almost snuffed out but comes back like a beckoning candle. The same story was true in the 1950s, 60s, 70s, 80s, and more. Every decade has its own story, oftentimes with a happy ending.

This history-themed issue of Good News tells the story of decades ago. Stories that remind us today of hope, happiness, and peace that's right around the corner. Something that can only be described as a dream come true.



**Deep in my heart there's a trembling question
Still I am sure that the answer,
answer's gonna come somehow
Out there in the dark, there's a
beckoning candle, yeah
And while I can think, while I can talk
While I can stand, while I can walk
While I can dream
Oh, please let my dream
Come true.** — "If I Can Dream" by Elvis Presley



Honoring the Past While Moving Forward



Historic pharmacy continues legacy under new ownership

By Kali Bates // Photography by Ashleigh Newnes and contributed by Sara Adams

I T'S ONE of the oldest businesses in Manchester. A step inside the 94-year-old building, and you will be transported back in time—when mom-and-pop stores were in their heyday. Everyone knew everyone, and the pharmacy was the community hub.

Bakers Bros. Drug Company opened its doors in 1928 by owners Dee and Lee Baker. The pharmacy offered all the essentials, filled prescriptions, and had a soda fountain. The Farrar Clinic also opened upstairs, just above the store, the same year. The clinic stayed in operation until the 1970s.

The business was ahead of the times, as they were the first business in town to have a neon sign and the first to have carpet and air

conditioning. In its history, the store has expanded three times, allowing them to continue offering new and additional services.

FROM 1928 TO 2020

Moving forward and providing excellent customer service has always been the standard for Baker Bros. Drug Company. That same standard can be seen today under the new owner, Sara Adams. Adams became owner in January 2021 after the previous owners, Dawn and Craig Hafer, presented her with the opportunity to purchase the business.

“Around Thanksgiving in 2020, the Hafer’s presented me with the offer to purchase the pharmacy,” she said. “I went to Coffee County Bank (CCB), and thanks to Mela-

nie Hackett, my bookkeeper; Gerald Ewell, my lawyer; and the entire team at CCB, two months later I purchased Baker Bros. I didn’t want to see it become a chain and always wanted to own a business.”

Adams has a long history with the pharmacy and felt it was fate that she would become the next owner of Baker Bros.

“My first memory was the first time I ever walked in there,” said Adams. “I had just finished a job shadowing another pharmacist, Jerry Bartlett, at Unity hospital. He recommended I stop by Baker Brothers, see Dawn Hafer, and job shadow her. Ten years ago, I walked in and asked to speak to Dawn. I’ve been there ever since. It’s been my only job.”



SARA ADAMS ▲
PHARMD

PHARMACIST
HUGH LEMMING ▼



Becoming a pharmacist is something that Adams said has been a long-time in the making. Her love of helping others came from helping take care of her mother, who was diagnosed with Multiple Sclerosis.

“My mom and I moved to Manchester when I was 6,” explained Adams. “She was diagnosed with multiple sclerosis when she was pregnant with me. Once we moved back to Manchester, I helped her with whatever she needed. She’s progressed now to being confined to her bed. But I remember helping her with her medications and giving her a subcutaneous shot on an orange. I’ve helped with her medications for a while. Plus, I loved chemistry in school, so it went hand in hand.”

**MOVING FORWARD,
HONORING THE PAST**

Taking on the ownership of such a well-known and historic local business is not something that Adams takes lightly. She understands the importance of preserving it for the community.



“It is a huge responsibility,” she said. “We are coming up on our 100th anniversary, and I feel a great responsibility to keep something alive that has been dear to so many. It is vital to me to preserve the store’s history and nostalgia.”

While working hard to preserve the pharmacy’s history, she is also looking toward the future and how to serve her customers best.

“I want to implement more services to our patients,” explained Adams. “Right now, I have dived into learning about Medicare Part D and Medicare Advantage plans, so I am providing a plan review of what Part D or Advantage plan would be best for them. I’ve also always

wanted to implement pill packaging, so it’s easier for patients to take their medications.”

While she knows the pharmacy will have to move along with the times in its way, she wants her customers to know that one thing that will always stay the same is the pharmacy’s dedication to its customers.

“I never want to be too big,” said Adams. “Customer service will always be at the top, along with efficiency. Our staff will always be able to answer the phone with no automated systems. We will always work to have prescriptions ready to go when customers walk in, and we will continue to know customers by name and to know their families. These things are the most important.” GN



PHARMACISTS HUGH
▼ LEMMING AND HD MARCROM



Fun for all, especially the young at heart

Old Timers Day festival celebrates simpler times

*By Kali Bates
Photography by
Ashleigh Newnes
and provided by
Roger Steele*

EACH YEAR, hundreds of locals make their way down to the historic downtown square in Manchester for a day of traveling back in time, before cell phones and the internet existed. Games and activities took place outside with family members or newly made friends. It was a time for the whole community to come together for good food and fellowship.

This magical time-traveling event is known fondly by locals as Old Timers Day. Contrary to its name, the event is not just for older folks but everyone, especially those young at heart. It's also a day when the town's gem, the historic Manchester square, is displayed and offers itself as the headquarters for good old-fashioned fun.

BACK IN THE DAY

According to the current event coordinator, Roger Steele, the event began in the early 60s to showcase the town square.

“Old Timers Day started in 1963 as a sidewalk sale to bring people downtown to showcase the merchants, supplies, and everything,” he explained. “They brought everything outside for people to look at and purchase. It was so popular that they brought it back the next year. Then in 1964, they called it Old Timers Day. They celebrated the old-fashioned ways and the old ways of doing things. You know—like old clothes, handmade items, crafts, and different things like that.”

A Manchester native, Steele said he could remember coming to the event and spending all day playing with friends and enjoying the day's festivities.

“It was a great day,” he said. “I remember, as a kid, he could go up there and stay all day long. You could play games and watch the parade by bringing a couple of dollars. We could wear our football jerseys in the parade, which was very special to me. You know, just seeing the an-

imals and different things you're not used to seeing. All the kids would get together and play football. It was a good safe place with things to do, and it didn't cost much money. The event brought everybody together.”

AN END, THEN A BEGINNING

According to Steele, the event continued to occur each year until 2007. From 2008 to 2012, there was no Old Timer's Day.

During that downtime, Steele created the Facebook page “If you grew up in Manchester.” The page highlights events, places, and peo-



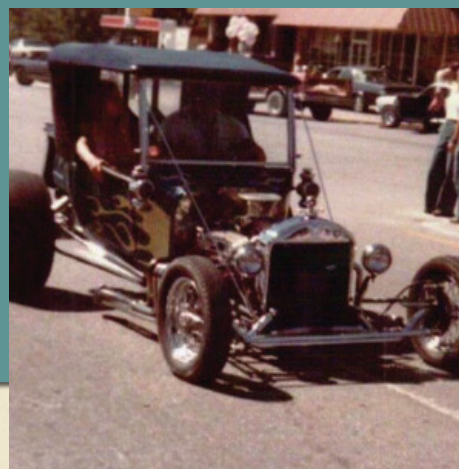
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ple of Manchester's past. He began seeing people's love for the event on that page. Finally, with some urging from friends and people on the page, Steele went to the city to see if he could bring the event back to life.

"I went to talk with Mayor Betty Superstein, who was the mayor at that time," he said. "The city was the one who had been over the event all of those years. I told her about people wanting to bring it back. She said they wouldn't be able to revive it due to money and a lack of volunteers. She did tell me that I could have it. So, I did. I then created a board and incorporated it. And then we started raising money. Since we could not get any money from the city, we had to raise our own money, and we understood that from the beginning."

Excited by the possibility of the event returning to the community, Steele said people were eager to donate.

The actual test, however, would come when the event opened back to the public in 2012.

"On Friday night, we had a little concert, around 75 or 80 degrees," said Steele. "Well, the weather changed the next day, and it was 55 degrees and pouring rain. It was very cold, and there was misting rain. But we knew that we had something because at the parade, people were lined up as far as you could see, even in the rain. Everybody stayed most of the day. We had probably a couple of thousand people coming in and out

of the event to see everything that came back."

10 YEARS LATER

A decade since its revival, the event has only grown in popularity. The event was named Manchester's Finest Yearly Event and received an inaugural spotlight award from the Manchester Chamber of Commerce for giving back to the community.

He also credits his wife, Rhonda, and longtime friend, Mary Todd, for continuing to make the event happen each year.

With each passing year, Steele said he is grateful to watch people of all ages enjoy the small things.

"I think it's watching the kids having a perfect day and smiling," he said. "You can watch them watching the parade, and they light up. If they're playing in the games and get a blue ribbon, it resonates with me

because that's what I wanted to do as a kid. I wanted to win those ribbons. I wanted to be in the parade, and it was a lot of fun watching the kids have a good time the way they used to. Because if you think about it, they don't get to do this anymore. Nobody plays outside. So—you know—just being outside all day long is new to some people."

He also added that he hopes events like these help people remember just how important getting out into the community is.

"We want people to have good, wholesome, family fun all day long. Enjoy a good, safe place without spending a lot of money. Maybe and hopefully, they'll do something next week—maybe go to the park or hiking, or just something outside with the family instead of just sitting at home playing on their phone or video games separately." GN

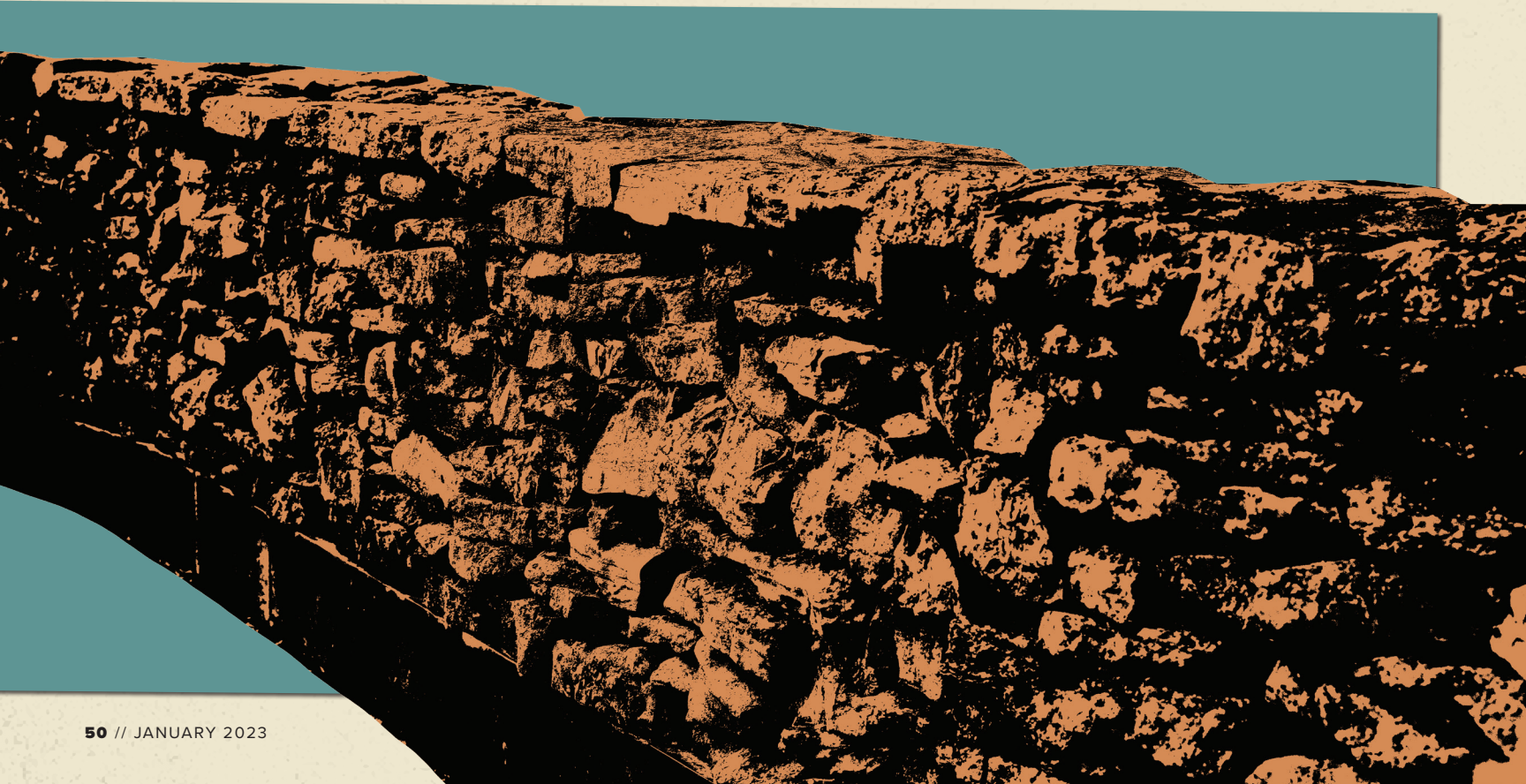


▲ MARGIE GILLEY AND SUE MADARIS

Time Travel Through Nature

Old Stone Fort offers
a glimpse into a time
long ago.

*By Kali Bates
Photography by
Ashleigh Newnes*



PARKS CAN be magical places. They offer a sense of wonder and produce curiosity of a time long ago. Back to a time long before the internet, cars, indoor plumbing, or air conditioning—to a time when one lived under the stars, off the land, and with the seasons. In these places, time seems to stand still. One can be among nature and experience all that lives in it.

Right in the city of Manchester's backyard is Old Stone Fort State Archeological Park. One can leave the bustling small town, head down the Hillsboro highway, and turn onto Stone Fort Drive. Follow the winding road until you have left the town's noise behind. Once there, you can embrace the peaceful sounds of nature while also enjoying a trip back in time.

According to the park's website, tnstateparks.com, in 1966, the state of Tennessee purchased 400 acres of the Chumbley estate as the core of the Old Stone Fort State Archaeological Park.

However, the area's past goes back a bit further than the 1960s. The Old Stone Fort was built approximately 1,500 to 2,000 years ago in the Middle Woodland Period.

According to tn.gov, the park consists of two unconnected pieces of land west of Manchester along the Duck River. Human occupation of the property dates back to at least ca. 6000 BCE when the region was home to small, mobile bands of Native Americans. Over thousands of years, the land saw the construction of ancient Native American earthworks, historic industries, and Civil War troop movements.

The website also states that early area settlers piqued the preservation of the area not only for the ancient ruins of the Old Stone Fort itself but also for recreational opportunities afforded in waterfalls and pools along the Duck River. Together these



RANGER ERIC COLLINS ▲

natural and cultural features combined to attract both locals and visitors and set the area up as a focal point within the early development of Manchester.

Today the park is home to an abundance of enjoyable activities for guests, including camping, hiking, picnicking, fishing, and birding.

For hikers, the main hiking trail follows the wall of Old Stone Fort, which was used

by the Native Americans as a ceremonial gathering place, according to the park's website. The trail winds through breathtaking scenery where visitors can view the original entrance of the fort, designed to face the exact spot on the horizon where the sun rises during the summer solstice. Visitors can learn about the Old Stone Fort on this hike, where twelve interpretive panels sit along the trail. Hikers can also enjoy



▲ RANGER JED HALL

the park's many waterfalls that can be viewed and heard along the trails.

Those looking to fish are welcome to try their luck at the Bark Camp and Barren Forks along the Duck River. The river provides large-mouth bass, bream, and catfish.

Bird lovers can enjoy the sights and sounds of several types of birds. The park's canopy can be productive during spring and fall migration. Look to spot species such as the Northern parula, red-eyed vireo, and occasional wood duck.

If a day in the park is not enough, camping is available. The

park website states that the park has 50 campsites with water and electrical hookups, grills, and picnic tables. The campground recently underwent an upgrade and reopened in the fall of 2020. Improvements included the construction of a bathhouse and electrical updates. The campsites are heavily wooded with ample spacing between the sites. RVs, tents, and pop-ups are equally popular for camping. And for those looking for more amenities, the park is within 10 minutes of restaurants and other activities.

Finally, the park is known for at-



tracting history enthusiasts from all over. Helping to educate visitors on the park's history is its museum. The museum consists of displays, which include prehistoric Native American replicas, dioramas, and photos. The park's website states that the exhibits provide information on the many theories regarding the earthen enclosure's builders, archaeological excavations at the site, and the culture of its builders.

During the 18th through mid-twentieth centuries, the origins of the earthworks presented an enigma to scholars and visitors, leading to speculation that the construction of the site was by several groups that included Spanish explorers, ancient giants, and more.

The museum also houses a small theater for viewing educational films. There is also a welcome center and gift shop for park-goers to enjoy.

Whether you plan to investigate the park's uniquely and ornately built mounds or just walk along the trails and enjoy the sounds of nature, the park offers something for everyone to enjoy while taking a step back in time. **GN**





Ingredients for the *best year yet!*

May 2023

bring you good health, wealth, and luck!

By Julia Eads

*M*AYBE IT'S superstitious. Perhaps it's tradition. Or it's possible that it's because the food is just so darn good. Whatever the reason, Southerners cannot seem to get enough traditional New Year's Day foods, such as collared greens, black-eyed peas, pork, and cornbread. These items are staples for that first-day-of-the-year meal. Greens consumed on this day resemble folded paper money and vibrant health. Similarly, the black-eyed peas symbolize coins and wealth. Pork was added due to the pig's ties to forward movement. Therefore, it's said that the more pork you eat in the new year, the more prosperous you will be in the coming year. Last to be acknowledged, but ranking first in our hearts—cornbread is said to symbolize gold, tripling your luck of prosperity! If you want to thrive instead of simply survive during 2023, try cooking up some of these good-luck foods. Who knows, starting with a well-balanced, home-cooked meal might be the perfect recipe for living in high cotton all year long! **GN**

Hoppin' John

Submitted by Mary Sharp

3 strips bacon, chopped
1/2 c. red bell pepper, diced
1/4 t. crushed red pepper
1 can black-eyed peas, 15 oz.
2 c. water
1 c. rice, uncooked
salt to taste
pepper to taste

In a heavy skillet, cook bacon until crisp. Drain off all but 1 T. of drippings. Stir in red bell pepper, crushed red pepper, black-eyed peas, water, rice, salt, and pepper. Heat to a boil. Reduce heat. Cover and simmer for 20 minutes or until rice is tender. Serve immediately.



Simple Collard Greens

Submitted by Margie Drake

1 medium onion, chopped
2 T. olive oil or bacon drippings
1 package fresh collard greens, washed,
trimmed, and chopped, 16 oz.
crushed red pepper to taste
1 1/2 t. salt or to taste
black pepper to taste
1 t. sugar, optional
3 c. water

Cook onion in hot oil over medium heat for 10 minutes or until tender, stirring occasionally. Add collards, red pepper, salt, black pepper, sugar, and water. Bring to a boil. Reduce heat. Simmer for 30 minutes or until tender.



Cornbread

Submitted by Ed Hambrick

2 T. oil
2 c. cornmeal mix
1 lg. egg
3/4 c. buttermilk
3/4 c. hot water
1/4 c. shortening
1/2 c. flour

Heat oil in an 8" iron skillet. In a medium mixing bowl, combine cornmeal, egg, buttermilk, water, shortening, and flour. When the skillet is hot, pour in the batter and bake at 425° for 20-25 minutes.



'Just as you are'

By Kali Bates

FOR OVER 30 years, children's television host Mister Rogers came into the homes of millions via our television sets and told each of us one of the most important things a person could say to us.

"I like you just the way you are."

There are over 900 episodes of "Mister Rogers' Neighborhood," which means he told us he liked us just as we are approximately 905 times.

I was one of these people. I was born in 1983 and can vividly remember watching Mister Rogers on PBS while visiting my grandparents in Nashville.

In my mid-30s, I was reintroduced to "Mister Rogers' Neighborhood" through what seemed to be a national reemergence of popularity for the late children's television host. A movie was made, a documentary was released, and so were a few podcasts, among other things.

Jumping on the trend, I downloaded a podcast called "Finding Fred" that delved into the life, thinking, and work of Rogers. I immediately fell in love with all the things I had felt were so uninteresting to me as a child.

For example, the way he talked. He slowed his cadence to make sure that children could understand him better and feel that they were in a conversation with him and not being talked to.

The puppets he used helped children identify with different emotions and personality traits. He also spoke about adult topics, such as death, assassination, and race. He helped children to be able to process and understand these difficult topics.

Finally came the real tear-jerker. The thing that, even now, makes me tear up just writing it. That fact that Mister Rogers liked us just as we are. We didn't

need to be anything else but ourselves. We were loved and accepted just for being us—such a simple statement with profound meaning.

Imagine, if you will, someone telling you that they like you just as you are—genuinely meaning that you are loved completely through all your pain, suffering, joy, weariness, flaws, and imperfections.

In a world where we are constantly bombarded with the need to be anything but ourselves, Rogers wanted us to know that being ourselves was all we needed to be.

It's important to note that Rogers wasn't the originator of this message, and he wouldn't want to be. As an ordained Presbyterian minister, he learned it from a much higher power who calls us daily to remember that he, too, loves us just as we are. God loves us so much that he sacrificed us through Jesus' death.

What a truly wonderful and humbling feeling that we are loved just as we are, in our brokenness and flaws. We are embraced and reminded that we are fearfully and wonderfully made.

I'd like to think that Mister Rogers knew the seeds of acceptance he was planting. He knew they would grow and bloom long after his work was done.

I am relistening to the podcast now and being reminded of how significant the impact was from his little show on public television. I am also reminded of just how important kindness is and how vital being kind and present in the moment is to the very essence of being human.

We should all take time to remember the power of kindness and accept each other just as we are. And remember that God's love is gracious, and He loves us just the way we are. **GN**





ADOBESTOCK

▲ Fred McFeely Rogers "A Beautiful Day for a Neighbor" sculpture at Rollins College in Winter Park, Florida







CHAPTER 3 OF 3

This section of the magazine covers local things to do.

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PHOTOGRAPHY BY ASHLEIGH NEWNES

◀ Viola and Matt Switlik



MARCHING TO HONOR

Veterans Day parade
honors military service.

By Kali Bates

Photos provided by VFW Post 10904

THE FOURTH annual Manchester Veterans Day parade was held on November 19. People lined the city streets in honor of those who have served. This year's parade theme was "A Salute to Military Service Animals." According to VFW Post 10904's commander, Kim King, she wanted to highlight the many animals that serve in the United States Military.

"It's not just dogs that serve. We've had horses, seals, pigeons, and even camels that have been instrumental in battle," said King.

The parade welcomed a large crowd ready to show their patriotism and support of local and area veterans. King said the annual parade offers them a chance to share the love of America with the community.

"We had an enormous turnout and have continued to have a great turnout," she said. "I think it's because the public really wants to do these things and show their appreciation and patriotic support. We don't really have a lot of venues where they can do that, and this allows them to do that, especially with children and groups, such as the boy and girl scouts."

King also added that the importance of the parade is even more significant because before the current parade, there was nothing like it that honored veterans.

"We realized there was no parade that we knew of that had ever happened in Manchester," she explained. "I went to City Hall, and they couldn't recall if there had ever been a Veterans Day parade, so we decided to put one together. I got together with a friend of mine, Ray Cobb. He was putting together the Veterans Day parade in Winchester. They had not had one in over 40 years. He and I

worked together to get their parade pulled off, and in the meantime, we decided we would try to put on our parade."

King said that as veterans, they want to be able to support each other while educating the public on the importance of such events.

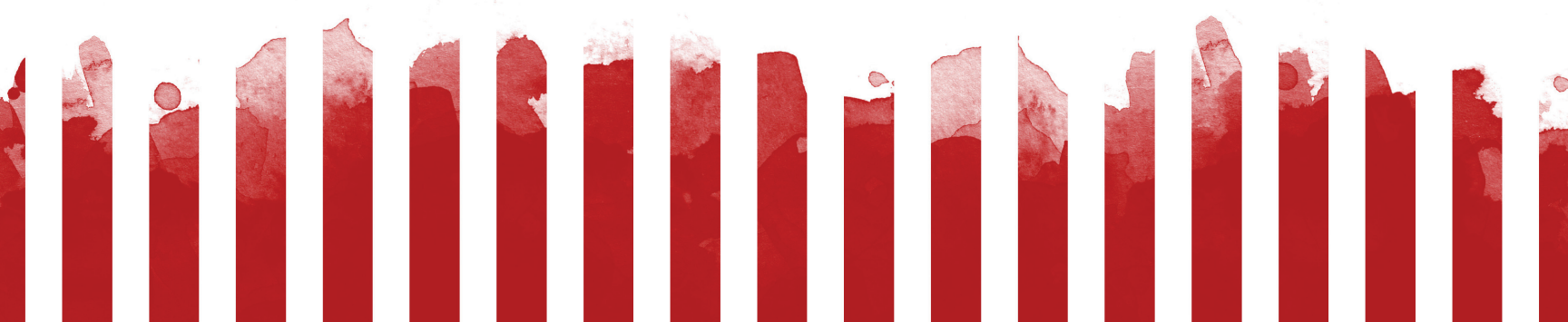
"Veterans always want to promote patriotism and why the country is important to the public," she explained. "That seems very important because if you think about it, how many things do you have that do that? Not a lot. What you do is you use your holidays, like Veterans Day, Memorial Day, Patriots Day, and these kinds of things, to try to promote why the country is so worth the sacrifice that veterans are willing to put forth for it. And it's not just veterans. There are a lot of very patriotic people in the country. This gives us a chance to promote that on a scale."

King also added that parade participation is not limited to just veterans. She invites the public to not only view the parade but be a part of it.

"We want the public to be involved," she said. "Some of our post members dress up as historical military figures, such as George Patton and Douglas McArthur. The Sam Werner Military Museum brings out its military vehicles and allows us to ride them in the parade. The ladies dress up as Rosie the Riveter. We invite any female who wants to do this whether they are a veteran or not."

She said they plan to do an Armed Forces Day parade in June.

"They've done them in Murfreesboro and Nashville with great success. We hope to see the same success and turn out here in Manchester," King said. **GN**





COMMUNITY EVENTS

▶ Dave Williams



A weekend of booming for all!

Photography by Ashleigh Newnes

The quiet countryside of Pelham was set to rumbling on October 21 and 22 for The Annual Gallant John Pelham Artillery Competition. This was the fourth year for the long-range artillery competition that welcomes the public to come out and watch the one-of-a-kind event.

▶ Sam Wells, Anthony Gockley, Joseph Lee Lowe III, AJ Johnson, Tyler Mason, David Hall, Christa Jenkins



◀ Jeff Reno, Joshua Cameron, Steve Cameron, Justin Whitt, Dillon Crowder, Caleb Cameron

▶ Wade Stevenson, Dee Murphy



◀ Joshua Cameron, Caleb Cameron, Justin Whitt



◀ Ken Knoll, Brian Long, Jerry Graham, Ben Slepceвич, Dave Williams

► Denise Richard, Michael Pratt



◀ Ryan Black, Connor Black, Aubrey Shepherd, Cindy Shepherd, Piper Myres, Ellie Shepherd, Brian Shepherd, Ashley Black, McKenna Black

Scary tales on the trail!

Photography by Ashleigh Newnes

Old Stone Fort Archaeological Park held their annual Halloween event, Old Stone Stories: Secrets, Specters, and Scares. Park rangers led participants on a tour of the park giving them a rare and haunting experience. The tour featured scary stories, local legends, and tall tales from across the state of Tennessee and in Coffee County. Proceeds and donations from the tour benefited the park's educational outreach and preservation efforts.

► Peggy Aston, Aaron Yarras, Nate Yarras, Ella Aston, Jude Yarras, Stella Aston, Dave Aston, Mia Aston, John Aston, Luke Yarras



◀ Lilian Groves, Ava Groves, Krystal Groves, Justin Groves



◀ David Jones, Elena Jones, Lauren Shanks, Mikaela Shanks, Caisley Jones, Elijah Singleton



◀ Eric McMahan, Jessica Shelton, Lily Howse

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Good News MAGAZINE

EVENTS CALENDAR

December 16

7:00 pm **Free Bingo**

VFW, 707 S. Polk St.
Tullahoma

The doors open at 6 p.m. and the kitchen will be open.
Ten free Bingo games.
Adult and kids prizes.
You do not need to be a member to attend.

December 17

7:30 am **Cookies with Mrs. Claus**

1901 Ovoca Rd.
Tullahoma

We will be collecting children's gifts to take to the Children's Hospital in Nashville. Please bring a wrapped gift and label boy or girl.

We are also going to have T-shirts to purchase.

December 20

6:30 pm **"An Appalachian Christmas with Chosen Road"**

Heritage Baptist Church
Tullahoma

This program will be bluegrass / acoustic gospel music.

December 22

11:00 am **Tullahoma Basketball Classic** Tullahoma High School

11 a.m. boys 9th grade
Tullahoma vs. Coffee Co.

12:30 p.m. girls Community
vs. East Hickman

2 p.m. boys Community
vs. Heat

3:30 p.m. girls Coffee Co.
vs. Moore Co.

5 p.m. boys Coffee Co.
vs. Glenclyff

6:30 p.m. girls
Fayetteville City
vs. Tullahoma

8 p.m. boys
Fayetteville City
vs. Tullahoma



January 14

**6:00 pm Steven Cade:
Night of Nashville**
Whiskey Trail BBQ
& Steakhouse

7:00 pm Henry Cho
South Jackson
Civic Center and
Mitchell Museum

January 12

**6:00 pm Beauties in Business
Ladies Networking
Night**
Jeffersons
Manchester

This is a free laid-back gathering for female small-business owners and businesswomen in general who have a desire to share their knowledge, build relationships, learn from their peers, and grow together.

January 20

**6:00 pm Oliver Twist
Musical**
Millennium Repertory
Company

For tickets or more information about our upcoming plays, please call us at (931) 570-4489 or visit our website millenniumrep.org.

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