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# Good News

FRANKLIN COUNTY

MAY 2023

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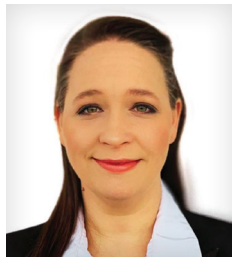
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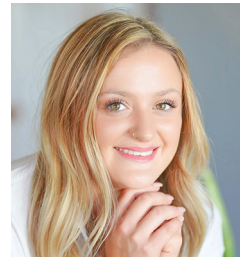
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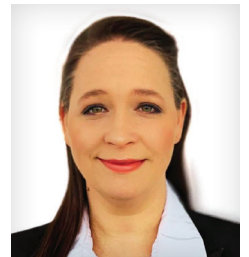
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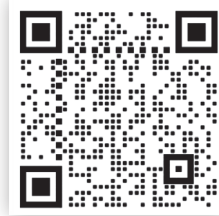
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LETTER FROM THE EDITOR

## The impact of ‘shop local’

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

**T**HE 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



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

Thank you for reading Good News!

“First, let me just say how thoroughly impressed I am with your wonderful magazine! It is a positive, uplifting, high-quality publication that I savor and save month-to-month for reference to businesses, programs and individuals that are highlighted.”

— Kay Bartley,  
Good News reader

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WRITTEN BY  
Brigid Murphy-Stewart





# GOOD NEWS

## CHAPTER 1 OF 3

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

- 14 Lynch-Rigsby Realty & Auction educates
- 18 Summer days at Franklin County Farmers Market
- 22 Local author Brigid Murphy Stewart and illustrator Cheryl Lankhaar share children's book

Submit a positive story on our website:



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PHOTOGRAPHY BY BROOKE SNYDER

◀ Brigid Stewart and Cheryl Lankhaar



# Lynch-Rigsby Realty & Auction educates

Lynch-Rigsby's expert agents offer insights and advice to help with all your real estate needs.

By Jeriah Brumfield // Photography by Brooke Snyder

**L**YNCH-RIGSBY REALTY & Auction is not just any ordinary real estate company. It's a team of seasoned experts who strive to make their clients' real estate journey successful from beginning to end. Nestled in the heart of Winchester, this company represents buyers and sellers of residential and commercial properties. With years of experience under their belt, they have built an exceptional reputation for providing excellent customer service and expert guidance to all their clients.

Whether you're a first-time homebuyer or an experienced investor, Lynch-Rigsby Realty has the knowledge and resources to make your real estate journey successful.

Not only do they offer top-notch real estate services, but their Facebook page and blog are also loaded with valuable insights on the latest trends and tips in the industry.

The company prides itself on informing others about the ins and outs of home and property ownership and other vital real estate information.

From tips on decluttering your home, insights into the latest market trends, and real estate terminology, Lynch-Rigsby Realty has got you covered.

A realtor, contractor, auctioneer, and co-owner of Lynch-Rigsby Realty, BJ Rigsby, knows first-hand how to manage real estate transactions and help his clients prepare for their real estate or property ownership journey.





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Rigsby and co-owner Margaret Lynch knew that sharing ownership of a company would be their best option, so they joined forces to open Lynch-Rigsby Realty in 2012. Together, the duo is here to educate the masses and help guide them through their real estate journey.

Rigsby was born and raised in Franklin County. Immersed in the real estate world from a young age, his parents started a real estate company in the early '70s, and he earned his real estate license in 1997. Today, as one of the leading realtors in town, he continues to help families find their dream homes or investment properties.

Lynch-Rigsby Realty works with its clients from start to finish. The company offers private sales, live public auctions, and online-only auctions on most all items and real estate.

They understand that selling a home can be overwhelming, especially when dealing with unwanted furnishings. That's why their team of expert realtors

is always prepared to help auction off those items and streamline your selling process.

And if you're curious about all things real estate, take advantage of Rigsby's advice to stay connected with your local realtor.

With Lynch-Rigsby Realty by your side, you'll have all the tools to make informed decisions about your property investments.

Rigsby said, "Contact us for all your real estate and auction needs. Our staff has the knowledge and experience to represent you in the most professional way. When you think real estate and auction, think Lynch-Rigsby."

Rigsby said the company's goal is to continue to make families happy in their space as they have for the past 25 years.

"From a renter in a two-bedroom apartment to a multimillion-dollar home — it doesn't matter to us — we can help you no matter what stage of your life you're in." **GN**



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## Summer days at Franklin County Farmers Market

The Franklin County Farmers Market gears up for the summer.

By Jeriah Brumfield // Photography by Brooke Snyder

Farmers markets are a place where community, food, and culture unite. They offer a unique experience that transports you from the hustle and bustle of daily life to a place where time moves slower, and people move with greater intention. The market is not just about buying fruits and vegetables. It's about connecting with local farmers and artisans who put their heart and soul into their work.

Walking through the stalls, you can see the pride on the vendors' faces as they sell their freshly grown produce or homemade

goods. You can smell the aroma of fresh bread, taste samples of locally made cheese, and hear live music playing in the background. It's an immersive experience that awakens all your senses.

But more than anything else, farmers markets bring a sense of home. They are a reminder of simpler times when people knew where their food came from and had a personal relationship with those who grew it. At the market, you can chat with the farmer who grew your tomatoes or learn how honey is made from the beekeeper who harvested it.

Farmers markets allow us to slow down and connect with our community in today's fast-paced world. They provide an opportunity to support local businesses while enjoying delicious food in a welcoming environment. Whether you're looking for fresh ingredients for your next meal or simply seeking a sense of belonging, the Franklin County Farmers Market in Winchester has something to offer everyone.

Summer is here, and it is time to prepare for all the fresh delicacies and in-season produce the market has to offer. This





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market is a hub of activity on Tuesdays, Thursdays, and Saturdays, with vendors selling everything from fruits and vegetables to homemade crafts. But long-time vendor Kristal Ray said that attendance would begin to pick up when produce is in season.

One of the best things about the Franklin County Farmers Market is that all the products sold here are grown or made by local farmers and artisans. That means you can feel good about supporting small businesses in your community while getting unique items.

From tomatoes, corn, cucumbers, and squash to fresh baked goods, homemade jams, jellies, sweet honey, fresh locally grown meats, and handmade items like candles by local crafters, the market is full of local products. It is a place where people from all over Tennessee can bring farm-fresh foods to their tables.

It's about more than just shopping at this market. There's also a real sense of community here. People come from all over to catch up with friends and neighbors while enjoying live music or grabbing a bite to eat from food stands.

The next time you visit, take a moment to appreciate all it represents — community, culture, and connection. Let yourself be transported to another time when life was simpler but no less rich in meaning. After all, there truly is no place like home — especially in the form of a bustling farmers market filled with friendly faces and delicious treats. The Franklin County Farmers Market is truly a homestyle experience. **GN**

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Follow the Franklin County Facebook page for updates on new products available at the market.





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▲ Brigid Stewart and Cheryl Lankhaar

## Local author Brigid Murphy Stewart and illustrator Cheryl Lankhaar share children's book.

A local author and illustrator look forward to meeting and conversing with their readers at their book signings.

By Jeriah Brumfield // Photography by Brooke Snyder

**W**INCHESTER AUTHOR Brigid Murphy Stewart and her friend and illustrator from Monteagle, Cheryl Lankhaar, have written and illustrated the children's book "The Monteagle Assembly, Kinsley's Story." Published in June 2021, the book is about a fictional 11-year-old girl named Kinsley who enjoys attending the Monteagle Sunday School Assembly (MSSA). Kinsley's family and many of her friends' families have come every summer for seven generations.

The MSSA is a religious and cultural community that has held its annual eight-week session of religious, cultural, and edu-

cational seminars for individuals and families since 1882. This historic community consists of 161 cottages nestled on Monteagle Mountain. Families from 23 states have come each summer for 140 years to hear speakers from all over the world.

Stewart and Lankhaar were so impressed with the history of the MSSA and the beautiful Queen Anne, Folk-Victorian, and Craftsman-style homes that they decided to create a children's book about it.

As the story begins, Kinsley's teacher asks the class where they will spend their summer vacation. Kinsley, without hesitation, responds, "My own special paradise —

The Monteagle Sunday School Assembly." Cradled on a Monteagle, Tennessee mountaintop, the Assembly is where Kinsley can spend time with her friends and loved ones and truly feel a sense of childhood freedom. It's her own magical kingdom.

Author Brigid Murphy Stewart grew up in Nashville in a family of writers, journalists, and storytellers. She and her husband, Kevin, married and lived in Nashville for a few years, where she worked as a copy editor at The Tennessean before moving to Memphis. She became the editor and writer for the Cordova Beacon/Bartlett Express newspapers there. When her hus-



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▲ Brigid Stewart

band, Kevin, a full-time member of the Army National Guard, was transferred to Winchester in 1999, she served as a state correspondent for *The Tennessean*. She eventually became the director of Religious Education for the children's programs at Good Shepherd Catholic Church until 2013, when she left to focus on writing.

Meanwhile, artist Cheryl Lankhaar settled in Monteagle in 2011 after living in California, Indiana, and Nashville, where she married Dr. Joe Wehrmeyer and raised their daughter. She had an unwavering passion for art throughout her 40-year professional career as a nurse practitioner.

In addition to children's portraiture over the years, she began painting the beautiful architecture and landscapes in Sewanee and Monteagle.

When she discovered the MSSA community, she asked Stewart to help her create the book. Lankhaar's ability to paint people, landscapes, and architecture perfectly matched Stewart's ability to write a heart-warming children's story that would give life to her illustrations.

She knew the long-time writer could perfectly depict with words what she expressed using illustrations.

The two began working in 2019. Lankhaar began illustrating after a trying recovery from breast cancer, just as the COVID-19 shutdown started in early 2020. Both Lankhaar and Stewart found it essential to take

this opportunity to pour their hearts into creating an enchanting story, not just about the MSSA, but much more than that.

"We wanted something that unified people instead of all the division we saw," Stewart said. "We wanted to write about childhood, the joy of faith and love handed down in families, and hope. Something that speaks to everyone."

Lankhaar said, "We felt like we were trying to put something good out into the world when, in many ways, the world was kind of a scary place at that time."

While Lankhaar's illustrations are vibrant and appeal to children, the book's content is for people of all ages. It includes maps of Franklin County and the surrounding area, from Cowan Station to the Mountain Goat Trail, and a game for children.

Stewart said, "It might be a children's book, but it's also for those children at heart."

All who are interested can purchase books in Sewanee and Monteagle area stores. Signed books and prints are available on their website: <https://TheAssemblyBook.square.site> or by emailing them at [Rememberedmyway@gmail.com](mailto:Rememberedmyway@gmail.com). GN

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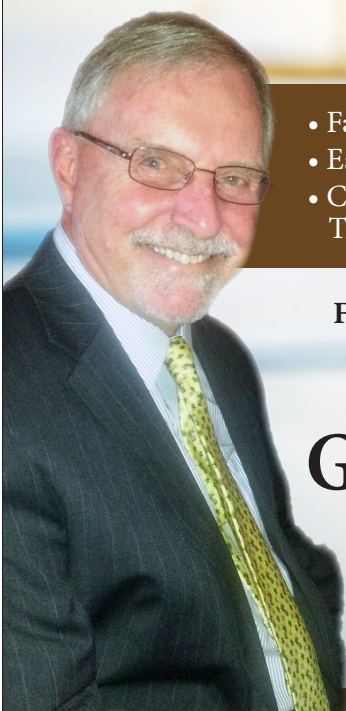
For more MSSA information, visit their website at [monteaglesundayschoolassembly.org/programs-events](http://monteaglesundayschoolassembly.org/programs-events). All seminars are free to the public.



▲ Cheryl Lankhaar



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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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**EMPOWERING**

**COMMUNITIES**

**THROUGH CIVIC-MINDED LEADERSHIP**

Jarod Pearson



# Through the Cowan Commercial Club, Jarod Pearson creates generations of civic-minded leaders.

By Jeriah Brumfield // Photography by Brooke Snyder

**P**RESIDENT OF the Railroad Museum and Cowan Commercial Club Jarod Pearson is a seventh-generation resident of Franklin County and a member of the Cowan Community. He joined the Railroad Museum and Cowan Commercial Club at 14, but his passion for the organization only grew stronger over the years.

Long-standing members of both organizations welcomed him with open arms. Because of their willingness to pour into the young Pearson, he was able to step up years later as president and make a difference in each group and the broader community.

He said, "The work of these two organizations shaped my thinking and sharpened my commitment to the town I live in."

Pearson's dedication to the community stems from his childhood experiences watching his parents and other community members come together to make a difference.

He said he remembers the Homecoming '86 Celebration the city held in 1985 and how dozens

of people came together to decorate and prepare the Railroad Park. Pearson said watching community leaders as a child made an impression on him.

"So many people who taught and inspired me and set that example have passed on. But I feel I'm part of their legacy because I continue what they started."

And now, as an adult, he's continued that legacy by leading the two organizations in various impactful projects.

The group participates in the town's commerce and supports causes and projects that benefit the beautiful town of Cowan.

Pearson described the Cowan Commercial Club as "an organization that's about making the town livable."

The club's mission to promote the well-being of Cowan residents has resulted in initiatives such as creating the VisitCowan.com website and the Cowan Clipboard e-mail newsletter, among other projects.

The Cowan Commercial Club is now 100 years old and is the oldest civic club in this area. Pearson said he feels proud to have served such a strong community for as long as he has.





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"It feels like you're definitely part of something bigger. You're a part of something with an impressive history that serves a dynamic purpose. And with your contribution, it has a future."

The Cowan Commercial Club is known these days for its annual Flag Day ceremony, inspired by an excerpt Pearson's mother wrote about Betsy Ross and American Flag Day in the '70s. It is one of the newest, most unique traditions Cowan can call its own.

One of the club's challenges in recent decades was figuring out how to help bring the town back from challenging moments. In the early 2000s, numerous businesses and major industries faced difficult times.

The Railroad Park, the town's centerpiece, was beginning to show its age, and it took a group of determined community members to roll up their sleeves and get to work. Their determination led to the original Fall in Love With Cowan Festival in 2002. That event was re-imagined as the Fall Heritage Festival in 2014, which has since become one of Franklin County's largest outdoor events.

Creating the festival helped motivate the community to invest in the park, recruit businesses, and encourage new property investment.

Another enormous challenge the club tackled was the loss of Cowan's only bank in 1997. Pearson said,





*"It feels like you're definitely part of something bigger. You're a part of something with an impressive history that serves a dynamic purpose. And with your contribution, it has a future."*

-Jarod Pearson

"Just when we thought we were in the worst situation, we got to work." In partnership with the City of Cowan, the Cowan Commercial Club organized a New Bank Task Force that coordinated a door-to-door survey and interviewed three prospective companies. In 2007, 10 years after the old Cowan Bank had closed, Franklin County United Bank opened a new branch in Cowan. The Cowan branch operates today as part of Citizens Tri-County Bank.

Pearson said there had been other times when the group was discouraged by challenging economic times. Many small businesses were forced to close, but others persevered, and the town always pulled through.

Pearson said, "Having a civic organization that brings residents, businesses, elected officials, and other organizations to the same table to work through issues and find positive ways we can contribute just keeps us all together. Being part of a civic organization in a small town is no small feat. It takes a lot of commitment and resolve, but we do it and get it done."

Despite being 100 years old, the Cowan Commercial Club shows no signs of slowing down, thanks to leaders like Pearson, who continue to push for progress in their town. However, he gives all due credit to the civic-minded leaders from years ago who set the example that he intends to follow. **GN**





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# Doug & Amy turn *pain* into *Purpose*

A Manchester couple honors their promise to their late daughter, Bethany.

By Jeriah Brumfield

**D**OUG AND Amy Garrett's love for each other has spanned 27 years as of this past February, but the one thing that unites them more than anything else is their daughter, Bethany. After losing her to childhood cancer at just 8 years old, the couple knew they had to keep her memory alive and raise awareness for such a cruel illness.

Amy said, "Losing Bethany was the hardest thing I've ever experi-

enced. It broke me into a million pieces, but I knew she didn't want me to stay in that dark and painful place. I decided that I wanted to live with passion and purpose and be the kind-hearted person that she was."

Amy was born and raised in Tullahoma, and Doug was born and raised in Lilburn, Georgia. After getting married, they helped open Applebee's restaurant in Tullahoma in 1993 and lived in the Estill

Springs area until they moved to Georgia, where Bethany was diagnosed with leukemia. After her passing, they decided to return to Estill Springs to bury her, and they've lived there ever since.

Amy said, "She truly demonstrated what the love of the Father looks like. Her compassion and empathy to love people right where they were, was a blessing to witness. God did not just send me a daughter. He sent us an angel."





*“God did not just send me a daughter. He sent us an angel.”*

- Amy Garrett





Doug expressed that at a young age, Bethany was an “old soul” and had a big heart for other children with illnesses. Before Bethany’s heavenly transition, Doug promised his daughter he would continue fighting for other ill children after she passed.

When people think of cancer-related illnesses, they often think of the pink ribbon, representing breast cancer. The father and advocate said Childhood Cancer Awareness only receives 4% of all government funding. People often don’t think of children battling cancer unless they come across St. Jude’s commercials or have lived through it.

“Unless you live it or you’re around it and see how violent it really is to a child, it’s hard to imagine. And it’s always resonated with me because I went through it.”

But The National Childhood Cancer Association is working tirelessly to help recognize September as Childhood Cancer Awareness Month.

A few years ago, Doug came across a national high school football website that started its “Touchdowns Against Cancer” campaign and decided to start a campaign here in the community. Doug and Amy worked tirelessly with the Franklin

County High School football coaches to make the campaign game happen every year in September.

Doug said, “It’s gotten bigger every year. The coaching staff is wholeheartedly behind it. The new athletic director, Kelly Kennedy, has really been a big help.”

On game day, they collect donations for St. Jude’s Children’s Hospital, hand out free balloon animals, offer face paintings to children, and paint the



*“Until they put me down,  
I promised my daughter  
I’d fight to make sure  
people knew about it. I’m  
doing all I can do to honor  
that promise.”* - Doug Garrett

50-yard line gold — the color representing Childhood Cancer Awareness Month. The coaches wear special shirts, and children and their families are honored on the field at the coin toss as captains for the night.

Childhood cancer hits close to home for numerous families in the county. Every year, 10 to 15 kids still fighting or in remission are honored. The next Touchdowns Against Cancer game will be September 22, 2023, against Shelbyville.

With Amy’s help, Doug continues to fulfill his promise to his beloved daughter and ensures all community families dealing with childhood cancer have the proper resources. A local child passed away a couple of years ago from childhood cancer but never received a headstone because it was not feasible for the family. Doug and Amy used some of the proceeds from the football game and bought them a headstone.

The couple also holds a car show, organized by Amy, at Russell Barnett Chevrolet,

where football players hand out trophies to children who battled cancer or families of children who have lost to cancer. Half of the proceeds from the car show go toward St. Jude’s efforts and the other half toward the football team. This year’s annual car show takes place September 23, 2023.

Amy said, “Because of her, we honor children fighting the fight against cancer. We remember children who lost their fight against cancer and provide support for their families. We raise money to help find a cure for childhood cancer so no other child or family has to go through what we went through.”

With the help of Doug and Amy’s efforts to raise awareness, we can all do our part to help make a difference.

Doug said, “I’ve made a life decision to raise awareness and help those going through it. Until they put me down, I promised my daughter I’d fight to make sure people knew about it. I’m doing all I can do to honor that promise.” **GN**





# Shop Local

Franklin County is a better place  
when we shop locally

**W**HEN YOU shop locally, you're making a statement – and not the kind that causes controversy or makes people pick sides. You're taking a stand for your neighbors. You're spending your time and money on people who are just like you. Our local stores probably don't have billionaire investors, but they can have the most important investment of all. It means more. It has a greater impact on lives. And it lasts much longer than the ink on a printed contract. You have the opportunity to be that investor. And no, we're not talking about

getting into a pricey business deal. We're talking about just showing up.

When you walk into a store, and the owner hears the *ding* from the bell above the door, you're giving the gift of love. It's a simple affirmation of a smile and burst of joy that someone walked into this local store, but it's good enough to make someone's day.

That's the statement and investment that can change a life. So visit your local businesses. Your support changes not only you and the owner but the community as a whole. **GN**





Franklin County





Dandelions Furniture and More

# Creating a Cozy Home

Janice Summer Dustin discusses her journey as a mother and small-business owner.

By Jeriah Brumfield // Photography by Brooke Snyder



**I**N RECENT years, there has been a significant increase in the number of women entrepreneurs. According to a report by American Express, the number of women-owned businesses in the United States increased by 58% since 2007, while the overall number of businesses only increased by 12%. This trend is not limited to the United States; countries worldwide are seeing more and more women starting their own businesses.

The rise of women entrepreneurs is a powerful force that cannot be ignored. From the United States to countries worldwide, women are breaking through barriers and starting their own businesses at an impressive rate. Despite facing unique challenges, such as securing funding and overcoming biases against female business owners, these women are proving they can achieve great success with hard work and determination.

Dandelions Furniture and More is not just a store; it's a local family-owned business full of repurposed antique furniture, unique home decor, handcrafted jewelry, soaps, and gifts that will make any house feel like a home.





Janice Summer Dustin





Store owner Janice Summer Dustin's passion for selling quality items is evident in every piece she sells. From the moment you step into her store, you're greeted with an ambiance of warmth and Southern charm.

Janice runs the shop, along with her daughter, Anna Kaiser. Through her example as a female business owner and mother, Janice creates a strong sense of connection and shared purpose among her family members. The mother-daughter duo is building something meaningful together and creating a legacy that can be passed down from generation to generation.

Owning a small business is nothing new for Janice. In 2004, when her daughter, Anna, was in third grade, she ran a cleaning service where she cleaned homes for older women.

In March 2016, she owned a Dandelions shop in Decherd for 3 ½ years but closed the storefront to spend more time with her family.

She later went into business running booths in two prominent antique shops and other storefronts in Alabama. She and five others who ran booth businesses were each featured in Huntsville Magazine, highlighting top local antique stores to frequent. Now, she's ready to reopen and start fresh in the great city of Winchester.

Originally from West Virginia, she and her husband moved to Huntland 22 years ago and have lived there ever since. The couple has four children and seven grandchildren, and Janice said they are very family-oriented.

Janice said she loves small towns, and she and her husband felt it was a great place to raise their family.

"I love small towns, and Winchester is a great small town with great people."

She said one of the challenges of running her own business is having limited hands to help with production. But despite its challenges, Janice said entrepreneurship is very rewarding because it allows her to spend more time with her family and create her own schedule.

For the experienced business owner, being an entrepreneur means much more than just running a business. She believes that women entrepreneurs have the power to inspire future generations by showing them what they can accomplish when they set their minds to it.





“  
It is freedom,  
community, and  
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show  
my daughter  
and five  
granddaughters  
what we  
women can  
accomplish.”

- Janice Summer Dustin



"It is freedom, community, and the opportunity to show my daughter and five granddaughters what we women can accomplish."

Janice said owning a small business in a small town is vital because of its economic benefits for the community. In addition to personal fulfillment, owning a small business also has significant economic

benefits for local communities. People are investing in their towns' growth and development by supporting local businesses like Dandelions Furniture and More.

"The money earned at local businesses goes back into the community. We help support schools and churches, just to name a few."

Looking toward the future, Janice plans to expand her offerings by refurbishing her customers' custom-made bedroom pieces, such as headboards and dressers, and dining room pieces, like custom tables and chairs. Her passion for selling unique pieces and vintage finds knows no bounds.

Janice would like to offer a special "thank you" to her husband, Dusty, and her family for their unwavering support on her journey through entrepreneurship.

Janice's story is just one example of how women entrepreneurs are making their mark on the world. Her hard work and perseverance prove that anything is possible when you dare to pursue your dreams.

The next time you're looking for something special for your home or loved ones, consider supporting local businesses like Dandelions Furniture and More — you never know what treasures you might find! GN





Penny Brown



# A Taste of Home

An inside look into Penny Brown's journey as a new bakery owner.

By Jeriah Brumfield // Photography by Brooke Snyder

IT HAS been said that being a baker takes a great deal of creativity, patience, and an outstanding work ethic. Skilled bakers put their heart and soul into every creation, crafting unique dishes with talent and flair. From cakes that mark life's special occasions to warm, nourishing rolls and sweetbreads that add a little extra motivation to our morning routine — a baker is a master of flavor, texture, and visual appeal.

In many communities, bakers become an integral part of the family fabric, filling the bellies of multiple generations and evoking memories with every slice. Like artists, bakers can brighten our days, providing comfort, joy, and delicious creations. Whether it's a freshly-baked pastry or a perfectly-crafted bread, a gifted baker has the power to inspire those around them.

Many of our local bakers work behind the scenes to create the delicious delicacies we all know and enjoy but do not receive the recognition they deserve.

Penny Brown, owner of TAS.ty Bakery, is a U.S. Veteran and former travel nurse who decided to pursue her lifelong dream of becoming a baker.

Brown is originally from Decherd and said she had dreamt of owning her own bakery since childhood.

"I've always liked baking. And since I was little, I said I would open a bakery. I've been travel nursing, and I'm ready to settle down. I have three kids here at home. So I figured now is the time to do it."

The bakery offers an array of delicious treats such as muffins, sausage biscuits, banana bread, lemon bread, brownies, cupcakes, cakes (including custom cakes), cookies, and their famous glazed doughnuts.



With TAS.ty Bakery's homemade treats, you get an authentic taste of home. They also serve espressos, hot chocolate, and coffee for those on the go. According to Penny, cheese-cake-flavored pastries are her favorite. She said her most popular products are her warm, glazed donuts, which have sold out every day since she opened.

Penny had her eye on the building where the bakery now stands for some time. Her fiancé recently opened a shoe store in town, which motivated her to follow suit by opening her own business.

"I saw how much happier he is doing what he loves to do — pursuing his dream," Penny said. "That's when I realized that I could be so much happier in life if I pursued my dream job."

Penny prides herself on offering various specialized products like gluten-free and vegan options upon request. She welcomes customers with varying dietary needs and enjoys creating any delicious treat they desire.

The bakery is conveniently located on the main road near Decherd Elementary School, making it a perfect stop for parents and children looking to grab a sweet treat on their way home from school.

One of Penny's favorite aspects about owning a bakery is seeing the joy on customers' faces when they receive their tasty baked goods.

One goal Penny has set is getting more children involved with the bakery. "I'm starting a 'mommy & me' class in June where they can decorate mini cakes or cupcakes with their parents," she said. "I plan on doing quite a bit of stuff for kids this summer."

Brown wants the community to know that she makes specialty items per customer request and is always ready to whip up whatever baked goods they request.

Penny said one piece of advice she would give rising entrepreneurs is to do something impactful and creative.



"Make your mark doing something creative in the community that everybody will remember. You get to do what you want to do. So, just put it out there. You work for yourself. Make it count."

Since her opening, Brown said the community has been very supportive and enjoys her products.

"They really love that a small town like this has a local bakery."

Customers can expect to be greeted with a smile and positive vibes the minute they walk into the beautiful turquoise and purple bakery.

Penny's passion and dedication to her craft are evident in every sweet treat she creates. With her enthusiasm and business savvy, she plans to continue serving the community by providing delicious homemade delicacies and comfort foods.

You can satisfy your sweet tooth or savory cravings with homemade cakes, freshly-baked cookies, and breakfast items. From classic recipes to modern creations, Penny Brown has it all.

Stop by TAS.ty Bakery and grab all the delicious and mouth-watering baked goods your heart desires. **GN**







“

Make your mark  
doing something  
creative in the  
community that  
everybody will  
remember.

- Penny Brown





High Score Arcade

# A Family Arcade

The story behind the McEwan family's High Score Arcade.

By Jeriah Brumfield // Photography by Brooke Snyder



▲ Dennie and Susan Nelson

**J**IM AND Andrea McEwan, the proud new owners of High Score Arcade, moved to Winchester with their family just three years ago. And in that time, they've made quite a name for themselves in the local community.

Originally from New Jersey, Jim and Andrea moved to Winchester to start fresh and raise their families in a small, close-knit community.

Andrea said, "We just really love the small-town community. Once we started becoming part of the community, we could go to the store and always see somebody we know now. It's a nice, small community where people know and look out for each other."

She said the family didn't intend to open a business when they first moved here and don't have prior experience owning a business, but they were determined to fulfill a need in the community.

The McEwans moved to Winchester during the summer of 2020. With school being out and family birthdays in September, the couple searched for venues, but to Andrea's surprise, there were few fun places to





Jim and Andrea McEwan



choose from. Some of the nearest gaming and party locations were in Murfreesboro and Huntsville.

With kids of their own, the McEwans saw a need for a fun, family-friendly place in Winchester where kids could hang out and make friends. So they decided to open up an arcade.

Opened in February 2022, the arcade boasts a diverse selection of games, including PS5 and Xbox One stations, two virtual reality rooms, over 30 classic arcades, and games suitable for all ages. Among the classics are Pac-Man, Donkey Kong, and Nintendo originals. The couple recently added Guitar Hero and a pool table with air hockey and claw games.

The Winchester community welcomed the McEwans with open arms from the beginning. And with the arcade, people are even more aware of the value the family brings.

"We open the arcade, and see the repeat customers, and get to know them, and really just be a part of the community. From coming here and not having a family member living in this area to plopping down here, it's been great to be more involved in the community and have people know us, and we know them. People feel comfortable dropping off their kids because they know it's a safe place, and we know them by name. It's a really awesome feeling."

The High Score Arcade provides community members and children the perfect opportunity to stay active and make friends.

Andrea said, "I think, as a parent, it is vital in this day and age to keep them out of trouble. And I think having a safe place to go and have fun really helps them stay out of trouble."

She said the challenges of being first-time business owners range from navigating



paperwork and taxes and learning the ropes to being well-stocked with maintenance supplies to keep all of the games running.

Despite their challenges, the family plans to keep expanding. When they first opened the arcade, they only had 17 games. Now they have over 30 and are seeking to continue to grow and add even more.

Andrea said, "If we can get to a Dave and Busters kind of setup, that would be awesome."

The High Score Arcade experience has been the first of many arcade experiences for many community members. Andrea said she wants the community to know that even first-time gamers can enjoy the arcade.

She said, "If you've never been to an arcade, or you might be nervous because you don't know how to play a game, it's great because you just go in, and you can spend five minutes on a game, you can spend an hour on a game, and explore and just try it out. And there's no judgment."

The McEwan family welcomes people of all ages and backgrounds to enjoy a day of fun at the High Score Arcade. Generations are unified during the arcade experience.

"The younger kids don't know about Pac-Man or Donkey Kong. So it's great



that the parents show the kids the older games. And then, the kids show their parents how to play on the PlayStation. We have grandmas and grandpas that come in and play with their grandchildren. It's really awesome to see the different types of demographics that come in and play and have a great time." **GN**

For more information on the High Score Arcade, visit the High Score Arcade and Gaming Lounge Facebook page.





▲ Troy, Andrea, Jim, and Brody McEwan



“  
We have grandmas and grandpas that come in and play with their grandchildren. It's really awesome to see the different types of demographics that come in and play and have a great time.

- Andrea McEwan







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

By Tina Neeley

**E**VER 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.



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Submit your recipes to be included in Good News Magazine  
and the Exchange Cookbook: [www.southernaprons.com](http://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**







# GoodTimes

## CHAPTER 3 OF 3

This section of the magazine covers local things to do.

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PHOTOGRAPHY BY BROOKE SNYDER



# Marketplace Consignment's 29th annual POP-UP SALE

Gina Moore's twice-a-year pop-up sale  
is back and better than ever.

By Jeriah Brumfield // Photography by Brooke Snyder

**Y**OU CAN find pop-up consignment sales everywhere, but sales that double as community builders are hard to come by. Gina Moore's 29th annual spring/summer pop-up shop was held March 4-11 at Monterey Station, located at 104 Monterey Street, Cowan. There, shoppers and sellers found great deals on gently used spring and summer clothing and much more for their families, but they also found friendship and camaraderie. Customers and sellers can look forward to this year's fall and winter sale, which will open to the public in August.

Moore is a spiritual business owner who sought to use her talents and passions to spread God's love. Marketplace Consignment is a twice-a-year pop-up shop that allows families to buy and sell clothing for spring, summer, fall, and winter.

Shoppers come from all over Tennessee and Northern Alabama to enjoy Marketplace Consignment and see what treasures they can find. They always leave feeling better than when they arrived.

Moore has been in the consignment business for 29 years, and she said her love for babies and families inspired her to start the business. Childhood memories with her thrifty late grandmother, Nelle Quandt, built the foundation.

"I've always loved babies, loved children, and I just couldn't bring myself to work full time outside the home after we had our first child."

Back then, there weren't many maternity clothing options, which led Moore to maternity and baby consignment sales in Nashville. She loved the concept, but when she asked her friend, Laura Rowland, about local options, she was disappointed to learn that there were none. The spring after her Thanksgiving baby was born, she and Rowland started a sale in Franklin County.

Moore created marketing materials and clever slogans for bags and T-shirts. The first slogan read: "Outfitting families for less!"

Initially, her primary focus was helping families save money and providing them with a way to make money. After witnessing the relationships made, she soon realized her sale represented much more.

Their slogan eventually became: "Outfitting families for less... enabling them for more."

The Marketplace Consignment Sale is where one-time inquirers become regular customers and friends. Moore said the events are like "mini-reunions" for frequent attendees to reconnect.

"We all desire to be a part of something bigger than ourselves. When people started feeling that, it just all started coming together in such a beautiful way."

Moore said one of her favorite parts about the consignment business is the theme of "passing it on."

"That's good stewardship. That's the whole recycling, reducing, and reusing thing. But you're passing on so much more. You're supporting another local family. You're blessing another mama who's outfitting her family, and it's just a beautiful thing."

Moore and her team are proud to be a part of spreading love and blessings to everyone they encounter.

"It's just so neat how God gives us all talents, abilities, interests, and passions. In my younger years, I knew I wanted to do something helpful for other moms, but I had no idea what it would grow into and how to platform it. I feel like that's what God's calling me to use it for now — to uplift, encourage and spotlight his love of the family."

To find out more information about upcoming events, visit [marketplaceconsignment.com](http://marketplaceconsignment.com). **GN**







Gina Moore

“That’s good stewardship. That’s the whole recycling, reducing, and reusing thing. But you’re passing on so much more. You’re supporting another local family. You’re blessing another mama who’s outfitting her family, and it’s just a beautiful thing.”

-Gina Moore



Hannah Boswell



Holly Stovall



Courtnee Moore





# COMMUNITY EVENTS



▶ Alex Cope

## The best meals-on-wheels this side of the lake.

Photography by Brooke Snyder

The culinary gauntlet was thrown down for the first-ever Food Truck Frenzy at Tims Ford State Park. Over 16 vendors were on hand for patrons to try and to vote on as the best. Hosted by the Friends of Tims Ford, the event also featured live music and a full day of programs at the Nature Center.



▶ Debra Nadwodny



▶ Axle Snyder







◀ Valerie McDowell and daughter



◀ Samantha Hasty and Baylee Smith



◀ Jax Wilburn



▶ Jaclyn LaFleur



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**Good News** MAGAZINE

# EVENTS CALENDAR

## April 16

### 11:00 am **Miss Franklin County Beauty Pageant**

Cowan Arts Center  
301 Montgomery St.  
Cowan

A fundraiser beauty pageant that includes formal or pageant attire — everyone must enter this main category — as well as side awards for other categories.

### 10:00 am **Buggy Top Trail to Lost Cave Cove and Camping**

Tims Ford State Park

Hike is 4 miles in/out and moderately challenging. Bring water, lunch, and snacks. If you plan to camp, you are responsible for reserving your own campsite at [tnstateparks.com](http://tnstateparks.com)

## April 21

### 7:00 am **Broadview Community Yard Sale**

Bethel United Methodist Church  
4884 Lynchburg Rd.  
Winchester  
April 21 • 7a.m. - noon  
April 22 • 7a.m. - 3p.m.

All proceeds will benefit the Isaiah 117 House of Coffee, Franklin and Grundy Counties.

## 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. Adults \$15, children (4 – 12) \$5.





## 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](http://highonthehogfestival.com).

## May 17

**8:00 am Franklin County  
Kiwanis High On The  
Hog Family Carnival**  
Winchester City Park  
1561 Phillip Fulmer Pkwy.  
Winchester

Fun for the entire family!

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

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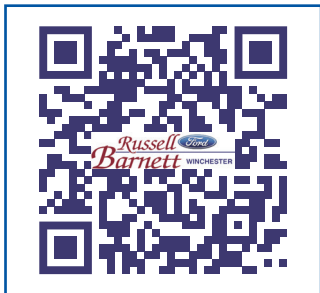
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*Masking and other infection prevention protocols are followed for specific patient encounters, as appropriate.*

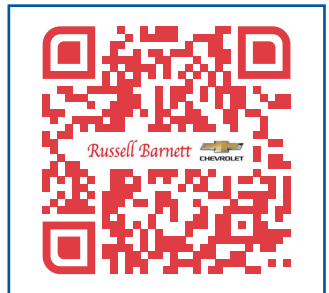




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