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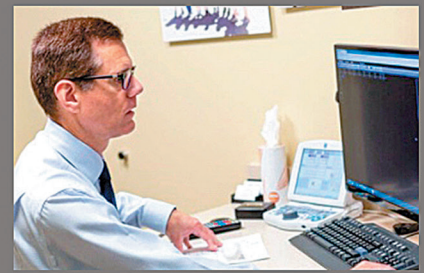
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LETTER FROM THE EDITOR

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 still influence who we are today, but they found peace.

Wesley Bryant
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



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"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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GOOD NEWS

CHAPTER 1 OF 3

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

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- 18 “We see you, we recognize you, and we honor you.”
- 22 Partners for Healing works to give everyone the healthcare they deserve

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◀ Emilie Martin and Lynn Brumfield



Front:
 Susan McCurry, Rita Barbour, Skyler Weddington, Gayle Player, Haley Pelzer, Sara Roberson, Elizabeth Riddle, Candy Couch
Back:
 Melinda Luna, Tammy Cawthran, Donita Burke, Rob Nichol, Jeff Collett, Jack Kennington

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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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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“We see you, we recognize you, and we honor you.”

Chamber Executive Director Hope Nunley highlights Tullahoma’s 2022 40 Under 40 Honorees.

By Julia Eads // Photos submitted by Tullahoma Area Chamber of Commerce

THIS NOVEMBER, the Tullahoma Area Chamber of Commerce hosted Tullahoma's 40 Under 40 for the second time in history. The idea behind recognizing local professionals was honor. Chamber Executive Director Hope Nunley shared, "We wanted to find those people in the community that are doing great things yet not looking for recognition. We desired to highlight young professionals in Tullahoma who are moving up the ladder in their careers, giving their time, getting involved, and serving with nonprofits. These people are sort of unsung heroes,

and we want to recognize and celebrate them for their hard work, service, and accomplishments. Crafting this event was the natural response. I am thankful for our past Chamber president, Chelsy Campbell, for passionately vying for an event like this and helping to make it happen."

The nomination process for Tullahoma's 40 Under 40 was pretty simple. Nunley shared, "We solicit nominations from the community, asking for names of anyone living or working in Tullahoma and making an impact on our community." The public had 10 weeks to submit names to

the Chamber. Then once the nomination period came to a close, the committee met to carefully read through each nomination before selecting the final list of honorees. Nunley stated, "With each nomination we read, the collective response of the committee time and time again sounded like, 'Wow! We had no idea this organization existed or that this person was involved in all these different things.' It was humbling, to say the least."

Nunley continued, "This year, we have had such a variety of careers to celebrate. We have accountants, healthcare workers,

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media representatives, engineers, entrepreneurs, and more. There were many different types of young professionals nominated, and we're just really excited to see the diversity in their careers."

While much of the honor lies within the title itself, the young professionals were formally honored with a small gift at the official Tullahoma's 40 Under 40 reception held on Thursday, November 3, 2022, at Lakewood Country Club. The event was designed with the younger crowd in mind and was very laid-back in nature. Delicious burgers and brews were served in a relaxed and social atmosphere! Nunley shared

about the event, "It was truly an honor to get to meet these people, engage with them, and learn more about who they are and what they are doing. The Chamber was honored to host this event, and we could not have done it without our incredible sponsors. A special thanks to Coffee County Bank, the title sponsor of the event, as well as Trader's Bank, Woodard's Diamonds and Design, Jack Daniels Distillery, Good News, Ascend Federal Credit Union, and Ivy & Grace."

Congratulations to all of Tullahoma's 40 Under 40 honorees! They are as follows: Allen Potter, Allison Carpenter, Brett Greg-

ory, Carrie Brown, Danielle Carew, David Dunlap, David Smith, Deanna Saunders, DJ Boggs, Elizabeth Smith, Emma Norwood, Evan Smith, Grant Christopher, Jack Thoma, Jaqueline Williams, Jessica Taylor, Joey Teal, John Shelton, Joses Jernigan, Julia Sullivan, Justin McIntosh, Kaleb Hickerson, Kaycee Edwards, Kirsten Lambert, Kristen Nickels, Kyle Murphy, Lauren Martin, Megan Smith, Megan Blumhoefer, Nathan May, Nick Kimbro, Rachel Beard, Rachel Patton, Robin Dunn, Samantha Boggs, Shannon Stephenson, Tanna Heathcott, Tanner Thurmond, Wesley Bryant, and Zoe Hunt. **GN**

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Discover what happens when a passionate person with an engineering background dives headfirst into the nonprofit sector.

By Julia Eads // Photography by Brooke Snyder

LONGTIME RESIDENT Lynn Brumfield has spent much of her professional career at Cubic Transportation Systems in Tullahoma. However, after around 20 years of service at Cubic, Brumfield was approached by friends and board members of Partners For Healing. The group was looking for an executive director for the nonprofit organization and contacted Brumfield about the position. After careful thought and consideration, Brumfield found herself saying "yes" to the call.

Brumfield shared, "My role at Cubic had always included some kind of project management, which can be summed up like this: Here's this project. You need to do these things. It should cost this much money, and you have this much time to do it. In some ways, that is also what happens here [at Partners For Healing].

We have medical services we need to provide. There is a certain amount of money we have to do it. Sometimes we have enough, and sometimes we don't. But we go get it done within the projected time frame. So, as far as transitioning to nonprofits, everything has worked out fairly well."

But what could cause a career engineer to make a drastic change like this? Brumfield shared, "I had been familiar with Partners for quite some time. My husband and I have been longtime members at First Methodist Church and were familiar with Dr. Bill Starnes and all the efforts made to start the clinic. Additionally, we have been financial and moral supporters of the clinic for years, so we have been connected to Partners for quite some time."

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A New Year is upon us all Thanksgiving and Christmas 2022 will always be one to remember. We appreciate all our patients, families, facilities and providers for allowing Adoration Hospice to serve our community and be part of many journeys. We couldn't have done it without each and everyone of you all. Going into the New Year we are all awaiting the first snow, love of Valentine's Day and personal goals. Early utilization of Hospice is essential to taking advantage of the most underutilized benefit offered by most insurances. We bring care to you in the comfort of your home with our team of dedicated staff. Adoration Hospice is on-call 24/7 for all your needs. Call Mary or Latasha to get all the information needed to ensure you make the right decision in your healthcare options.

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Brumfield continued, "Just as Dr. Starnes and Fran Marcum had identified years ago, there was this unmet need in town. If you were very poor, typically, you could get your needs met by TennCare. Then, if you had enough money, you could get insurance and have a reasonable provider. However, there was this gap where folks simply didn't have options. And I think the gap became particularly obvious when it came to things like mental health. People in that range didn't have access to mental health, which is very difficult. Though we have had a counselor here almost since the beginning, there were still some gaps."

Although she would prefer to remain under the radar in humility, Partners for Healing has been wildly successful in expanding its services to include things such as telehealth options and increased mental health services under the leadership of Brumfield. In the last few years, the organization has built a partnership with Centerstone. Brumfield explained, "To compliment our counseling services, we have a psychiatric nurse practitioner from Centerstone that comes one day a week. Her



◀ Faith LeGrone, Lynn Brumfield

primary focus is medication management for folks with various mental health issues." Adding services like these makes the Partners For Healing clinic a much greater asset for clients.

For those unfamiliar, Partners for Healing is a local nonprofit that serves the uninsured population of Coffee, Franklin, and Moore counties. They provide free primary healthcare to households of the working uninsured, those transitioning between jobs, and full-time students who do not have healthcare. The clinic offers free primary care, mental health counseling, and various other medical services to those who need them.

The clinic has the ability to help so many people in our community. Still, oftentimes a stigma surrounding free healthcare or "needing help" turns many away before they arrive at the front doors. When asked what she hoped people understood about Partners For Healing, Brumfield responded, "We are simply for people who don't have insurance. That's it. So people like hairdressers, contractors, and other self-employed people, this is an option for you! For example: in a household of two, you can make almost \$46,000 and still qualify for our services! We are just a regular clinic, not a walk-in clinic, and we are here and willing to serve families in the area." **GN**

For more information regarding services offered and qualifications, please visit partnersforhealing.org.

STEP INSIDE TO A SIMPLER TIME...

BREAKFAST

Queen City Platter - \$10.50

Two fresh eggs cooked to order with toast and your choice of Applewood smoke bacon, Tennessee Pride sausage or grilled ham.

T-Town Special - \$ 11.50

Made from scratch Buttermilk pancakes served with 2 fresh eggs cooked to order with your choice of Applewood smoked bacon, Tennessee Pride sausage or grilled ham.

Big Springs Breakfast Sandwiches

We start with two grilled pieces of bread, Swiss and American cheese along with your choice below.

Egg and Cheese - \$ 7.50 - Egg, Meat and Cheese - \$10.50

Breakfast meat choices: Tennessee Pride Sausage, Applewood Smoked Bacon or Ham

SIDE DISHES

Side of Applewood Smoked Bacon (3) - \$4.00

Side of Tennessee Pride Sausage - \$4.00

Made from scratch Buttermilk Pancakes (3) \$9.00

Fresh Fruit Cup - \$5.50

Toast (choice of white or wheat bread) - \$3.00

Basket of Chips - \$3.00

COLD SANDWICHES

All sandwiches are served with kettle chips and pickle spear on your choice of white or wheat bread.

Aunt ME's Chicken Salad - \$11.50

In-house made creamy, white meat chicken salad with chopped celery, onions, pecans, Granny Smith apples and sliced grapes, blended with Hellmann's mayonnaise, served with leaf lettuce and sliced tomato.

Granddaddy's Pimento Cheese - \$9.00

A generous serving of our family recipe of shredded cheeses, Hellmann's mayonnaise and diced pimentos. For a true Granddaddy experience, try it grilled or with bacon for an additional \$1.50.

Robert's Classic Club Sandwich - \$14.00

The Classic Club on toasted bread with in-house cut honey ham and turkey, crisp bacon, and American cheese dressed with Hellmann's mayonnaise, leaf lettuce and sliced tomato.

Gigi's BLT - \$12.00

Freshly cooked bacon and American Cheese dressed with leaf lettuce, sliced tomato and Hellmann's mayonnaise served on your choice of toasted bread.

1/2 Sandwich and Soup Combination - \$9.00

Any of our cold sandwich options or grilled cheese served with your choice of a cup of our homemade soups.

HOT SANDWICHES

All sandwiches are served with kettle chips and pickle spear on your choice of white or wheat bread.

Our Famous Pot Roast French Dip - \$14.00

Shredded chuck roast slow cooked with peppercornis, seasoning and garlic topped with melted Swiss on a toasted sandwich roll served with a side of au jus.

Trent's Turkey Bacon Ranch - \$13.00

Deli-sliced turkey and bacon with double cheese grilled with the zest of ranch dressing.

Madison's Grilled Cheese - \$9.00

When nothing else will do, a combination of Swiss, American and cheddar cheeses grilled on your choice of bread with a hint of Hellmann's mayonnaise

Add Applewood smoked bacon, ham or avocado to any sandwich - \$3.00

SOUPS & SALADS

Maggie's Cream of Tomato Soup - Cup: \$4.00/\$5.50

The classic comfort food favorite, rich and creamy, wonderful with a grilled cheese!

Paige's Award Winning White Chicken Chili - Cup: \$4.00/\$5.50

Extra rich and creamy made with white meat chicken, Navy beans, cumin and spices, sour cream and Monterrey Jack cheese.

J.C.'s Cheesy Potato Soup - Cup: \$4.00/\$5.50

Creamy and smooth, potato based and extra cheesy with hints of bacon, carrot and onion, topped with shredded cheddar cheese, bacon bits, and chives.

French Onion Soup - \$5.50

Hearty and flavorful beef broth with grilled onions poured over a large toasted crouton, topped with melted Swiss cheese.

Nanny Graham's Chicken Salad Plate - \$12.00

A scoop of our in-house made chicken salad made with all white meat chicken salad, celery, onion, Granny Smith apples, grapes and pecans, blended with Hellmann's mayonnaise, served on a bed of lettuce with seasonal fresh fruit.

Caroline's Blackened Chicken Caesar - \$11.50

Grilled Blackened Chicken on a bed of spring mix tossed with in-house made Caesar dressing and fresh croutons.

Mary Grace's Strawberry Poppysed Salad - \$10.50

Spring mix topped with candied almonds, and sliced strawberries. Served with in-house made creamy poppyseed dressing. Top any salad with grilled chicken - \$2.00

KIDS

Pancake Plate - \$5.50

One large Buttermilk pancake served with choice of Applewood smoked bacon or Tennessee Pride sausage.

Egg Plate - \$5.50

One egg cooked to order with choice of Applewood smoked bacon or Tennessee Pride sausage.

Clay's PB & Jelly or PB & Banana - \$6.50

A classic combination of smooth peanut butter and strawberry preserves. The beloved Depression era favorite of smooth peanut butter and freshly sliced banana on white bread. Try it Elvis' way -- grilled!

BEVERAGES

Bottomless Fountain Beverages - \$3.00

Sundrop, RC Cola, Sunkist, 7up, Sweet and Unsweet Tea, Orange Juice, Chocolate Milk

Fresh Brewed Coffee - \$2.00

Orange Juice - \$3.50

Chocolate Milk - \$3.00

SINGLE SERVE BEVERAGES

Served Ice Cold in Longneck Bottles - \$3.00

Sundrop, Stewart's Root Beer, Stewart's Orange Cream Soda, and RC Cola

Sundrop in Ice Cold Cans - \$1.50

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Sundrop Float - \$5.50

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Cherry Sundrop Float - \$5.50

Cherry Sundrop served over our exclusively made Cherry Sundrop Gelato, with chopped cherries topped with fresh whipped cream and a maraschino cherry.

RC Cola Float - \$5.50

Fountain Royal Crown Colas served over vanilla ice cream topped with fresh whipped cream and garnished with a mini chocolate Moon Pie.

Stewart's Root Beer Float - \$5.50

Stewart's Root Beer served over vanilla ice cream topped with fresh whipped cream.

Sunkist Orange Soda Float - \$5.50

Fountain Sunkist Orange soda served over our exclusively made Sunkist Gelato topped with fresh whipped cream and a gummy candy orange slice.

Milkshakes and Malts - \$5.50

All of our milkshakes and malts are made to order by hand. Your choice of chocolate, vanilla, or strawberry blended with whole milk and topped with fresh whipped cream and a maraschino cherry.

Ice Cream Sundaes - \$6.50

Your choice of 2 scoops of chocolate, vanilla, or strawberry ice cream, covered in your choice of chocolate syrup, caramel syrup, strawberry or pineapple puree, topped with fresh whipped cream and a maraschino cherry.

Single Scoop Legacy Creamery Gelato - \$3.50 (Each topping: .50¢)

Single Scoop Ice Cream - \$3.00 (Each topping: .50¢)

Classic Banana Split - \$8.00

One scoop each of chocolate, vanilla, and strawberry ice cream, topped with chocolate sauce, strawberry and pineapple purees, nestled in a fresh banana topped with whipped cream, diced peanuts and a maraschino cherry.

Miss Daisy's Blondie Sundae - \$8.00

Daisy King's beloved Blonde Brownie recipe, a tollhouse base with chocolate chips and pecans served with vanilla ice cream and smothered in caramel sauce.

Sundrop Cake - \$5.50

Our signature dessert, a moist and lemony delicious Bundt style sponge cake covered in a Sundrop glaze, or order it Tullahoma style with George Dickel Whisky glaze!

Miss Barbara's Orange Cream Cake - \$5.50

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CHAPTER 2 OF 3

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

- 30** 1 church, 15 women, 182 quilts, and an innumerable impact
- 34** Putting power back where it belongs
- 42** If I can dream
- 56** Ingredients for the best year yet!
- 56** Just as you are

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PHOTOGRAPHY BY BROOKE SNYDER

◀ Sharon Martini, Sharon Gross

1 church,
15 women,
182 quilts, and an

innumerable impact

How a local group of women used their time and skills to impact the world for good.

By Julia Eads // Photography by Brooke Snyder

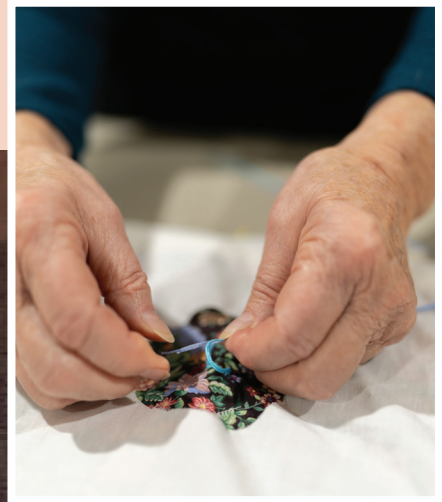


PHOTO OF QUILTS SUBMITTED BY TRINITY LUTHERAN QUILTERS



▲ Sara McFarland, Doris Tucker

L THINK IF we are being honest, many of us tend to shrink back from even the slightest attempt to change the world. Making a difference seems daunting, doesn't it? We think, "how could anything I possibly do or say make any impact on the world at large? I'd rather not even attempt trying. It will go unnoticed anyway." Luckily, this gloom-ridden mindset is not the collective mindset of a group of women who meet each week at Trinity Lutheran Church in Tullahoma. Optimistically and faithfully, they meet each week to sew Lutheran World Relief Mission Quilts. For them, in their tiny corner of the world, every stitch makes a lasting impression.

Susan Gross and Sharon Martini, two of the leading members of the quilting ministry at the church, shared that the group began locally over 30 years ago. Gross said, "This particular group of women we have now has been meeting for several years... probably about 12 years. We are very active. We come every Tuesday at nine o'clock and do our quilting for a few hours. This year we made 182 quilts after all of those Tuesdays of meeting together. It was our biggest number yet, and we were thrilled!"

After Gross and the group of ladies finish piecing together all of the fabric layers and sew them together, they have in their hands beautiful, hand-crafted quilts.

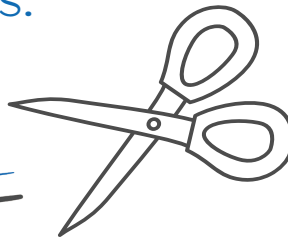


▲ Beth Welsh

“

For me personally, it's very rewarding to hear about where the quilts go and who they help. But believe it or not, the people who come are also very blessed by our efforts.

-Susan Gross



Then about once a year, the group will send their quilts, made with love and covered in prayer, to those with the greatest needs, locally or globally.

Gross shared, "We take directions from the Lutheran World Relief, which is a part of the Lutheran Church Organization. They keep us informed about what's going on and where the greatest needs are. When we finish our quilts, we take them to a place near Franklin, Tennessee, where another church combines their quilts with ours. Then a large truck from the Lutheran World Relief comes and picks up the quilts before shipping them across the globe and dispersing them throughout many different countries."

The Lutheran World Relief has contacts with many different countries. Last year alone, the group served 24 countries. Gross shared, "We can't send to every country in the world, but they [Lutheran World Relief] ensure the quilts get to the places where the greatest need exists." Some of the countries [that] quilts were sent [to] in years past include Angola, Armenia, Bosnia, El Salvador, Guatemala,

Haiti, Honduras, Iraq, Lebanon, Mali, Mauritania, Mozambique, Nicaragua, Romania, Rwanda, Syria, Tanzania, Zambia, and Zimbabwe.

Gross shared, "Over 500,000 people benefited from the millions of quilts that were donated from our collective group." What is fascinating to consider is how many different groups have gathered together in small pockets of the world to contribute to this massive effort. The smallest of contributions, consistently given over a period of time, can yield results beyond what is imaginable. Fifteen women in Tullahoma have not only seen this come to fruition but also have felt the joy and satisfaction of knowing their actions have made a massive difference in the lives of others.

Gross confirmed this, saying, "We are up to about 15 members now, and they are all so enthusiastic about it. They just love coming and doing it! Most of the women are people from our church, but other people are surely invited to come and help out. And the type of quilting that we do is not very complicated, so there have been some people who come

that have never quilted before. The whole thing has been really rewarding."

"For me personally, it's very rewarding to hear about where the quilts go and who they help. But believe it or not, the people who come are also very blessed by our efforts. Many of our quilters are widows or simply live alone, so they love getting together and doing something useful with their time, yet still be connecting with people. While quilting, you have lots of time to talk because you're using your hands to do the work. So most of them don't like to miss a Tuesday because they just love being together." It sounds like a double-sided blessing!

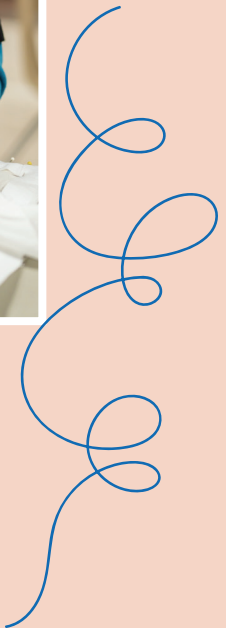
Whether the quilts are sent to those experiencing homelessness or given to those who are freeing their homelands in war-torn areas, the quilts are bright and vivid reminders of hope beyond their current circumstances. They can be used as warm bedding, simple tents, or floor coverings. Creating mission quilts is a tangible way to express love and compassion to our neighbors in need. That sounds like Good News to us! **GN**



◀ Susan Gross



▼ Maureen Pierce



◀ Susan Gross,
Doris Tucker,
Marilyn Bryan,
Jane Tucker,
Beth Welsh,
Sharon Martini,
Sara McFarland,
Sonja Clouse,
Joanne Halcomb,
Jean Hunter,
Candi Johnson,
Maureen Pierce

Putting POWER Back Where It Belongs

LEGAL SERVICES Corporation, a non-profit organization established by the United States Congress, published in 2022 that “low-income Americans do not get any or enough legal help for 92% of their substantial civil legal problems.”

They went on to say that “Three in four (74%) low-income households experienced [one or more] civil legal problems in the past year.”

Middle Tennessee, and Tullahoma specifically, is unfortunately not immune to the reality of these statistics. Our neighbors and fellow citizens may experience the same challenges that can alter the lives of families for decades. Thankfully, people like Jessica Jernigan, Iska Hoole, and others at the Legal Aid Society office in Tullahoma are here to help in impactful ways. Legal Aid Society provides civil legal assistance to Middle Tennessee. But it’s not just Tullahoma or

Legal Aid Society’s Tullahoma office is changing lives in seven Tennessee counties.

By Wesley Bryant
Photography by Brooke Snyder

even just Coffee County; the Tullahoma office covers seven counties: Bedford, Coffee, Franklin, Grundy, Lincoln, Moore, and Warren. Legal Aid Society handles care in housing, immigration, employment, and more.

“The most rewarding part of the job is working with our clients and really seeing how lives can be transformed,” Hoole said. She is the managing attorney for the Tullahoma office. She works with clients in the areas of health, benefits, employment, immigration, and more. Hoole believes the team at Tullahoma works well together and is collaborative in efforts to make lives better.

Some may think that because the services are free through a nonprofit, they may be less than what a private attorney would offer. This misconception can discourage people who need assistance from reaching out. In reality, the services are quality and life-changing.



BRODY FALER,
JESSICA JERNIGAN,
SARAH WESTER,
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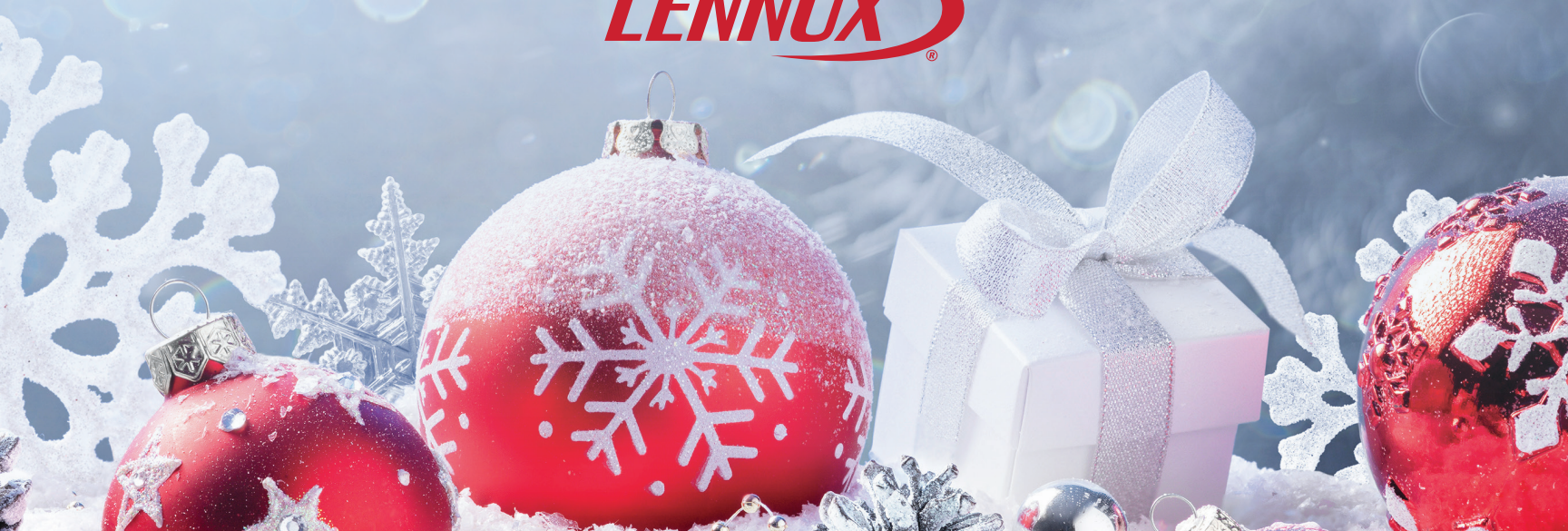
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ISKA HOOLE AND
JESSICA JERNIGAN

“I think people hear free legal services, and they think, ‘Oh, well, maybe I’ll get some advice, but they’re really not going to do much for me.’ But the opposite is really true... They may not realize that when you come to Legal Aid, you will get everything that you would get with a private attorney. You’re just getting it for free.”

Jernigan, an advocate in the Tullahoma office, joined Legal Aid Society in 2002. She explained that if they can not provide legal representation in a courtroom, they can still provide the most powerful tool: education.

“I’ve always believed that knowledge is power... If we can’t help somebody, we can at least give them information,” Jernigan said. “And that information gives them the power because so many times when you’re victimized or you’re taken advantage of, your powers are taken away. And by getting that information... even if we can’t represent them in court, we can give them some piece of information that gives them some power back.”

Jernigan has worked with the Legal Aid Society for 20 years. Before her work with the team, she worked as a licensed social service worker with the Utah Division of Child and

Family Services and with the Tennessee Department of Children’s Services.

“So I think seeing people who are disproportionately disadvantaged get some of their power back is the greatest thing that you can do,” she said.

Some citizens not familiar with legal disputes may not be aware of the impact they can have on a family, especially a family without expendable capital ready.

“It’s not about charity. It’s not about a handout. It’s not about having people get something for free. It’s about assisting. We partner with people to help them navigate through a really complex legal problem,” Jernigan said. “... That can be the difference between homelessness and not. Most of us are just a few paychecks away from being in a bad situation.”

With the help of Jernigan, Hoole, and the Legal Aid Society in Tullahoma, those who would often have nowhere else to turn to have a place to go. Their civil legal issues don’t have to be life-altering.

The Tullahoma office works to provide direct representation, community education, and self-advocacy tools to ensure the vulnerable citizens of Tullahoma have a voice. **GN**

“

I’ve always believed that knowledge is power... If we can’t help somebody, we can at least give them information.

- JESSICA JERNIGAN

Readers can find more information online at las.org or by calling (800) 238-1443.



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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



A Century of History Saved

The South Jackson Civic Center auditorium stands 100 years later. But it wasn't an easy 100 years.

*By Wesley Bryant
Photography by
Ashleigh Newnes and
provided by South
Jackson Civic Center*



GREG GRESSEL ▲

THE YEAR was 1977, and the decision had been made that the best option for Tullahoma's first school, South Jackson School, was to destroy it. In their defense, it was falling apart, and although it was deteriorating and eroding, breaking the building down brick by brick would remove and destroy decades of Tullahoma's history. The school was originally built in 1886. Nearly 100 years later, the answer was demolition.

Then, the people of Tullahoma, with the leadership of Alice Harton Ratcliffe, came together to find another answer. They believed the school should be preserved. But revitalizing and recovering the school would be no easy task. The South Jackson Civic Association grassroots movement was successful, and the building was saved to become a performing arts center for the community. Two years later, in 1979, the doors opened once again, this time under the name South Jackson Civic Center. Now, just like Ratcliffe in 1977, the people of Tullahoma are working daily to keep and preserve the Center for generations to come. This time, thankfully, without the threat of demolition.

One of those working to better Tullahoma and the Center is Greg Gressel. Gressel has a Master of Arts and is the chairman and executive director of the Center. While he leads in the present and into the future, he looks to the past for motivation and inspiration.

"It was used by the school system for years, and that portion of the building was built in 1886," Gressel said, explaining the history of the building. "And that was the

first school in Tullahoma."

Roughly 50 years before the school was on the cusp of being demolished, builders added on to the school. One of the additions was an auditorium. This auditorium turned 100 years old in 2022.

"And then in 1922, the northside classrooms were built around the original school," Gressel said.



LUCY BOSS PAINTING PRESENIUM, 1978 ▲

Many citizens have called the South Jackson Civic Center the crown jewel of Tullahoma, including mayors. This jewel at 404 S. Jackson Street also holds rich history within its walls. Some of that history is even housed in the Mitchell Museum. The Mitchell Museum, nestled inside the South Jackson Civic Center, is an opportunity for families to learn more about their hometown.



GREG GRESSEL ▲

“There are so many cool things in the Mitchell Museum.” Sean Fuller, a Mitchell Museum guest, shared his thoughts online. “It is just incredible. Some of the staff know so much about the history of Tullahoma that just talking to them is worth the visit.”

The community of Tullahoma can help preserve and restore the South Jackson Civic Center, including renovating the auditorium to continue the 1920s aesthetic. This renovation would make citizens

who walk through the door feel like they’re stepping back in time to find peace and enjoyment through entertainment. One way you can help the Center is through the 1922 Club. Donations as a 1922 Club member would help the center meet those restoration needs. On top of that, members get valuable benefits, including pre-sale access to events, free tickets, reduced-price tickets, 1922 Club swag, invitations to private events at the Center, tax benefits, and more.



While the landmark contains more than a century of history, it will create more in the years to come. This landmark jewel has impacted the lives of generations of people in Tullahoma and beyond. It’s a second home. It’s a nostalgic peace. And it’s an opportunity to shape a career.

Gressel believes the Center has been a safe haven to many, allowing people to feel at home.

“I think that South Jackson has been a place where people can find themselves, where they find a place to belong. The arts about culture, about humanities. And I’ve seen South Jackson become a home away from home for so many people,” Gressel said.

The Center creates an environment where people can feel comfortable enough to be themselves.

Gressel continued, “For some people, it’s become their happy place, where they feel like they fit in for who they are. And then they can express themselves through the medium of art and finding a place to belong [that is] full of opportunity.” GN



A legacy of supreme service

How Clayton's Family Shoe Store has endured five generations in the shoe business

By Julia Eads
Photography by
Ashleigh Newnes

"YOUR NOSE, your ears, and your feet never stop growing. That's a fact," said Florence Clayton Ratcliffe Hull, a fifth-generation owner of the shoe business in downtown Tullahoma, now known as Clayton's "The Family Shoe Store."

"Your feet change! That's why we don't just ask for your shoe size and pull a shoe off the rack. We measure your feet and fit you with exactly what size and kind of shoe you need, meaning the proper length and width. We try to carry special widths (from slim to extra wide) for babies up to great-grandparents. These are services we will always provide."

Fitting people for shoes is something Florence could likely do in her sleep. She, just like her children, grew up in the shoe store. Before she reached high school, she learned the business's ins and outs, from gift wrapping and making bows to decorating the display windows.

Florence shared, "I have many wonderful memories growing up and being in Clayton's. When I got in trouble in junior high, my punishment was to go to Clayton's, clean out the upstairs, and paint the displays." Jokingly she said, "I didn't know it was a lifetime punishment!"

Florence resumed, "Truly, I love what I do. I enjoy trying to help people with their sore and hurting feet, and this store has turned out to be such a blessing for my family and me. I love the heritage that I have, and I love my family's story."

So how did it all begin? And how did a little shoe store passionate about service make its way to Tullahoma and then withstand the test of time throughout the decades?

Florence recalled the many stories told to her. She said, "It all started with my great-great-grandfather, James Clayton Sr. He came to America from Newcastle, England, with his wife and three children. They set-

tled in Cincinnati, Ohio. His wife passed away soon after their fourth child was born, prompting Clayton to travel with his four children to the Chattanooga area. When he arrived there, he was told Chattanooga didn't need another shoemaker there but that Tullahoma, Tennessee, over the mountain, needed one. So what did he do? He followed the need. In 1882, he started a shoe business on Lincoln Street, where we are located today!"

"James Clayton Sr.'s son, James Clayton Jr. (my great-grandfather), was often called Zippy. Zippy worked





FLORENCE HULL ▲

JAMES (ZIPPY) ▶
CLAYTON, AND
TJ (PECK)
WILSON SR.





▲ FLORENCE HULL AND JUDY BOYD TERJEN

under his father as an apprentice. Later, Zippy found himself working for W.H. Anthony, a local store in town. Zippy, or James Clayton Jr., ended up buying that store in 1900, resulting in the birth of Clayton and Company. Supposedly, he paid \$1,800 for the business.”

“The next generation came. James Clayton’s daughter, Pauline Clayton Ratcliffe, was my grandmother. She had ownership of the store but never worked there. However, my grandmother’s cousin, Clayton Hart, did work there for over 60 years. Most people probably remember him as the “Clayton” of Clayton’s Shoe Store, though he was never an owner.”

Florence’s father’s generation moved into the picture next. Her dad, Robert Ratcliffe, and his brother moved to Tullahoma to live with their grandparents during the Depression in 1936. The two young men began working at Clayton’s and attending Tullahoma High School.

Finally, Florence’s generation came. Florence shared, “Daddy had three daughters, and I was the baby. I graduated high school in 1977 and then went to college for one year at Middle Tennessee State University. I ended up coming back to town and learned more about the business from my cousin, Clayton Hart. He taught me everything from customer service to bookkeeping. At that time, Daddy had already retired and was out enjoying golf most days. Honestly, I don’t think he ever dreamed it would continue on this long.”



Florence continued, “There were times he would say to me, ‘How are we going to compete with all the changes in business?’ I would always reply, ‘Well, to me, the only way we can survive is to continue doing what we’ve always said we would do, which was ‘serve the area with service, quality, and fit.’” And that is what Florence has continued to do over the years!

Though Florence will never push her children (Stephen, Mary

Frances, and Leslie) or grandchildren to take over the store, she knows they all love the business and its rich history! She believes the family will work out a way to continue the legacy in downtown Tullahoma when the time is right! Either way, Clayton’s Shoe Store has greatly impacted our community with its high standard of service! May Clayton’s “The Family Shoe Store” live on for another 122 years! GN



EARLE MOORHEAD, CLAYTON HART, ▲
AND ROBERT RATCLIFFE

150 More Years To Go

First Christian Church has a long history—and an even longer future with inclusion.

*By Wesley Bryant
Photography by
Ashleigh Newnes
and submitted by
Tom Murdock*

O N JANUARY 31, 1865, the United States Congress passed an amendment to the Constitution. It would be the 13th change or addition to the Constitution up to that point in history, and its goal was to end slavery in every state of the union. Just over 11 months later, on December 6, 1865, the amendment was ratified for the country and officially became a part of the Constitution. It read:

“Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction.”

Eleven years later, 670 miles from Washington, D.C., where the amendment had been passed, three women in Tullahoma started a small church. The location was not a wooden building with a steeple. It was in their homes. Amanda Knott, Amanda Marbury, and Allie Norton had made an impact in Tullahoma through their home congregations. Years later, it would become the first brick

church in Tullahoma. Now, the church is known as “the little white church on the corner” and is in its 144th year as a congregation. Beautiful both inside and out, it can be seen as a visual icon for the community, as well as an inspiration of the spirit. That small church that was started in homes just 11 years after slavery ended now has an anti-racism mission of including everyone in the community.

According to Pastor Tom Murdock, the church includes “pro-reconciliation and anti-racism” as a part of its mission.

“Everything we try to do is about being part of the community—about things that are important to us, which is unity. It’s really diversity, accepting, and welcoming a whole diverse part of our congregation... now community,” Murdock said.

Pastor Murdock was born and raised in Pensacola, Florida, but moved to Tennessee in 1990. He has been with the First Christian Church congregation for 17 years. While he helps lead the church to connect with the community, he believes what truly matters is how you can make the community better and more inclusive.







PASTOR TOM MURDOCK ▲



“It’s not about who the pastor is. It’s the church and the work it does,” he said.

This historic and community-impacting church consistently takes action to care for the people of Tullahoma.

“Our faith is not bound up in this place,” Murdock began. “It’s expressed in things we do in the community.”

And he was right. The church does take action, which does speak louder than words. One of the many outreaches and care opportunities they provide is food bank locations.

“If somebody wants to, they can get food here,” he said. “This community is very generous,” he said, talking about Tullahoma.

“I hope that this church has been able to live out our faith in a way that has brought some kind of unity to the community—that it’s helped us to broaden our vision of who God is and who we are as a people,” Pastor Murdock said. “I want people to see that. That we were here. And we were engaged with everybody.”

He continued: “I hope part of the legacy [is that] we’re trying to bring people together as best we can to meet the needs of the community.”



The church has been a staple in Tullahoma for almost 150 years, and the legacy it is still creating is one of inclusion, community, and love—all of which the Bible asks of its Christian congregations. The First Christian Church congregation and Pastor Murdock are building a longer table... one that may last another 150 years, impacting and helping a countless amount of people in Tullahoma and beyond. **GN**

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- Brad
 Sales Representative - AI White



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'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**



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CHAPTER 3 OF 3

This section of the magazine covers local things to do.

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PHOTOGRAPHY BY BROOKE SNYDER

◀ Tina Johnson, Ginny Wilson,
Natasha Barnett

A cool way to

PLUNGE

into the new year



ADOBE STOCK



Polar Plunge at Tims Ford State Park

By Julia Eads

HOW DO you and your loved ones bring in the new year? Do you take time to reflect, journal, and perhaps write new goals? Do you pray and worship? How about throwing a party? Do you and your family make a bunch of festive food? Do you hit the bars and spend your time dancing the night away? What about sitting around a table playing board games or telling old stories until the ball drops? We can tell you how some of the COOLEST people in the area bring in the new year.


Whether as a dare, as a fundraiser, to celebrate the end of a race, or just for a good laugh, hundreds of brave souls across the region participate in what is called a Polar Plunge. A Polar Plunge is a jump, run, dash, or tiptoe into a body of water. The only catch is that these dips into the water are in the middle of winter! So participants who enter the body of water do so despite its low temperatures. They fully submerge themselves in ice-cold, bone-chilling water and come up breathless from its sting. Talk about feeling alive!

Over the years, a few local groups in our area have participated in this madness. Twin Creeks Marina

hosts a Polar Plunge 5K where participants run 3.1 miles and, if they are brave enough, end the race with a quick and not-so-easy dip into Tims Ford Lake.

Another group known to kick off the new year with this same chilling thrill can be found across the lake as the crow flies. Last year, Tims Ford State Park rangers and staff hosted a Polar Plunge to act as a small fundraiser for their honeybee initiative. The Plunge raised enough money to cover the cost of the hives, plus it gave 12 participants a memory of a lifetime. Friends of Tims Ford State Park has organized another Polar Plunge at Lakeview Marina on the park property this year.

Additionally, many friend groups and family members have jumped on the bandwagon and decided to do their own sort of Polar Plunge. Whether folks decide to raid nearby rivers, ponds, or even backyard swimming pools, we hope you kickstart 2023 in the best way possible for you and your family. And if you decide to take a dip, slip, or accidentally trip into ice-cold water, we hope you stay safe while making your favorite memories! Cheers to 2023! GN



COMMUNITY EVENTS



A chocolate celebration

Photography by Brooke Snyder

Celebrating a decade of making the most delicious chocolate in town was a local business, Water's Edge Chocolates, owned by Randy and Ginny Wilson. The couple held an anniversary celebration on October 22, inviting the public to attend. C&J Dogs and Tacos Del Dragón food trucks were on hand with their savory favorites. A local band, Foreign Locals, provided entertainment for the event. Attendees were encouraged to register for giveaways and indulge in Water's Edge delicious chocolates.



◀
Carlene
Bain





▶ Savannah Wilson



◀ Madysen McCreary



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GOOD TIMES

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. Glencliff

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 16

**6:00 pm Beauties in Business
Ladies Networking
Night**
Casa Mexico
(across from Publix)

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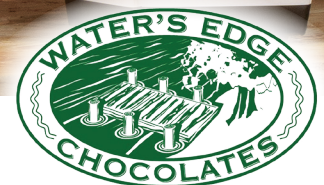
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