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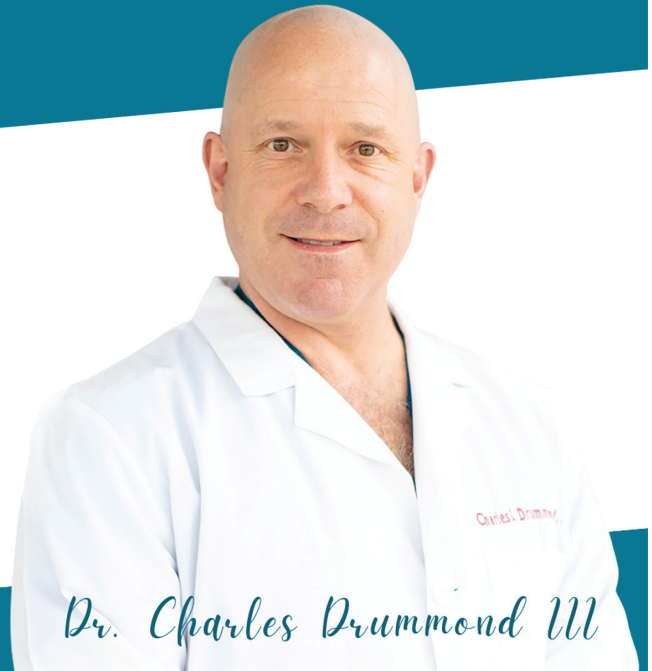
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LETTER FROM THE EDITOR

The Future is Bright

The next generation is made of strength, light, and courage.

WHEN I think of the next generation, I feel excitement. I want this issue of Good News to be a joyous celebration of the young adults who will be the leaders of tomorrow, carrying the torch of progress and making our community and the world a better place. I am confident that the future is in good hands.

We live in a time of uncertainty; it's easy to succumb to worry and doubt the next generation. However, when we truly examine the next generation, we witness a source of boundless optimism. These young men and women are driven, compassionate, and brimming with innovative ideas. They possess a remarkable ability to empathize with others and understand the challenges that lie before them.

Our communities will flourish and thrive because of these remarkable individuals. They have shown us what it means to be resilient, resourceful, and committed to making a positive impact. With each passing

day, they inspire us with their determination, their unwavering belief in a better future, and their tireless efforts to bring about meaningful change.

I am humbled by the energy and passion radiating from these future leaders. They remind us that we must nurture their dreams and provide them with the support and guidance they need. By doing so, we can ensure that their potential is unleashed and that they have every opportunity to flourish.

The world may face challenges, but I firmly believe that with the next generation at the helm, we have every reason to be hopeful. They possess the ability to bridge divides, find common ground, and create innovative solutions to the most pressing issues of our time. They are determined to leave a lasting legacy of compassion, equality, and sustainability.

From someone who is a part of the next generation, this issue features young adults under the age of 35 who are making a lasting impact on the place we call home. **GN**


Wesley Bryant,
MANAGING EDITOR

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Good News

CHAPTER 1 OF 3

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

- 14** The future is bright for Coffee County industries
- 18** Coffee County native takes on new role with UT Extension
- 22** Local program sends seniors back to school

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PHOTOGRAPHY BY ASHLEIGH NEWNES



The future is bright for Coffee County industries

Stephen Crook discusses industrial board success and industry opportunities.

By Jeriah Brumfield // Photography by Summer Breeze

STEPHEN CROOK, the executive director of the Industrial Board of Coffee County, possesses a wealth of knowledge regarding industry opportunities in the region. With nearly nine years of experience in economic development for Coffee County, his passion and enthusiasm have remained unwavering.

Crook is a former vice president of economic development for a regional organization as an economic partnership headquartered in Cookeville.

He said, “I found it to be one of those areas where you can have a significant impact on the community — on people that may never even know what role you had.”

The Coffee County Industrial Board has a remarkable history of economic development work for the community and the region.

“You work in a small way to help support their job opportunity, quality of life, and improve the lives of our citizens.”

The Coffee County Industrial Board recruits, retains, and expands quality employers and supports quality-of-life development for each community in Coffee County.

The board helped Dot Foods, a family company, locate a distribution center in Manchester Industrial Park. The company specializes in less-than-truckload food distribution that will provide over 200 jobs to the community.

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Stephen
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*“You work in a small way
to help support their job
opportunity, quality of life,
and improve the lives
of our citizens.”*

-Stephen Crook

“That is one of the examples of how we work as an industrial board to help create high-quality job opportunities that help fill employment gaps and add quality opportunities in our citizens’ lives.”

Coffee County’s existing industries are all experiencing significant sales growth, creating opportunities for them to grow their employment and add shifts and equipment.

Some of the challenges the board faces are the diversification of the workforce. The board wants to ensure that they have a wide array of citizens that can go to work and do various jobs from entry level up.

Employees specializing in mechatronics, automation engineering, Programmable Logic Controls (PLC), and CNC Milling are in high demand. The board proactively works with education partners to ensure they provide these industries to the community. They currently have many openings for entry-level operators in positions with high-growth potential.

Board members work diligently to fill employment gaps in the automotive space, air and defense, health and medical sciences, cyber security, and consumer goods sectors within Coffee County.

Nearly 11,000 people in Coffee County travel an hour to two hours to get to work. The board aims to help them participate in community activities and reduce commute times.

The available property development spaces include the Middle Tennessee I-24 mega site. The mega site will serve employers, help retain young talent, and bring those who travel outside the country’s borders to work a little closer to home every day. It will be a key component in adding long-term value to the community.

The community is headed in a great direction with the right people in the right seats, strong partnerships, and a great work ethic. Grab a Manchester Chamber magazine and a cup of coffee, and stay tuned for exciting updates and opportunities. **GN**

Visit the Industrial Board in the County Administrative Plaza today, or visit <https://www.coffeetn.com> for more industry opportunities. If you are seeking employment at DOT Foods, visit <https://careers.dotfoods.com>.

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▲ Amy Willis Prince

Coffee County native takes on a new role with UT Extension

Amy Willis Prince introduced as new Coffee County Extension director

By Kali Bradford // Photography by Ashleigh Newnes

WANT TO know how to save your house plant? Or are you looking for a way to find locally sourced products? Maybe you've just bought a few chickens and need to know the best food to feed them. This is just the tip of the iceberg of the information available at your local Coffee County UT Extension office.

Staffed with a crew of experts in everything from soil, water conservation, crop management, pest control, family care, and more, they are ready and welcome to help the residents of Coffee County in any way they can.

At the helm of the Coffee County office is Amy Willis Prince. A Coffee County native, Prince recently took the reins of director in February. Prince knows all too well the benefits the extension has to offer. In her new position as director, she wants to show her community what they have been missing.

AN EARLY START

Growing up with a father who was a farmer, a mother who was a teacher, and a long lineage of farmers, Prince said it was almost impossible not to be involved with agriculture in some way.

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“I was introduced to 4-H at a young age, and I loved it from the beginning,” said Prince. “My main project was food nutrition, which was great because I loved to cook. While I could do things I loved, I was also building some of those skills that I would need in adulthood.”

Prince added that with her involvement with 4-H, a youth organization part of the extension, she could take advantage of several opportunities.

“I was able to get scholarships because of the 4-H activities I participated in,” she said. “In college, I worked in the state 4-H office while I was majoring in ag-business at the University of Tennessee. I wasn’t sure exactly what I wanted to do at the time, but my dad is a farmer, and my mom’s a teacher, so the extension just blends those two things right.”

Upon graduating, she worked as a program assistant for the UT Extension program. She made the move in 2006 to Rutherford County to work full time as a UT Extension agent for the next 16 years.

“The great thing about the extension is that you can do so many different things in a day,” said Prince. “I go from teaching about cooking and talking about chickens to answering questions about house plants. There is never a dull moment and always so much to learn.”

Loving her job in Rutherford County, she long desired to return to her home county. In 2023 she finally got the opportunity to officially move back home and take the director position for the Coffee County Extension office.

“Extension jobs don’t come open often. When the previous director announced his retirement, I knew it was my opportunity to come home,” she said. “So being able to actually make that a reality is a dream come true. It is great to be back home. I love Coffee County. I’ve been wanting to come home, and I’m so excited to serve my community and provide education and programming. There’s so much potential, and I’m excited to make some new partnerships and provide new programming.”



Knowing the true benefits of the extension and the wide variety of education it provides, she wants to revamp the image of the extension and show the community all it has to offer.

“Historically, the extension and the 4-H program in Coffee County has been really strong,” explained Prince. “There are so many people in our community who were a part of programs, such as 4-H — people like Sheriff Chad Partin, along with other business owners and government officials. We have good support, but I think some things have been lost in translation a little bit. As people get further away from agriculture, they tend to forget about all that the extension offers. There are so many things that we do that are not for just a farmer. While we absolutely support our farmers, there is the master gardener program and family and parenting programs. We want people to understand that the extension is here for everyone. We do all the things, and we’re a great resource.”

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Foster grandparents find purpose and help shape lives.

By Tina Neeley // Photography by Brooke Snyder

AH, RETIREMENT! We dream about it, save for it, and imagine how we'll fill our days. While many seniors and retirees find countless ways to spend their time, others discover extra time on their hands. Living costs continue to rise faster than retirement benefits, and low-income seniors are hit particularly hard.

Teachers never seem to have enough time or resources to meet all the demands placed on them and their students, and the pandemic left many students behind in reading. Not every student has a strong fam-

ily support system to encourage and help to catch up in any areas where they struggle.

But there is one excellent resource that serves to fill the gap for seniors, teachers, and students. The South Central Human Resource Agency's (SCHRA) Foster Grandparent Program, funded through AmeriCorps Seniors, is that bridge.

Jeana Mills, Foster Grandparent Program director, said Bedford, Franklin, Coffee, and Lincoln County headstarts, schools, and after-school programs are among the 13 counties covered in our area. Foster grand-

parents presently serve over 27 students in Lincoln and Franklin Counties. SCHRA is ready and able to connect students, seniors, headstarts, schools, and after-school programs in Bedford and Coffee Counties."

Mills said, "We currently serve 23 partnerships in our area, and my goal is to establish a partnership with Bedford and Coffee [Counties]. While headstart programs usually receive only one [grandparent], we can cover a larger area in our school systems."

The volunteer program is open to all seniors. Travel is reimbursed, and participat-

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ing seniors are paid \$4 per hour. Volunteers must work at least five hours weekly and may choose to work up to 40 hours weekly.

The one-on-one sessions with students focus on reading, math, and building life skills. Teamwork and self-confidence grow as students benefit academically and form lasting connections with the foster grandparents long after the school year ends. The areas where volunteers are presently assigned find the presence of the foster grandparents to be an essential part of student learning and something positive within the school or program's culture.

Mills explained the foster grandparents' requirements. "To qualify, they must be low income, over 55, and able to pass a background check. They receive 40 hours of training — 20 hours with us and 20 hours shadowing someone at the school," she said.

Volunteers choose the number of hours they want to work, and many choose additional hours once they've experienced the program.



▲ Memphis Snyder and Della Jolly



▲ Peggy Dollar and Kassie Ryan

"I always warn the volunteers, once you start working with these children, they will love you endlessly, and you will love them the same. They will become like family, and when you're out for doctors' appointments, illness, or simply a personal day, you will be missed. So be ready to explain why you were out because they will ask," she said.

Mills continued, "It's just a win-win. The kids get extra help, the teachers get extra help, and senior citizens stay active and engaged in the community. Every morning, they have a purpose to get out of bed and push themselves to keep going. It's a really good program that works hand in hand between both generations." GN

For information on becoming a foster grandparent or to connect your school with the program, contact Jeana Mills at South Central Human Resource Agency at (731) 514-5967



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GoodLiving

CHAPTER 2 OF 3

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

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- 56** Faith: The power of perspective

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



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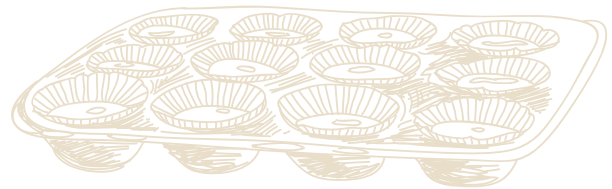
PHOTOS BY LINDSEY DUNCAN

A RECIPE FOR
SUCCESS



BY JERIAH BRUMFIELD
PHOTOGRAPHY BY ASHLEIGH NEWNES

Coffee County High School inspires the **next generation of culinary artists and mentors.**



COFFEE COUNTY High School (CCH) nurtures culinary dreams. It inspires the next generation of culinary artists and mentors through its outstanding culinary arts program, spearheaded by teachers Alië Seigmund and Angela Neal.

The program is structured into three levels, starting with Culinary One, where students learn the basic principles of safety and sanitation, become proficient in using knives, and master the operation of commercial dishwashers. Cupcake Wars, held in fall and winter, are a fun way to put their skills to use while igniting their competitive spirit.

The program's seasoned teacher, Angela Neal, said, "They design their cupcakes however they want to, and each student competes with everybody. Then Chef Ali and some other administrators come in and judge them. So, it's a competition — Cupcake Wars — and they take it very seriously."

In May, Neal asked her class to create recipe books for their moms to celebrate Mother's Day, and it was a huge success.



▲ Angela Neal and Alië Seigmund



▲ Joel Baker, Elizabeth Paxton, Estrella Howard, and Gavin Holt

“Mrs. Neal has helped me tremendously through my first year of teaching. I am grateful to have her as my mentor and friend.”

- ALIE SEIGMUND



Neal started the program seven years ago, teaching subjects such as nutrition, food, sewing, and family and consumer science. Eventually, the school realized the need to keep up with the times and created a class centered around the industry that the current generation is pursuing: restaurants.

“The restaurant industry is where the need was,” said Angela, “So, the students learned how to run the commercial dishwasher and learned the basics of safety and sanitation. So when an employer hires them, they already have a foundation to excel at it.”

The principles the students learn in Culinary One enable them to integrate easily into the program’s higher-level culinary classes.

After one year, they move into Culinary Two, led by certified chef Alie Seigmund, where they build on skills they learned in Culinary One. Seigmund’s classes are more advanced and elaborate, teaching the art of cake decorating and the skills necessary to be a prep cook or executive chef.

Neal explains, “She shows them various tips and other techniques to use in her



class. Her class is the advanced class, and like my class, we do bookwork in both classes, but much of our classes are hands-on. I teach math skills. She teaches math skills.”

Chef Seigmund’s Culinary Two class focuses on various culinary arts subjects, including cooking meats, poultry, starches, vegetables, fruits, and stock soups, among many other things. Her Culinary Three class, closer to Christmas time, creates their own three-layer cake.

Angela Neal can’t help but feel proud of Alie Seigmund, one of her former culinary students from high school, who is now inspiring and mentoring the next generation of culinary artists.

Seigmund started out in her aunt Renee Holt’s dining room at the Mercantile Cafe in Manchester when she was just 15. She learned baking and cake decorating from her aunt and later pursued her dream of attending culinary school.

“I started out at Motlow, doing my general education, and then about halfway through my first semester, I found out about a culinary program in Sevierville, Tennessee, at Walters State Community College,” Seigmund said. By January, she was in their two-year culinary program, tapping into her life-long dream of becoming a culinary teacher.

“Mrs. Neal has helped me tremendously through my first year of teaching. I am grateful to have her as my mentor and friend,” Seigmund said.

Chef Neal feels immense pride and gratitude toward the young lady she mentored and is now teaching in CCH’s culinary program. Neal’s students look forward to Culinary Two because they know they have a chef who knows her craft. “It actually gives me a chance to learn from her. And what an honor,” she said.

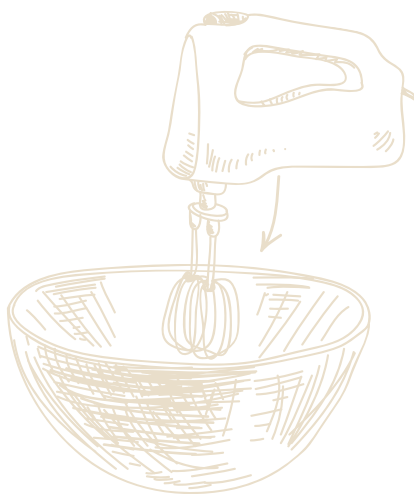
Though Seigmund is a chef, the teachers consistently remind students that there are endless opportunities in the culinary arts.

“You can travel the world and do other things. There are so many other things you can do with careers in hospitality. And we have several students that have graduated from here, not just Alie, that have gone on to be chefs,” Neal said. “You can be a taster; any pictures or anything you see is garnished food.”

Neal concluded by explaining how CCH’s culinary program’s success is grounded in the excellent support of Richard Skipper, the Career and Technical Education director.

“He is awesome. He’s there anytime we need anything. If we go to him, and if there’s any way he can make sure that we get it, he’ll do it. I mean, he is an awesome boss. He’s very good to us.”

The future of culinary arts shines bright at Coffee County High School, where students are learning from the best in the business and nurturing their diverse talents that promise endless possibilities in their delicious careers. **GN**



”

I think that what is unique to our area is the growth – the number of people moving into this area. Astounding. And so there’s just a huge need for more veterinarians everywhere.

-Dr. Jeff Keele

Dr. Jeff Keele





Expanding our PAW-SIBILITIES

Local veterinary clinic expands
to meet growing demand.

By Jeriah Brumfield // Photos submitted by Lindsey Duncan Photography





▲ All Creatures Team

ALL CREATURES Veterinary Clinic, a mixed-animal practice, has undergone a significant expansion after more than 20 years of operation. Founder Dr. Gary Nester, and Dr. Jeff Keele, who joined the clinic in 2004 and became a partner in 2007, knew they needed to expand due to their small office space and limited resources.

In 2020, they began their expansion process, culminating in their move to a brand new eight-exam-room building in 2022. The new facility boasts triple the boarding space, a new grooming area, and an expanded isolation space.

With nine skilled doctors on staff, the clinic is equipped to handle various animal needs.

Keele said, "Our older, experienced vets — we can bring to the table all those years of experience. New grads — they really help us out by giving us the most up-to-date information, bringing in new medications and new techniques they just learned in school."

He continued, "So we mentor them, and they help keep us more proactive in the more recent changes in veterinary medicine."

Their expansion doesn't just stop in Manchester. In the past eight years, they have opened a satellite clinic in Montegale and purchased clinics in Tullahoma and Morrison. The Tullahoma office works mainly with exotic animals, whereas the Morrison office focuses on large animals.

Dr. Keele, an eighth-generation Keele in the area, grew up on a nearby dairy farm.

"I got to see a lot of different techniques and had good relationships with several veterinarians," he said.

"And so when I went to college, I took some [agriculture] classes and really enjoyed the animal science and decided that I would try to go to vet school and got in. And I guess the rest is history."

The expansion and the need for skilled veterinarians have been a nationwide issue, with the COVID-19



pandemic making it even worse. As people adopt more pets and pay closer attention to their elder pets' health issues, the demand for veterinary services has skyrocketed.

Nevertheless, due to COVID-related precautions like curbside services, many veterinary offices have operated at reduced efficiency and higher demand, aggravating the staffing shortage.

"That's not unique to our area. But I think that what is unique to our area is the growth — the number of people moving into this area. Astounding. And so there's just a huge need for more veterinarians everywhere. In the Middle Tennessee area, that's even more true," the doctor said.

Despite these challenges, All Creatures Veterinary Clinic continues to provide the highest level of care, earning its distinction as *Finest Veterinarian* for Manchester and Tullahoma for two consecutive years. They are committed to being trustworthy and honorable veterinarians dedicated to providing the highest quality care for each animal they encounter. **GN**



▲ Dr. Gordon Bijvoet



▲ All Creatures Team



education that comes with celebrating Dairy as father Steve, his and his wife Kara family started dairy when they moved to Tennessee. It's a way to get behind the scenes, in agriculture.

It might not be the first thought on many people's minds, but high-protein farmers do a lot of work in terms of raising and caring for cattle, being on the ground with the problems, and wear-

work goes into dairy farming. The Nash family started in 2020. "We'd al-



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A low-angle, upward-looking photograph of a diverse group of people's hands and forearms reaching up to hold a small globe of the Earth. The globe is the central focus, showing continents in various colors. The background is a clear, bright blue sky. The overall mood is one of unity, global cooperation, and hope for the future. The text 'THE NEXT GENERATION' is overlaid in the center in a bold, white, sans-serif font, with a thin yellow horizontal line passing through it.

THE NEXT GENERATION



The future is bright.

IN A world that often grapples with uncertainty and challenges, there exists a fountain of hope and inspiration: the next generation. These young adults, poised to become the leaders of tomorrow, are a testament to the strength and power that lie within them. Their unwavering determination, compassion, and innovative thinking assure us that the world is in good hands. As we witness their remarkable potential, it becomes clear that our communities are better, brighter, and filled with promise.

The next generation embodies resilience in the face of adversity. They possess an innate ability to adapt to changing circumstances, and their unwavering belief in a brighter future serves as a guiding light. These young leaders refuse to be defined by the challenges that precede them; instead, they transform obstacles into opportunities. Armed with an unwavering sense of purpose, they forge ahead, breaking barriers and redefining what is possible. Their visionary thinking and capacity to tackle complex issues with fresh perspectives instill confidence that they will navigate the intricacies of the world with poise and wisdom.

The next generation represents a beacon of hope and inspiration. With their resilience, visionary thinking, collective empowerment, and unwavering commitment to shaping a brighter tomorrow, they instill a sense of confidence and assurance. The world is in good hands as these young leaders emerge, poised to tackle the challenges that lie ahead. Their strength, power, and unyielding determination serve as a testament to the incredible potential within each of us. As we embrace their passion and support their endeavors, we forge a path forward marked by hope, progress, and a better future for all. **GN**

HONORING THE PAST AND BUILDING THE FUTURE

By Jeriah Brumfield

Photography by Ashleigh Newnes

Carrying on a family legacy of passion, strength, and empowerment



▲ Brianna Trulick

BRIANNA TRULICK is a next-generation advocate for children’s education and community empowerment. She is a shining example of the strength, passion, and empowerment that runs deep in her family’s roots. Born and raised in the welcoming community of Manchester, she was fortunate to be a part of a loving and supportive family environment. As a young girl, she watched her family members become influential leaders, inspiring her to do the same.

Her great-grandfather, Sam Nevels, a revered figure and one of Manchester’s first African American businessmen and the patriarch that started it all, set the bar high for generations to follow. From owning a club and a bar to hosting the Fourth of August Celebration and running a carwash company, Nevels was a true jack-of-all-trades, embodying the spirit of hard work and entrepreneurship.

Trulick fondly remembers her grandfather’s captivating personality and knack for business operations.

She said, “We went to my grandmama’s and grandpapa’s every evening after work and school, and we’d sit on the carport and watch him make business deals.”

She recalls his impact on the Coffee County community and surrounding counties and how his legacy inspires her today. The multi-skilled businessman taught his great-granddaughter the value of hard work and was a true pillar in Manchester.





Her parents, Robert and Roxanne Patton, were also significant figures in her life who significantly impacted their community.

Roxanne Patton served as an alderman in the city for many years and served in the county mayor's office until last year. And her mother's no-nonsense attitude and swag are qualities that Trulick profoundly admires. Her family's legacy and impact on the community inspire her to make a difference in the world.

"I like her swag. I like how she carries herself. She's a no-nonsense type of person. She tells it how it is. But she's still a joy to be around."

Trulick comes from a family of pioneers. Her cousin, Lonnie Norman, was the first black mayor of Manchester in 1991 and

continued to serve for several years. Trulick wholeheartedly carries on her family's tradition of serving the community as she serves as a chamber ambassador and ALL Corps tutor for Manchester City Schools. Tennessee ALL Corps is an initiative that profoundly impacts kids academically after the COVID-19 pandemic.

"I love being a face of Manchester and being out in the community. I can't name one thing bad about my job as an ALL Corps tutor. My students make my day every single day," she said.

"When I was in school, there weren't any teachers that looked like me. I know that I am there to make a difference."

Having faced obstacles in her own life as a single mother, Trulick saw firsthand the importance of never giving up on

one's dreams and the critical role education plays in achieving them.

Her path took an unexpected turn when she became a single mother as a student at Middle Tennessee State University (MTSU) in 2009. Despite taking a break from school to find a job and support her new child, Trulick never lost sight of her dreams. She knew the value of education and was determined to fulfill her aspirations.

Eventually, Trulick returned to MTSU and earned her general studies degree in 2015, a remarkable achievement that spoke to her unwavering commitment to her education. While working at the credit union as a banker, Trulick realized her true calling was elsewhere. She decided to pursue her passion for helping others and became a tutor.

Trulick came to appreciate the significance of representation and diversity in the school system in her later years. Her experiences have inspired her to be a role model for students, especially those from underrepresented backgrounds, and she understands the importance of being a source of encouragement and support.

“When I was growing up, I didn’t have any teacher that looked like me at all, and I think that makes a big difference when a child of color sees another person of color in school. That makes them feel more comfortable.”

Trulick understands the importance of representation in the classroom, especially for children of color. She aims to be an influential educator in the Manchester Coffee County area, providing her students with a sense of comfort, knowing they have someone who looks like them to look up to in the classroom. She is committed to positively representing the children she serves, inspiring them to be the best they can be.

Brianna Trulick’s passion for education, combined with her deep roots in the community, makes her an unstoppable force. She is dedicated to making a difference in the lives of her students and is a shining example of the impact that a passionate and committed educator can have. **GN**



“When I was in school, there weren’t any teachers that looked like me. I know that I am there to make a difference.”

- Brianna Trulick

FINDING HER STRIDE

By Jeriah Brumfield

Photography by Ashleigh Newnes
and submitted by Kaylee Williams

Kaylee Williams' legacy continues from the Makos Swim Team to the American Athletic Conference.

AS A native of Manchester, Milligan junior Kaylee Williams knew she wanted to stay close to home after high school. Her passion for swimming drove her towards Milligan University, home of the Buffalo, in Johnson City, where she received a great scholarship offer that she couldn't resist.

Fast forward to her junior year of college, and the exercise science major has already broken numerous records on the Milligan Swim Team and the American Athletic Conference. It's like witnessing a triumph of athletic prowess both in and out of the water, unleashing a masterpiece of skill and determination.

Williams has been swimming ever since she was a child, but it wasn't until high school that her true love for the sport took shape. She credits her skill set, discipline, and leadership

abilities to the Manchester Makos Swim Team, the competitive team she was on for 12 years, and coach Shawn Daniels, who started it all.

For Williams, the Manchester Makos is more than just a swim team. It's an inspiring relationship where growth and mentorship are evident in every practice and encounter.

Through her experience as a competitive swimmer and on the Makos Swim Team, she learned the importance of a strong team dynamic and critical leadership skills. Williams said the team allows her and many others to become the best they can be.

"Everyone is included in everything, and the older kids are always trying to help out the little kids, especially at swim meets and during summer league when the older kids get assigned a little kid to help with."



▲ Kaylee Williams

Williams' journey as a competitive swimmer hasn't been easy. It takes perseverance, grit, and determination to achieve greatness in an individual sport like swimming. Every training day presents challenges, but with coach Shawn's outstanding coaching and mentoring abilities, Williams has learned to embody self-discipline and have fun.

She said, "Shawn is an amazing coach. She definitely taught me self-discipline a lot because I decided to swim in college late in my life. So when I decided that, I was really becoming self-disciplined in swimming, and she started pouring into me."

She continued, "The one thing I learned the most was self-discipline. That's what it takes to keep swimming. And also, to have fun."

As a swimmer with a background in a more group-oriented environment, she initially struggled to find her place on the team. But with her unwavering faith and a great team dynamic at Milligan, Williams found her stride and has been thriving ever since.

Williams said God had been a constant source of strength, guiding her through each challenge one step at a time. She also said her parents have always been there to help her navigate life's challenges.

She came a long way from her first year at college, surrounded by supportive teammates and coaches who have all been instrumental in her growth.

"I met some amazing people my second year, and they're still great friends of mine. So they have impacted me a lot, and that has helped me a lot along the way. The coach is great. He's done so many amazing things for the program. We have two great assistant coaches as well, and they also do amazing. And the team environment is very competitive," she said.

"We have a great strong team dynamic that I didn't see during my first year at Milligan. We've definitely grown, and we've all bonded together. And it's amazing to see that growth."

With one eye on the pool and another on the future, Williams plans to take her passion for health and wellness to another level, pursuing occupational therapy in graduate school.

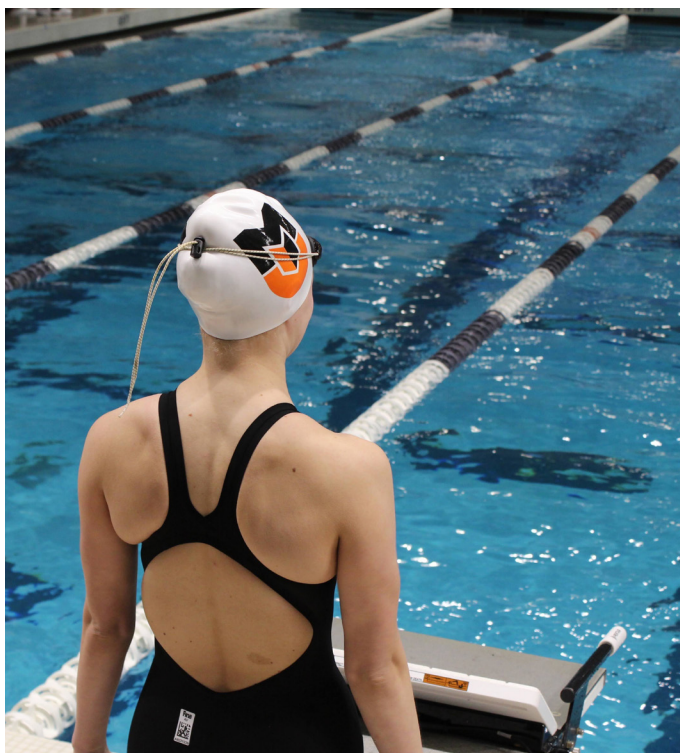
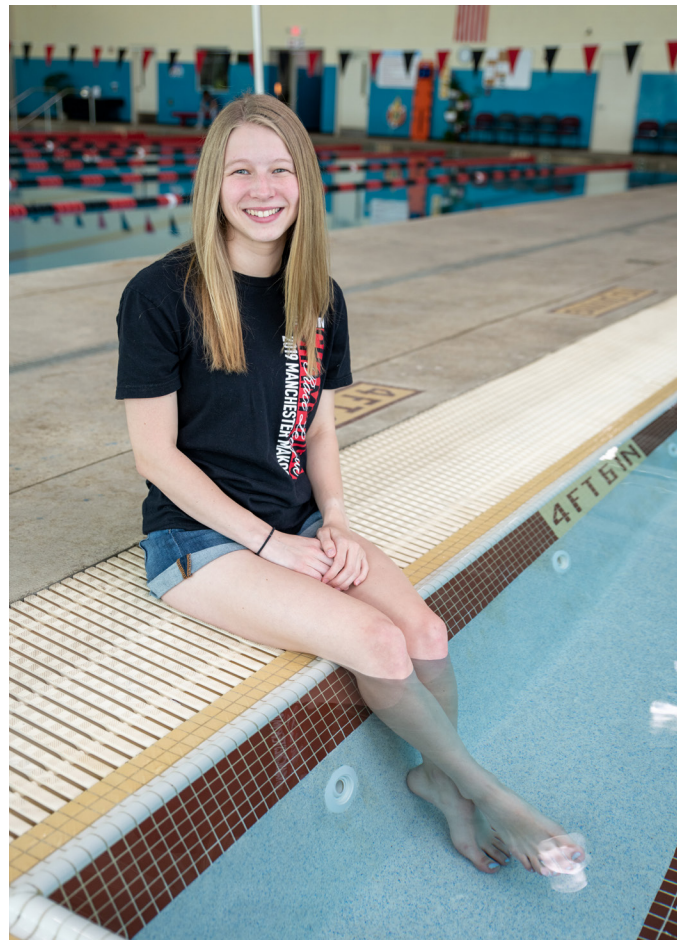
She said, "That will be one of my greatest achievements. That one thing that I also had a lot of struggle with was choosing what I wanted to do, but that will probably be one of my favorite achievements because honestly, I never thought I would be where I'm at right now."

As Williams continues her journey toward becoming the next generation's front-runner, she takes the valuable lessons she learned from her parents and church family, the Manchester Makos team, and her outstanding coach, Shawn Daniels. **GN**



“I met some amazing people my second year, and they’re still great friends of mine. So they have impacted me a lot, and that has helped me a lot along the way.”

- Kaylee Williams



A SPLASH OF INSPIRATION

By Jeriah Brumfield

Photos submitted by Jack Beachboard

How swimming shaped Jack Beachboard into a next-generation leader

JACK BEACHBOARD represents the next generation of leaders, defined by their natural-born talents, compassion, and empathy. Beachboard found his love for swimming at an early age, a pursuit that would ultimately equip him with such invaluable life skills.

Born and raised in Manchester, Beachboard's roots run deep in Tennessee soil. He walked the same halls as his father, a proud University of Tennessee (UT) Knoxville alumnus. After graduating from Coffee County Central High School, Beachboard followed in his father's footsteps and pursued a degree at UT Knoxville, and he is now paving his own path toward greatness.

Following his recent graduation in May, Beachboard plans to take his passion for leadership to the next level by pursuing a law degree this fall. But Beachboard credits his time in competitive swimming as the foundation for his leadership skills.



▲ Jack Beachboard



He discovered his innate talent for swimming as he dipped his toes into his grandparents' pool and frolicked in the refreshing waters during their family lake excursions. The memories of those precious moments still linger in his heart today.

With his grandparents' pool as his playground and one of Manchester's many picturesque lakes as his summer oasis, Beachboard was introduced to the world of swimming.

Initially, it started as a way to keep himself occupied during the baseball and basketball off-seasons. But, as he submerged himself in the waters, he realized he was gifted in swimming, much more than he expected.

Beachboard's love for swimming surpassed mere enjoyment, inspiring him to take his skills to the next level. He joined the ranks of the Manchester Makos Swim Team and embarked on a little over a decade-long journey of competition, dedication, and growth. He also gained invaluable leadership skills that he would carry into his future endeavors.

He said, "I saw the team come full circle. We started out small, and we were not competitive. And we grew it and worked very hard. So that's one of the things that I remember the most, is just being able to build the team up and help get us to where we are today."



▲ Josh Rutledge, Lauren Lee, Isaac Lee, Maddie DeWolf, Jack Beachboard, Kaylee Williams, and Nick Bogle

Beachboard's transition to college was not the easiest, and he experienced numerous challenges along the way. Beachboard's freshman year was cut short due to the COVID-19 pandemic, and the students had to attend school online. During his sophomore year, there was little to no interaction between students.

"They canceled sporting events and student organization meetings across campus, so there was really no interaction between students for over a year. It was certainly a challenging time, but I think everyone came out better on the other side," he said.

Beachboard's inspiring journey is not over. He experienced many challenges to get where he is today.

Beachboard has served as the undergraduate swim manager at UT Knoxville for four years. He has drawn upon his swimming accomplishments and natural leadership skills to help lead the Lady Vols to two SEC championships. Leading the UT swim teams has brought Beachboard endless experiences, including witnessing world-class athletes compete daily.

"The UT swim team has some of the best athletes in the world. We have one guy this year that was an SEC champion, NCAA champion, and world champion all in the same year. Being able to watch athletes like him compete is really phenomenal."

Beachboard further noted that winning championships and watching some of the most incredible talents in action are two things he has cherished the most.

As a University of Tennessee alum, graduating from his dream school and where his father graduated is one of Beachboard's most cherished accomplishments.

"I've always grown up a huge UT fan. So for me, being able to graduate from my dream school, and being able to graduate from the same place that my dad graduated from, is definitely one of the things that I'm most proud of," he said.

As he prepares to embark on a new journey through law school, Beachboard takes a moment to reflect on the incredible opportunities that his upbringing in Manchester bestowed upon him.

He said, "Living in Manchester has provided so many good opportunities and maybe a perspective that not many people see. A lot of my friends in college are from bigger cities like Knoxville, Nashville, Memphis, etc. And I think there are some good perspectives from a smaller town," he said.

"I really feel like I have a connection here. Manchester has really shaped me. And just having so many close friends and family in one area was really great."

Beachboard's experiences have made him a compassionate and empathetic leader who understands the importance of fostering strong relationships with those around him.

He said, "Leadership is one area that I think swimming has a great parallel because I got to have some great leaders help me, and then I got to give back and hopefully be a great leader for the people that were under me."

With a well-rounded skillset and determination, Jack Beachboard is well on his way to becoming a next-generation community leader, making small waves in his community. No matter what the future holds, he knows he'll always have the vivid memories and valuable experiences gathered from growing up in Manchester. **GN**

"Leadership is one area that I think swimming has a great parallel because I got to have some great leaders help me, and then I got to give back and hopefully be a great leader for the people that were under me."

- Jack Beachboard

From humble beginnings **TO A LARGE TABLE**

Common John Brewing Co. is bringing people together, one drink at a time.





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 Common John Brewing Co.

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MOSTLY, IT is rare to leave a restaurant feeling a strong sense of communal satiety, as if you have dined with everybody you were meant to meet while around the meal you were meant to enjoy. At Common John Brewing Co., however, “togetherness” is the norm, and community means absolutely everything. Seated next to a window overlooking the front lawn eyeing a group of kids running around and passing a football to one another, I could hear soft chatter filling each dining room in the building, and locals and newcomers alike laughed with the bartenders taking everybody’s order. I headed up to the wooden counter and told them my choices of the day: a build-your-own pizza with pepperoni, bacon, onions, and hot honey, a Reuben sandwich with a side of the very popular (and bartender’s favorite) sauce, beer cheese, and a craft root beer to wash it all down. I had barely begun admiring all of the vintage knick-knacks they had incorporated into the dining area when

the spread of food was placed before me. Today, this flatbread pizza would woo me with its thin crust, thick layer of gooey cheese, and truly delicious ratio of sauce, just enough to coat each bite. The Reuben sandwich, too, would deliver a melt-in-your-mouth feel for every single bite of pastrami and sauerkraut that was taken, a match made in whatever beautiful earthly kitchen decided to put these two together between slices of rye. The star of the show? The infamous beer cheese. It was warm and thick and had a perfect tang that differentiated it from any other beer cheese I had ever had before. I used it to dip everything; the kettle chips, the Reuben, some slices of the pizza if I felt like it, and yes, I even tried it with the pickle. Here, the air is full of open areas to relax in. The slightest bit of stuffiness and the color of your collars do not matter — anybody is welcome, and the “common john” is encouraged to enjoy a drink or food to unwind after a long workday. **GN**



The power of perspective

Consider a larger view.

By Tina Neeley

WE SAW the sky but little else through the window in the room where we sat. The gray and white clouds marched briskly by as blues and grays traded places.

She was convinced the clouds would bring rain later in the day and said so every few minutes.

“No, I think they’re moving out, not in. That blue sky peeking through is going to bring sunshine,” I said, and for a minute, it seemed we’d settled the forecast.

Turning her eyes back to the clouds, she said, “I think it’s going to rain later today.”

“It looks like it, but I think they’re moving out, not in,” I said, as if for the first time.

Our seats in the memory care facility limited our view. Walls and locked doors stood between her and a larger view. I had the benefit of the morning’s forecast — a different perspective based on the training of a meteorologist, an authority

in the field. Her ability to grasp the good news of improving conditions was limited by more than the walls and doors of the facility. Dementia had stolen her ability to hold on — even for more than a minute — to reassurance that a brighter day was promised and the blue in the morning sky would spread, not diminish.

Aren’t we often the same?

So many times, life’s circumstances feel like they should come with storm warnings announcing their arrival and promising their departure. Struggles, as numerous as the clouds, obscure our view. Weariness from the realities of the weight of parenting, caring for others, paying bills in today’s economy, and responsibilities at work and home distract and overwhelm us. Grief, anxiety, and depression can also block the light of hope.

We can’t always trust what we see.

We have an enemy who loves to see our busyness confuse our thinking like

the clouds of dementia. We are not his prisoners, confined to the locked doors and walls of this world. The devil hopes we forget our direct access to the true authority and the truths of His Word. We are beloved children of the one who fulfills His purposes for us and provides rest and strength for our next steps.

He who sits above the clouds sees the beauty and promise of our days, our moments. He loves us. He is with us.

Isn’t the sun always shining despite the clouds?

Now, that’s worth repeating! **GN**

AFTERTHOUGHTS:

“In the shadow of your wings, I will take refuge till the storms of destruction pass by. I cry out to God Most High, to God who fulfills his purpose for me.”

-Psalm 57:1-2





Good Times

CHAPTER 3 OF 3

This section of the magazine covers local things to do.

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PHOTOGRAPHY BY ASHELIGH NEWNES

◀ Kylee, Rachel, Isabelle, Savannah, Dyllon, and Miloe



Vanessa Mendiola Jacobs and Jennifer Mendiola

Growing the community one seed at a time

Seed Swap event hopes to grow gardening community in Manchester

By Kali Bradford // Photography by Ashleigh Newnes

THE COFFEE County-Manchester Library is looking not only to grow plants but to grow the community. They recently hosted a seed swap event where patrons and the public could stop in and learn more about plants and each other.

The event was the idea of the youth service librarian and event coordinator, Daphanie Gragg, who wanted to offer an opportunity for gardeners to learn from each other and share expertise.

“We had a nice turnout for our first event,” she said. “We welcomed several guest speakers who offered knowledge and experience with growing plants. Personally, I was enthralled with everything

they had to say. For this event, we taught people how to do winter sewing and milk jugs, which is very effective in preparing for spring and summer gardening.”

Attendees could exchange tips on gardening techniques, pest control, and fertilization. The event also allowed growers to learn about new plant varieties adapted to their particular environment.

According to Gragg, the swap and learning more about gardening allowed patrons to build community. People in attendance had a shared interest in gardening and sustainability, allowing them to create new friendships.



▲ Amy Willis Prince, Anna Prince, Christy Epsy, Vanessa Mendiola Jacobs, Jennifer Mendiola, Lisa Pillow, Daphanie Gragg, Nathaniel Gragg, Gabriel Gragg, Isaiah Gragg, and Hollee Gragg.

“It was great to see everyone talking with each other and building relationships that will hopefully last long after the event,” said Gragg. “Everyone was kind and helpful. There were master gardeners learning from average gardeners. Everyone was there to learn and grow more in their love of gardening.”

Swaps like these are an excellent way to promote environmental stewardship, preserve traditional seeds, and build community. Gragg said these events have a powerful impact on gardeners and the ecosystem, ensuring that future generations can enjoy the many benefits of growing their food while protecting the environment.

“We want to continue these events because we are about enriching the community and helping educate them to care for each other and themselves and their families,” she said. “We plan on having several events with themes of providing knowledge to the community and helping uplift and inspire the community to do better, learn more, and take more ownership.”

Gragg added that the event is just the beginning of what she hopes to be a growing series of events where the library becomes not only a place to get books but a place to get produce and learn about growing plants and more. The library has several “swap” events, including a plant and produce swap.

“We are also hosting a plant swap,” she said. “Whether you want to try something new, share what you have grown, or just gain more knowledge about what you are growing. Following our plant swaps, we will host produce swaps. This event will be just like the seed and plant swap. People can try something new or share the bounty of what they have grown. We are excited to see where this can go.” GN



▲ Christy Epsy

▼ Nathaniel, Daphanie, Hollee, Isaiah, and Gabriel Gragg



To learn more about the upcoming swap events, contact the library at (931) 723-5143 or check out the library's Facebook page.

COMMUNITY EVENTS



▲ Alyssa Moore

Dancing among the stars

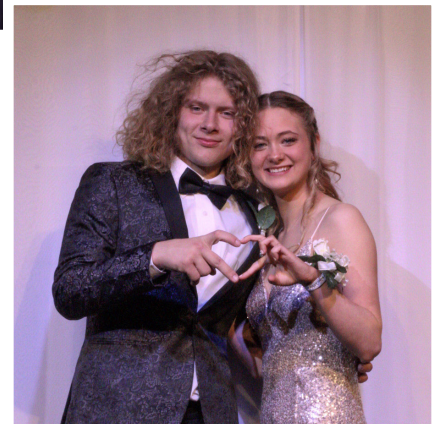
Photos submitted by Abby Troyer, Jaxon Waggoner, Danelle Afflerbaugh

The Manchester Arts Center held a prom for home school students in the Manchester area and surrounding communities. Attendees danced to music provided by DJ Eric Keith. They also enjoyed catering from Crazy Daisies and Blessed Be Cakery. Photographer Jaxon Waggoner was also on hand to capture the attendees during their magical evening.

▶
Collin Cusick,
Gianna
Afflerbaugh,
Loralei Petty,
Tucker Johnson,
Abby Troyer,
Jay Eaton,
Eliza Griffey, and
Zachary Sons



▶
Abby Troyer,
Jay Eaton,
and Eliza Griffey





◀ Ronald Smitty and Daniel Stillengs



◀ Marshall Massey and Marshall Qualls

An eggtacular event!

Photography by Ashleigh Newnes

The sights of brightly colored eggs were all around, along with the sweet squeals and laughter of children as they discovered them hiding amongst the green grass. Manchester Fellowship hosted the community-wide Easter egg hunt that welcomed everyone to come out to fellowship and enjoy the holiday.



▶ Luke and Micah Smitty



▶ Barbra Brown and Sue Qualls



◀ Edward and John Lee

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EVENTS CALENDAR

June 15

**8:00 am Bonnaroo
Music Festival**
The Bonnaroo Farm
786 New Bushy
Branch Rd.
Manchester

Bonnaroo is a magical weekend of music, fun, and friendship. Our lineup features more than 150 diverse acts set on some of the most historic and iconic stages in the world, and music goes around the clock. Our main venue, Centeroo, stays open 24/7 with dance sets leading into the sunrise. Are you ready to roo?

June 17

**12:00 pm 25th Anniversary
Cruize'n and
Music Show**
Miller's Pond
6542 McMinnville Hwy.
Manchester

Rain Date June 24, 2023

June 21

**10:00 am Jerry White
Let's Make
Litter Disappear**
Coffee County
Manchester Public
Library
1005 Hillsboro Blvd.
Manchester

Come on out to see a magic show by our very own Jerry White! All ages are welcome.

June 24

**7:00 pm Steven Simmons
Band Live**
Common John
Brewing Company
210 Woodbury Hwy.
Manchester



June 29

9:00 pm Level 77
Just One More Bar & Grill
3261 Hillsboro Hwy.
Manchester

June 30

7:00 pm An evening with John Ford Coley
Manchester Arts Center
128 E. Main St.
Manchester

Tickets are \$33.

July 15

9:00 pm Mark Anthony & the Mark Anthony Ensemble
KrossRoads Eatery & Showcase
53 Lakewood Dr.
Beechgrove

July 22

5:00 pm Ignite Worship
Rotary Park
Amphitheater
557 N. Woodland St.
Manchester

A free praise and worship concert. All are welcome. Our mission is to bring people to the kingdom of God via praise and worship!

For more information call (253) 514-2170 or email Igniteworshiptn@outlook.com.

For more events and to submit an event visit:

www.GoodNewsMags.com/events
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