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MAY 2023

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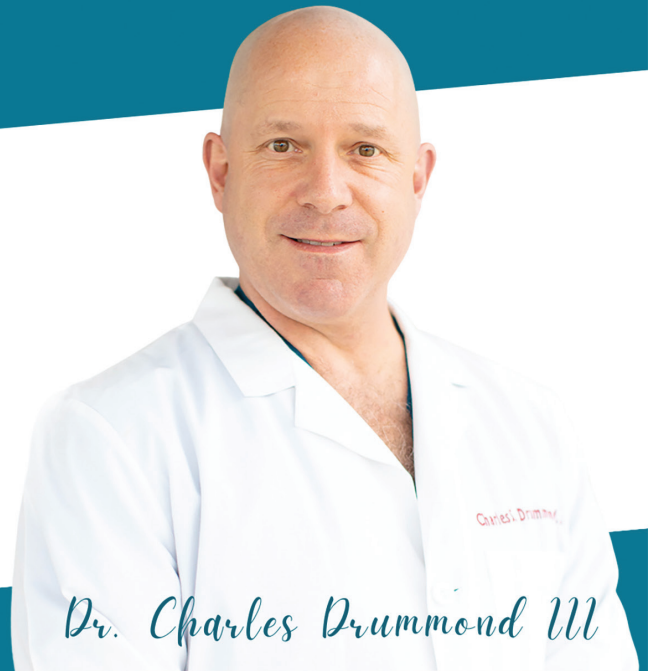
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LETTER FROM THE EDITOR

The impact of ‘shop local’

Together we can ensure that their legacies continue, our economy is kept stable, and our community continues to thrive.

THE ECONOMIC Policy Institute reports that for every dollar spent at a locally owned business, 68 cents of it stays in the local economy. Compare this to 32 cents staying in a local community when spending money at a chain store. The University of Florida conducted an analysis that showed how local businesses help fight high unemployment rates. When large companies lay off workers, local businesses are able to provide employment opportunities and maintain a consistent workforce. This is critical in sustaining our community and keeping money flowing within it.

Our locally owned businesses have helped our community become what it

is today. The long-standing staples in our community have created bridges between the generations. People who were once shoppers at a young age are now the mature employees who always greet you with a smile. And as new decades come and go, their smiles never fade. And the young shoppers they smile to will one day be in their shoes.

We should all continue to make an effort to support our local businesses. Not only does it help create a stronger economy for our town, but it also helps preserve the memories and traditions of generations before us. Together we can ensure that their legacies continue, our economy is kept stable, and our community continues to thrive. **GN**


Wesley Bryant,
MANAGING EDITOR

From our readers



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— Kay Bartley,
Good News reader

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GOOD NEWS

CHAPTER 1 OF 3

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

- 14** Local teachers association gives back to fellow teachers and the community
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◀ Samuel Franklin, Angela Lowry, and Patrick Waller



▲ Back: Chris Holiday, Kathy Hagler, Ginny Pack, Vicky Tomlin, Sheila Seay, Mary Camp, Nancy Burt, Melissa Tinnel, and Julee Kemp
Front: Patsy Moore, Kathy Rose, Donna Rhoton, Becki Jackson, Anne Jennings Black, and Ann Waggoner

Local teachers association gives back to fellow teachers and the community.

Tullahoma's active and retired teachers lift each other through organization.

By Kali Bradford // Photography by Ashleigh Newnes

PATSY MOORE, Ann Black Jennings, Ginny Pack, and Sheila Seay — each is considered somewhat royalty in the Tullahoma City School System, even if they don't realize it. They spent decades molding young minds, sparking a love of reading and math, encouraging discipline when needed, and lifting fellow teachers. They are revered and remembered fondly for their years of service. Now in retirement, they are continuing those same heroic efforts because, after all, once a teacher, always a teacher.

These four women are part of a larger group of current and retired teachers who are members of Tennessee Phi, a part of Alpha Delta Kappa International Honorary Organization for Women Educators. The organization was launched in 1947 to recognize and support the professional efforts of outstanding women educators. Their mission is to empower women educators to advance inclusion, educational excellence, altruism, and world understanding. Today, more than 25,000 women educators worldwide have discovered the

many opportunities provided by membership in the organization. These include opportunities to recognize their commitment to educational excellence and personal and professional growth and collectively channel their energies toward the good of their schools, communities, the teaching profession, and the world.

In Tullahoma, the group works diligently to support teachers and the community.

"We do a lot of things to help other teachers and to help the community as well," said Moore. "Tullahoma Daycare is

STEP INSIDE TO A SIMPLER TIME...

BREAKFAST

Queen City Platter - \$10.50

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

T-Town Special - \$ 11.50

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

Big Springs Breakfast Sandwiches

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

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

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

SIDE DISHES

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

Side of Tennessee Pride Sausage - \$4.00

Made from scratch Buttermilk Pancakes (3) \$9.00

Fresh Fruit Cup - \$5.50

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

Basket of Chips - \$3.00

COLD SANDWICHES

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

Aunt ME's Chicken Salad - \$11.50

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

Granddaddy's Pimento Cheese - \$9.00

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

Robert's Classic Club Sandwich - \$14.00

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

Gigi's BLT - \$12.00

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

1/2 Sandwich and Soup Combination - \$9.00

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

HOT SANDWICHES

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

Our Famous Pot Roast French Dip - \$14.00

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

Trent's Turkey Bacon Ranch - \$13.00

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

Madison's Grilled Cheese - \$9.00

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

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

SOUPS & SALADS

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

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

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

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

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

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

French Onion Soup - \$5.50

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

Nanny Graham's Chicken Salad Plate - \$12.00

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

Caroline's Blackened Chicken Caesar - \$11.50

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

Mary Grace's Strawberry Poppysed Salad - \$10.50

Spring mix topped with candied almonds, and sliced strawberries. Served with in-house made creamy poppysed 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

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Sundrop in Ice Cold Cans - \$1.50

Diet, Cherry, Diet Cherry, Diet Caffeine Free

Evian Bottled Water - \$1.50

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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.



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▲ Patsy Moore and Nancy Burt

one we give books to through the Imagination Library. We support [Court Appointed Special Advocate] and provide them with Christmas gifts for children who are in transition, along with other projects through the organization.”

The organization also provides \$100 to every new school teacher beginning their career with Tullahoma City Schools.

“We want teachers to know that we’ve been there, and we know how it is. We want to support them as much as possible,” said Moore.

Retired elementary teacher Ginny Pack, who joined the group in 2017, said she was unaware of how much assistance the association offered.

“I was visiting the chapter in 2016, and they gave a scholarship to a student who [was majoring in education and needed help with the last semester of college],” she explained. “I had taught her in kindergarten and had no idea she was struggling to finish her education. I’m happy to report that she did finish school, and I still keep in touch with her. People in the community do not know what we do, but we are glad to do it no matter

what. Yes, you’re going to be out a few dollars, but every cent is well spent and helps to change lives.”

All of the funds raised through the chapter come from the members themselves. They do not solicit or ask for funds from the public.

The group meets several times a year for different events and welcomes current and retired teachers to join. According to Seay, it offers the ability to meet and connect with teachers — something you may have never had the opportunity to do.

“It’s a way to connect with fellow teachers after you retire or even while you’re still teaching,” she said. “You may know the teachers in your school, but getting to know other teachers in other schools is helpful. As a high school teacher, I didn’t know many elementary or middle school teachers. It’s a way to connect, encourage, and understand what everyone is experiencing in their classroom. After you retire, it’s a great way to keep in touch with other women teachers around the system.” GN



Donna Rhoton and Kathy Hagler ▲

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▲ Maribeth Hartin and Karen Bryan

Damron's brings food to those in need with the 'Come to the Table' event.

More than just a warm meal

By Kali Bradford // Photography by Ashleigh Newnes

MANY VERSES in the Bible tell of the goodness and fulfillment of helping others.

Acts 20:35 states, "In everything, I have shown you that, by working hard, we must help the weak. In this way, we remember the Lord Jesus' words: 'It is more blessed to give than to receive.'"

In Romans 12:13, we are told: "Contribute to the needs of God's people and welcome strangers into your home." Proverbs 11:25 shares that "Generous persons will prosper; those who refresh others will themselves be refreshed."

While we read about the benefits of giving to the less fortunate, the real takeaway from these verses is to put these words into action. Tullahoma resident

Gloria Damron knows the benefits of using these words. Working with a devoted staff and volunteer, she shares with those who are less fortunate.

Each Tuesday evening, Gloria and volunteers at Damron's restaurant open their doors to anyone needing a hot meal. There are no requirements as to who can walk through the door. No one needs to show identification or have a letter stating they deserve a free meal. The public is welcome to come, rest, eat, and enjoy each other's company.

Damron's has been a Tullahoma staple for more than 20 years. Their meat-and-three brings in locals and visitors alike to enjoy her famous fried chicken and meatloaf, which have a permanent place on the menu.

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Gloria always dreamed of owning a restaurant. Opening in 2001 on the corner of Carroll and Polk Street in Tullahoma, she was there for 11 years before she faced the nightmare of the business catching fire and causing irreparable damage. Overcoming the fire, which would have been the demise of most small businesses, she set up shop in her current location at 714 E. Lincoln St. just two months after the fire and has been going strong ever since.

“We all care about each other here. The public has also continued to support us through it all,” Gloria said.

While Gloria found fulfillment in cooking homestyle dishes that warmed the body and souls of her customers, she wanted to further the cause of the restaurant. This is how the nonprofit organization “Come to the Table” would come to exist.

“I had been saying for years that I wanted to open a soup kitchen,” she explained. “Four years ago, Jennifer Ray and I talked about it, and she said, ‘let’s get together and do this.’ We set it up and didn’t know what we were doing or how it would happen, but we opened up on Tuesday night. It was 17 degrees outside, and we had 100 people show up. We have continued to hold it each Tuesday night, and the Lord has continued to provide.”

Now an official and licensed 501(c)(3), Damron stated that donations from businesses and community members pay for the meals. The dinners are executed with the help of volunteers from local civic, church, and athletic groups to the everyday individual who is just looking to help.

“We serve about 104 [people] every Tuesday,” Gloria explained. “We have a free table set up where several local churches provide us with free items to those who may need them. We also do a school supply drive and a coat drive. This year we did a backpack drive. We also help provide children with gifts for Christmas.”

While glad to offer such service to the community, Damron said it is heartbreaking to see how many children need food and help.

“It breaks my heart because they can’t help themselves,” she said. “We have a boy that’s 10 years old that brings his little sister in here. She’s 3, and he cares for her and ensures she eats. I have several that come by during



◀ Marissa Drommond and Gloria Damron

the week, and if they’re hungry, they’ll come in, and I’ll fix them something. They always know there’s always food. We help them with school projects, or if they just need something, they know [this] is a place they can come. Many of them don’t have a way of getting anything, so we help them however we can.”

Gloria has no plan to slow down her efforts. She welcomes all volunteers willing to serve for an hour and a half each Tuesday. She promises that they leave with much more than what they came with.

She also dreams of acquiring a mobile shower in the future. Gloria said clean and warm water is something we take for granted, and everyone should have access to it.

“I would like a mobile shower unit. Something separate for men and women,” she said. “We need that because some people don’t have access to hot water. Having the dignity of being clean means more than people realize.”

For those who would like to volunteer, Gloria said they are welcome to stop in on Tuesdays at 4:30 p.m., and they will make room for everyone to lend a helping hand. You can also call Damron’s at (931) 454-0010 to learn more about “Come to the Table.” **GN**

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▲ Kaitlyn Brown

Eagle Scout paves the way for other females to join Scouts.

Kaitlyn Brown earns the title of the area's first female Eagle Scout

By Kali Bradford // Photos provided by Rachel Brown

SOPHOMORE KAITLYN Brown is paving the way for young girls in the local Scouting community. In 2019, she joined Boy Scouts of America (BSA) Troop 1581. Her membership came after a nationwide inclusion of girls that started with the Cub Scout program in early 2018. In May 2018, the National Executive Board announced, as of February 1, 2019, girls would be able to join Scouts BSA, officially paving a trail to Eagle Scouts for girls.

Following her membership with Troop 1581, Brown became the first Eagle Scout in her troop and the first female Eagle Scout in the Elk River District of the Middle Tennessee Council Scouts BSA. She is also the first female Elk River District member of the Order of the Arrow, Scouting's national camping honor society.

Being a Scout was something that ran in the family with her father and brother both participating as Scouts and achieving Eagle Scout rank. It was something that also captured Brown's interest.

"My brother was in Cub Scouts, and I would go on outings with him," said Brown. "I wanted to join, but girls weren't allowed at that time. When I got the chance to join Scouts BSA in 2019, I immediately joined. I enjoy all the things that we can do through Scouting, such as outings, camping, canoeing, and a lot of opportunities to earn badges."



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▲ Kaitlyn Brown's Eagle Scout ceremony

To add to her credit, she achieved the rank of Eagle Scout in under three years. She has also earned over 50 merit badges, including all 21 Eagle-required badges and additional elective badges focusing on her areas of interest. She has earned five Eagle Palms to date, which are bronze, gold, and silver awards presented to young men and women for each additional set of five merit badges beyond the 21 required to become an Eagle Scout, along with continued leadership and activity requirements. She continues seeking opportunities of interest to further her knowledge and experience as she earns additional merit badges and Eagle Palms.

It's important to note that it isn't easy to become an Eagle Scout. According to the BSA, becoming an Eagle Scout is a rigorous process. A candidate has to earn 21 merit badges varying in subject from first aid to business, assume leadership roles, and execute a large community service project. All of this has to be done before turning 18. The BSA website states that because of the difficult requirements, only six percent of Boy Scouts worldwide become Eagle Scouts, BSA.

Participating in several projects as a Scout, Brown said that one of her proudest moments was completing a Sensory Trail Communications Board for Horse Play Inc., a 501(c)(3) nonprofit organization offering horseback riding opportunities to individuals with special needs.

For the project, Brown designed a board that contained laser-cut wooden graphics that were hand-painted and epoxy cov-

ered. The graphics were attached to metal trays that were magnetically mounted to the board. According to Brown, the shapes allowed non-verbal students to make choices and communicate what activities they would like to participate in.

"It was so good just to see them using it and enjoying it. They now had the freedom to pick what they would like to do and not have to repeat the same activities. [Having] that freedom to choose — I think we take that for granted."

Brown and her fellow volunteers also designed the trays to be easily changed, moved, or removed for off-season storage.

Brown has no plans to slow down in her Scouting journey. She has served in various roles in her troop, including senior patrol leader, assistant senior patrol leader, chaplain's aid, and Order of the Arrow (OA) Chapter Secretary. She currently presides as OA Representative in Troop 1581. She is also the Elk River OA Chapter Vice Chief and E-News Coordinator for the Wa-Hi-Na-sa Lodge for OA for the Middle Tennessee Council.

She hopes to inspire other females to join and make a difference.

"It feels good, and it just makes me want to encourage more girls to join," said Brown. In fact, Troop 1581 in Tullahoma has grown to 14 Scouts after starting with just four in 2019 under the leadership of Scoutmaster Elaine Posanka. Unequivocally, Brown encourages other young women with this admonition. "It's challenging but worth it. You can do many great things and make many friends and relationships." **GN**

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CHAPTER 2 OF 3

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

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Our stories are based on submissions from local people.

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PHOTOGRAPHY BY BROOKE SNYDER

◀ Tony Grow and Cassy Grow

What is your LEGACY?

Cassy Grow shares a legacy through gelato.

By Kali Bradford // Photography by Brooke Snyder

GELATO IS the rich, sweeter, and fluffier cousin of ice cream. The common word for ice cream in the Italian language, its roots go back to 16th-century Florence. There is also evidence that China may be where the creamy, cold stuff was born. Some historians believe that around 4,000 years ago, China created the first version. According to the online bilingual publication L'Italo-Americano, the Chinese would freeze, in snow, a concoction of overcooked rice, spices, and milk, the first variety of historically attested gelato. The frozen treat was sold to the public in Beijing from street carts. It's also interesting to note that many believe that Marco Polo was the man who introduced gelato to Italy in the 11th century.

Wherever you stand on the side of its origins, one thing you cannot deny is just how delicious gelato is. Traditionally made with whole milk without added cream, it is also traditionally free of eggs and stabilizers. Gelato also has very little air whipped into it while freezing, leaving it relatively dense, and is not hardened in a blast freezer like ice cream, so it is served semi-frozen near the soft-serve consistency.

To the average devourer of American ice cream, one might think you must travel abroad to taste something as fancy as gelato. They, however, would be pleasantly surprised to find that this historical treat is available here in Tullahoma.

Handcrafting delicious gelato is Tullahoma resident Cassy Grow. Close to a decade in the making, Grow has been perfecting and creating her own gelato brand, making her a staple in the community. She pours her creativity, culinary talents, and love into every batch.





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Cassy Grow



Grow has an exciting journey in making gelato. It is one that she shares with the local community and abroad. She hopes that her gelato doesn't just satisfy one's sweet tooth but fills their heart with purpose.

Almost three years ago, Legacy Creamery opened just off Wilson Avenue to the public. According to Grow, she wanted to do two things: make handcrafted quality gelato and sorbet for the community and honor her son, who passed in 2016.

"When I decided to open up Legacy Creamery, the first thing I wanted was for people to appreciate the product for what it was," she explained. "I wanted people to come to the creamery, not because of Eli, necessarily. That may seem weird because we want to tell Eli's story. But I also wanted to establish Legacy Creamery for the handcrafted and genuine gelato we make from start to finish, with the backstory of the Eli Grow Legacy Foundation receiving the profits."

And Grow has been dedicated to crafting her signature gelato over the last few years. Known as a small-batch creamery, with every batch hand-crafted two gallons at a time, Grow starts with locally sourced milk followed by folding in ingredients that become delicious flavors such as red velvet and chocolate Jack.

"We buy our milk from two small family dairies, Hatcher Family Dairy and Casey Family Farm," said Grow. "We also mix in real ingredients. The brown sugar butter pecan has real brown sugar and butter in the mix. The red velvet has real cream cheese, and the chocolate Jack has Jack Daniels. It takes about 45 minutes a batch. And we typically have 22 flavors unless I get



Caryss Connor



“

We think it's important for people to think about how they live their lives and not take things for granted.

-Cassy Grow



carried away. I get ideas for flavors I'd like to have and lose count of batches. Then we get to enjoy a batch or two more.”

Grow said carrying the name of “handcrafted” is something she takes great pride in. Each batch of gelato is made by hand with the best and freshest ingredients possible. She spares no expense to ensure that the creamery's gelato is top-notch. She doesn't want to just “appear” to be handcrafted. She wants her customers to see it when they walk into the creamery and taste it in every bite of their gelato.

With a quality product on hand, Grow can present what is also a passion for her and her family; the Eli Grow Legacy Foundation. Founded after their late son, Eli, the foundation's mission is to provide athletic and academic opportunities for high school students across Tennessee.

“Currently, we are awarding scholarships,” said Grow. “Each athlete who wore number eight received a \$2,000 scholarship. Eli was also interested in majoring in biology, just like his older brother. We are looking into awarding scholarships in environmental science or environmental engineering.”

All proceeds from the creamery go directly back to the foundation. Grow and her family also stay active in the community providing gelato for special events and school programs. She also welcomes home-schooled students and students from Tullahoma City Schools to participate in the gelato-making process through school outings.

“We have home-school and school groups who like to come over and watch us make a gelato and even help make it and then have the reward of trying it,” she added.

When asked what she hopes folks take away from their experience at Legacy Creamery, Grow said it's all about quality gelato and a meaningful legacy.

“I hope they enjoy their gelato and sorbet,” she said. “We spend a lot of time on each batch and want them to enjoy it. I also hope they think about their legacy. We changed the name because of the Eli Grow Legacy Foundation, and we wanted to tie these two together, and it is our focus. We think it's important for people to think about how they live their lives and not take things for granted.” GN

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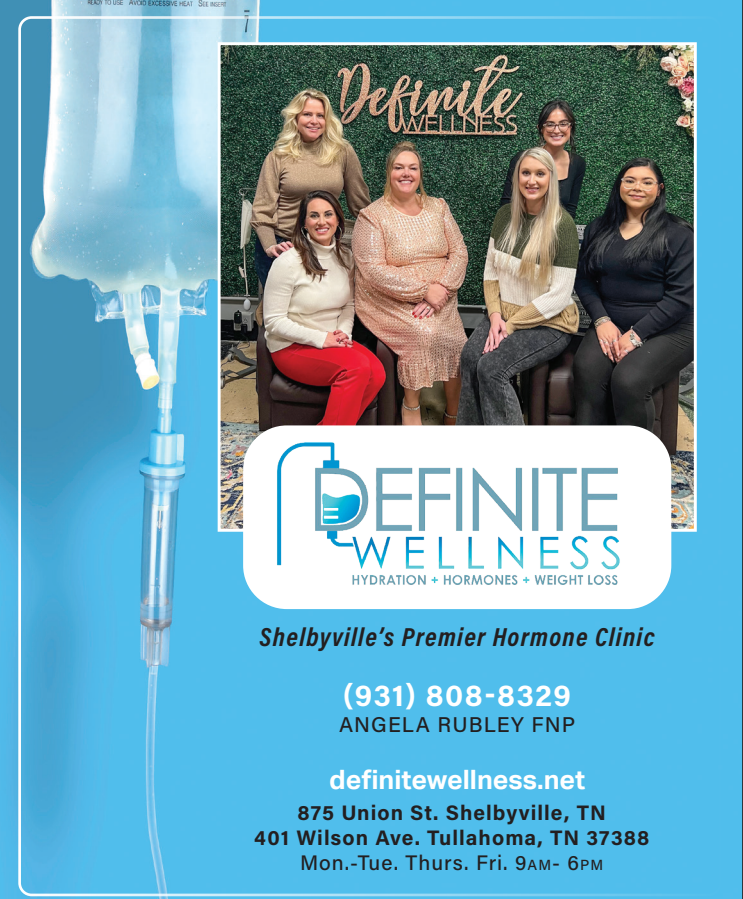
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By Kali Bradford
Photography by Brooke Snyder

THE HANDS-ON Science Center (HOSC) has been well-known in Tullahoma for almost three decades. Local children have grown up with the center attending summer camps, visiting on field trips, hanging out on a rainy afternoon, or dropping by for a birthday party. While HOSC has been the go-to spot for children for 28 years, current director Sean Amidon wants locals and visitors alike to know that science and the center are for everyone, regardless of age.

Hired as the director in 2018, Amidon knew the importance of the center in Tullahoma. He also knew the center had faced some tough financial times in previous years. Amidon wanted to fix those things and take the beloved center to the next level.

“When I started in ‘18, we weren’t making a lot of money, and it was barely a break-even type situation,” he explained. “I had known about that coming in, and it was one of the things that motivated me to try to help switch that around. The money was tight the first couple of years, but I was able to manage the budget well enough so we could gradually start expanding. 2019 was terrific; our summer camps increased by more than 600 percent. Birthday parties were skyrocketing and things like that.”

In 2020, COVID hit, and like the rest of the world, the center went into a very uncertain time. However, during this time, Amidon saw it as an opportunity to reach an even larger audience with science.

“What we were able to do is turn that into an advantage,” he explained. “We did have to close to the public for just about a year and lost the general admission revenue. But we were saved by a switch to virtual programming. We created a new initiative called HOSC Virtual, where we did our virtual classrooms via Facebook Live. We also did a popular take-home science kit, which we continue to do today. Every other week, people can come in and get a pre-packaged kit that

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includes a lesson plan and all the materials they need. We also started our Science Daily series five days a week. Pre-pandemic, we went from reaching about 15 to 20,000 people in the local area to today, where we are projected to reach over half a million people worldwide. Before we reopened to the public, our virtual programming had already reached all 50 states in over 40 countries. So COVID made it possible to reach more people daily.”

Opening back up to the public in 2022, Amidon said the center began to go through what he calls a “renaissance” period.

“During that time, we opened at least nine new exhibits,” he said. “Some of those exhibits were exhibit halls, including multiple exhibits such as the popular Dyno-Tots exhibit and outdoor classroom. That was the start of what we call renaissance HOSC, and those plans continue.”

Additional exhibits that have opened in 2023 include the Technology and Engineering Hall, sponsored by Jacobs, and the Human Body Wing, with renovated areas sponsored by Vanderbilt Tullahoma Heart Hospital. The most recent was the February unveiling of the Electricity and Magnetism Wing that the Tullahoma Utilities Board and the Tennessee Valley Authority sponsored.

As the weather continues to warm, Amidon said there is much to look forward to outside the center, with outdoor exhibits opening in the summer months.

“We received a grant from the Tennessee Department of Environment and Conservation for a tire recycling grant,” he said.

“That is a \$100,000 project where we are doing an entirely new outdoor exhibit called Amazing Science. We are also expanding the parking area. Additionally, we received a grant from the Arts Builds Communities program for a new outdoor mural. At the same time, our new Aerospace Hall will be unveiled on another corner of the building. So [there are] lots of great things to look forward to.”

Along with exhibits and projects, the center is hosting four significant fundraising events that will be held 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. We will host four fundraisers, each planned with a completely different format,” he explained.

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 potential donors’ different demographics, graphics, and interests.”

For more information on upcoming fundraisers and events at the Hands-On Science Center, visit online at hosc.org or contact the center by calling (931) 455-8387. **GN**



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Tullahoma Drug Store aids in health and care

By Kali Bradford // Photography by Brooke Snyder

THERE IS a long-held debate about when the first drugstore appeared in the United States. According to the website drugstoremuseum.com, some claim that the first drugstore in America was in New Orleans around 1823. They claim this is the first drugstore in America because the first registered pharmacist in America started it. The other presumed first drugstore in America is in Fredericksburg, Virginia, and dates back to the Revolutionary War. Mrs. George Washington was one of the patients of this drugstore. However, it didn't have a registered pharmacist as its originator.

Whatever side you might take, there is no denying that the drugstore has been a long-standing American staple that has helped communities battle illnesses and educates themselves on and about their health.

The drugstore is still just as popular as it was 200 years ago. Over its 200 years of evolution, it has become a place of community where people come for more than

just medicine. They come for a kind word or to pick up a gift for a newborn, a birthday, or a sick friend. In some drugstores, you can still grab a bite and catch up on the latest gossip or sit for a spell and enjoy a sweet treat while you wait for a prescription.

Drugstores are more than just an in-and-out business; they are a hub and heart for the community.

Since the 1960s, The Tullahoma Drug Store has provided the community with the best care and customer service. For 60 years, they have worked diligently to treat patients like family, promote safe and effective medication use, and actively participate in the community.

The Tullahoma Drug Store is locally owned by David McGee, an independent pharmacist, who has held the drug store since the 1980s. He is assisted by his staff pharmacists, Jan Taylor, Shanna Brooks, and Amy Smith.

McGee said the drug store has a dedicated crew that enjoys working together.



Shanna Brooks, Amy Smith, and Jan Taylor



“We have a great crew,” said McGee. “I’ve got the best employees that you could ask for. Jan [Taylor] has been with me for 25 years, and if I could find another two or three like her, I’d have another two or three stores. But she is great, and all my employees are great. We work well together. They all pitch in and help each other out. We’re all kind of fixtures and know each other well, and we enjoy working together.”

Taylor echoed McGee’s sentiments and added that the drugstore is also made unique with its devoted staff and group of pharmacists that work diligently to care for each customer that comes through the door.

“It’s gratifying being able to have a great staff to work with and in such a family-oriented atmosphere,” she added. “We all care about each other. David also makes that easy because he’s also very easy to work for.”

She added there had been several changes over the years.

“When it comes to the pharmacy side of things, we’ve certainly upgraded when it comes to technology,” she said. “Insurance plays a much bigger role than it ever has. While it is more restrictive, it has not changed the level of customer service we offer. Because we are locally and independently owned, we are allowed to be more personal customer oriented than some of the chains.”

Taylor said that the drugstore’s selection of items in the store’s gift shop has also grown.

“Inside the store, our gift shop area has grown exponentially,” she said. “We had a remodel around 15 years ago, but since then, we have continued adding unique and fun items. David’s daughter, Kimberly Miller, is the buyer for the store and is constantly bringing in items that would make great gifts for someone or just something special for yourself.”

The store is also a Hallmark Gold Crown Store. A long-held and well-known name in the card industry, being a part of the Crown program represents the benchmark of excellence for striving to provide the very best retail stage for the premiere selection of Hallmark products.



“
The great thing
is our ability to
make a difference
in people's lives,
whether it's a
small gesture
or keeping their
medicine in line,
which is just
what I do

- Jan Taylor

Taylor said she is blessed by just how much of a family atmosphere the drugstore has become over the years.

“We have a need fund set up at the counter for people to donate to. These donations can help someone struggling and needing their medication paid for. It's amazing to see the people who donate. We have a gentleman who donates and is also a cancer patient. He just wants to help where he can.

It's heart-warming that we all can come together and help in whatever we can.”

McGee added that being an independent pharmacy allows his staff to interact more with their customers.

“As an independent pharmacy, it allows us the opportunity to have a relationship with the people in the community,” he said. “We get to know the patient more because we have more time to spend with them. We're not pushing you in to get you back out quickly. We're there to answer questions and listen to the customers' concerns. I think it's also essential that we interact with the community. We go to schools and civic clubs and talk and interact with them as often as possible.”

As she approaches her 35th year of being a pharmacist, Taylor added that she understands just how important it is to treat people like family instead of numbers.

“I'm coming up on 35 years of being a pharmacist,” explained Taylor. “The great thing is our ability to make a difference in people's lives, whether it's a small gesture or keeping their medicine in line, which is just what I do. But I like feeling that we may make their life a little bit better and easier. We treat everybody as family and help them out whenever we can.” GN



Chris and Denise Smith

Tullahoma's áit bailithe (gathering place)

The Celtic Cup welcomes all to gather and relax.

By Kali Bradford // Photography by Brooke Snyder

“HAVE YOU ever heard of the third place?” When first hearing those words, you might think it’s a trendy new club opening in Nashville. However, the third place is actually a type of establishment rather than the name of one, and they happen in small towns all across this country.

Coined by sociologist Ray Oldenburg, the third place refers to those places where people spend their time between home (their first place) and work (their second place). Those locations allow us to exchange ideas, have a good time, build relationships, and strengthen our sense of community.

Denise and Chris Smith have established their coffee house, The Celtic Cup, as a well-known third place here in Tullahoma. It offers writers a quiet spot for creativity, friends a place to catch up over coffee, an ideal meeting spot for local businesses, groups, and clubs and a welcomed respite for the weary traveler looking for something to nourish the body and warm the soul.

Tús maith leath na hoibre.

Irish for “a good start is half the work,” it is valuable wisdom that tells us that getting started is essential to any great journey, no matter the distance. Upon moving to Tullahoma due to a military reassignment, Denise and Chris sought out the local coffee shop. Moving often, due to frequent reassignments, the couple enjoyed engaging with local coffee spots to connect with their new community quickly.

“We’ve always tried to visit the coffee houses wherever we were stationed,” said Chris. “For us, it’s a way of understanding the community. When we were stationed here at Arnold [Air Force Base], we were surprised to learn that Tullahoma had no such place.”

When it came time for another reassignment, the Smiths decided that staying in Tullahoma was best for their family. Chris commuted to NASA in Huntsville, and they raised their children in the town that they now



▲ Joyce Glick, Alex Engler, Linda Ramsden, and Suzanne Short

call home. Nearing retirement, Chris and Denise wanted to do something together for their new hometown; thus, their journey to establish a third place began.

“We both said Tullahoma needs a coffee house,” said Denise. “But before we did anything, we attended the American Barista and Coffee School in Portland, Oregon, to learn the history, passion, and art of specialty coffee and the business aspects of running a coffee house. Then we came back home and started looking for a place to build our dream.”

After looking at several spots around town without any luck, they learned an old fruit stand property on the corner of East Lincoln and North Anderson Streets was for sale. The couple purchased the property and were elated about finding a location for their future business venture together. However, they were unsure what to do with the eyesore in the adjoining lot.

“We pondered what to do with the burned-out building behind us,” said Chris. “We couldn’t disguise it; we couldn’t hide it. Serendipitously, the owners put the house up for sale, and we bought it.”

Working their magic with a keen ability to adapt, the Smiths worked tirelessly to transform this burned-out building into the Irish-themed creation it is today. The revamped 1928 Craftsman-style house pays homage to its original style and the Tudor manor concept they would build on the corner lot. True to its heritage, it has both touches of Irish and Scottish accents throughout. It is truly like stepping across the pond and back into another time.

“People come in, and for a while, they forget they’re in Tullahoma. While there are so many wonderful things about Tullahoma, it’s neat that our customers are able to have that kind of experience,” remarked Chris.

Coffee, company, and community

“Since day one, our motto has been ‘Great Coffee — Great Company — Great Community!’” said Chris. “Great Coffee is what we serve. Great Company is [the] business we operate and manage and the people we keep within our doors.



“

People come in and for a while they forget they're in Tullahoma. While there are so many wonderful things about Tullahoma, it's neat that our customers are able to have that kind of experience

- Chris Smith

By bringing people together for fellowship over coffee, we help build a Great Community.”

While The Celtic Cup is widely known for its coffee, it has also made a name for itself with a unique menu featuring delicious items such as Scotch Eggs, Irish Rarebits, savory and sweet scones, hearty soups, delicious gelato, and much more.

“We started with specialty coffee because we're first and foremost a coffee house,” explained Denise. “Then we started small with three types of scones or other baked goods. We intentionally kept it small while we learned more [about] our ancestry, heritage, and culinary aspects. As we've traveled with our own travel company, taking people to visit Ireland, Scotland, Wales, and England, we better learn what is served inside their coffee shops and cafes and what would be good to bring back home. I also [researched] authentic Irish and Scottish cookbooks with trial and error to build that part of our menu.”

According to Denise, all items are prepared fresh and with the utmost care and attention. She and Chris are excited to keep adding new and exciting things to their menu to always give their customers a true and new Celtic experience.

Go n-eirí an t-ádh leat (May luck may rise with you)!

Now, with 14 years under their belt, the Smiths continue to look forward to welcoming both old and new customers into their unique establishment. New things are on the horizon, and they are excited to share with those who stop by. For Denise and Chris, a seat is always open, and there's something warm (or cool) to drink, whether in a quiet nook or at a crowded table of friends. Their only requirement is to enjoy your time spent in your third place. **GN**





Threads

An Old Stitch Finds a New ‘Thread’

‘Threads’ replaces Tullahoma’s
established ‘Sweat Shop.’

By Kali Bradford // Photography by Brooke Snyder

FACEBOOK’S MARK Zuckerberg, Amazon’s Jeff Bezos, and Craig’s List’s Craig Newmark ... what do all of these have in common? Each had seemingly “crazy ideas” that turned into multimillion-dollar companies. While the success of their idea might have seemed far-fetched in their beginnings, their determination for success far made up for whatever doubt there may have been.

Tullahoma residents and best friends Jared Olive and Drew Cochrane are no strangers to “crazy ideas.” And who could blame them? Living in

Tullahoma’s bustling and ever-changing and growing landscape, the two see possibilities for growth in their small town. Luckily, both are supported by their level-headed wives, Macy Olive and Nikki Cochrane. Between the two couples, they have made plans to positively impact Tullahoma.

An idea that became a plan

That positive impact would come from purchasing a long-standing and well-known business, The Sweat Shop. For three decades, the shop has provided ap-



Nikki Cochrane and Macy Olive

parel for Tullahoma sports teams. Originally owned by Phil and Donna Pettay, the shop was the go-to spot for local sports apparel and merchandise.

Looking to positively impact the community, an idea began brewing between the two couples. All had backgrounds that would support them in running such a business. Macy Olive said purchasing the business was the positive impact they were looking for.

“Jared and Drew became friends while working together at a local school,” explained Macy. “We were all like-minded and wanted to do something to serve the community. We all had some kind of background that would be beneficial. Jared was involved in athletics, and [he] enjoys graphic design. I worked for Joe Barstad at Sports Plus for a long time, and I [now] work at the UPS store owned by Drew and Nikki. Working at UPS, we began to see a number of people coming in with printing needs that couldn’t always be met in the store. The more we got to talking, the more we realized that helping the community with its printing needs would be something we’d like to do.”

While the idea still seemed somewhat “crazy,” Drew knew that the best way to set it in motion was simply to pick up the phone and ask.

“I called the Pettay’s and asked if they were interested in selling, and they said yes. It was a whirlwind of sorts, but now, around three months later, we are official owners,” he added.

All hands on deck

Both couples knew that going into business together would require a team effort. Each person has their own position essential to the business's success.



Nikki serves as the business account manager, Drew works heavily in embroidery and screen printing, Jared is over the graphic design, and Macy focuses on the front side of the business. They also recruited Drew’s brother, A.J., as a screen printer for the business. While each has an area of focus, at the end of the day, it’s all hands on deck and helping wherever it’s needed to create the best product possible.

“We care about each thing that is printed, maybe a little too much,” said Drew. “It’s not just a machine cranking it out. For every shirt we hit, we look at the smallest detail. We may see a pinhole that you’d never know is there, but we’re going to stop and take the extra time to fill it, make a new screen, or whatever it takes to make sure that everything going out is as best as we can possibly do.”

A ‘thread’ in the community

Now officially known as Threads, Macy said the store’s name showcases their dream to become woven into the community.

“We felt ‘Threads’ represented what our business does in the simplest terms,” she said. “Also, like a thread in a stitch that pulls a design together, we hope to be a



▶
Drew and Nikki
Cochrane,
Jared and Macy
Olive, and AJ
Cochrane

thread in the community that connects and builds people together.”

The group knows where the shop has come from and hopes to continue honoring the Pettay's work while weaving its own unique thread through the community.

“The Pettay’s had an established reputation,” said Macy. “People knew Phil and Donna and what a great job they did. We are trying to be consistent with their customers but also trying to grow into our own. We hope to do a lot of good things. And hopefully, we’ve already started doing that for Tullahoma and the surrounding community. We hope to be able to serve not



just Tullahoma but other area teams such as Franklin County, Cascade, Shelbyville, Moore County, and Warren County. We want customers to be able to come in and sit down and allow us to bring their vision to life rather than going online and paying more without any control over the product or the quality of what they get back. We are looking forward to growing relationships and care a lot about everything that goes out the door.” GN

Threads is located at 960 S. Anderson St. in Tullahoma. For more information, contact the shop at (931) 455-0079.

“

We care about each thing that is printed, maybe a little too much. It’s not just a machine cranking it out. For every shirt we hit, we look at the smallest detail.

– Drew Cochran



The taste of *Memory* Nothing tastes like Mama's cooking.

By Tina Neeley

EVER CATCH the aroma of a memory? You know the one — your mama's Sunday pot roast, fried onions and potatoes, chocolate chip cookies, or cinnamon rolls? We do our best to recreate them for our families, but something is always missing. The same food anywhere else is never exactly like Mama's, and perhaps it's because the foods of our favorite holidays and traditions are seasoned with special memories and love.

This Mother's Day, take time to share memories of your mother's cooking while creating new memories around the table with the ones you love. **GN**

Mama's Pot Roast

Submitted by Cathy Gulley

3-4 lb. chuck roast
3 T. vegetable oil
6 med. potatoes, diced
2 lg. onions, diced
1 lb. carrots, sliced
6 c. water
3 cloves garlic, minced
¼ c. soy sauce
2 pkgs. beef stew seasoning mix
1 t. chicken bouillon granules
½ t. ground black pepper
1½ t. Accent®, optional
1 bay leaf

Preheat oven to 375°. In a large skillet over medium high heat, sear both sides of the roast in vegetable oil. Remove from heat; place in the center of a large roasting pan, along with the juices from the skillet. Place vegetables around meat and add water, garlic, and soy sauce. Sprinkle dry ingredients on top; stir lightly to dissolve seasonings. Add bay leaf. Cover, and bake at 375° for 30 minutes. Reduce oven temperature to 275° and continue baking for 1½ - 2 hours or until meat and vegetables are tender.



Dinner Rolls

Submitted by Edith Sandlin

1 c. shortening
1 c. sugar
1 t. salt
1 c. boiling water
2 eggs, beaten
1 c. lukewarm water
2 pkgs. yeast
6 c. AP flour

In a bowl, mix shortening, sugar, and salt. Add boiling water; blend and cool. Add the beaten eggs. Soften yeast in lukewarm water; pour into egg mixture. Add flour a little at a time and mix well. Refrigerate 6 hours or overnight. Remove from refrigerator and knead onto a floured board. Roll out into ¼". Cut out with biscuit cutter. Let rise about 2 hours. Bake at 400° for 15 minutes.

Strawberry Angel Food Cake

Submitted by Faye Bonner

1 angel food cake
2 pkgs. frozen strawberries, 10 oz., thawed
1 lg. pkg. vanilla instant pudding
1 container whipped topping, 8 oz.

In a large mixing bowl, tear angel food cake into pieces. Pour strawberries over cake pieces. Mix pudding according to package directions. Pour pudding over the cake and strawberries. Refrigerate until cold. Cover top with whipped topping. Keep refrigerated.



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

Dare to finish the race

Unleashing the power of endurance

By Jeriah Brumfield


STAR OLYMPIAN Usain Bolt is known as the fastest man in the world, and his reputation was cemented when he won the gold medal in the 100-meter race at the 2008 Beijing Olympics and 2012 London Olympics. He set a world record for both races, running 100 meters in 9.69 seconds in Beijing and 9.63 seconds in London, and set a new record at the World Championship in Berlin in 2009, running 100 meters in 9.58 seconds.

Bolt's championship-winning race from Beijing showcased his incredible speed and talent. He got off to a strong

start, immediately taking the lead over his competitors, which he maintained for most of the race. With about 25 meters left, Bolt pulled away even more and looked poised to break a new world record (at the time) as he crossed the finish line first within 9.69 seconds. He held his arms out in celebration while slowing his stride after crossing the finish line, knowing he had just achieved greatness.

His record-high performance was remarkable not only because of his speed and prowess but also because of the endurance and mental fortitude it took





him to achieve greatness in the face of adversity. His success story didn't come without a cost.

Many people don't know that Usain Bolt was born with scoliosis and has experienced some health issues affecting his performance on his road to beating world records. His right leg is half an inch shorter than his left, and his spine curves to the right, but he adjusted his movements to accommodate the effects of his diagnosis.

Bolt understood the power of endurance first-hand. He didn't allow his diagnosis and the issues it caused to interfere with his dreams. Endurance pushes us to keep going when we want to give up on our dreams and aspirations.

Endurance is like a muscle that grows stronger with use. It's not something we're born with, but rather something developed over time through hard work and dedication.

It's the resilience to bounce back from setbacks and continue the race even when we fall down. Endurance is the fire that burns inside, the drive that propels us forward, even when the road ahead seems dark and uncertain.

Endurance is the courage to keep going, even when the odds are against us, and the faith to believe that victory is within reach, even when it seems impossible. It's the determination to push past our limits, reach new heights, and achieve our goals, no matter how challenging they may be.

The Bible has much to say about endurance, a common theme throughout the Old and New Testaments.

One of the most well-known verses on endurance in the Bible is found in the book of James. "Blessed is the man who remains steadfast under trial, for when he has stood the test, he will receive the crown of life, which God has promised to those who love him" (James 1:12).

Endurance is an essential part of life. It is steadfastness and perseverance in the face of adversity and is often associated with faith and hope. So, the next time you find yourself standing face-to-face with adversity, remember Usain Bolt's testimony — keep the faith and run with endurance, the race set before you. **GN**





Good Times

CHAPTER 3 OF 3

This section of the magazine covers local things to do.

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PHOTOGRAPHY BY ASHLEIGH NEWNES

◀ Darrell Alonso, Susan Pauly, and Rick Calderon



▲ Middle row left photo: John Peden, Philip G Short, and Logan Lee. Right photo: Brittany Elser and Logan Lee.
 Bottom row left photo: Alan and Shirley Clark. Right photo: Ed LeBlanc and Linda Love

A NIGHT DEDICATED TO OLD 'RABBIE.'

HIGHLAND RIM SCOTTISH SOCIETY CELEBRATES ITS ANNUAL "BURNS NIGHT."

By Kali Bradford // Photos provided by Graig Watson

THE HIGHLAND Rim Scottish Society (HRSS) celebrated Burns Night, a celebration of the famous Bard of Scotland, Robert "Rabbie" Burns, and all things Scottish. The annual festivities are a welcome excuse for a feast, music, dancing, and boasting about Scotland's cultural contribution to the world.

The event was held at St. Barnabas Episcopal Church in Tullahoma, with over 75 members in attendance.

"We had society member John Peden perform the Address to the Haggis," said HRSS member Craig Watson, who also serves as the public relations coordinator for HRSS. "Tom Bentley and Roberta Adams did the Toast and Address to the Lassies. The Celtic Cup catered the entire event. Everyone enjoyed music [provided by] Jacobites by Name. They performed their own music, along with tunes from Rabbie Burns himself. At the end of the evening, they performed the Scottish version of 'Auld Lang Syne,' along with the English version. It was a great night to celebrate with everyone."

Watson added that this was his first time attending and organizing the well-known event. Watson said he wanted to do the event the justice it deserved and looked to members of society for suggestions. He also researched the event extensively, ensuring all the details were right. At the end of the evening, Watson said the event was a success.

"Between the events, such as the silent auction, music, and dinner, it felt like everything flowed together and went smoothly. I feel our members were proud, and I was glad it turned out like it did," he said.

Alongside St. Andrew's Day in November, Burns Night is considered a national day in Scotland. Burns is widely celebrated as the most significant Scottish poet and one of the most renowned poets in history. He wrote his first poem at 16 and over 700 poems and songs throughout his life.

The first Burns Night was celebrated over 200 years ago when nine of Burns' close friends gathered to mark the fifth anniversary of their friend's death. It took place at Burns Cottage in Alloway and included a meal of haggis and performances of Burns' work. The celebration's popularity has only grown over the years.

Burns, known familiarly as "Rabbie" in Scotland, was a pioneer of the Romantic Movement known for capturing the sound and soul of rural Scotland and Scottish history in the late 18th century. Burns was a champion of the Scots language when it was not popular in literary circles. Many of his works became famous, such as "Auld Lang Syne." Burns Night, traditionally held on his birthday, January 25, is an unofficial national celebration in Scotland and is widely celebrated in parts of America and other former British colonies with many Scottish descendants.

The society will hold its next big event on Saturday, April 15. The annual festival will feature Celtic crafts, Highland pipers, and workshops. Live music and Scottish and Irish fare, such as fish and chips, bridies, scotch eggs, and turkey legs will be on hand. The public is welcome to attend. For more information, visit the society's Facebook page at Highland Rim Scottish Society. **GN**

COMMUNITY EVENTS



▲ Elizabeth Christy

Growing and learning

Photography by Ashleigh Newnes

A seed swap event was recently held at Gospel Tabernacle Baptist Church in Tullahoma. Participants worked on their “winter sowing” by starting seeds in milk jugs. The event was held by the local group, Tullahoma Homes and Gardens. The group welcomes anyone who is interested in growing things. For more information, visit their Facebook page or email Elizabeth Christy at elizabethgilchrist@yahoo.com.

▶
Hollie,
William,
Gabriel,
Nathaniel,
Daphanie,
and Isaiah
Gragg



▶
Bonnie and
Rod Shrader



▲ Sally Rigsby and Annette Webster



◀ Jay Jewell, Cliff Roberts, Laurie Burger, Jamie Harden, Rob Varela, Jesse Hanks, Kerri Kairdolf, and Paul Hatton

A musical blast from the past!

Photography by Ashleigh Newnes

South Jackson Civic Center patrons flocked to the historic center for an evening of music and dancing. They re-lived and celebrated the music of the '70s and '80s during a one-night-only performance of the Ultimate Oldies recently held at the center.



◀ Wade and Susan Lindsey



▶ Rebecca Wrinn, Chris Smith, and Marla Brazelton



▶ Jo Rita Scott, Bethany Russell, and Ricky Russell



◀ Annette Hurley, Kelly Smith, and Carol Holmes



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EVENTS CALENDAR

April 22

9:00 am HIKE! Machine Falls
Machine Falls
1 Powell Rd.
Tullahoma

This is a fun hike, mostly in the woods. It isn't too difficult, but there are some ups and downs, so proper footwear is required. You'll be getting your feet wet, so bring a change of shoes for the trip back. You will also need a backpack with lunch and plenty of water.

For more information visit [meetup.com/onwards-and-upwards/events/292097451/](https://www.meetup.com/onwards-and-upwards/events/292097451/)

April 29

11:00 am Belvidere Volunteer Fire Department Spring Fish Fry
Belvidere
Community Center
349 Belvidere Rd.
Belvidere

Activities include Bluegrass music and the all-you-can-eat catfish and chicken buffet with all the fixings, including homemade desserts.

April 30

All day Jazz on the Jackson The Cayolle/Stevens Jazz Group
South Jackson
Civic Center and
Mitchell Museum
404 S. Jackson St.
Tullahoma

Limited number of tables available. Table for 2 – \$70, table for 4 – \$110, and table for 6 – \$160. Call (931) 455-5321 to reserve your table. For more information visit southjacksonciviccenter.thundertix.com



May 2

6:00 pm **Spring Choir Concert**

Tullahoma High School
Auditorium
927 N. Jackson St.
Tullahoma

The Tullahoma
High School Choral
Department Spring
Concert featuring the
Concert Choir and the
Tullahoma High School
Chamber Singers.

For ticket information
call (931) 454-2620.

May 9

12:00 pm **Women Impacting the Community**

The Atlantic
Event Venue
Downtown Tullahoma

Dr. Monica Blake-
Beasley will deliver the
keynote speech. Seating
is limited, and tickets are
required for the event.
Visit www.tullahoma.org
for nomination and
reservation information.

May 13

10:00 am **Franklin County Kiwanis High on the Hog Steak Cook-Off**

Winchester City Park
1561 Phillip Fulmer Pkwy.
Winchester

Franklin County Kiwanis
High on the Hog Carnival
kicks off with a cruise-in,
craft fair, vendors, and
much more.

For more information
visit the website:
[highonthehogfestival.
com/cruise-in-2022](http://highonthehogfestival.com/cruise-in-2022).

For more events and to submit an event visit:

www.GoodNewsMags.com/events
or call (800) 247-7318



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To help your family stay healthy.

Quality preventive care is essential to good health. It's why we're here, close to home, providing compassionate, individualized care to folks of all ages. So you, your family, and our entire community can all be their very best.

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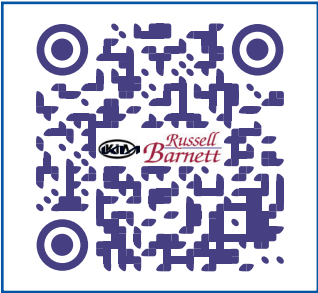
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