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JUNE 2023

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TABLE OF CONTENTS

JUNE 2023

LETTER FROM THE EDITOR: 10
Your local summer guide

Good News

INCLUSIVE SUMMER FUN WITH MANCHESTER PARKS & RECREATION 14

The Parks & Recreation staff discuss the exciting and inclusive opportunities available to the community

UNITY MEDICAL CENTER OFFERS HIGH-QUALITY, PATIENT-CENTERED CARE 16

Discover how Unity Medical Center is redefining patient care through innovation and dedication

THE TRUE MEANING BEHIND "MRS. BONNAROO" 18
How one lady leads movements by creating and wearing costumes to Bonnaroo

WILLOWBROOK'S SENIOR SCRAMBLE CREATES A TIME OF CAMARADERIE AND FUN 22

All senior citizens are welcome to participate in WillowBrook's Senior Scramble this summer





Good Living

- 28 MAY PRAIRIE THROUGH AN ECOLOGIST'S EYES**
Murray Gheesling reveals some of May Prairie State Natural Area's hidden gems
- 32 A JOURNEY FROM STRUGGLE TO SWEET SUCCESS**
Brianna Melcher's compelling journey to becoming a bakery owner
- 40 YOUR MANCHESTER SUMMER GUIDE**
Treat your hometown like a dream vacation
- 54 WELCOME TO JIFFY BURGER**
A place where walls hold memories
- 56 FAITH: "I GOT YOU, GIRL!"**

Good Times

- 60 I LOVE MANCHESTER!**
Inaugural event showcases local businesses
- 62 COMMUNITY EVENTS**
- 64 EVENTS CALENDAR**
- 66 ADVERTISER INDEX**

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LETTER FROM THE EDITOR

Your Local Summer Guide

You don't have to travel far to have a vacation.

THE AIR is thick and heavy, like a woolen blanket draped over the landscape. The sun blazes down, casting a golden glow over the world below. The grass is tall and green, swaying in the breeze like waves on an ocean. Cicadas sing a chorus in the trees; their buzzing filling the air like a symphony. The scent of freshly cut grass mixes with the aroma of sizzling barbecue, filling the senses with warmth. Children run through the sprinklers, shrieking with joy as the cool water splashes over their faces.

As summer approaches, many of us are starting to plan vacations, booking flights and hotels to far-off destinations. But what if I told you that the best summer adventures are right in

your own backyard? This issue of Good News is all about the ultimate staycation, filled with local places to explore, adventure, and more without having to travel far.

The best part about a staycation is that it allows you to truly immerse yourself in your community. You'll have the chance to discover new things about your hometown and create memories that will last a lifetime. Whether you're looking for a day trip or a weekend getaway, there's something for everyone in this issue.

So, pack your bags (or don't) and get ready to embark on the ultimate staycation. The adventures await, and they're closer than you think. GN

Wesley Bryant,
MANAGING EDITOR

From our readers



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— Liz Huber, Good News reader

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CHAPTER 1 OF 3

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

14 Inclusive summer fun with Manchester Parks & Recreation

16 Unity Medical Center offers high-quality, patient-centered care

18 The true meaning behind “Mrs. Bonnaroo”

22 WillowBrook’s Senior Scramble creates a time of camaraderie and fun

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◀ DJ Wood



Inclusive summer fun with Manchester Parks & Recreation

The Parks & Recreation staff discuss the exciting and inclusive opportunities available to the community.

By Jeriah Brumfield // Photography by Ashleigh Newnes

NOW IS the perfect time to unplug and connect with Manchester Parks and Recreation, a department whose mission is to provide affordable, inclusive, quality programs and facilities to all individuals and families within the community.

The department boasts 104 acres of parkland and 69,000 square feet of indoor recreation and indoor and outdoor swimming pools. At any given time, 400-500 people occupy the pool daily. Aside from their outdoor pool, they have indoor pools, massive waterfalls, and a lazy river, giving it that water park feel that makes summer even more exciting.

Depending on the weather, the pool is open from late May until early September. In addition to their popular swimming pools, they offer children's activities and a special treat for community members with disabilities.

Aquatics Director Colt Pittman began his aquatics career with the department in college as a lifeguard in 2016. From there, he worked his way up to becoming the aquatics director and has made a difference ever since.

Pittman started a program in 2021 called "Sensory Sensitive Saturdays," which has been an enormous success. Pittman, having family members with different needs, understood the importance of creating a more inclusive environment.

During Sensory Sensitive Saturday, once a month, people of all ages with sensory sensitivities and disabilities are welcome to enjoy the pool free of charge. During that time, recreation staff turns off noise-making water features and noisy pool features that may disturb people with sensory sensitivity. Lifeguards do not use their whistles during that time, and the environment is calm and welcoming to members of the community who may not otherwise feel comfortable participating on other days.

Pittman said, "People may not want to come if they have a disability of any sort, whether they're on the autism spectrum or [have] a physical disability. If we have



▶ Keiton Sherrill, Micah Prince, and Rodrick Brinkley



◀ Lincoln, Matt, Holly Claire, and Ian Gluck

that many people here, it's not necessarily an environment they might want to be in if they have 500 other people with them."

The parks and recreation department also offers a variety of events, such as underwater egg hunts, for younger swimmers ages 2 to 12, where they can hunt for eggs in the pool and earn prizes, and watch dive-in movies.

Their themed summer camp, an eight-week summer camp for children, which begins the last week of May and runs until the last week of July, is sure to make their summer break a warm and fun-filled experience. The age range for the summer camp is from 5 years old (or kindergarten age) to 12. Young community members from all over the county enjoy spending time at the camp.

One of the more beneficial aspects of participating in department activities is its friendly staff and family-oriented atmosphere.

Activities Coordinator Katie West said, "It's nice for them to have a place to come to and just kind of get out and do things with their families and communities."

West began working at the department in June 2020. Last May, she transitioned from working part time to full time.

West said she enjoys being the first face people see when they walk into the parks and recreation building and witnessing their excitement as they inquire about activities.

"It's really cool to see a bunch of new people come in

and want to be interested in doing things in the community."

The Manchester Parks and Recreation staff strive daily to ensure visitors have the space to interact with others in a safe and inclusive indoor and outdoor environment and the ability to move their bodies and stay fit.

Assistant Parks and Recreation Director Becki Johnson said, "Of course, there's the health aspect where people exercise or get fitter. We strive for the whole individual, whether a child or a senior citizen. We want to give them opportunities. Getting involved in your parks and rec helps you become a better, healthier, happier person."

Johnson added, "Through socialization, having a safe place, moving and being set, and seeing the Katie's at the front desk, greeting them enthusiastically when they come in the door — those are the kinds of things that we focus on with parks and rec. Just trying to improve and enhance people's quality of life."

Manchester Parks and Recreation is the perfect place for community members to unplug with loved ones this summer. Get connected now and learn about all the incredible and inclusive opportunities right in your backyard. They're sure to improve your quality of life and help you create memories that last a lifetime. **GN**

To get involved in Manchester Parks and Recreation activities, visit their website at <https://www.cityofmanchestertn.com/361/Parks-Recreation>.

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Unity Medical Center offers high-quality, patient-centered care.

Discover how Unity Medical Center is redefining patient care through innovation and dedication.

By Jeriah Brumfield // Photography by Ashleigh Newnes and submitted by Martha Henley

RENOWNED FOR its excellent patient-centered care and top-notch facilities, Unity Medical Center (UMC) has solidified its commitment to the community's healthcare needs. Since its inception in 2015, UMC has undergone several physical and technological upgrades, resulting in state-of-the-art diagnostic testing facilities. In 2020, they opened a four-bed advanced intensive care unit, bringing specialized care closer to the community during the pandemic.

Unity's interior transformation was also significant, with a renovation program focus-

ing on flooring, painting, signage, nurse's stations, and patient rooms, among many other changes. The hospital's consistent upgrades and enhancements have been underscored by its top-notch patient-centered care, making it a hospital that the community can rely on.

The survivability of rural hospitals remains under threat throughout the United States, and Tennessee has experienced the second-highest number of rural hospital closures in the country. Unity serves to combat this issue by providing 24-hour access to emergency services. Countless patient stories testify to the

importance of their services — their emergency room care has saved many lives.

At Rapha Center, the hospital has established an opioid addiction, behavioral, and mental health treatment center, boasting a team of over 20 providers and therapists, resulting in heart-touching success stories.

In 2020, Unity partnered with Health Care Corporation of America (HCA), TriStar Division, to create the first Cardiac Telemedicine Program in a rural hospital. This partnership has expanded the telemedicine program to cover neurology, pulmonology, and critical

care. This means patients can see a TriStar provider without leaving the facility — technology now travels to the patient.

Chief Executive Officer Martha Henley with UMC said, “When you walk into the door, it’s like we brought the specialist to the people instead of the people driving to the specialist.”

UMC’s 16,000-square-foot pavilion, which underwent renovation and expansion in fall 2022, is now home to 14 healthcare providers committed to delivering quality, compassionate, cost-effective healthcare that is responsive to the community’s needs.

Unity’s dependable healthcare team is committed to improving the health status and quality of life of individuals and communities they serve.

“All our clinical staff work hard to ensure the needs of their patients are met. At Unity Medical Center, the staff treats their patients like their own family members,” said Henley.

Unity Medical Center has received notable recognition for its exceptional performance. It was named a “Top 100 Rural and Community Hospital” by the Chartis Center for Rural Health and one of the “Best Hospitals for Patient Experience in the South” by Becker’s Healthcare.

Unity is one of Manchester’s top 10 employers, with over 286 employees. Due to their partnerships with local services and vendors, they also invest significantly in the community, with an annual investment of \$18-20 million.

UMC partnered with Teleconnected Medicine to provide a concierge service to Medicare’s chronic care management program qualifiers, allowing caregivers to schedule appointments, call in refills, and provide healthcare education.

Unity’s commitment to ethical healthcare extends beyond hospital walls through partnerships with esteemed institutions such as Eastern Tennessee State University, Tennessee College of Applied Technology (TCAT), Lincoln Memorial University, Fortis College, and Motlow State Community College. Unity also collaborates with associations like Partners

for Healing, Coffee Cares, and Star Physical Therapy and actively participates in developing student medicine and nursing programs.

New partnerships, such as with Coffee County High School’s Certified Nursing Assistant classes and TCAT’s Licensed Practical Nurse program, offer greater opportunities, including an athletic trainer for Coffee County Schools.

Henley said, “If you look at the people entering the healthcare field, you’ll see that it’s declined. So it’s great that we have some great partners. We have a good little town.”

Unity has become a trusted pillar of quality healthcare in the community, with a coveted five-star ranking and commitment to delivering quality healthcare services. Patients can receive the same excellent care as larger medical institutions without leaving the city. **GN**



▲ Martha Henley





▲ Rebecca French

The true meaning behind “Mrs. Bonnaroo.”

How one lady leads movements by creating and wearing costumes to Bonnaroo

By Jeriah Brumfield // Photography by Ashleigh Newnes

EVERY YEAR, people from all over the nation come together to enjoy entertainment, community, and great food at Bonnaroo Music and Arts Festival. One familiar face you might have seen there is Mrs. Bonnaroo, Rebecca French, a fashionista who wears a unique, reclaimed, or environmentally-friendly costume each year.

Originally from Banbury, England, and with a father from the Winchester/Tullahoma area serving in the military, some of her most cherished childhood memories stem from her yearly summer visits to Tennessee.

“As a child, I would travel to Tennessee every summer and spend my entire summer with my family. So this has always been that feeling of home. And I always said that I would come back here one day.”

Rebecca attended Bonnaroo for the first time in 2011, and her experience was transformative.

“It was beautiful. It was about being accepted, part of something bigger than yourself, enjoying new music, and being introduced to different things.”

She said she enjoyed seeing nonprofits, initiatives, and themed costumes, inspiring her to create her own costumes and eventually turn them into initiatives.

Rebecca used her pageant history one year to dress up as “Mrs. Bonnaroo.”

“I just tell everybody that I’m self-appointed and that anybody can be Mrs. Bonnaroo or Mr. Bonnaroo. Because it means that you’re going to do things in your community that give back, care about the Earth and social politics that make a difference in the world.”

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One year, she created an illuminated dress made entirely out of balloons, representing the negative impact releasing plastic balloons into the air had on fish and turtles.

Her interest in fashion design came after a car accident that left her homebound for months in high school. During this time, she learned how to sew from her at-home teacher, eventually leading her to participate in a purchasing program at Dillard's department store while attending Motlow State Community College.

With five sons of her own, Rebecca stays busy using her creativity to make statements through costumes while also impacting those around her with volunteer opportunities. She serves as a bridge and voluntary contact for anyone needing connections.

"When you are working on such a big festival, there are little things that get left behind, or there are little errands that people can't run."

She has worked with Bonnaroo on hotel issues for years, ensuring the visitors' stay in Coffee County is as pleasant as possible.



▲ Sheila Carter, Rebecca French, and Oslin Gulick

For Rebecca, Bonnaroo is like her own "Disneyland," with great food, great people, and an exceptional atmosphere. It allows her children to learn about different cultures through music and art while also learning life skills.

Rebecca spoke about the importance of Bonnaroo and the inclusivity of music festivals.

"Music is a universal language. And even if you speak second languages, are nonverbal, or can't hear, you can still feel the music."

There is something for everyone at Bonnaroo. At this festival, you are accepted and celebrated. Along with a Jesus tent, there is a sober tent, known as "Soberoo," for those who do not want to partake in alcoholic beverages.

Bonnaroo boasts a \$52 million economic impact on the community and, along with its initiatives, continues to evolve and reach new heights.

Next year, when you see Rebecca dressed in one of her unique costumes, think about its initiative, and celebrate the universal language of music with the ones you love. GN



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▲ Danny Freeman

WillowBrook's Senior Scramble creates a time of camaraderie and fun

All senior citizens are welcome to participate in WillowBrook's Senior Scramble this summer.

By Jeriah Brumfield // Photography by Ashleigh Newnes

WILLOWBROOK GOLF Club lies deep in the rolling hills of Manchester. Nestled among the greenery and pristine landscapes, it is a coveted destination for golf enthusiasts worldwide. And it's not hard to see why. The 18-hole course has consistently earned awards for its challenging yet enjoyable play, open to all.

Despite the course's undeniable appeal, the Senior Scramble has become a beloved tradition among the golfing community. Every Tuesday and Thursday, seniors aged 50 and over gather together for a relaxed and friendly round of golf, teeing off in a format that inspires camaraderie and sportsmanship.

The scramble format levels the playing field as teams of four take turns hitting shots, with the best result of those four taken, and players paired based on their golfing handicaps or ability level. It doesn't matter what level they're at. Everyone can join the fun, from seasoned pros to weekend golfers.

Golf Professional Barry Bishop with the WillowBrook Golf Club said, "When they play their own ball, they hit it a few more times, and their scores go up. And then playing the scramble format like we do, you get to go ahead and hit the shots."

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But what truly sets WillowBrook Golf Club apart is its commitment to providing an inclusive environment for all seniors, regardless of age or skill level. They also created a super senior bracket for citizens aged 75 and over, allowing them to play from a shorter T-placement.

This approach has made the Senior Scramble such a resounding success, with 25-40 players participating in the off-season and summertime, respectively. And with several hole-in-ones already recorded this year, it's clear to see that the format is working wonders.

Bishop said, "We've had several hole-in-ones, which are probably the pinnacle of golfing as an individual golfer. That's something that everyone really wants to have happen, and it seems like, within our group, we have had several, I think we've had four already this year."

But what Bishop appreciates most is the sense of fellowship and camaraderie that has blossomed among the players.

"The camaraderie that they develop and the fellowship is really good, just being able to meet some new people. And also sometimes to get to play with the same friends."



Bishop said that over time, the players have become a close-knit group, so much so that when difficult situations arise, they rally together to lift each other up.

The Senior Scramble at WillowBrook Golf Club is a special tradition that has been going on for many years. It allows players of all ages to experience the joys of golf in a light-hearted and social atmosphere. With laughter, friendship, and good times, WillowBrook Golf Club proves that age is no barrier when it comes to enjoying your favorite activities. **GN**

Visit <https://www.golfwillowbrook.net/> to learn more about the WillowBrook Golf Club.



▲ Arnie(course dog) and Rich Poucher



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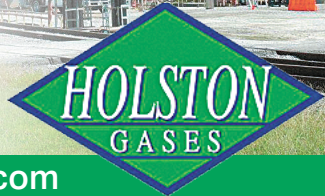
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Good News

CHAPTER 2 OF 3

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

- 28** May Prairie through an ecologist's eyes
- 32** A journey from struggle to sweet success
- 40** Your Manchester summer guide
- 54** Welcome to Jiffy Burger
- 56** Faith: "I got you, girl"

Our stories are based on submissions from local people.

Submit yours here:



goodnewsmags.com

PHOTOGRAPHY BY ASHLEIGH NEWNES

◀ Andrew Hansen

MAY PRAIRIE THROUGH AN ECOLOGIST'S EYES

Murray Gheesling reveals some of May
Prairie State Natural Area's hidden gems.



▲ Murray Gheesling

*By Jeriah Brumfield // Photography by Ashleigh Newnes
and provided by TN State Botanist Todd Crabtree*

A PEACEFUL WALK amongst the rolling hills, a visit to the fresh springs, or an invigorating hike through the beautiful May Prairie State Natural Area with loved ones might be what you need to refresh your mind and rejuvenate your body this summer.

May Prairie, near Manchester, in Coffee County, is a 492-acre natural area full of outdoor entertainment. It features an open grassland boasting a Little Bluestem community and Tallgrass prairie with occasional wet depressions holding sedge meadows.

In late summer, visitors might find many sunflower species, including the rare Southern Dock and two species of Blazing Star (*Liatrix spicata* and *L. microcephala*).

Murray Gheesling, a stewardship ecologist at the Tennessee Division of Natural Areas (TDNA), is a nature enthusiast constantly seeking new experiences. He possesses a wealth of information on plants and the natural world and can

provide insightful answers to any questions concerning the natural world.

Growing up in Marietta, Georgia, Gheesling spent much of his time playing in a little woodland area behind his family home. His childhood experiences would later shape his feelings about nature and land conservation.

“I was always in the woods. And it was probably just like a narrow strip of a few acres, but it seemed like a vast forest when you’re a kid.”

Gheesling explained that he and his family moved out of the house, and the woodland is now a subdivision, replaced by homes and lawns, and he said this transition shifted his perspective.

“The loss of that illustrated to me the importance of conserving special wild places.”

As an adult, he uses his career path to focus on native species conservation.

Gheesling worked as a state park ranger with the Tennessee Department of Environment and Conservation for 17



years. He has worked in his current role with TDNA for four years and said he is proud to be a part of such an intelligent team and enjoys learning from them.

He settled in Manchester with his wife and two kids because of its proximity to his wife's job in McMinnville. At the time, he worked at South Cumberland State Park in Savage Gulf.

"We found a good mix of rural in a variety of amenities. And I quickly found out what a special place it is for plant biodiversity."

As a stewardship ecologist, he helps develop resource management plans for the state's natural areas, with its rare plant species or ecosystem types.

TDNA workers use a variety of techniques, including prescribed fires to simulate natural occurrences of fire on the landscape, battling invasive species, spot spraying the area with herbicide in the summer, using mechanical tools like saws and trimmers to improve the landscape, fighting off exotic invasive, and native species.

They also maintain trails and public access, implement restoration work grants, and do outreach programs and other activities.

Gheesling finds May Prairie a special place for many reasons — one being its history.

"May Prairie is special because it is a rare remnant of the past, especially because of the rare plants there. That's why it's a state natural area."

TDNA management focuses on the May Prairie because it contains rare and disjunct plant species. Many of these are known as coastal plains species, usually found in states like Georgia, Alabama,

and Mississippi, but some species are specific to Coffee County.

Gheesling said one of his favorite flowers is the *drosera intermedia* or spoon-leaved sundew. The exotic plant that has a reddish-green color uses small insects as a supplement to the nutrients it gets from the soil. It's a carnivorous plant found in Tennessee.

Gheesling expressed that in an increasingly separated society, it is essential to stay connected to the nature around us.

"It is important to physically be connected with the natural community that you are in. It's a very important element of what makes the place special."

He continued by saying even people who cannot participate in activities like hiking can learn about unique plants or how the systems of nature work in your area.

"This, in turn, helps protect the natural heritage for future generations."

Gheesling said he wants visitors to know that May Prairie is a wetland, so visitors can expect to get their feet wet, except under arid conditions.

It's a pleasant, fairly open, easily walkable oak woodland that does not contain established trails, but this does not detract from some of its most valuable features.

From delicate wildflower blossoms to fascinating wildlife, there is something everyone can enjoy. Whether it's a peaceful walk among nature or an invigorating hike, May Prairie State Natural Area provides an unforgettable experience that will last long after your visit.

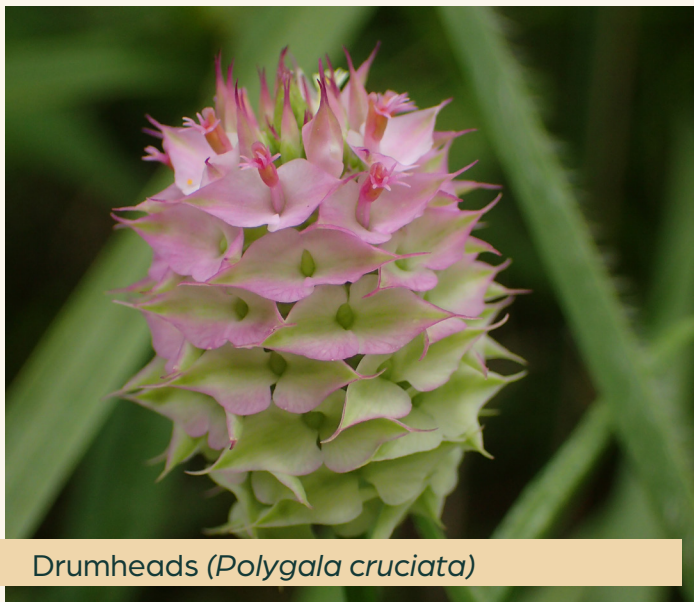
Remember the friendly staff and park rangers who are always available to guide you through such an enchanting oasis. **GN**



Tansy Rosin Weed (*Silphium Pinnatifidum*)



Coyote Thistle (*Eryngium integrifolium*)



Drumheads (*Polygala cruciata*)



//
May Prairie is special because it is a rare remnant of the past, especially because of the rare plants there. That's why it's a state natural area.

- Murray Gheesling

A
JOURNEY
FROM
STRUGGLE
TO



Sweet Success

BRIANNE MELCHER'S COMPELLING
JOURNEY TO BECOMING A BAKERY OWNER

BY JERIAH BRUMFIELD // PHOTOGRAPHY BY ASHLEIGH NEWNES







WHEN BRIANNE Melcher and her husband moved their family to Manchester two years ago, they were looking for a slower pace of life to raise their children and be closer to family. Shortly after moving to the city, Brianne realized her true calling was opening her own bakery.

The daughter of two Filipino immigrants, Brianne was born in Los Angeles after her parents moved to the U.S. She spent her early childhood in Portland, Oregon. She later attended high school in Philadelphia before settling down in Cambria — a small coastal town between Los Angeles and San Francisco.

Growing up, Brianne was mesmerized by the bakers behind the glass partition in her local grocery store.

She said, "That was my favorite thing. I would run there every time we went to the grocery store and sat and watched because I was intrigued."

Watching them decorate cakes sparked something inside of her that she couldn't quite explain. It wouldn't be until much later, in her early thirties, that she would finally understand what it meant.

Her story took an unexpected turn when she found herself battling alcoholism in her young adulthood and hitting "rock bottom." Then, Brianne rediscovered her love for baking after losing almost everything. She decided to pour her heart into baking and embraced food art and decorating.

"I was just building my life over, trying to regain some of the things I had lost. And I had blown every opportunity for a career or any kind of advancement in my field."

She started working at a coffee shop, where she eventually had to start baking due to staff shortages.

Upon recovering, Brianne decided to turn all the negative habits she had developed in the past into something positive.

After endless hours of putting together different chocolate chip cookie recipes and allowing others to critique them, she found the one that best suited her taste and kept perfecting it.

Despite numerous roadblocks along the way, Brianne found joy in this newfound hobby, which has grown into a purposeful career.

"I kept baking because I felt like I found my thing. God gave me this gift specifically at a time to pull me out of the darkness, if you will. It suited my personality at the time. And it allowed me

to be creative as well as learn more."

Now, 10 years later, Brianne has opened a bakery of her own — Bakehouse Manchester. It's a bakery unlike any other, as it's home to delicious baked treats and so much more. It's a place full of hope and possibility created by someone who searched for redemption and instead found solace in something as simple and powerful as baking.

Last year, she began documenting the journey of opening a new bakery on her Facebook and Instagram pages. Through this process, she helped the community become acquainted with the bakery and some of its products and had already created long-lasting connections before its opening.

Bakehouse is a special place where you get a specialized and personal treat to share and enjoy with loved ones.

"Because I do a small number of things, they're done really well. I don't sell or bake anything unless it's the absolute best I can do."

Brianne opened the bakery selling her tried and true specialized products, an assortment of cookies and cinnamon rolls baked to perfection, and custom-ordered cakes decorated with fresh, locally grown flowers. She also plans to have a seasonal rotating cake menu and gluten-free options. They're starting with drip coffee, iced cold brew, and tea for drinks.

”

I KEPT BAKING
BECAUSE I FELT LIKE
I FOUND MY THING.
GOD GAVE ME THIS
GIFT SPECIFICALLY
AT A TIME TO PULL
ME OUT OF THE
DARKNESS.

-BRIANNE MELCHER



By opening her bakery, Brianne hopes to create an atmosphere where everyone feels welcome to enjoy her perfectly crafted home-baked goods.

"I'm just creating a space that I would like to shop in and that I think has value."

Brianne enjoys baking for many reasons. One is the unity it brings people of all social, racial, and economic statuses.

"I love sharing food and talking about food with people. It fosters a sense of community and connectedness

that I find hard to achieve with other things."

Baking is a light and friendly bridge that fills even the deepest gaps in our world. Brianne experienced this firsthand when she baked her first batch of cookies as a baker.

"I feel like it saved my life."

From being at rock bottom to now opening her own shop for all of Manchester and beyond, Brianne's story is a testament to the incredible power of resilience and determination. **GN**

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YOUR MANCHESTER Summer GUIDE

Treat your hometown like a dream vacation.

The sky is a vast expanse of blue, broken only by the occasional cloud lazily drifting by. It seems to go on forever, stretching out over the fields and trees like a canvas waiting to be painted. The heat is oppressive, a tangible force that weighs down on the body and mind. But despite the discomfort, there is a sense of contentment in the air. It is a time of lazy afternoons spent on front porches, sipping sweet tea and watching the world go by.

Summer in the South is a season of contrasts. It is hot and humid, yet filled with the simple pleasures of life. It is a time of long days and warm nights, of fireflies dancing in the darkness and the sound of crickets singing in the distance. It is a time to slow down and appreciate the beauty of the world around us, to find joy in the simple things, and savor the sweetness of life.

Did you know people from all over the world come to travel to Tennessee? And not just to Nashville and Dollywood. Our hometowns excite people all over the world. Why couldn't it excite us, too? There are endless options to have a fun summer. And vacations can become staycations when we learn to appreciate what our home has to offer.

Good News invites you to explore your own backyard.

This is your summer guide! ✨





Beat the heat and have some

FUN!

Area activities welcome families
to make the most of summer.

By Kali Bradford // Photography by Ashleigh Newnes

FINDING SOMETHING the whole family can do during the summer can be challenging. The beach is too crowded, and the amusement parks are too far away. And both can be astronomically expensive. You are looking to save gas and your sanity. Thankfully, many family-friendly activities are heating up in popularity for the summer months. Not only do they welcome the whole family to enjoy, but they won't break the bank, and they will also get everyone up and moving.

DISC GOLF

First up is Disc Golf. While the two words seem contradictory, the sport's growing popularity is anything but.

According to the Merriam-Webster dictionary, Disc Golf is also known as Frisbee golf. In playing the game, players attempt to toss a plastic disc into each of a succession of basketlike receptacles stationed along a course, with the object being to reach each

target in as few attempts as possible. It is similar to regular golf in that it has 18 holes and is played primarily by the same rules. But instead of hitting a ball into a hole in the ground, in Disc Golf, Frisbees are thrown into metal disc-trapping baskets on stationary poles.

Locally, Disc Golf courses have popped up steadily, with plenty of spots to play a round in whatever county you might find yourself in. It's also a sport that welcomes all skill levels and almost all ages.

Local Disc Golf enthusiast Myles Love picked up the game upon moving to the area four years ago. Love was looking for something to do that was fun and would allow him to meet other people.

"I moved out to Tennessee in 2019. I kind of knew what it was, but I had never played it. My brother-in-law, who lives out here, told me about it, and we went out and played.

From there, Myles said he was hooked and said it has been similar to other activities he's enjoyed, such as Frisbee and hiking.





“I like Frisbees, so it’s been an easy transition, and once I started playing, I just kind of fell in love with it. I love the way you can get a disc to fly. I take friends who have never played. I also go with my dad, who’s 64. It’s an excellent way for us to hang out. It’s great exercise, especially when you’re older. For me, it’s just like a combination of playing Frisbee while you’re hiking.”

Coffee County is home to several Disc Golf courses in Hillsboro and Tullahoma.

PICKLEBALL

Another summer activity that seems to have picked up its own cult following is Pickleball.

A paddle sport with combined elements of tennis, badminton, and Ping-Pong, Pickleball is played on a doubles badminton court. The net is similar to a tennis net but is 2 inches lower and played with a hard paddle, identical to Ping-Pong. It can be played in either singles or doubles matches.



▲ Tim Daniels

Contractors by day, area resident Felicia and her husband, Tim, took their love of the sport to the next level, constructing their private Pickleball court.

“We did a lot of research in its design,” said Felicia. “People don’t realize how much is involved with Pickleball. You can play outdoors with an outdoor ball on a paved or coated concrete surface. It’s a different game if you play indoors on a wooden floor, like in the gym where we normally play. But our court has a Picklegrip floor. It’s like a plastic interlocking floor designed especially for Pickleball, and it is amazing. We can play night or day, rain or shine.”



Whether you play privately or publicly, there are various opportunities to get involved in a match. Manchester Parks and Recreation offers Pickleball playing times from 9 a.m. until noon, Tuesdays and Thursdays. Two courts are available for full Pickleball action.

SWIMMING

The local pool is on almost everyone’s list for summertime activities. The smell of chlorine, pizza, and suntan lotion is not only hypnotic but intoxicating and draws all ages to come in and cool off from the summertime heat.



Area swimming today offers a much more upgraded experience than it once did. Area pools have been upgraded to include swimming options for all ages, such as splash pads and shallow-water play areas.

Manchester Parks and Recreation has an updated outdoor pool area and one complete with a large and colorful mural commemorating the well-known Bonnaroo arch. The outdoor pool has two water slides, a lazy river, a lily pad walk, and a water playground to enjoy. The indoor pool is also open year-round for patrons to enjoy. Enjoy a lap swim, water aerobics, or the center's therapy pool, which is a balmy 85 degrees. GN

DISC GOLF

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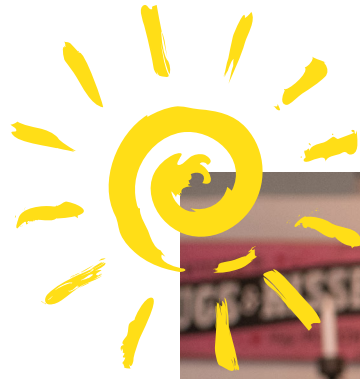
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SWIMMING

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▲ Benjamin and Andrew Hansen



Entertainment, Fireworks, and

ART!

Explore summer's invitation
to escape and explore.

By Tina Neeley // Photography by Ashleigh Newnes

SUMMER'S NOT just for outdoors! Fellowship with friends and family while experiencing our area's best arts and entertainment, indoors and out. Don't forget the fireworks, but there's more than fireworks lighting up the skies; there's an explosion of things to do and places to go.

As summer's heat bears down, the footlights come up on local arts and entertainment. Escape into the air-conditioned theatre for a play or musical, where you'll be transported while supporting your local arts center. While there, consider exhibits and classes for all ages where you might discover a new hobby or untapped natural talent.

When it comes to art classes, don't forget area studios for a wide variety of things to do this summer. There's something for adults and children.

The Millennium Repertory Company at the Manchester Arts Center is hosting its summer drama camp, Surf's Up, June 12-16. Open to ages 7-12, students will learn songs, scenes, and dances from popular beach movies like "Teen Beach Movie" and "Moana."





▲ Pam Posch, Olivia Lewis, Emily Douglas, Ashley Kidder, and Lisa Ellison



▲ Jessica Brown and Krystina Broda

Joel Longstreth said, “There’ll be an acting, singing, and dancing portion that will be showcased in a production presented on Saturday for free to parents and those who want to attend.”

Drama camp teaches more than theatrical skills, and it’s open to all children.

“Anyone can come to this, even if they’ve never tried out for a show or been in a show. The program is an opportunity for children to be on stage, which gives them self-confidence while having fun at the same time. Many discover talents they never knew they had. They learn teamwork and cooperation because they work with a number of kids to put on a show,” Longstreth said.

Escape the heat and humidity with a great book, whether under your favorite shade tree or in the most comfortable chair at home. Find a new favorite author or genre while your children make

their selections for the library’s summer reading program. You can borrow books using your library card online if you’d rather not leave the comfort of home to snag a current bestseller or an old classic you’d like to rediscover.

Other camps for kids, like the Manchester Parks and Recreation Summer Day Camp, offer fun and activities. The program is open to kids ages 5-12 and runs May 31-June 30 and July 10-28, Monday through Friday, from 7 a.m. until 5 p.m. Limited spots are available, and a weekly fee is due to participate. Contact the center for more information as soon as possible.

Don’t forget long-standing community events and traditions. Summer standards include fairs, festivals, cook-offs, tractor pulls, and vacation Bible schools.

So why not try something new this year, along with your favorite annual

summer events, projects, and programs? For up-to-date information on these and many more, bookmark the Good News events calendar and check it often.

You never know what you’ll discover in your own backyard! GN



▲ Bill Nickels

MORE SUMMER FUN

MAY 31

The reading program kicks off on May 31. There will be a Carnival party on June 28, when the reading program ends.

Theme: All Together Now
Coffee County Public Library
coffeecountylibrary.org

JUNE 12-16

Summer Theatre Camp
The SpongeBob Musical

AUGUST 4-13

Millennium Repertory Company
Manchester Arts Center
millenniumrep.org

MAY 30-JUNE 30, JULY 10-28

Summer Day Camp
Manchester Arts Center
cityofmanchestertn.com

JULY 4

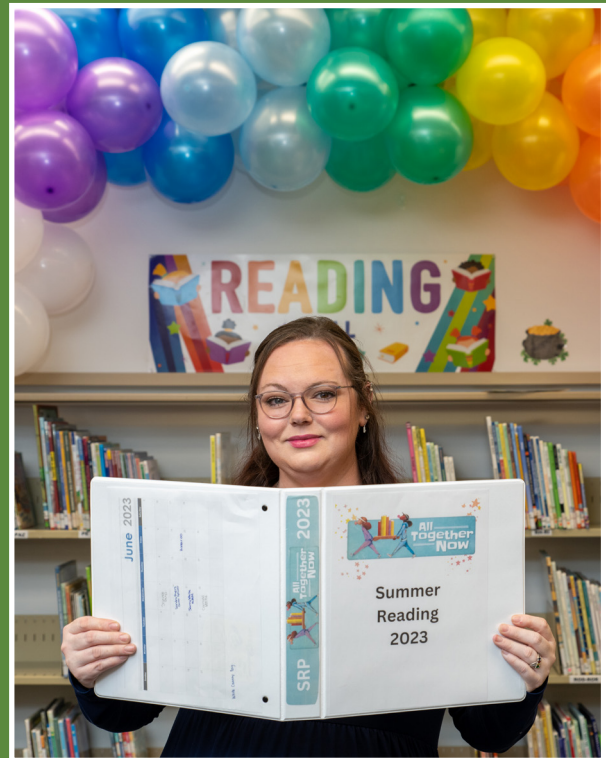
Fourth of July Celebration
Rotary Park
cityofmanchestertn.com

SEPTEMBER 1-9

Coffee County Fair
Manchester
coffeecountyfairtn.org



▲ Jason Griffey



▲ Daphanie Gragg



▲ Skip Nelson

Beats, tents, and GOOD TIMES

Get ready for a musical rendezvous this summer.

By Jeriah Brumfield // Photography by Ashleigh Newnes

SUMMER IS a season of warmth, joy, and fun. It is a time when people get together to enjoy the outdoors, dance to great music, and make unforgettable memories. Summer music festivals are a perfect way to experience all these things and more.

Whether you're a music lover or just looking for a fun way to spend a weekend, there's nothing quite like the experience of attending a festival in the heart of Tennessee.

The state is known for its rich musical heritage and diverse music scene, making it the perfect destination for music lovers





of all tastes. It's no surprise that the state is home to some of the best summer music events in the country. These events celebrate the diverse musical traditions of Tennessee and bring together music lovers from all over the world.

One of the most popular festivals in the state is Bonnaroo, which takes place in Manchester each year. The four-day festival draws thousands of music fans worldwide, with headliners like Kendrick Lamar and Paramore lighting up the stage. But Bonnaroo isn't just about the music — it's an all-encompassing experience featuring art installations, interactive experiences, and a vibrant food and drink scene.

Rebecca French, a volunteer with Bonnaroo, said, "Music is a universal language. And even if you speak a second language, are nonverbal, or can't hear, you can still feel the music."

In Tennessee, artists showcase their genre-defying music worldwide, with performances taking place outdoors, in churches, theaters, and other unique venues throughout the state.

The Grape Jam Music Series is a family-friendly event hosted by Beans Creek Winery. It is a night of good music from local bands and some tasty, Pig on the Run barbecue.

Josh Brown, with Beans Creek Winery, said, "We provide a family-friendly environment for our Grape Jam Series. We have food trucks out on most

▲ Enjoying an evening of music and dancing at Common John Brewery



▲ LANY

nights. Some nights, depending on the crowd, we have multiple food trucks.”

No matter which festival you choose, there’s something truly magical about attending a summer music festival in Tennessee. The state’s natural beauty and welcoming Southern hospitality create the perfect backdrop for unforgettable experiences, whether camping in the countryside or exploring the city’s thriving music scene.

People from all over Tennessee can bask in the summer sun, eat tasty treats from local restaurants and food trucks, and enjoy the beautiful sound of music.

No matter your music genre, there is sure to be a summer music event that suits your style. So pack your bags, grab your friends, and prepare for an unforgettable experience. You won’t want to miss these community-wide festivals. **GN**

MORE SUMMER FUN

MAY-OCTOBER

The Grape Jam Music Series
Beans Creek Winery

JUNE 3

The Wartrace Music Festival
Wartrace

JUNE 30

An Evening
with John Ford Coley
Manchester Arts Center



▲ Chastity Crosslein and Shanelle Gray



▲ Phantom Lady and John Salaway

“

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REST; HEALS THE
HEART AND MAKES
IT WHOLE, FLOWS
FROM HEAVEN TO
THE SOUL.

-Angela Monet

JUNE 15-18

Bonnaroo Summer
Music Festival
Manchester

JULY 1-2

The Big Mouth Bluegrass Festival
The Caverns



▲ CHVRCHES



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Good News is coming to dinner!

We will feature a local food critic's thoughts as she dines in Manchester. This month Shellymar Repollet visited Jiffy Burger.

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www.facebook.com/Jiffy-BurgerTN/

PIT-STOP RESTAURANTS are perhaps some of the most overlooked establishments in the culinary world. In Manchester, however, the whole town revolves around the home of the 'Bonnaroo Burger.' With a lively hum in the air of families and couples of every age group chattering and a nonstop flow of people going in and out, Jiffy Burger is a refuge to wandering passersby and steady locals alike.

Maneuvering around the nostalgic décor covering every inch of every wall, I seated myself at the only empty table. Almost immediately, the waiter came to take our drink orders. Once he was gone, the scent of nicely charred meats and fried delicacies influenced my whole order — a bacon cheeseburger with massive onion rings, a side of batter-dipped fries, and the tallest BLT I have yet to see, accompanied by tater tots. Accustomed to lousy onion rings with a slight hint of onion within, I

kept my prospects down. Within the first bite, I knew these were the best onion rings I had ever tasted, with thick slices of onion, superbly soft and moist, and a coating that doesn't cling to grease or its filling. The burger that came after was just as good, if not better, in its complexity of flavors and textures. Nothing overthrew anything else when eaten as a whole. The lettuce was crisp, the tomato was sweet, and the bacon was crunchy. This combination was elevated with my cheeseburger and the hamburger patty practically melting in my mouth. Each hungry, juicy bite between crispy fries, fluffy tater tots, and cheeseburger screams "The American Dream!" Next time you take a long hike and want to refuel, are on a road trip or have no idea what to eat for dinner, take a hint from the ravenous customers who have been dining here for generations and enjoying the same fresh, 100% hamburger patties. **GN**

“I got you, girl.”

By Kali Bradford

IT IS the best of times; it is (sometimes) the worst of times. I have three children, ages 16, 12, and 5. It's not lost on me how fast they grow. Now, with a child who is nearing 18, it really does go by too fast. While I love being their mother at any of their ages, I would have to say I have truly enjoyed the younger years with them. The cuddling, kisses and hugs, and them constantly being attached to my hip. While that may seem crazy to some, I would much rather have my child needing a hug than give me attitude. I feel like most of you who are parents can commiserate.

My son is the youngest and as wild and sweet as they come. At the bold but also tender age of 5, he's ready to take on the world, but he also wants his mom and dad close to keep him safe while he tries to conquer.

A few months ago, I was tested on my theory of loving the younger years as he went through a significant milestone: losing his first tooth. To say it was dramatic would be an understatement. It all happened as we were walking out the door to head to preschool. While he was brave, there was also quite a bit of screaming and blood, along with me being told I was a “bad doctor.” He was right on that one. I'm a writer, not a doctor, and I have never played one on television. The good news is that he lived to tell about it and received a whopping \$3 for his first tooth. A pretty good haul for a tooth if you ask me. My most significant tooth payday memory was a handful of dimes under my pillow, courtesy of my own tooth fairy — my grandfather.

On the other hand, I was left a little ragged and torn. Getting out the door with three kids is never easy. Add in the drama of losing a tooth during an already crazy

morning; I would be lying if I said that it didn't leave me a little depleted.

I know I'm preaching to the choir when I say that being a mom, or a parent, is hard work. Sleepless nights, long days, hurried moments, and the constant worry if we are doing it right. It all goes so fast; will our children know just how much we love them? They never tell you about the hard parts.

But there is a small voice in my head, and if I quiet the crazy for just a moment, I can hear it say, “I got you, girl.”

And if I stay quiet just a little longer, I can hear: “I got you. I've always had you, and I'll always have you. Be still and know that I am God.”

And he's right, you know. He's got me. Through the crazy mornings, nights of worry, and tears of sadness that my babies are growing so fast, He's holding me and has already made the way. All I need to do is remember his promise. Psalms 16:8 is just one of the many verses in the bible that tell us this.

“I know that the Lord always has me. I will not be shaken, for he is right beside me.”

That night as I snuggled with my little guy, he looked up at me and, with his beautiful toothless grin, told me he loved me. And I was reminded then that he knows I love him.

So I'm trying. In moments of chaos, uncertainty, and even fear, I remind myself that He is with me and loves me. Remember what we learned from Mister Rogers? He loves us just as we are. We love our children just as they are. We should also remember that the good Lord does the same for all his children, even in our worst moments. **GN**

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CHAPTER 3 OF 3

This section of the magazine covers local things to do.

- 60 I love Manchester
- 62 Community events
- 64 Events calendar
- 66 Advertiser index

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PHOTOGRAPHY BY ASHLEIGH NEWNES

◀ Travis Lammers and Bradley Ramsey

I LOVE MANCHESTER!

Inaugural event showcases local businesses.

By Kali Bradford
Photos submitted by
Jenny Pettay

Jenny Pettay



Stephanie Young



THEY SAY home is wherever your heart is; for Jenny Pettay, her heart is in Manchester. New to town, Pettay has fallen in love with the community. To show her appreciation and support for the local economy, she recently held the “I Love Manchester” event that welcomed local vendors and food trucks to participate in a fun day. A raffle was also held where patrons could win prizes.

Pettay said she fell in love with Manchester thanks to her husband and a crazy house search.

“My husband’s family is from Tullahoma,” she explained. “We were looking for a place during the crazy markets, which is actually one of the reasons I ended up becoming a licensed realtor. But then we found our dream home in Manchester, and we’re so happy here.”

Now a realtor with her own business, Jenny Pettay Homes, she was smitten with Manchester and enjoyed all it offers. Upon attending a conference, she was struck with the idea of hosting an event highlighting local businesses.

“I went to a conference and got inspired,” she said. “Originally, I thought about hosting spring pictures, but when I started looking at venues, I thought there was an opportunity to do more and get together with other businesses. Maybe we could come together to help each other out. From there, it just evolved.”

Pettay said that upon joining the Beauties in Business group, she was further connected with supportive women interested

in participating in the event. She added that her sister-in-law and small business owner, Samantha Zimmerman, inspired her to see the event come to fruition.

“She hosts amazing events in the community, so I wanted to do something like that because they are always fun,” said Pettay. “She was a huge inspiration for it. I wanted to do something where everyone could have fun and help each other out. It was also a way of introducing myself because I want to get more involved and really become a part of the community.”

Pettay said the event was a success, and she achieved her goal of highlighting local businesses.

“I got a lot of positive feedback,” she explained. “Several people came and expressed to me how much fun they had and enjoyed the variety of vendors. They could discover new businesses, some that they were unaware of. For the new businesses, I was excited to be able to give them that platform to get their names out to the public.”

Pettay said she plans to continue the event to help further showcase small businesses and all she loves about Manchester.

“I would really love to turn this into an annual event,” she said. “It’s so important to support local. When we spend our money locally, our money stays in our community. Honestly, like we have everything we need right here in our community, but sometimes it takes a little bit of exposure to know what’s available to us. I hope, with events like this, we’ll be able to focus on all of the great things that Manchester has to offer.” **GN**

COMMUNITY EVENTS



▲ Amy Hill and Earla Alexander



▶ Jewell Noblitt, Ivy Petty, and Gary Trail

Meet me for lunch!

Photography by Ashleigh Newnes

The Manchester Area Chamber of Commerce recently held its March General Membership Luncheon at the Manchester-Coffee County Conference Center. The luncheon was an excellent opportunity to network with Manchester's business community leaders and learn about upcoming programs and events.



▶ Kayla Transue, Colonel Randel J. Gordon, and Katy Riddle



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GOOD TIMES

EVENTS CALENDAR

May 13

**10:00 am Franklin Co. Kiwanis
High On The Hog –
Steak Cook-Off**

Winchester City Park
1561 Phillip Fulmer Pkwy.,
Winchester

Franklin Co. Kiwanis
High On The Hog kicks
off with cruise in, craft
fair, vendors, and more.

May 17

**8:00 am Franklin Co. Kiwanis
High On The Hog
Family Carnival**

Winchester City Park
1561 Phillip Fulmer Pkwy.,
Winchester

May 18

**10:00 am Lemonade Day
Manchester**

Manchester Chamber
of Commerce
110 East Main St.,
Manchester

This youth
entrepreneurship
program teaches
students how to create
a business plan,
market a product,
and determine the cost per
cup of lemonade sold
to make a profit. This
event is free.

May 20

**6:00 pm The Thundies
Sports Awards**

First Baptist
Church Manchester
1006 Hillsboro Blvd.,
Manchester

Celebrating the athletes
of Coffee County at the
second annual Thundies
Sports Awards!



May 21

ALL DAY National Day of Prayer for VBS

This is a statewide emphasis, encouraging churches to pray for VBS and Backyard Kids Clubs.

June 2

5:00 pm Good Friends Music Fest

Rotary Park Amphitheater
557 N. Woodland St.,
Manchester

Sixth annual, two days of fun featuring 11 musical acts, multiple food trucks, bouncy houses, arts and crafts vendors, beer sales, and more! This is a free event.

June 12

8:00 am Summer Theatre Camp

June 12 at 8 a.m. and June 16 at 5 p.m.
Manchester Arts Center
128 E. Main St.,
Manchester

Millennium Repertory Company is pleased to present a summer theatre camp for youths ages 7 through 12. Young actors will work with a dance instructor, music director, and an acting coach while they develop a showcase performance for friends and family.

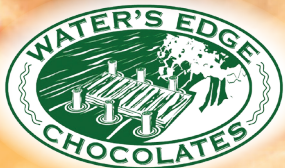
For more events and to submit an event visit:

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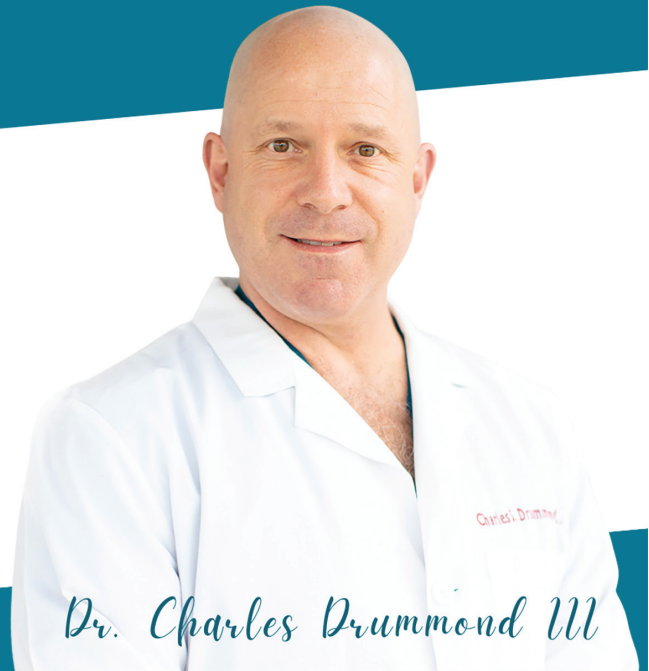
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All Creatures	8	Metro Industrial Manchester	15
Animal Health Clinic	57	Owen's Provisions & Apparel	5
Autumn Oaks	5	Peoples Bank	8
Beans Creek Winery	38	Reddick Brown Ford	38
Bertzett Excavating.....	15	Reese's Genes Boutique	24
Brooks Healing Center.....	4	Richardson Waste Removal / Richardson Waste Solutions	19
Capstar Bank	23	Rodi's Tuning & Repair	63
Char El Apartments.....	57	Sleep Inn & Suites	21
Citizens Tri County Bank.....	21	Southern TN Reg Health Sys	68
Clower Automotive.....	57	Spring Street Market	4
Common John Brewing Co.	9	Stan McNabb Chevrolet Buick GMC.....	3
EKO Internal Medicine.....	38	Summitville Feed and Fertilizer Co.....	63
Elk River Public Utility District.....	8	Teddys Lawnmower Sales and Service	4
Family Counseling Center Manchester	23	The Detention at the Elementary.....	25
First Bank Manchester	19	The Mercantile On The Square	39
First Vision Bank Tullahoma	5	TN Vascular Thoracic Surgical Associates PC.....	67
Henley Mini Storage.....	19	Tolivers Manchester.....	38
Holston Gases	25	Traders Bank Tullahoma.....	25
Imhoff's Landscaping / Imhoff's Trucking.....	63	Vanderbilt Tullahoma Harton Hospital.....	2
Interstate Liquors.....	8	Water's Edge Chocolates.....	64, 65
Keith's Tank Service	63	Watson Metals LLC.....	19
KK's Loans Music & Jewelry - Manchester	63	Weichert Realtors - Joe Orr Realtor.....	7
Life Care Center of Tullahoma.....	57	Welch Custom Hay	21
Manchester Associates/Rivendell Apartments.....	23	Woodland Wellness.....	57
Manchester Tire & Brake	23		



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