

LOCAL NEWS // LOCAL PEOPLE // FAITH // EVENTS // RECIPES

# Good News TULLAHOMA

APRIL 2023

**JUSTIN  
SCOTT**

**makes band  
'something  
more' for  
students**



Karen King brings a  
creative approach to  
math: Becoming  
a creative thinker,  
not a calculator

# EDUCATION

**in BLOOM**



A PUBLICATION OF  
EXCHANGE MEDIA GROUP

## ACCEPTING NEW PATIENTS



## Wendy Pierce Patton, MD

*Board-certified Orthopaedic Surgeon*

Dr. Wendy Pierce Patton, board-certified orthopaedic surgeon, is accepting new patients. Dr. Patton's expertise includes sports-related foot and ankle injuries, lower extremity salvage and wound

care, forefoot reconstruction, and foot and ankle joint replacement.

Dr. Patton completed her residency in orthopaedic surgery at Rutgers University in New Jersey, and a fellowship in foot, ankle and orthopaedic surgery at the University of Alabama in Birmingham. Dr. Patton is accepting new patients at Vanderbilt Integrated Orthopaedics and Sports Medicine. To schedule an appointment, please call 931-461-4521 or visit [VanderbiltTullahomaHartonHospital.com](http://VanderbiltTullahomaHartonHospital.com).

Jackson Medical Plaza • 1805 North Jackson Street, Suite 300 • Tullahoma, TN 37388

VANDERBILT  HEALTH



/ [VanderbiltTullahomaHartonHospital](https://www.facebook.com/VanderbiltTullahomaHartonHospital)

Do your **spring maintenance** with  
the company you can **trust!**



Dates of Service April 3<sup>rd</sup> - 28<sup>th</sup>

# Spring Maintenance Special

## \$75 HVAC Unit Service Clean Outside Coils

- 24 Hour Service
- GEO Thermal
- Residential
- Commercial

\*Spring Maintenance Special only available during regular business hours.

# Stroop's

Accurate Refrigeration Inc.  
"We Stand Behind Our Service"

513 W. Lincoln St. • Tullahoma, TN



**TRANE**

*It's Hard To Stop A Trane.*



**TVA EnergyRight**

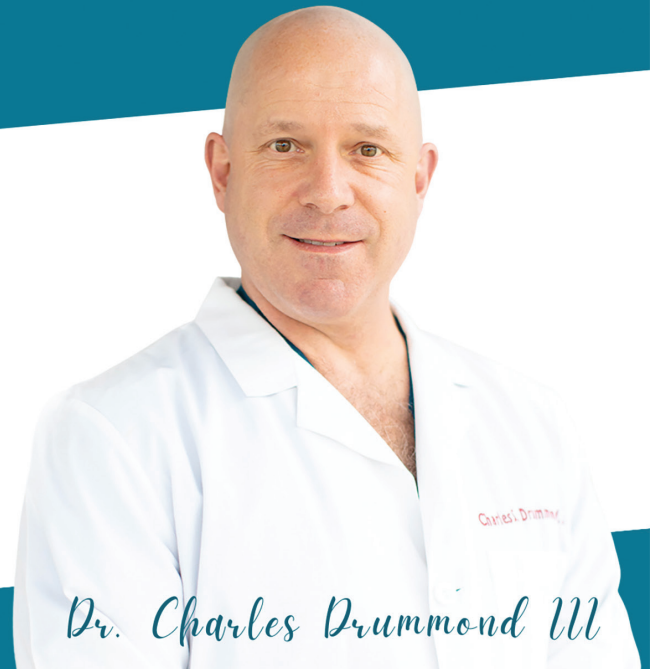
- FREE Estimates On New Equipment & Ductwork

*Call Today to Schedule an Appointment*  
**(931) 455-8757 or (931) 967-8822**



615-410-3576 Murfreesboro  
931-841-3948 Tullahoma

**Your vascular  
health, it's a matter  
of LIFE & LIMB.**



*Dr. Charles Drummond III*

**TN Vascular ↔ NOW Wound Care**



**DIABETES COMPLICATIONS  
IMPROVEMENTS REPORTED**

**Call for more details  
(931)450-4001**

482 Interstate Dr. Suite X  
Manchester, TN

[www.tnrmx.net](http://www.tnrmx.net)



\*Schull Institute-Insulin Infusion Therapy on Diabetic Complications (2015)

# Spring Deals Are Here.



## NEW Chevys



## NEW Jeeps



## Pre-Owned



**Over 200 Pre-Owned Vehicles Available to View at  
[stanmcnabbchevy.com](http://stanmcnabbchevy.com) and [stanmcnabbcdj.com](http://stanmcnabbcdj.com)!**

\$2,000 towards the purchase of any pre-owned vehicle priced \$10,000 and up. Not valid on any previous or pending deals. Excludes previous sales. Ends 2/29/2023.  
Due to ad deadline some vehicles may have sold. All prices plus tax, title & license includes \$499 doc fee.

# TABLE OF CONTENTS

APRIL 2023

**LETTER FROM  
THE EDITOR:** 10  
Education in bloom

## *Good News*

**LOCAL PEOPLE  
CELEBRATE OUR  
LIBRARIES.** 14

National Library Week is on  
the way: April 23 - 29

**MOTLOW WOMEN'S  
SOCCER ENDS  
BEST SEASON IN  
PROGRAM HISTORY** 18

**BELOVED  
TEACHER RECEIVES  
PRESTIGIOUS LOCAL  
LEADERSHIP AWARD.** 22

Rema Bell named 2022  
recipient of the Clyde W.  
Smith Award.





## Good Living

### 28 SHATTERING STIGMA AND BREAKING DOWN WALLS

Life with autism spectrum disorder is beautifully different.

### 36 BRIGHT BEGINNINGS

Tullahoma Day Care ensures a successful start to life-long learning.

### 40 EDUCATION IN BLOOM

### 54 MOM, I'M HUNGRY

After-school snack time issues are solved with these delicious and nutritious recipes.

### 56 WHEN IT'S HARD TO SEE

Faith grows in the dark.

## Good Times

### 60 LIFE OF THE MARDI

Hands-on Science Center brings Mardi Gras fun to Tullahoma

### 62 COMMUNITY EVENTS

### 64 EVENTS CALENDAR

### 66 ADVERTISER INDEX

# Weichert

REALTORS®

Joe Orr  
& Associates

Independently Owned & Operated

## WE'LL HELP YOU OPEN THE DOOR TO YOUR FUTURE HOME

For All of Your Real Estate Needs Our  
Weichert Agents Have the Expertise You Need



- ✓ Residential
- ✓ Commercial
- ✓ Lots and Land
- ✓ Investment
- ✓ Auctions
- ✓ Relocation
- ✓ Property Management
- ✓ Lake Properties
- ✓ New Construction

*Leading*  
REAL ESTATE COMPANIES  
IN THE WORLD



309 South Jackson St.  
Tullahoma, TN 37388

931-455-0555 or 800-489-0555

[www.weichertjoeorr.com](http://www.weichertjoeorr.com)

[facebook.com/weichertjoeorrtullahoma](https://facebook.com/weichertjoeorrtullahoma)

# WE BUY HOUSES



- No Commissions / No Fees • Close in 7-10 Days
- No Showings / No Low Ball Offers
- Choose Your Move Out Date • Hassle Free!

**Ernie Hobbs** Acquisitions Manager  
**(931) 563-EASY (3279)** [TennesseeHomesLLC@gmail.com](mailto:TennesseeHomesLLC@gmail.com)  
**[www.TennesseeHomes.House](http://www.TennesseeHomes.House)**



*Knowledge. Experience. Trust.*



*Insuring Your Tomorrow Today*  
 Call Now: **931-455-3453**



**Auto-Owners**  
**INSURANCE**  
 LIFE • HOME • CAR • BUSINESS  
 115 W. Lauderdale, Tullahoma  
[www.lgmtins.com](http://www.lgmtins.com)

## TED<sup>x</sup> Tullahoma

<sup>x</sup> = independently organized TED event



**APRIL 15**  
**9:30 AM – 12:00 PM**

South Jackson Civic Center and Mitchell Museum  
 404 S Jackson St, Tullahoma, TN

Buy your ticket today: [www.tedxtullahoma.com](http://www.tedxtullahoma.com)

**Tickets are only \$25**  
**Student tickets are \$20**

### The theme is "Transformation"

Our community - our world - is changing rapidly, and certain people are actively making a difference. These "change makers" are bringing about this beautiful transformation, and at TEDxTullahoma, we want to honor them with the stage.

### SPEAKERS:

**Arianna Marin • Brittany Weddington • Colin Shuran • Donald Choate**  
**Fire Phoenix Belly Dance • Lisa Baker • Lyle Russell • Nidhi Gupta**

### SPONSORED BY



**Vanderbilt Tullahoma-Harton Hospital**  
**VANDERBILT HEALTH**

# MAKE YOUR DREAM HOME A REALITY



**Joanna Reynolds**

Residential Lender

931.461.8524

joanna.reynolds@smartbank.com

NMLS #930764



NMLS #604758

## SmartBank

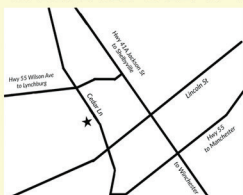
- ▲ VARIOUS TERMS WITH LOW MORTGAGE RATES
- ▲ CONSTRUCTION / RENOVATION LOANS
- ▲ CREATIVE IN-HOUSE MORTGAGE PROGRAMS

[www.smartbank.com](http://www.smartbank.com)

# Celebrate EASTER

**Highland Baptist**  
Tullahoma, TN

**April 1 – 1pm-3pm**  
Children's Easter Egg Hunt



**April 9 – 7am**

Sunrise Service

**April 9 – 10:30am**

Easter Worship Service

808 W Hickory, Tullahoma 931.455.0645

## Making Dreams Come True One Home At A Time!



- Custom Homes
- New Construction
- Screened Enclosures
- Licensed & Insured



Request A Professional  
Quote Today:

**Call (931) 319-5862**

## DANIELS CONSTRUCTION

800 Maplehill Dr.  
Tullahoma, TN  
By Appointment Only



LETTER FROM THE EDITOR

## Education in Bloom

Educators give students the opportunity to bloom like a seed in a greenhouse.

I THINK OF education the same way I think of the spring season. In that time of year, out of season and lifeless-looking trees begin to bloom and become like new. The new nutrients, new water, and new sunlight create new opportunities. They drop seeds, give us food to eat, and give a place to call home for squirrels and birds. When all of these things come together perfectly, these plants—that seemed like they had nothing left to offer—in fact were hiding beautiful colors, growth, petals, and leaves. The brownish grays and mossy splinters turn into pinks, whites, and greens. The snow and frozen limbs are exchanged for new growth and sunlight.

Education does the same thing. It is like having a new lease on your fu-

ture. It can change us for the better, and when we pass this education on and carry the torch, we change the lives of those around us. Education expands our lives. The classroom is like a greenhouse, and we're the ones who get to soak in the nutrients, the sun's rays, and the pure water. This issue of Good News celebrates the educators in our lives that help us bloom. We thank you for your hard work and endless compassion. You give students in our communities the opportunity to bloom. **GN**

Wesley Bryant,  
MANAGING EDITOR

### From our readers



Do you have family and friends in Tullahoma who would enjoy Good News? Sign them up for free at [goodnewsmags.com](http://goodnewsmags.com)

Thank you for reading Good News!

"I really enjoy reading all the stories inside them. Thanks for the opportunity to get this great magazine."

— Lisa Epperson,  
Good News reader

Share your thoughts on Facebook or our website. It could be featured in the next issue!

What do you think about the magazine?



Scan with your  
smartphone's camera.

Do you enjoy Good News? Let us know what you think! Follow us and leave a review on Facebook. Search Good News Tullahoma or send a letter to the editor: [goodnews@goodnewsmags.com](mailto:goodnews@goodnewsmags.com)

# Good News<sup>MAGAZINE</sup>

**PUBLISHER** Will Thomas

**DIRECTOR OF MAGAZINES** Katie McNabb

**CREATIVE DIRECTOR** Chase Perryman

**MANAGING EDITOR** Wesley Bryant

**LAYOUT ARTISTS** Brianna Brubaker, Melissa Davis

**PHOTOGRAPHERS** Brooke Snyder, Ashleigh Newnes

**CONTRIBUTING WRITERS** Tina Neeley, Sara McClaran, Kali Bradford,  
Jeriah Brumfield, Gabriel Huff, Paige Cushman, Amanda West

**PROOFREADER** Michelle Harwell

**ART PRODUCTION MANAGER** Todd Pitts

**PRINT AD DESIGNER** Ben Adams

**VICE PRESIDENT OF SALES** Ken Holtzinger

**BUSINESS DEVELOPMENT** Lorri Allen, Tim Ashley,  
Faith Cashion, Janet Mullins, Kyndall Reasonover,  
Sissy Smith, Sandra Thomas

**Subscribe to Good News on [www.GoodNewsMags.com](http://www.GoodNewsMags.com)  
or call (800) 247-7318**

**GOOD NEWS IS PUBLISHED BY** Exchange Media Group, Inc.

**FOUNDER** Bill Thomas (1940-2010)

**DIGITAL ASSISTANTS** Ginger Jones, Marisa Thornton

**DIGITAL STRATEGIST** Taylor Bagby

**NATIONAL ACCOUNTS SPECIALIST** Bob Barger

**HUMAN RESOURCES** Tracey Pollock

**CUSTOMER SERVICE** Shelli Fuller, Barb Hargrove, Tim Weir

**DISTRIBUTION** Steve Seiler

**DIGITAL DESIGN DIRECTOR** Clinton George

**WEBSITE DESIGNER** Crystal Melhalf

**SEO CONTENT WRITER** Mary Hiers

**SOCIAL MEDIA COMMUNITY MANAGER** Sarabeth Bray

P.O. Box 490, Fayetteville, TN 37334 | (800) 247-7318 | [exchange-inc.com](http://exchange-inc.com)

Art work or other copy submitted for publication is considered to be the property of the advertiser. Advertising is accepted with the understanding that all liability for copyright violation is the sole responsibility of the advertiser. Exchange Media Group will make every effort to see that advertising copy is correctly printed, but shall not be liable for failure to publish an ad or for typographical errors. The advertiser assumes full liability for his/her advertisements and agrees to hold Exchange Media Group unaccountable for the content of all advertisements authorized for publication and any claims that may be made against the Exchange Media Group. Exchange Media Group will gladly reprint, without charge, that part of an advertisement in which an error occurs, provided a claim is made within three (3) days of the first publication of the ad. Exchange Media Group will not knowingly accept any advertisement that is defamatory, promotes academic dishonesty, violates any federal, state or local laws or encourages discrimination against any individual or group on the basis of race, sex, sexual orientation, color, creed, religion, national origin or disability. Exchange Media Group reserves the right to reject ads considered distasteful or defamatory. All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination. Exchange Media Group will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

© 2023 Exchange Media Group, Inc. All Rights Reserved.



## This could be your last issue of Good News.

There is only ONE way to ensure you'll receive  
the next issue of Good News. Secure your FREE  
subscription and delivery on our website.

Scan the QR code below with your  
smartphone and subscribe for free.



[goodnewsmags.com](http://goodnewsmags.com)

If you have already subscribed on the website, no  
need to worry! You are on the list and will receive  
the next issue without any interruptions.







## CHAPTER 1 OF 3

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

- 14** Local people celebrate our libraries.
- 18** Motlow women's soccer ends best season in program history.
- 22** Beloved teacher receives prestigious local leadership award.

Submit a positive story  
on our website:



[goodnewsmags.com](https://goodnewsmags.com)

PHOTOGRAPHY BY BROOKE SNYDER

◀ Emilie Martin



▲ Courtney Mercurio

## Local people celebrate our libraries.

National Library Week is on the way: April 23 - 29

By Tina Neeley // Photography by Brooke Snyder

MEMORIES OF books, card catalogs, and hushing librarians come to mind when we recall the libraries of our childhood. We can almost smell that perfect mixture of paper, dust, and nostalgia. Those places full of books were safe havens for young readers, who felt a sense of wonder looking at books with exciting covers or reading stories that seemed out of this world. The books broadened our understanding of each other and the world around us and offered places to go without leaving home. As time passed and technology advanced, our libraries grew with us, but our connection to the libraries of our past survives.

America's first public library opened in Boston in 1854, according to [encyclopedia.com](https://www.encyclopedia.com). Books had to be requested at the desk and then retrieved by the librarian; the public could not access the stacks or browse the shelves. In the early 1900s, however, libraries began to transition to open stacks, changing the role of the librarians from gatekeepers to research supporters.

Campaigns sent books and periodicals to American troops during World War I and II. The Library Service Act of 1956 continued the spread of literacy, education, and entertainment when it put the library's services on wheels and made books available to rural communities and underserved areas.

As technology evolved, libraries grew to include much more than books and periodicals. Tape recordings, microfilm, and microfiche created searchable archives. Soon, books on tape and compact discs put our favorite books on the road again, this time in our vehicles and homes. Video cassettes took us to exotic lands, taught new skills and hobbies, and entertained us with movies at no charge.

# Need a roof? We've got you covered.



- Metal Roofing • Metal Buildings
- Post Frame Buildings • Custom Trim • And More!

## WHAT WE CARRY

- Tuff Rib Panel
- PBR Panel
- Watson Wave Panel
- 5V Panel
- Corrugated Panel
- Standing Seam Panels in 1", 1.5" & 2"
- Mechanical Seam panels
- Board & Patton Panels
- Metal Shingles
- Perforated Panels in 20+ Colors
- Custom Bent Trims
- Roll-Form Standard Trims
- Closures
- Screws For Wood & Metal
- Stock Screws 1" - 3"
- Over Size Screws
- Solar Seal All
- Colors & Clear



Over 20 Years Of Quality Service & Experience

Monday thru Friday 7:00 AM - 4:30 PM

238 Interstate Dr., Manchester, TN

**931-728-8185**

**watsonmetals.com**

## WE CAN DO IT ALL!

**Complete Excavation Services:**

|                   |                   |
|-------------------|-------------------|
| Skid Steer Loader | Roads & Driveways |
| Mini Excavator    | Grade Work        |
| Bulldozer & Track | Pads              |
| Hoe               | Ponds & Lakes     |
| Site Prep         | Underground       |
| Demolition        | Utilities         |

Insured

All major credit cards accepted

## GERZETT EXCAVATING

**931-625-7013**

Wes Fanning  
NMLS #747688

Lana Bradford  
NMLS #747691

Howard G. Kirksey, III  
NMLS #643105

Jennifer Rodgers  
NMLS #463217

**CTCB has the accounts and services focused on YOU!**

*Come see us today!*



**CITIZENS  
TRI-COUNTY  
BANK**



Downtown  
201 North Jackson St.  
(931) 455-3488

West Lincoln  
501 West Lincoln St.  
(931) 393-5536

Kings Lane  
701 Kings Lane  
(931) 455-5227

Grundy Street  
200 Grundy Street  
ATM Only Location

Know what's below.  
Call before you dig.

*Planting a tree or digging shrubs?*

**Don't Forget To Call Before You Dig! 811**

**Elk River Public Utility District**  
217 S. Jackson St., Tullahoma • 931-455-9311  
1524 Hillsboro Blvd., Manchester • 931-728-3332  
635 Dinah Shore Blvd., Winchester • 931-967-3642  
"Your Hometown Natural Gas Provider Since 1955"

**WWW.ERPUD.COM**



As computers became a part of our everyday lives, libraries created computer labs and loaned time and internet access to their patrons, many experiencing technology for the first time. Classes on utilizing technology, both then and now, enabled users to make the most of their personal computers and devices offsite.

E-books burst onto the scene, and libraries again stepped up to give patrons access to the digital reading realm. Your library card allows you to check out books today and read them on your tablet, laptop, phone, or favorite e-reader.

Genealogists have long haunted the history rooms of local libraries, and today can access a literal world of information online through portals like the Tennessee Electronic Library. Students can use the site's resources to prepare for tests, and history buffs can view the state's photographic library containing a wealth of detailed information.

Most, if not all, area libraries now offer free public Wi-Fi, work areas, and meeting rooms. The hushings of our childhood memories are less likely to be heard, and in their place is the laughter and conversation of stu-

dents deep in Science, Technology, Engineering, Arts, and Mathematics (STEAM) projects or adults collaborating on a project.

In the present economic times, our local libraries offer free resources that include something for every household, interest, and age group. Check them out. While you may not hear the dull clunk of the old card machine dating your return card, something old might just find you among the new. **GN**

Visit the Coffee County Lannom Memorial Library at 312 N. Collins St., Tullahoma.

For more information, call (931) 455-2460 or go to [lannom.org](http://lannom.org).

Other online resources:

**Tennessee Electronic Library** [tnel.info](http://tnel.info)

**Hoopla Reading App** [hoopladigital.com](http://hoopladigital.com)

(and available in your app store)

**Tennessee Reads** [reads.overdrive.com](http://reads.overdrive.com)

(and available in your app store)



# LOCAL BUSINESS. LOCAL BANKERS.



**FB**  
**FirstBank**

931-455-0026  
[www.FirstBankOnline.com](http://www.FirstBankOnline.com)

## Richardson Waste Removal & Richardson Waste Solution

**Weekly Service**  
Residential • Commercial • Industrial

**Roll-Off Containers**  
Construction • Demo Debris • Commercial  
Industrial • General Clean-Up



Quality service since 1963 Our Business is Picking Up!

**931-433-6634**

Ask about automatic payment  
[richardsonwaste@gmail.com](mailto:richardsonwaste@gmail.com)

## NOW AVAILABLE Custom Length Metal & Trim

D-Rib and G-Rib



Call for quotes  
17 Color Options

**Mountain View**  
CONSTRUCTION, LLC

Open 7:00 A.M. - 4:00 P.M. Monday - Friday • Saturday 9:00 A.M. - 2:00 P.M.

8321 David Crockett Pkwy. W, Belvidere, TN • **931-967-8000**

[www.mtnviewconstruction.com](http://www.mtnviewconstruction.com)

# LOWEST PRICES

OF THE YEAR - MARCH 14 - 27



*Dreamy*  
**DEALS**



**Badcock**  
HOME FURNITURE  
& more

1416 HUNTSVILLE HWY — FAYETTEVILLE — 931-297-2391  
200 HOBSON ST STE 39 — MCMINNVILLE — 931-473-3804  
761 MADISON ST — SHELBYVILLE — 931-685-9644  
375 W LINCOLN ST — TULLAHOMA — 931-222-4353  
405 BYPASS RD — WINCHESTER — 931-962-4991  
1676 W COLLEGE ST — PULASKI — 931-292-6464  
3600 MAIN ST — JASPER — 423-939-0530



## Motlow women's soccer ends best season in program history

Story and photos provided by Motlow Sports Information

**T**HE MOTLOW State women's soccer team ended the most successful season in program history with a pair of 3-0 losses in the NJCAA women's soccer championship held in Evans, Georgia.

The Bucks (16-5) won their second consecutive Tennessee Community College Athletic Association (TCCAA) regular season championship and their second straight National Junior College Athletic Association (NJCAA) Region VII tournament title. Motlow then advanced to the NJCAA Southeast District championship game, where the Bucks beat South Georgia

State College 1-0 to advance to their second consecutive NJCAA national tournament.

Seeded at No. 12 in the tournament, the Bucks fell to No. 1 Tyler Junior College and No. 8 Barton Community College.

The head coach of the Bucks, Andy Lyon, was named Coach of the Year for the TCCAA regular season, the Region VII tournament, and the Southeast District.

"The players deserve all of the accolades they received this season," said Lyon. "We knew during the preseason that this team was going to be a fun team to watch. If people did not get to

see them in action, just know they played the game the way it should be played, and they were a pleasure to coach."

Kristen Gasaway, a sophomore from Clarksville, earned second-team NJCAA All-American and Player of the Year honors for the TCCAA regular season and was named Most Valuable Player for the Region VII tournament. Gasaway is the second person in program history to be named All-American and the first to be second-team. Classmate Cheyenne Watson was named Honorable Mention last season.

## At **Traders**, Our Branches Are Strong and Our Roots Run Deep.

Where do you turn when times are tough? To friends and neighbors who've seen you through good times and bad. Ever since Traders bank opened its doors 129 years ago, we've been the area's leading bank, here to serve you and meet all your financial needs. Our branches are modern and technology is first-rate. Some things at Traders have never changed. We still greet you with a smile and call you by name.

- New Deposit Products/ Card @ Once
- Business & Personal Loans
- Mobile Banking
- On-Line Banking
- 24-Hour ATMs
- Investment Services



**Serving Thousands of Customers.... ONE at a time!**

412 W. Lincoln St.  
Tullahoma  
931-455-2391

2695 Decherd Blvd.  
Winchester  
931-967-3755

1207 Hillsboro Blvd.  
Manchester  
931-728-1474

Member  
**FDIC**

1602 N. Main St.  
Shelbyville  
931-680-3500

120 N. Jackson St.  
Tullahoma  
931-455-3426



## Experience the **Al White Ford Lincoln** Difference!

*"Don't take it from us,  
look at what our customers say..."*



### Philip & Janie McAfee

*Been buying cars from Thomas for roughly 15 years, Thomas will go above and beyond to help with anything, I've had flat tires and he's*

*come out, put air in them and taken it back to the shop to have it fixed. He genuinely cares about his customers, you tell him what you're looking for and he delivers. Everyone loves him and we recommend him to anyone looking for a car. Al white cares about their customers, from the service department all the way to the sales and management team. As long as there is an Al white Motors we will always be a loyal customer.*

**With nearly 100 years  
of business,  
there's a reason  
the pros trust us.**



**PACKAGE DISCOUNTS • WE WILL DELIVER YOUR SUPPLIES TO YOU**

301 SE Atlantic St • Tullahoma, Tennessee 37388 • (931) 455-3419 • [buildersupplytn.com](http://buildersupplytn.com)

**Because family  
is important.**



**Animal  
Health  
Clinic**

**Dr. Jennifer Yates, Dr. Brian Alexander, and Dr. Angie Hawkins**

1722 Hillsboro Blvd. • Manchester, TN 37355 • (931) 728-6633 • [www.AnimalHealthVet.com](http://www.AnimalHealthVet.com)

*Married to Dusty White.  
In my Spare time I  
like outdoor activities  
riding dirt bikes, snow  
skiing going to the  
lake. Al White was  
my Grandfather and  
my Dad, Jerry, is still  
here everyday so  
I've been around the  
dealership all my life. My Grandparents bought  
the dealership in 1955 so it's a Family Tradition.*



**- Thomas White  
Sales Representative  
Al White**



2002 Hillsboro Blvd., Manchester, TN

**931-728-2402**

**[www.alwhitemotors.net](http://www.alwhitemotors.net)**



Named to the first-team All-TCCAA team for the regular season were Madisen Hodges, sophomore, Cunningham, TN; India Gaiten, sophomore, Clarksville; and Emily Fisher, sophomore, Pleasant View. Kyla Hawkins, a freshman from Murfreesboro, was named Honorable Mention.

"The team managed the big games," added Lyon. "The experience of last year's team and the enthusiasm of the new players really blended well when it mattered the most. They are a close-knit group and were willing to work hard for each other and in representing Motlow."

Individually, Gasaway placed fourth in the country with 87 shots and fourth nationally with 53 shots on goal. Gasaway tied for eighth place nationally with 20 goals and ninth place with 47 points. Benton tied for fourth place in the nation with

15 assists, placed ninth with 44 shots on goal, and tied for ninth with 72 shots.

As a team, the Bucks finished third in the nation with 513 shots. Motlow scored 82 goals on the season, ranking seventh in the nation, had 234 points, also seventh; and had 70 assists, tied for ninth nationally. Motlow recorded 15 shutouts, ranking second nationally, and 24.4 shots per game, which tied for third in the country.

"I hope the college is proud of this group," concluded Lyon. "Soccer is a relatively new sport to Motlow, and I hope the surrounding communities know they have a team to cheer for that has earned back-to-back national tournament appearances."

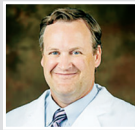
Beginning in spring 2023, the Bucks will start playing on their new home field on the Moore County campus. **GN**

## STAY IN THE HUNT!

- General orthopedics
- Fracture care
- Arthroscopic hip, knee, elbow, shoulder & ankle injuries
- Total joint replacement
- Rotator cuff repair
- Joint & soft tissue injections



**BRIAN PETERSEN  
ORTHOPEDICS**



### Shelbyville

120 Martin Rd., Suite 200  
Shelbyville, TN 37160  
931-488.8700

### Tullahoma

730 Kings Ln.  
Tullahoma, TN 37388  
931.841.9200

WHEN WE INVEST  
IN OUR CHILDREN,  
THE IDEAS OF  
THE FUTURE BEGIN  
TO BLOOM.



Citizens Tri-County Bank would like to  
thank all the educators in our community  
for investing in our kids!



**CITIZENS  
TRI-COUNTY  
BANK**

#### COWAN

105 South Front St  
931-967-2900

#### DECHERD

2030 Dechard Blvd  
931-968-3282

#### DOWNTOWN

201 North Jackson St  
931-455-3488



LENDER Member FDIC

[www.citizenstricounty.com](http://www.citizenstricounty.com)



## WE BUY SCRAP METAL!

Aluminum, Cans, Appliances, Farm Equipment, Steel, Brass, Copper  
AND We buy ANY Vehicle - Running or Not!



**(931) 454-2222**

54 Recycle Dr., Tullahoma, TN 37388  
Mon. - Fri. 8:00 AM - 4:30 PM • Sat. 8:00 AM - 11:30 AM

[www.cfc recycling.net](http://www.cfc recycling.net)



**We have carports available for  
install in as little as 4 - 6 weeks!**



**931-635-2244**

[watsonbarnrentals.com](http://watsonbarnrentals.com)

[watsoncarports.com](http://watsoncarports.com)



**Let Us Take Care Of  
Your Septic Tanks**

- Over 23 Years Experience
- Commercial & Residential
- Family Owned & Operated
- Licensed & Insured



**Keith's Tank Service**

(931) 433-0900 • (931) 962-0510

[www.keithstankservice.com](http://www.keithstankservice.com)

- Septic Tank Pumping
- Sewer Drain
- Install • Clean Out



◀ Rema Bell

## Beloved teacher receives prestigious local leadership award.

Rema Bell named 2022 recipient of the Clyde W. Smith Award.

By Kali Bradford // Photography by Brooke Snyder

*"A leader is one who knows the way, goes the way, and shows the way."*

**T**HIS QUOTE by author and pastor John C. Maxwell speaks to why a leader is the perfect mix of courage, vulnerability, and strength. Leaders have been there and know what is needed to ensure a successful way through. A good leader shares this knowledge, enabling others to succeed. Former first-grade teacher Rema Bell has shown students the way through and set them up for a successful academic career and livelihood as an early education teacher. Bell was

recently named the 23rd recipient of the Clyde W. Smith Jr. Leadership award.

The award, named for the former school board chairman, Clyde W. Smith Jr., who passed in 2010, recognizes individuals who have served in Tullahoma City Schools with strong ties to the community and its education.

Speechless at the nomination, Bell said it meant a great deal to be considered for an award in remembrance of a most beloved friend.

## CUSTOM STEEL BUILDINGS

LIFETIME METAL ROOFING, SHAKE SIDING  
VINYL SIDING, WINDOWS, GARAGE DOORS



Over 30+ Colors Available

*Financing available!  
Check us out on Facebook!*



**Call today!**  
(931)962-8859

**Clark's Home Solutions, LLC**

792 David Crockett Hwy., Winchester, TN 37398

You don't buy life insurance for yourself.



Ask me how life insurance can be a valuable  
resource for your kids and grandkids!

**David Dunlap**

313 S. Jackson St.  
Tullahoma, TN 37388  
931-455-5812  
DDunlap@ShelterInsurance.com



We're your Shield. We're your Shelter.  
Shelter Life Insurance Company • Columbia, Missouri

How much should a website cost?



After 350+ websites  
built, we want to help  
entrepreneurs evaluate  
the true investment of  
building a website.



**DOWNLOAD THE FREE GUIDE**

## Here Are **3 REASONS**

Why Our Customers Love Us:

**#1** Customer  
Service

*We keep you  
in good spirits*

**#2** Military  
Discount

**#3** Manchester's  
Largest Selection

**2022 Manchester's Finest**



**931.728.7366**

20 Expressway Dr., Manchester, TN

**www.interstateliquors.com**

*Please Drink Responsibly*

## NEED CAR PARTS?

COME SEE US AT PICK & PULL!

*We have over 800 vehicles on our lot to choose from!*



**CFC AUTO SALVAGE**

54 Recycle Dr., Tullahoma, TN 37388  
Mon. - Sat. 8:00 AM - 4:00 PM

Check out our entire inventory at:  
**www.cfcpickandpull.com**

We do NOT inventory individual parts.  
Just vehicles by YEAR, MAKE, and MODEL!

*“To have them remember me  
and to have that kind  
of positive effect on them  
is very gratifying.”*

-Rema Bell



“I was totally speechless, which I rarely am,” she laughed. “I was overwhelmed because I’ve known many of those chosen over the years and hold them in such high esteem. Clyde was a personal friend of mine, and to receive an award in his honor was very gratifying.”

Bell added that it was also gratifying for the award committee to choose someone who represented early education.

“I said from the very beginning, I wanted to think that the reason my name even came up was that I could represent a lot of hard work that takes place in early education,” she said. “We lay the foundation and groundwork for what comes later. The math scores, SAT scores, and all of that is not often attributed to particular teachers that have focused and guided students along the way. I was glad for a little bit of a spotlight upon elementary teachers because I truly believe that’s where it starts. Without that foundation, it’s tough for students to succeed later on. It takes a special person to be in early education, and I am proud to represent those early education teachers who work so diligently for their students.”

Bell, who taught at Bel-Aire Elementary for almost

three decades, said teaching was a calling for her. She wanted each student to believe that she had their best interest at heart and wanted to see them succeed long after they left her classroom.

“I became the resident last room on the left, and that was my room for 28 years,” she explained. “It was more than a job to me. I would carry it home, and my students would essentially become mine. I would tell them, ‘Once you’re mine, you’re mine forever.’” I wanted them to recognize their potential. While the road ahead wouldn’t be easy, they had what it would take to be successful. I tried to prepare them to have everything they needed to take with them. I was a strict teacher, but I was consistent enough that they would know I had their best interests at heart.”

Now retired, Bell enjoys having former students approach her and remind her of their time together.

“Sometimes they have to remind me of who they are because I knew them when they were little,” she said. “But it’s wonderful to see how they have grown and flourished. To have them remember me and to have that kind of positive effect on them is very gratifying.” **GN**

**YOU'LL FEEL LIKE**  
*Family*



**We strive to deliver the comforts of home with the spirit of health and healing.**

 **LIFE CARE CENTER OF TULLAHOMA**  
1715 N. Jackson St. • Tullahoma, TN 37388  
931.455.8557 • LifeCareCenterOfTullahoma.com

**COMPASSIONATE SKILLED NURSING & SHORT-TERM THERAPY**

148790



**SAY CHEESE!**

As an ingredient cheese is found in a number of your menu items, and because of that performance is paramount. MDS Cheese provides the best cheeses of their kind packaged, sliced and shredded to exacting specifications for restaurants, commissaries and manufacturers nationwide.



**Deli Made EZ®**  
Food Service Cheese

 **Santino**  
Mediterranean Style Cheeses

 **AMISH CLASSICS**  
AMISH RICHNESS. NATURAL GOODNESS.

NATURAL & PROCESSED CHEESE • SHREDDED CHEESE • ITALIAN & MEDITERRANEAN STYLE CHEESE • SLICED CHEESE • CUBED CHEESE • COMPONENTS & KIT CHEESE

 **MDS Cheese**

331 Joint Park Blvd, Tullahoma, TN. 37388 • (931) 563-7890

 **AMERICAN MULCH** 

**SPRING IS HERE!!!**  
**GET YOUR LANDSCAPING SUPPLIES!**  
**Landscape Supplies**

Red, Black & Brown Hardwood Mulch • Pea Gravel • Egg Rock  
Limestone • Specialty Stone • Top Soil • Sand • Straw • Firewood

Dave Buckman (Owner) • Veteran Owned and Operated • **WE DELIVER!!**  
**504 South Anderson St., Tullahoma, TN 37388 • (931) 461-0011**

**Need Extra CASH?**  
**First Loan FREE**



**Now Accepting Debit Payments by Phone**

**Loans \$200 & Up\***  
\* Subject to our liberal credit policy  
**1927 Decherd Blvd., Decherd, TN**  
Monday - Friday 9 A.M. - 5 P.M. **931-962-1240**

 **MID-TOWN LOANS COMPANY**

 **Alzheimer's Tennessee PURPLE OLYMPICS**

**Join Us For The Alzheimer's Tennessee Purple Olympics**  
**May 6<sup>th</sup>, 2023 • 8:30 AM - 12:00 PM**  
**Tullahoma High School**

**GET YOUR TEAMS TOGETHER!**  
**Contact Fran @ (931) 434-2348**

 **Alzheimer's Tennessee**

**Make Alzheimer's a Memory**





## CHAPTER 2 OF 3

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

- 28 Shattering stigma and breaking down walls
- 36 Bright beginnings
- 40 Education in Bloom
- 54 Recipes: Mom, I'm hungry!
- 56 Faith: When it's hard to see

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



[goodnewsmags.com](https://goodnewsmags.com)

PHOTOGRAPHY BY ASHLEIGH NEWNES

◀ Aubrie Johnson, Justin Scott,  
Amelia Luna, and Kendra Young



# SHATTER- ING STIGMA AND BREAK- ING DOWN WALLS



Life with  
autism  
spectrum  
disorder is  
beautifully  
different.

By Tina Neeley



## SOMETIMES LIFE JUST ISN'T WHAT IT SEEMS.

There are situations where we view each other through the fishbowl of life. We watch from outside, sure of what we're seeing. Meanwhile, inside, life is its own reality, and the days pass with the feeling of someone else watching. What someone else sees and understands may not quite be the reality of life inside. Such is often the case with families living with an autism diagnosis.

According to [cdc.gov](https://www.cdc.gov), autism spectrum disorder (ASD) is a developmental disability caused by differences in the brain. Some

people with ASD have a known difference, such as a genetic condition. Other causes are not yet known. People with ASD may behave, communicate, interact, and learn in ways that are different from most others. There is often nothing about how they look that sets them apart from others, and the abilities of people with ASD can vary greatly.

April is National Autism Awareness month, a great time to shatter the glass separating us from families managing life on the spectrum. Two families offer their perspectives from the inside.



## We Care For Your Pets!



**We know they're not your pets, they're your family!**  
We're committed to providing all of the care your pets need,  
from regular check-ups to serious surgeries.

### **BOARDING FOR CATS & DOGS AVAILABLE**

We have 9 veterinarians that are trained to handle even the most difficult cases, so you can trust our team to know the latest treatment options, while maintaining decades of experience.



### **4 Locations To Serve You!**

Manchester - (931) 723-0551

Monteagle - (931) 924-0551

Morrison - (931) 409-3178

Tullahoma - (931) 455-6723

**New Manchester location is NOW OPEN**

## Your One Stop Shop For All Your Landscape Supplies!



**Imhoff's**  
Landscape Support & Supply Yard



1873 Hillsboro Blvd., Manchester, TN  
**(931) 954-5556**

[www.facebook.com/imhofflandscapesupport](http://www.facebook.com/imhofflandscapesupport)

## CABINET AND COUNTERTOP INSTALLATIONS



**FREE Estimates**  
**FREE Designs**  
**Competitive Prices**

When you're ready to transform your home, call RSR Kitchen and Bath. We sell and install a gorgeous variety of cabinets, countertops, and shower panels, and you can choose from a splendid selection of hardware and fixtures.



1710 Smithville Hwy  
McMinnville, TN 37110  
**(931) 304-8179**  
**Mobile: (931) 743-1318**  
[www.rsrkitchens.com](http://www.rsrkitchens.com)

## NOW LEASING!

**Section 8 Welcome!**

Spacious, Affordable 1 & 2 BR Apartments

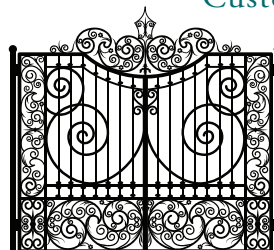
**BRANDYWINE APARTMENTS**

1310 Cedar Lane • Tullahoma

**615-455-6762**

TDD#s 1-800-848-0299 (V) • 1-800-848-0298 (T/A) hearing impaired only!

## Extraordinary Craftsmanship Custom Design



- Interior & Exterior Railing • Pool & Yard Fences
- Driveway & Pedestrian Gates • Guard Railing
- Residential & Light Commercial

**Southern IRON WORKS**

575 Lynchburg Hwy., Mulberry, TN 37359

**931-993-9710**

[www.southernironworks.com](http://www.southernironworks.com)



## Accepting New Patients At Our Winchester Location

**NOW OFFERING:**

- Infusion I.V. Therapy For Energy
- Athletic/Fitness Recovery
- Weight Loss
- Hormone Balance Restoration
- Male Vitality And Testosterone Boost
- Beauty I.V. Drip

**ALSO OFFERING:**

- Facial Fillers such as Botox, Juvederm and Lip Fillers. All preformed by our board certified physician.

**Schedule an Appointment  
(931) 967-0360**

2204 Cowan Hwy.  
Winchester TN 37398  
Mon. - Fri. 8:30 AM - 5:00 PM



**INTERNAL MEDICINE**

[ekointernalmed.com](http://ekointernalmed.com)

## Care is in **everything** we do.




### Autumn Oaks assisted living by Americare

1621 McMinnville Hwy., Manchester • (931) 570-4270  
Tina Taylor - Administrator

## Meet Lorri Allen

I'm your local advertising representative. I'll help you use Good News to grow your business.

Call me at (931) 952-0415.



**Good News** TULLAHOMA

## Real. Life. Solutions.™



We are an outreach branch of the University of Tennessee Institute of Agriculture and Tennessee State University, providing research-based solutions and information to the citizens of Tennessee.



Agriculture & Natural Resources



Home Horticulture and Gardening



Community Economic Development



Family And Consumer Sciences



4-H Youth Development Programs

**COFFEE COUNTY EXTENSION OFFICE**  
1331 McArthur St., Manchester, TN 37355  
**(931) 723-5141**



## LIFE ON THE SPECTRUM — ONE FAMILY'S PERSPECTIVE

Amanda West shares her family's journey with ASD:

We begin to ponder the life we lived just one day before. Like permanent book-marks, the diagnosis of ASD separates the pages of our lives into categories of before and after.

"Your son has level one, high-functioning autism spectrum disorder," the team of psychologists reported. My husband and I took several days to process the information together privately before we shared the diagnosis with our nine-year-old son. He was sitting at his computer desk designing an elaborate video game. When I told him, his fingers froze on his keyboard. He looked right at me and said in his matter-of-fact way, "Well, that explains it," then turned toward the screen and kept right on typing. Later that evening, he and I watched the movie "Temple Grandin."

"Mom," he said, "she has autism like me, but I don't act like her."

I explained that if you know one person with autism, you know one person with autism.

Although I know everyone's experience with ASD is different, the last seven years have been years of temporary regression, enormous growth, physical and emotional maturity, and, most of all, lots of therapy. He underwent occupational and speech-language therapy to recognize facial expressions, decipher body language, and understand idioms and words with double meanings. He underwent physical therapy to strengthen his fine motor skills and overall coordination. Our family feels blessed that he was able to have these necessary interventions provided by Jones Therapy in Shelbyville.

As a 16-year-old, he is a witty honor roll student, a member of the National High School Honors Society, has a steady group of friends, is still highly creative, and is working toward earning hours toward his driver's license.

# FROM THE INSIDE OUT — WHAT THEY'D WANT YOU TO KNOW

Anna Sapach, a single mom to a young child on the spectrum, clarifies things the bowl has distorted from our view and our understanding of those with autism:

From the outside perspective, ASD can be embraced or judged in various ways. It can be embraced by acknowledgment and kindness or judged by silent stares and gawky remarks.

There's a multitude of degrading false information that has distorted the image of individuals with autism. Information and education are powerful tools that can guide or mislead us. The volume of errors and misdiagnoses throughout history, even with advanced testing and medical progression, has left a paper trail so long that it can collectively fill enough books to build a library. That happens when we judge the cover without picking apart the pages first.

If I were to ask you, the reader, what autism looks like to you, what would you see? Without education or background, where would your mind lead from only what the eyes can see? Would you see a child stimming (arm flapping, spinning in circles, tugging on clothes or ears)?

Would you see a child trying to self-soothe in an environment that sets their senses on fire? Or better yet, an environment that they're enjoying, and offer them a smile accompanied by a wave? Would you see an adult in sensory overload (nail biting, popping knuckles, repeating words) at a music store and presume they're behaving oddly? Or, would you see someone trying to manage anxiety in a loud place because they wanted to bravely learn how to set their noise-canceling headphones aside and embrace change?

With this insight, do we embrace a change in our neurotypical day-to-day environment, or do we scratch our heads and turn away?

Coming from a mother to a son with autism, all we ask is that you show kindness. You don't have to read every article or order a stack of books on ASD to become aware or understanding.

If it weren't for my son, I wouldn't have the knowledge I do today on autism. He saved me from the ignorance I held for years, unknowingly blinded by the social stigmas these adolescents had been painted by.

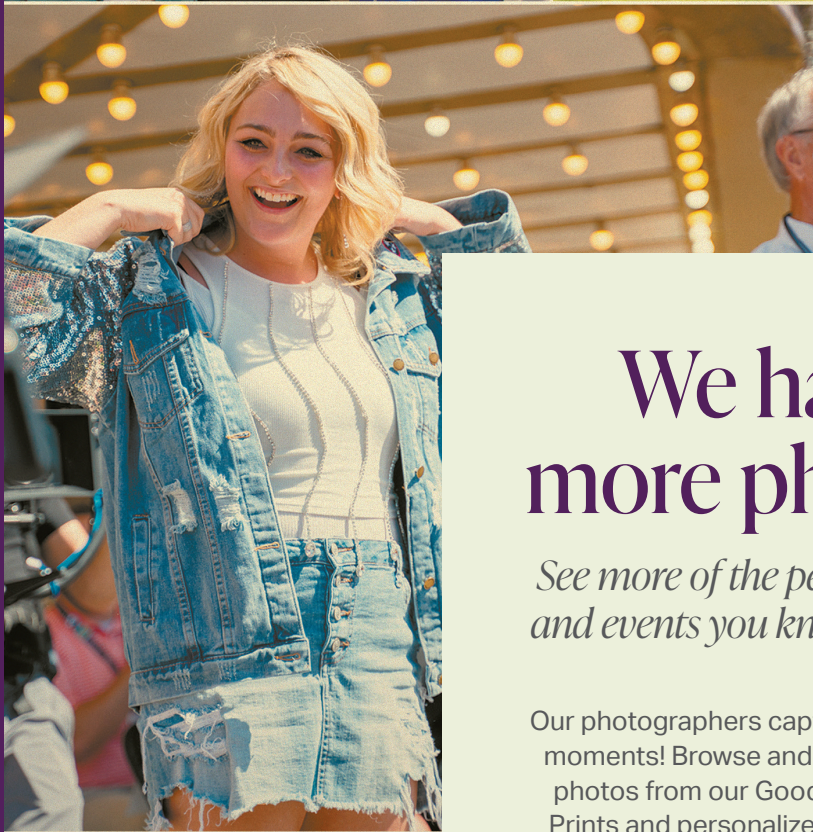
Misguided mindsets distort the beautiful picture that is the wonderful and complex world of life on the spectrum.

## NO MORE WALLS

Shattering the walls that separate us from ASD families and coming together as a community that longs to enter their world's beauty and struggles is a priceless gift. It's a gift to them and a gift we receive from them when we allow them to share our lives.

Be on the lookout for opportunities to share life on the spectrum. GN





## We have more photos!

*See more of the people, places, and events you know and love.*

Our photographers capture the greatest moments! Browse and save additional photos from our Good News stories. Prints and personalized merchandise may be ordered online with 100% of the proceeds benefiting local nonprofits.



Scan the QR code below to start browsing today.



[Photos.GoodNewsMags.com](https://Photos.GoodNewsMags.com)



**Good News** MAGAZINE

# 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.

### Grandaddy's Pimento Cheese - \$9.00

A generous serving of our family recipe of shredded cheeses, Hellmann's mayonnaise and diced pimentos. For a true Grandaddy 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.

### May Grace's Strawberry Poppyseed 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

Diet, Cherry, Diet Cherry, Diet Caffeine Free

Evian Bottled Water - \$1.50

## SODA FOUNTAIN FAVORITES AND SWEET TREATS

Classic ice cream treats and a few fun new twists sure to please the sweetest of sweet tooth!

All of our gelato is prepared locally by Legacy Creamery.

### Sundrop Float - \$5.50

Our signature menu item! Fountain Sundrop served over our exclusive Sundrop Gelato, topped with fresh whipped cream and garnished with a gummy candy lemon slice.

### 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 purée, 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 purées, 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

Once only a birthday favorite, now available every day! This bundt style cake is rich and full of citrusy goodness, drizzled with an orange glaze.



## Sundrop Shoppe & Luncheonette

217 NW Atlantic St., Tullahoma  
Dine In / Carry Out - 931-222-4270

[sundropshoppe.net](http://sundropshoppe.net)

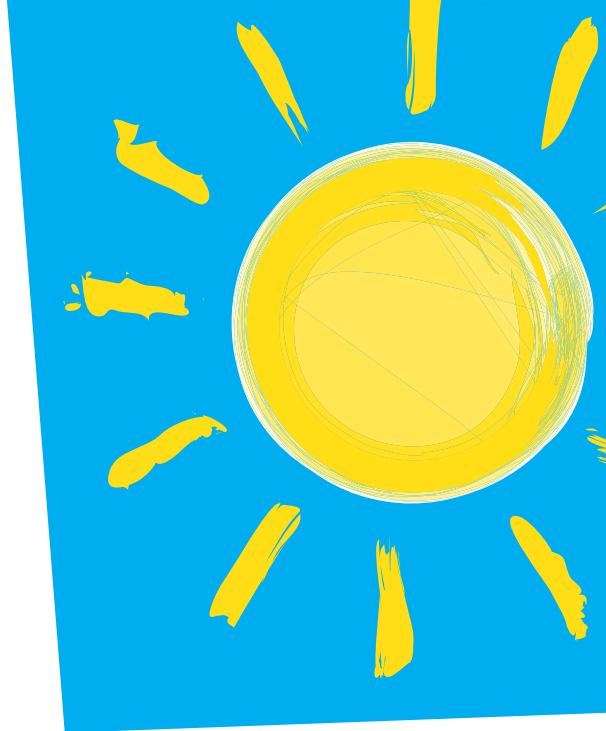


**We cater! Let us host your event!**

naturally  
12



Emma  
Coleman



# Bright beginnings

Tullahoma Day Care ensures a successful start to life-long learning.

By Kali Bradford // Photography by Brooke Synder



N A rainy afternoon, the sights and sounds of children playing can be seen and heard. The sounds are not loud or boisterous. There is no screaming or crying. The noises of blocks stacking, plastic dishes and cups clacking, and children giggling almost seem melodic as if they were a song. They eagerly show each other how to stack and cook, smiling at their newfound talents. The students are called to clean up and do so quietly and quickly, eager to enjoy an afternoon snack with each other and their teacher. This is a safe and loving environment for them. It's an environment where they feel they can imagine, play, and learn.

These feelings of safety and love have been at the cornerstone of Tullahoma Day Care since its opening to the public in 1968. For over half a century, the





center has worked to give parents a safe place to leave their children while they venture out into the workforce to support their families.

Emma Coleman is at the helm of the center today. Coleman has served as the center's director since 2014 and has been with Tullahoma Day Care for over 40 years.

"I started as a teacher's aide," she explained. "Then I taught the two and three-year-old class. I then worked as a social worker before becoming [the] assistant director. I am now going into my ninth year as [the] director.

Over the past four decades, the basics have stayed the same. However, there has been a change in the structuring and planning of how the children are taught at the center.

"As far as the children, their learning and the way we work with them is the same, but more is expected from the staff," she explained. "It's almost as if they were in an actual school. Our staff of teachers prepares lesson plans and sets goals for different children and those types of things. We are graded and inspected on those things. We also work

to have more parent involvement with parent-teacher conferences and family activities each month."

Coleman added that she has a dedicated staff, most of whom have been at the center almost as long as she has. She stated that without her team's dedication, she would be unable to do her job.

"Miss Anita and Miss Patty have been here for over 30 years," she said. "They are essential to me because I can't operate without them. They have been here as long as [I have], and they've seen just about as much as I've seen. They are always willing to do whatever I ask of them. I couldn't ask for better staff. I know that I can depend on them. If I'm not here, I know they have everything taken care of."

Decades of research show that quality early learning and care programs are a wise investment. According to the nationally-recognized educational nonprofit, Start Early, the first five years of a child's life are the most important for healthy development and long-term well-being. The experiences and relationships formed during this period of rapid brain development build a foundation for future learning and success.





And the benefits don't end after childhood. The benefits of early childhood development continue long after they have grown into adults. Children exposed to early childhood learning are 25 percent more likely to graduate high school, four times more likely to have earned a bachelor's degree or higher, and earn up to 25 percent more in wages as an adult, according to the nonprofit's website.

Coleman has seen success as her students have grown and returned to visit her over the years. She also sees them out in the workforce and champions their success. Helping provide a solid foundation of education, caring, and

support is what Coleman and her staff strive to do every day.

"Knowing that I'm able to make such an important impact on the lives of these little children means the world," explained Coleman. "When I see some of them now as adults, they will remind me of their time here. It's amazing how much they remember and that those moments meant so much to them. The greatest joy has been touching their lives and watching them grow. I try to keep in touch with as many as I can. I am grateful that I can be such a big part of their and their family's life, knowing that I did something that helps them along the way." GN

A photograph of a student with long, wavy brown hair, seen from behind, sitting in a classroom. They are wearing a red and black plaid shirt and have their right hand raised high in the air. The background is a blurred classroom with other students and desks. The overall image has a warm, orange-toned overlay.

# EDUCATION

in BLOOM

A decorative graphic element consisting of a blue curved line with several teal leaves and a single pink flower with yellow dots at the end, positioned below the text 'in BLOOM'.



**A**S SPRING approaches and new blooms open to the world, students prepare for the end of the school year. Each student is a new bloom that takes on the world. After 18 years of education, studying, and building relationships, those students are almost ready to leave their mark on our community. But these students would not be the blooms they are without our educators. Our educators are the water, nutrients, and soil that students need. They leave lasting impressions and mold the next generation.

This issue of Good News celebrates our educators who help us bloom. **GN**



JUSTIN  
SCOTT

---

# MUSIC FROM THE HEART

Justin Scott makes band  
'something more' for students.

By Kali Bradford  
Photography by Ashleigh Newnes



Throughout our career, there are so many students here that don't have that support, and Lisa, Atticus, and I are that for them.

– Justin Scott

**T**HE END of a busy school day is winding down for Justin Scott. The band room at Tullahoma High School (THS) still has some students meandering about taking time to practice notes and pack up instruments. Scott grabs a seat on an oversized gray comfy couch in a special area that he and the other instructors created for times when relaxing is most needed.

He begins to talk about his music career. It started as a child learning to play his grandmother's piano and then inheriting his brother's trumpet. In high school, he performed with one of the most competitive band programs in the state. He also enjoyed a successful collegiate band career at Tennessee Technological University (TTU) and student teaching under well-known band directors Steven and Marion Coleman at THS.

Scott has been blessed with opportunities and individuals who saw his talent and allowed him to showcase them accordingly. He is thankful for all who have helped him along his way. However, one thing that makes him most proud and even brings him to tears is a story of him and his father discovering a box of videotapes. The tapes were of Scott performing at various band competitions and events. Scott said that as he watched them, he began to notice something profound.

"It weighed so heavily on me because I started watching, and I didn't know they were there for certain events," he explained. "One event was

the Contest of Champions during my freshman year. It was a big thing. I put in this video, and my dad's on the sideline, and I don't know how he got there, but he was there, zooming in and out on me as I was marching around. It was his perspective of things I had never seen before, and it was from my parent's side. I guess the reason it weighed so heavily on me is that, at that moment, I didn't realize just how present my parents were. It really puts into perspective the simple power of just "being there." They continue to attend many of our performances, and that means the world to me. Throughout our career, there are so many students here that don't have that support, and Lisa, Atticus, and I are that for them."

For Scott, learning music is important, but at the end of the day, it's about music being something more for his students. It's about music becoming a support system, an exciting time, and something that will stay with them long after their band days at THS.

### Discovering something more

Growing up playing the piano alongside his grandmother, Scott fell in love with music. Inheriting his brother's trumpet, he would take on middle school band, where he would encounter what would lay the foundation for his path in music.

"One of my first inspirations was my band director, Nola Jones," he explained. "She had this



gift of making you feel like a rock star. She would always introduce me as her 'rockstar trumpet player, Justin,' if we were at a competition or a concert. It stuck with me and inspired me. I try to emulate how she made me feel as much as possible with my students. Erich Zimmerman, my trumpet teacher and band director, was another mentor that pushed me toward excellence in everything I do. He instilled not only a love for music but also giving everything my total effort all the time, and not just on trumpet."

Playing through high school at McGavock High School in Nashville, Scott would reach an impasse with performing. The intense schedule and high demand of a competitive program of that caliber weighed heavily. However, after some soul-searching, he said he realized at the end of the day that there had to be a better way to be a part of music.

"My senior year was very hard," he said. "There were a lot of things in my senior year that were positive, but also negative, that made me want to go into music because I was bound and determined there was a different way to do it. And so I made the decision early on that I was going to be a teacher."

“

There were a lot of things in my senior year that were positive, but also negative, that made me want to go into music because I was bound and determined there was a different way to do it.

– Justin Scott

## An eye-opening experience

Scott would find himself student teaching at Tullahoma High School with then-directors Steven and Marion Coleman. He stated that his time with well-known and respected music instructors was eye-opening.

"It was an eye-opening experience for me in terms of seeing an entirely different side of what a band can be," he explained. "I watched what Steven and Marion did and these kids' love of music. The big thing they taught me was that it's not about awards or contest results. It's teaching kids to love music and to be great citizens, which we do through music. I knew this is what I wanted a band program to be like."

While Scott would take his first teaching position in Gallatin, he would find himself back at Tullahoma for a new musical adventure when the Colemans reached out and asked him to take over the program along with Greg English before their retirement. The rest, they say, is history — musical history in Scott's case. His career has continued alongside some of his best friends, Atticus Hensley, Doug Clark, and Lisa Burden.

"We're a team, and I couldn't do any of this without them," added Scott.

## Lifelong learners

The learning opportunities that music offers are limitless. You can be all-consumed or simply just enjoy the arts. Scott, along with his fellow instructors, is helping students to find their own place in music.

"Band doesn't have to consume your life," he said. "We have a lot of kids that are involved in athletics or involved in things outside of the school. Each of us instructors prides ourselves on that because we want the kids to be well-rounded. We want to show them that this can be and continue to be a part of their lives. This happens through the music we study, practice and perform, the trips we take, and the artists we bring in. A lot of them may not touch their instrument again, but we want them to be lifelong learners in music and the arts. We want them to continue to be a part of the arts, whatever that looks like for them. Whether it's playing in a community band, subscribing to the symphony, or going to the Playhouse here in town, supporting the arts is important."

Scott is a lifelong lover and learner of the arts, and each day for him is about growing in the music he loves so much.

"No day is ever the same," he said. "I love that I start my day teaching beginners and see their excitement, and I end my day with awesome kids that love music and have decided to stick with it and keep it part of their lives. We get to grow up with them from the sixth grade through their senior year and see them develop into these amazing people. They have as much an influence on us as we do on them." GN



**KAREN KING**

---

# CREATIVITY IN MATH

Karen King brings a  
creative approach to math.

By Kali Bradford  
Photography by Ashleigh Newnes

**A**S A child, Karen King would spend afternoons and school breaks helping her mother in her first-grade classroom. She would tear out workbook pages, run small errands, and make copies for her mother. Over the years, King saw the room break down for summer and then recreated it for a brand new year of school. She was in awe of her mother as she made teaching look effortless. Her mother was patient and magical in a warm and inviting way, making Karen want to be just like her.

Then there was her father, who was also a teacher. While King's mother inspired her love for teaching elementary-age children, her father sparked a passion for teaching mathematics. For the more than 31 years that he taught at Tullahoma High School, he was devoted to helping his students learn math in a way they could understand and be challenged. He believed math was not about learning formulas but understanding the reason behind the solutions. For these reasons, her father also inspired her.

With two parents as teachers, it seems fitting that King would want to follow in their footsteps. However, her road to becoming a teacher was a little less clear. While she benefited from two strong examples of educators, King would have to find her way.

And found her way she has. Today, King is a fourth-grade math teacher at Bel-Aire Elementary. Teaching math to fourth graders is what King considers one of the best jobs ever.

"I love the content," she said. "It challenges and makes me think about math in different ways, and I love that. I love researching new and innovative ways to teach math to my students." With my husband also being a math teacher, we frequently brainstorm ideas we have for our classrooms. We are truly an all-around math family.

If you ever have the opportunity to hear Karen King talk about mathematics, you'll never forget it. The pure joy that radiates from her is enough to keep you warm on a snowy day. Her eyes light with excitement, and her hands move as if she is trying to make you just as excited as she is

“

It challenges and makes me think about math in different ways, and I love that. I love researching new and innovative ways to teach math to my students.

– Karen King





about math. King said what she loves most about math is its versatility and the challenge it offers. Because there are a variety of learning styles in one classroom, King said teachers have to “create or adapt lessons and activities to meet all learners.”

“I like how you can do so much with math,” she explained. “There are so many ways to be hands-on. You can play games and use cards, dice, glow sticks and even play dough. It’s not just opening a book; it’s about using your mind to solve a problem. Any activity where students are competing or moving around is always a hit with my students. Some of the most favorite activities of students are when we practice math concepts through a game similar to Hungry Hungry Hippos or Connect 4.”

King said there is nothing like seeing the light bulb go off in a student’s head once they have figured out how to solve a problem.

“So a big thing in fourth grade is multiplication facts,” she said. “Over the [Christmas] break, we took a break from multiplication facts. Now we have started back up, and students are remembering what they’ve learned and are excited about getting it and being able to solve the problems. That makes me feel good because I know I am doing something right.”

Math isn’t the only thing she loves about teaching. King said building relationships with students is also something she equally cherishes.

“When they walk in and want to tell me about something exciting they’ve done or that they are wearing their [Tennessee] Vols jersey for me — I love that. I cherish those relationships I get to have with them as well,” she stated.



Fischer Goodman, Karen Vanzant ►  
King, and Ryleigh Lankford

She also enjoys the relationships that she has built with other teachers. These relationships are essential in helping to provide a positive learning environment for students, no matter the grade.

“I love the teachers I work with, and they are very supportive,” she said. “As a teacher, you’ve got to be patient, flexible, and able to work well with people. Teaching first, second, and third grades, I’ve learned support and communication are essential no matter what grade you teach.”

As a child, she didn’t envision herself teaching math, but there is no better way she could honor her parents for their notable influence on her. She also strives to carry on that same special devotion to the subject that her father instilled in her. **GN**



MIRANDA COLLEY

---

# IT REALLY DOES TAKE A VILLAGE

Miranda Colley invites all to  
take part in student success.

By Kali Bradford  
Photography by Ashleigh Newnes



**W**E'VE ALL heard the phrase, "it takes a village to raise a child." The phrase has a pretty interesting background as it originates from an African proverb. The proverb tells us that it takes many people, aka "the village," to provide a safe, healthy environment for children because children are given the security they need to develop and flourish and realize their hopes and dreams.

The village also requires an environment where children's voices are taken seriously and where multiple people (the "villagers"), including parents, siblings, extended family members, neighbors, teachers, professionals, community members, and policymakers, care for a child. These villagers may provide direct care to the children or support the parent.

### **A dream come true**

East Lincoln Elementary kindergarten teacher Miranda Colley believes in the village and knows the value of being a part of one. It led her to reach for her dream of becoming a teacher. She had carried a vision with her since she was a kindergarten student at North Lake Elementary in Franklin County.

"I wanted to be a kindergarten teacher from the time I started school myself," she said. "I had Mrs. Carlene Tucker; she was kind and made learning so exciting and meaningful. I can still remember several of the lessons like it was yesterday. The whole experience made such an impression that even then, I knew I wanted to be a teacher when I grew up."

Throughout her career as a student, she continued to have good classroom experiences with teachers she said she knew cared about her and her classmates. Being in those healthy situations kept her love of learning alive and well.

"All of the teachers I had over the years made school fun," said Colley. "I also had a good connection with all my teachers, which I loved. I felt like becoming a teacher would be such a rewarding job. The ultimate goal is to help a child learn something new every day and provide the same wonderful learning experiences I received in school."

### A love for early education

Upon graduating college, she knew she wanted to teach first grade.

"For some reason, growing up, I felt like first grade was the best year. I remember learning to read at that time. I would try to read everything in sight, from books to restaurant menus. Learning to read opened up so many new opportunities and possibilities."

Having taught first grade for six years, Colley said what was once required for first grade students is now expected of kindergarten students. Moving to kindergarten, she said she has enjoyed teaching both grades and is now enjoying teaching students in their first year of elementary school.

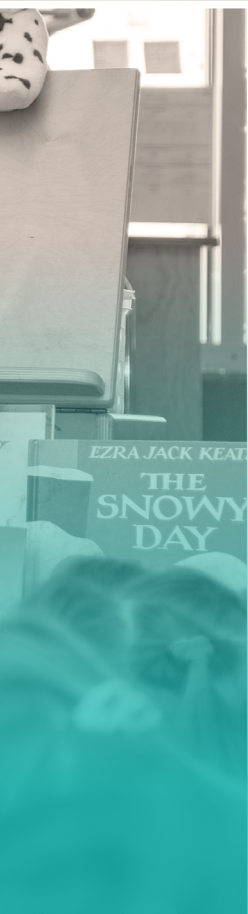
"It's amazing to see how they grow throughout the year," she said. "They begin the year learning their numbers and alphabet and end the year being able to solve simple math equations and read basic books. Watching their transformation is so rewarding."





I want my students to leave my classroom with the tools and mindset of lifelong learners. I want my students to know they can do anything they put their minds to, and I will cheer them on every step of the way.

– Miranda Colley



Colley said she encourages her students to work with her as a team. Each student has a job, and each job is important to the success of the classroom.

“We are a team,” she said. “I explain to them that we each have jobs. My job is to teach them, and their job is to learn. I want my students to be able to come to school and not worry about anything else and focus on what is important, which is learning.”

### It really does take a village

Looking back at her experience as a student, she understands her role’s importance in and out of the classroom.

“While each teacher I had made learning fun and engaging, they were also invested in me as a person. My teachers cared and wanted me to succeed in all areas of my life, not just academics,” she said.

Now, as a teacher, she hopes to pass on that same caring and kindness she received to her students.

“I want my students to leave my classroom with the tools and mindset of lifelong learners,” she said. “I want my students to know they can do anything they put their minds to, and I will cheer them on every step of the way.”

She also points out how important everyone’s role is in a child’s education. From the teachers, parents, staff, and the community, we all play an essential role.

“Everybody has a part,” she said. “We can’t do it all alone. It’s not just the teacher’s job or the parent’s responsibility. It’s about working together and helping each of these children. By doing this, we can make a real difference. Student success also includes the community. The community’s involvement and support are crucial to how these children will learn and continue to grow. The phrase, ‘it takes a village,’ is true. It really does take everyone involved.” **GN**



# Mom, I'm hungry!

After-school snack time issues are solved with these delicious and nutritious recipes.

By Kali Bradford

**K**IDS ARE barreling through the door after school, complaining that they are starving! It's the age-old gripe of children, no matter how old. We all know that kiddos often get hungry between meals. Unfortunately, many packaged snacks for kids are very unhealthy. They're often full of refined flour, added sugars, and artificial ingredients. Snack time is a great opportunity to sneak some extra nutrients into your child's diet. Instead of highly processed snack foods, fill your child's tummy with whole foods that provide energy and nutrition. Check out the following kid-friendly snacks that are both healthy and delicious. **GN**

## Veggie Dip

Submitted by Sherry Bell

- 1 c. sour cream
- 1 pkg. cream cheese, 8 oz., softened
- 1 clove garlic
- 1/2 c. parsley, chopped
- 1 c. salad dressing
- 1/2 c. green onion, chopped

In a blender, combine sour cream, cream cheese, garlic, parsley, salad dressing, and green onions. Blend until mixed. Refrigerate until chilled.



## Yogurt Parfaits

Submitted by Rosina Eicher

1 pkg. cream cheese, 8 oz., softened  
1/2 c. powdered sugar  
1 box white chocolate pudding mix, 4 oz.  
1 c. milk  
32 oz. plain yogurt  
1 tub whipped topping, 8 oz.  
fresh fruit  
granola

In a bowl, beat cream cheese and powdered sugar. Add pudding and milk; mix well. Add yogurt and whipped topping. Layer with fresh fruit and granola in individual clear cups.



## Chocolate Oatmeal Cookies

Submitted by Faye Bonner

2 c. sugar  
2 T. cocoa  
1 stick margarine  
1/2 c. milk  
1 c. nuts  
2 T. peanut butter  
2 t. vanilla  
2 c. oats

Mix sugar, cocoa, margarine and milk in a skillet; boil 1 minute. Stir in nuts, peanut butter, vanilla and oats. Drop by spoonfuls onto waxed paper.







# When it's hard to see

Faith grows in the dark.

By Tina Neeley

**W**E FEEL the most comfortable when we know where we're going. Knowing our destination, all the familiar landmarks along the way, and where we'll settle in once we've arrived gives us a sense of control. We're in the driver's seat, right?

But how do we wrestle with the unknown? Whether it's a new job, a new group of people to meet, or a trip to somewhere we've never been before, how does it feel compared to the safety of the known?

I have no scientific data to confirm it, but I'd bet there are three reactions to these situations. Some are always open to a new adventure and can easily go with the flow wherever it leads. Others retreat in panic, unsure they can stand the pressure of the new or different thing. And then there's everyone else — those who hang out in the middle, somewhat unmoved by the change, yet not rushing to get started either.

Moments or seasons of change are inevitable for us all. Some seasons of change come with a bit of notice and time to adjust or ease into the idea. Others occur in the blink of an eye and can range from mild to life-changing. Some are exciting and invite growth and reflection, while others drive us to our knees and leave us with questions no one can answer.

My journey these days meanders a path of uncertainty concerning my vision. I've traveled from a near-sighted third grader to a mono-vision Nana. Some days the clarity of the sight in my remaining eye surprises me and sparks joy and thankfulness. At other times, dimly lit rooms or uneven surfaces cause me to stumble,

leaving me feeling vulnerable and embarrassed. And then there are times when fear of blindness sneaks up, and thoughts of loss of independence overshadow the light.

For me, it's a vision thing, but I know we all have something like it in our lives at any time — loss of a loved one, a job termination, a medical diagnosis, a family crisis — the list goes on and on. We all have times when we feel like we can't see where we're going or how we'll go on.

But when it's hard to see, there's one thing we can be sure of: we are not alone.

Deuteronomy 31:8 reminds us, "The Lord himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged."

For me, that's light. Any future blindness cannot be total because He's gone ahead of me, and He is light. Sometimes the light is more for warming than for illuminating as we curl childlike into His embrace and let Him comfort us with His presence. And often, His light comes to us through friends, family, and our community; even strangers have been known to cross our paths and brighten our days.

Seize every opportunity to be the light and receive it graciously if and when the need arises. While the answers may not come, like sunshine on a cold January day, the light and love warms us and reminds us that a brighter day is coming. **GN**

---

For we walk by faith, not by sight.  
2 Corinthians 5:7





## CHAPTER 3 OF 3

This section of the magazine covers local things to do.

- 60 Life of the Mardi
- 62 Community Events
- 64 Events Calendar
- 66 Advertiser Index

Submit a positive story  
on our website:



[goodnewsmags.com](https://goodnewsmags.com)

PHOTOGRAPHY BY ASHLEIGH NEWNES

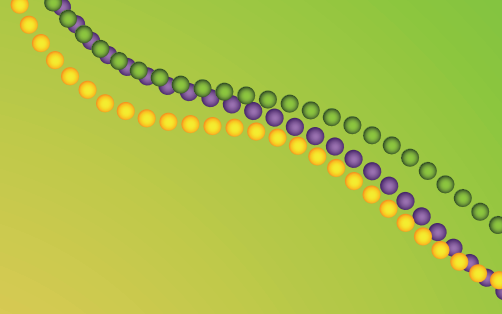
◀ Miranda Colley reading to her class.



# Life of the *Mardi!*

Hands-on Science Center brings  
Mardi Gras fun to Tullahoma

By Kali Bradford // Photography by Brooke Snyder



**M**ARDI GRAS is a holiday known across the country and the world. It is a magical time of celebration that includes brightly colored decorations, parades, good food, and lots of fun. A legal holiday in Louisiana, it is celebrated throughout the state. Bon Temps in the French Quarter of New Orleans is arguably the most famous area for festivities. Still, Baton Rouge, Shreveport, Lafayette, and the Cajun Bayou are popular spots for Mardi Gras festivities in Louisiana. But other states in the U.S. also celebrate Mardi Gras — Alabama, Arkansas, Florida, Texas, Missouri, New Mexico, and California, to name a few. Mardi Gras celebrations are also very popular in Italy, France, Germany, Belgium, Colombia, and Belgium Martinique. And the Rio Carnival in Rio de Janeiro, Brazil, is considered one the biggest celebrations in the world. For those unable to make the trip to Louisiana or Brazil, Tullahoma recently hosted its own unique Mardi Gras celebration, allowing the community to celebrate while raising funds for a worthy Tullahoma institution.

The Hands-on Science Center (HOSC) recently held a Mardi Gras celebration that included food, fun, and science. According to HOSC's director, Sean Amidon, the event was casual and allowed various people to come and check out the center and all it offers. The event also provided childcare, allowing parents to enjoy a much-needed time out.

"We had children in the auditorium," said Amidon. "We kept them entertained and taught them a little about science. But mostly,

they were able to have fun while their parents enjoyed the evening and were able to decompress a little."

The Mardi Gras event is one of four significant fundraising events that the center will hold in 2023. According to Amidon, the events are a part of the center's efforts to raise additional funds and awareness for the center.

"We're always trying to make new exciting things to keep things fresh," he explained. "This is our first very important fundraising event of the year. We have four fundraisers planned, each with a completely different format."

Amidon also hopes the events will bring in new faces and future showcase all the center has to offer, including various exhibits and programs to stimulate and educate minds of all ages.

"The fundraisers are just a bigger way to bring the community into the center," he said. "We also hope to attract a different audience that maybe normally wouldn't come into the center. We are looking to welcome all the different demographics, graphics, and interests of potential donors." GN

---

For more information on upcoming fundraisers and events at the Hands-on Science Center, visit online at [hosc.org](http://hosc.org) or contact the center by calling (931) 455-8387.



# COMMUNITY EVENTS



▲ Ashleigh Johnson  
and Merri Jo McVeigh

## Pancakes for supper?

Photos submitted by Saint Barnabas Episcopal Church

The great thing about pancakes is that they can be enjoyed at any time. They can also be the perfect meal for raising funds for a worthy cause. Members of Saint Barnabas Episcopal Church held a pancake supper to raise funds for youth activities. The meal was enjoyed by many and held in the church's parish hall.



▲ Doug Miller, Vicky Miller, Samantha Johnson, Connor Roberson,  
Ed LeBlanc, David Thomas, and Kathy Rose



▲ Peyton Fritz,  
Ashleigh Johnson,  
and Heather Johnson



◀ Ashleigh  
Johnson,  
Lily  
Duckworth,  
Conner  
Robison,  
and Samatha  
Johnson



▶  
Conner  
Robison



PASSION.  
CREATIVITY.  
CHOCOLATE.

*3 Ingredients that make  
Water's Edge Chocolates  
unique and unforgettable.*

GOOD TIMES

# EVENTS CALENDAR

## March 18

**10:00 am World Recycle Day**  
Hands-On  
Science Center

Come out to learn about recycling! FREE admission, crafts, and science shows. Fundraising games, activities, and food.

## March 24

**6:00 pm Into The Woods**  
March 24 - April 2  
South Jackson Civic Center & Mitchell Museum  
404 S. Jackson St.  
Tulahoma

In Sondheim and Lapine's beloved musical retelling of the Grimm classics, a parade of familiar folktale figures find their way "Into the Woods" and try to get home before dark — under the guidance of Mark Lamos.

For more information visit [southjackson.org](http://southjackson.org)

## March 26

**10:30 am Youth Sunday Week**  
Crossway Church

Event that begins youth service during the 10:30 a.m. worship hour with the band, "Attaboy" followed by a cook-out, then teens-only activities in the afternoon.

Monday evening, March 27, there will be a community-wide youth rally at Moore County High School.

Tuesday evening, March 28, there will be a community-wide youth rally at Tullahoma High School.

Sunday, April 1, there will be a dodgeball tournament at Lynchburg Elementary School.



QUALITY  
HANDCRAFTED  
TO PERFECTION  
EVERY DAY.

Place an order today  
for yourself or a friend at:  
WATERSEGECHOCOLATES.COM

## April 15

### 9:30 am **TEDxTullahoma**

South Jackson Civic  
Center & Mitchell Museum  
404 S. Jackson St.  
Tullahoma

An independently organized event in the spirit of "TED Talks," we have the goal of sparking conversation, connection, and community. We will be featuring several experts from across the region with a variety of topics, including women in music, virtual reality, and rehabilitating wildlife. For the first time in TEDxTullahoma history, we will have a Tullahoma City Schools student as part of our lineup. It will be a great morning to learn and celebrate what makes Tullahoma a great place to live!

## May 2

### 6:00 pm **Spring Choir Concert**

Tullahoma High School  
Auditorium  
927 N. Jackson St.

The Tullahoma High School Choral Department Spring Concert featuring the concert choir and the Tullahoma High School Chamber singers.

Cost for the concert is \$5.

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

[www.GoodNewsMags.com/events](http://www.GoodNewsMags.com/events)  
or call (800) 247-7318



206 S. ANDERSON ST.  
TULLAHOMA, TN 37388

Monday - Thursday  
10:00 A.M. - 8:00 P.M.  
Friday & Saturday  
10:00 A.M. - 9:00 P.M.  
931-455-9365

# GOOD NEWS SUPPORTERS

We can spread Good News because of our generous advertisers. They help make our world a little brighter. We encourage you to do business with them.

|  |        |   |        |
|--|--------|---|--------|
| Al White Motors .....                          | 19     | MDS Foods .....   | 25     |
| All Creatures .....                            | 30     | Mid Town Loans .....  | 25     |
| Alzheimer's Tennessee .....                    | 25     | Mountain View Construction Supply .....                     | 17     |
| American Mulch & Landscape Company .....       | 25     | Richardson Waste Removal / Richardson Waste Solutions ..... | 17     |
| Animal Health Clinic .....                     | 19     | RSR KITCHEN AND BATH .....                                  | 30     |
| Autumn Oaks .....                              | 31     | Russell Barnett Ford of Tullahoma .....                     | 68     |
| Badcock Corporation .....                      | 17     | Shelter Insurance David Dunlap .....                        | 23     |
| Berzett Excavating .....                       | 15     | SmartBank Tullahoma .....                                   | 9      |
| Brandywine Apts./Morrow Realty Company .....   | 30     | Southern Iron Works .....                                   | 30     |
| Brian Petersen Orthopedics .....               | 21     | Southern TN Reg Health Sys .....                            | 67     |
| Builders Supply .....                          | 19     | Stan McNabb Chevrolet Buick GMC .....                       | 5      |
| CFC Recycling Inc. ....                        | 21, 23 | Stroops Accurate Refrigeration Inc. ....                    | 3      |
| Citizens Tri County Bank .....                 | 15, 21 | Sundrop Shoppe .....  | 35     |
| Clarks Home Solutions LLC .....                | 23     | TedX Tullahoma .....  | 8      |
| Daniels Construction .....                     | 9      | Tennessee Homes .....                                       | 8      |
| EKO Internal Medicine .....                    | 31     | TN Vascular Thoracic Surgical Associates PC .....           | 4      |
| Elk River Public Utility District .....        | 15     | Traders Bank Tullahoma .....                                | 19     |
| First Bank Tullahoma .....                     | 17     | UT Extension - Coffee County .....                          | 31     |
| Highland Baptist Church .....                  | 9      | Vanderbilt Tullahoma Harton Hospital .....                  | 2      |
| Imhoff's Landscaping / Imhoff's Trucking ..... | 30     | Water's Edge Chocolates .....                               | 64, 65 |
| Interstate Liquors .....                       | 23     | Watson Barn Rentals LLC .....                               | 21     |
| Keith's Tank Service .....                     | 21     | Watson Metals LLC .....                                     | 15     |
| Lester Greene McCord and Thoma Insurance ..... | 8      | Weichert Realtors - Joe Orr Realtor .....                   | 7      |
| Life Care Center of Tullahoma .....            | 25     |   |        |



# Welcome

## Jacqueline Smartt, MD

*Family Medicine*

**Family Physicians of Estill Springs**

**300 S Main St.  
Estill Springs, TN 37330**

### **Medical School:**

University of Medicine and Health  
Sciences  
Basseterre, KN

### **Residency:**

University of Tennessee Nashville  
Nashville, TN

### **Specializes in:**

- Management of chronic medical conditions (diabetes, hypertension, COPD, etc.)
- Annual, school and sports physicals
- Preventive health and immunizations
- Minor conditions and injuries
- Women's health services
- Well child exams
- Acute illnesses

### **Welcoming new patients**

**Appointments may be made by calling  
931.649.5139**



**SOUTHERN TENNESSEE**  
REGIONAL HEALTH SYSTEM

**SouthernTnWinchester.com**

# We Salute Tullahoma School's *Teachers of the Year!*



**Macie Honey**  
Robert E. Lee Elementary



**Angie Coop**  
Jack T. Farrar Elementary



**Fay Patterson**  
Bel-Aire Elementary



**Sharon Nelius**  
East Lincoln Elementary



**Tara Litchford**  
East Middle School



**Nikki Harris**  
West Middle School



**Erica Duke-Robinson**  
Tullahoma High School



**Brady Goodman**  
Tullahoma High School

***View Our Inventory or Schedule Service***

DISCOVER THE  
**RUSSELL BARNETT  
ADVANTAGE**  
WITH EVERY CAR YOU BUY!



Ask Us About Our  
**LIFETIME**  
POWERTRAIN WARRANTY

**Russell Barnett Ford**  
**931-455-4564**  
1106 East Carroll St.  
Tullahoma, TN

**Russell Barnett**   
AUTOMOTIVE  
FAMILY

**Russell Barnett Kia**  
**931-455-6066**  
915 South Anderson St.  
Tullahoma, TN

***www.RussellBarnett.com***