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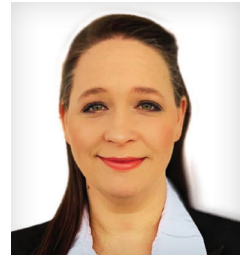
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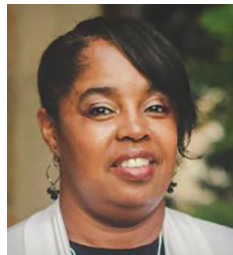
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*- Jenny Han*

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LETTER FROM THE EDITOR

# Savoring the Summer Delights

## Embracing the Tastes of Connection and Joy

AS THE sun casts its golden glow upon our world, we find ourselves awakening to the delights of summer – the vibrant colors, the warm breezes, and the echoes of laughter and togetherness. With the arrival of this cherished season, we unpack our picnic baskets, dust off our grills, and embark on a culinary journey that celebrates the tastes of connection and joy. Picture yourself lounging on a sun-kissed beach, surrounded by loved ones, as the tantalizing aroma of sizzling barbecues and refreshing fruit salads fills the air. Each bite becomes a portal to shared memories and the bonds that make our summers truly special.

Within this symphony of flavors, taste reigns supreme, captivating our senses and igniting our palates with delight. It possesses the enchanting ability to transport us to cherished moments in time, where the sweetness of ice cream cones, the tang of grilled seafood, and the juiciness of summer fruits evoke the essence of carefree days and long-lasting friendships. Just as the sun embraces us with its warmth, taste weaves

together the threads of connection, uniting generations and cultures through the art of shared culinary experiences.

Food, once a simple means of sustenance, has blossomed into a catalyst for a deeper sense of togetherness and celebration. It serves as the foundation upon which we build lasting memories, uniting families, friends, and communities. From the lively neighborhood block parties to the lively chatter of farmers’ markets, summer is the season when local food establishments take center stage, showcasing their delectable offerings and embodying the spirit of our vibrant communities.

So, as the sun casts its warm embrace upon us, let us seize the summer moments. Immerse yourself in the delight of every bite. Embrace the joy of shared meals with loved ones, knowing that within those sun-kissed flavors lies the essence of togetherness. In the pages of Good News, we invite you to savor the stories that unite us through food, forging connections that nourish not only our bodies but also our souls. **GN**

  
**Wesley Bryant,**  
MANAGING EDITOR

### From our publishing partner



*“I am so excited to be the publishing partner for Good News Franklin County. It’s an absolute joy to be part of this uplifting publication, inspiring readers and helping local businesses thrive. If you would like to become an advertising partner to spread the Good News, please give me a call.”*

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

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CHAPTER 1 OF 3

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

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- 18 Trampoline coach changes lives through trampoline training
- 22 Discover new local restaurants

Submit a positive story on our website:



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

Photo submitted by Joy Stovall

◀ Precision Dynamix home-school group with coaches Ruthie Brooks and Lauren Arant.





▲ Jeremy and Courtney Wood

## Food Truck Fridays event is back on the scene.

This weekly event is a treat for food lovers and a testament to our thriving culinary scene.

By Jeriah Brumfield // Photography by Brooke Snyder

AS THE workweek ends in Franklin County, residents eagerly anticipate Food Truck Fridays, a beloved culinary event that unites the community. This weekly extravaganza, which features a rotating lineup of food trucks offering a diverse range of delectable dishes for foodies and casual diners, ensures a new gastronomic adventure every Friday. Alongside mouth-watering cuisine, Food Truck Fridays provides a vibrant social atmosphere with live music and entertainment, making it the ideal spot for families, friends, and couples to unwind and connect after a long week.

On March 5, 2021, Sharon Byrum, an administrative assistant with the Franklin County Mayor's Office; Jim Sanders of Fully Involved N' Smokin; Chris Lambert with GoGo Hoagies; Roy Porter of HillBilly Q; and more joined forces to create an inviting space where food truck owners could thrive and the community could enjoy delectable cuisine and memorable experiences.

"When Food Truck Fridays began, it gave Franklin County a different variety of foods to choose from at the same location every Friday. Walnut Hill Coffee was the first coffee truck in town. They left and



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opened Walnut Hill Coffee Company on the square in Winchester. Shout out to Lupita’s Tacos. They started here at Food Truck Fridays as soon as their truck got built. They followed their dream and now have Lupita’s Tacos on the square in Winchester. It’s so great to see all of the new food choices coming to Franklin County and more to come,” Byrum said.

**A FEAST FOR THE SENSES**

The atmosphere at Food Truck Fridays is electric as the aroma of sizzling street food fills the air, and the buzz of conversation creates a warm and inviting ambiance. As you stroll through the lively gathering, you’ll be captivated by the enticing scents wafting from each food truck. From the smoky aroma of barbecue to the fragrant bouquet of spices, it’s impossible not to be drawn in by the tantalizing smells.

But don’t just take our word for it — let’s hear directly from the passionate people behind these mobile culinary delights.

Mary Ellen Stoltzfus with Stoltzfus Soft Pretzel food trailer said, “My favorite thing about it definitely is my customers and people I have met because of it. The food truck community has been great. They have helped me get started. It really is a great community. Come visit Food Truck Fridays and find me.”

Jim Sanders of Fully Involved N’ Smokin’ commented, “My wife, Tina, and I own Fully Involved N’ Smokin’ BBQ & Catering, and my mother-in-law, Linda Clark, and I run the food truck. We have a state-of-the-art food trailer. We started cooking barbecue and doing barbecue competitions on the Kansas City Barbecue Society circuit. We cooked comps for over six years, winning numerous awards and competitions. Retired University of Tennessee Football Coach Phillip Fulmer loves Fully Involved N’ Smokin’ BBQ.”

He continued, “We were the first food truck here in Franklin County and the Winchester area. The citizens



◀ Debra Nadwodny

of Franklin County have realized that some of the best food in Franklin County comes from the local food trucks, and they love it. Food Truck Fridays was instrumental in bringing all the food trucks together in one area utilizing the farmers market pavilion.”

Gather your family, friends, and loved ones, and make Food Truck Fridays your go-to destination for delicious food and unforgettable memories. See you there! **GN**

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▲ Joy Stovall and Nora Parks

## Trampoline coach changes lives through trampoline training.

Joy Stovall dominates the gymnastics scene all over the U.S.

By Jeriah Brumfield // Photography by Brooke Snyder

**B**ORN IN Chicago, Joy Stovall grew up about 90 miles northwest of Rockford, Illinois. There, she discovered her love for springboard diving and found herself competing at just 5 years old. At age 10, Stovall transitioned from diving to trampoline gymnastics and went on to compete in the World Trampoline Championships at 15.

After attending George Williams College in Downers Grove, Illinois, where she was named the Most Valuable Gymnast for multiple years, Stovall moved on to the University of Iowa and eventually settled in Idaho for over 27 years. In 2008 she relo-

cated to Alabama to help open the Matrix Gym before finally moving to Tennessee.

### **A JOURNEY TO SUCCESS**

Stovall has been a trailblazer in the world of trampoline and tumbling coaching for over two decades. With an impressive educational background, including a master's in physical education and a Bachelor of Science in therapeutic recreation, Stovall has built an illustrious career that has garnered respect and admiration from her peers and students. The expert gymnast started a trampoline program at Olympic Medalist Simone Biles's gym.



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As a rebound therapy practitioner and tutor, Stovall's expertise extends far beyond the realm of conventional coaching. Her three-year experience as a USA trampoline development center coordinator further solidified her standing as an authority in the field.

**A PASSION FOR GYMNASTICS  
AND COACHING**

Over the past 20 years, Stovall has been the proud owner of a successful gym, where she has served as the head coach of the trampoline and tumbling program. Under her guidance, the program has grown from its inception to an international podium level, showcasing her dedication and prowess as a coach.

She travels throughout the United States as a consultant, training coaches and athletes, some of whom are preparing for national and international events.

"I go to gyms throughout the country and consult, and I get to work with different athletes, and I've worked in Iceland. I worked in Australia with an Australian trampolinist who went to the Olympics at that time."

When at home in Estill Springs, Stovall works at Precision Dynamix in Winchester, doing rebound therapy with clients from toddlers to adults. She also works with gymnasts, cheerleaders, skateboarders, freestyle trampolinists, BMX riders, and more, utilizing the trampoline to help them master flipping and twisting skills. Many of her athletes have gone on to perform with Cirque Du Soleil after competitive trampoline.

Stovall's commitment to excellence in coaching is evident in her tenure on the Trampoline and Tumbling National Coaching Staff, where she has served for 20 years, and on the junior National Men's Artistic Gymnastics Coaching Staff, where she has contributed for over 15 years.

**ACCOLADES AND ACHIEVEMENTS**

Stovall has been recognized for her hard work and dedication throughout her coaching career with the prestigious Coach of the Year title three times. She has also achieved the "Master of Sport Distinction" in trampoline, tumbling, and double mini-trampoline.

In addition to her coaching achievements, Stovall has excelled as an athlete. As a trampoline expert for



◀ Joy Stovall and Nate Rhodes

USA Diving, a state powerlifting champion, and finishing 6th at the World Trampoline Championships, her personal accomplishments are a testament to her passion for the sport. This passion led to her induction into the Aurora University Hall of Fame.

**CELEBRATING SUCCESS.  
COACHING CHAMPIONS.**

Many witness Stovall's impact as a coach through the incredible successes of her athletes. Among her many distinctions, she has coached eight-time National Senior Men's Trampoline Champion Ryan Weston, World Age Group Trampoline Champion Kirstin McNabb, and World Age Group Double Mini-Trampoline Champion Erin Smith.

Her coaching expertise has been sought after at numerous international events, including serving as a coach for the 1994, 2005, and 2007 World Age Group Double Mini-Trampoline Championships, the 1998, 1999, and 2001 World Trampoline Championships, and the 1996 World Championship Tumbling event.

**A LASTING LEGACY**

Joy Stovall's remarkable career serves as an inspiration to aspiring coaches and athletes alike. Through her unwavering dedication to excellence in coaching and her passion for trampoline and tumbling, Stovall has created a lasting legacy that will continue to shape the future of the sport for years to come. **GN**



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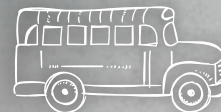
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▲ Merle's

## Discover new local restaurants.

Uncovering the hidden gems in our community and embracing a brand-new culinary experience.

By Jeriah Brumfield // Photography by Brooke Snyder

**F**RANKLIN COUNTY has long been known for its natural beauty and Southern charm, from the rolling hills to the picturesque lakes. But in recent years, there's been a surge of new restaurants quickly making this quaint region a must-visit destination for foodies far and wide.

We invite you to discover the hidden culinary treasures waiting to be explored right in your own backyard. Venture off the beaten path and let your senses guide you to new and exciting flavors that will leave you craving more.

Our vibrant community is brimming with an eclectic array of restaurants, each

offering its unique spin on local and international cuisine. There's something for everyone, from cozy bistros and intimate cafes to bustling eateries and elegant dining establishments. Whether you're a food connoisseur, a casual diner, or simply looking to indulge your curiosity, you're in for a treat!

As you explore the culinary landscape of our community, you'll uncover delightful dishes crafted from farm-fresh ingredients, lovingly prepared by passionate chefs who take pride in creating unforgettable dining experiences. You'll encounter warm and welcoming atmospheres that envelop you



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in a sense of comfort and belonging, making each meal feel like a special occasion.

As you stroll down the tree-lined streets of Winchester or the bustling sidewalks of Cowan, it's hard not to be captivated by the aromas wafting from these culinary hotspots. From farm-to-table fare to international cuisines, the dining scene in Franklin County is as diverse as it is delectable.

Walk into Merle's, a new restaurant that opened in February 2023. Their Rib-Eye Tuesdays are a hit among the community. This spectacular day features a certified Angus top-choice 8 oz. ribeye, a baked potato, and a nice side of bread. Their daily circulating buffet options leave customers with full bellies and happy hearts.

The restaurant hosts countless events, like open mic night and artist performances by Connor Austell Music and many more.

You won't want to miss out on some of our town's newest restaurants, filled with some of the best cooks in the state.

**HERE'S WHAT YOU CAN EXPECT AS YOU SET OUT ON YOUR ADVENTURE:**

**A World of Flavors:** Our community boasts a diverse range of cuisines, from traditional comfort foods to exotic international delights. Sample the fiery spices of Indian curry, the delicate flavors of Japanese sushi, or the comforting warmth of Italian pasta — all without leaving your neighborhood.

**Local Love:** Many of our community's restaurants proudly source their ingredients from nearby farms and producers, ensuring that every bite is bursting with fresh, local flavor.

**Unforgettable Ambiance:** Each restaurant in our community offers a unique atmosphere, whether it's the rustic charm of a family-owned tavern or the sophisti-



◀ Shenanigans Restaurant

cated elegance of a fine dining establishment. Soak up the ambiance as you savor every bite, creating cherished memories with friends and family.

**Personalized Service:** As you dine in our community's restaurants, you'll be treated to impeccable service by staff who genuinely care about your experience. Feel like a valued guest as attentive servers cater to your every need, making each visit memorable.

As Franklin County continues to grow and evolve, so does its culinary scene. These new restaurants bring diverse flavors and dining experiences to the area and showcase the beauty of the county's rich agricultural heritage. So, the next time you find yourself in Franklin County, be sure to reserve a table at one of many new and exceptional eateries — your taste buds will thank you. **GN**



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# GoodLiving

## CHAPTER 2 OF 3

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

- 28** Inspiring a health-conscious community
- 34** Culinary treasures of Sewanee
- 40** The food issue
- 54** Recipes: Farmers Market
- 56** Faith: Embracing your “different”

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



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Photography by Brooke Snyder

◀ Cynthia Krueger



# Inspiring a health - conscious community

Clayton Knight's  
game-changing  
nutrition hub  
transforms small-  
town living.

By Jeriah Brumfield  
Photography by  
Brooke Snyder





PLANT TREES

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ASK ME HOW?

**FAR BEYOND** traditional wellness, our charming town has a hub of its own — a place where health education and delicious health-conscious drinks collide to create a better, happier life and community. That place is none other than Clayton Knight's North High Nutrition store.

Knight's wellness journey began when he started playing football in high school while attending Saltillo High School in Tupelo, Mississippi. He was later forced to transfer schools and started attending a different school. There, he helped his team win the state championship. One aspect of playing sports that has always stuck with the expert is that playing sports requires physical conditioning even beyond typical practice days.

"You've got to be in the best shape and health of your life so that you can live life to the fullest. So a lot of it came from me being involved in sports but always having to work out, take nutrition supplements, etc.," said Knight.

He eventually attended East Mississippi Community College on a football scholarship. But, an injury to the labrum in his throwing shoulder brought his career to an end, and he began working full time at his father's grocery store.

"Since I was in high school, I remember thinking, 'I don't know how much longer I can do school.' I knew how to get through high school, but I was like, 'I'll go to school if I can play football, but if something happens to football, I'm done,'" the business owner said.

Working at the grocery store for three years and with no college or football to lean on, Knight knew that even though his football career ended, his true aspirations outside of the sport didn't have to.

Knight knew he would one day own his own business, but he wasn't sure what kind it would be.

"So I knew, from a younger age, that I definitely wanted to have my own business. I just

wasn't sure it would be the nutrition route. I honestly thought I would end up taking over the grocery store," the store owner said.

Knight's enduring passion for health and nutrition and his entrepreneurial skills would eventually intertwine. The opportunist used the business skills he learned at the grocery store and, with determination, opened his nutrition business at just 21 years old.

Knight also capitalized on some of his successful stock investments during the COVID-19 pandemic to invest in major equipment for the business he knew he was destined to own.

Even more significant than simply running a business, Knight's ultimate calling is to put Franklin County on the map as the healthiest place to live in the U.S., and North High Nutrition is his North Star.

He remarked, "Health is wealth as well. Health is everything when it comes to living a fulfilling, joyful, overall just great life. Because you could be the richest person on earth, but what good are those riches if you can't go out and travel and use those riches? What good is it to have everything if you don't have good health?"

The nutrition enthusiast added that not only does health change your physical appearance, but your spiritual body as well, bringing you mental clarity and confidence.

"Health just goes beyond nutrition. And although nutrition is a big aspect of it, it goes beyond nutrition because mental health goes right along with physical health in the long run."







▲ Brooklyn Morris

North High Nutrition in Winchester is where you might find your favorite healthy drink. Those who gag at the taste of “healthy smoothies” might just make it their “spot.” With energy-boosting teas and a large variety of smoothie combinations, this is one place where you can splurge on yourself while feeling confident about what you’re consuming.

Knight has forged a unique path, igniting a spark within his clients to confidently embark on their health and nutrition journey without feeling overwhelmed. Treating each client as family, Knight forms a lasting bond during their initial interaction, ensuring their success and confidence throughout their transformative journey.

Knight said, “I’ve met some people that were just customers. And now, they’re like family and keep up with us outside of work. They have my cell phone number. Our goal is to create a great relationship with our customers and also serve a healthy, nutritious option.”

Every one of us has a health goal. Whether it’s to grow longer hair, feel better physically, lose weight, or stack on muscle, we all have something about ourselves that we want to improve upon. But nutrition is one thing that unifies us as a community.

“It doesn’t matter about religion or race. Nutrition has this odd-like, almost magic, about it that can bring people together. And that’s what I love about it.” GN



Brooklyn Morris, Clayton Knight, and Laura Ezell ▲



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# CULINARY TREASURES *of Sewanee*

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A dining experience to remember,  
curated by Tom Anderson  
and Cynthia Krueger

By Jeriah Brumfield // Photography by Brooke Snyder





Cynthia Krueger  
and Tom Anderson



---

**I**N THE charming town of Sewanee, a culinary gem awaits those seeking a unique dining experience. La Bella Pearl, a Mediterranean oasis housed in an eye-catching orange building with black and white accents, captures the hearts and palates of locals and visitors alike.

Owned by the talented duo of Tom Anderson, a CIA Certified Chef, and Cynthia Krueger, a seasoned cook, this restaurant exudes multicultural elegance. It serves up an array of mouthwatering dishes.

As you enter the grounds, your senses are immediately captivated by a breathtaking display of colorful flowers and graceful butterflies. Their vibrant presence creates a captivating tapestry that draws you in.

As you come closer, a delightful fragrance fills the air, as if the blooming flowers prepare your taste buds for the culinary delights that await you.

Stepping inside La Bella Pearl, you are instantly captivated by the inviting atmosphere and mouthwatering aromas that waft through the air.

The menu reflects the restaurant's Mediterranean-American organic cuisine, skillfully blending influences from Southern France, Lebanon, Israel, Spain, Greece, Italy, Turkey, and American flavors. Anderson and Krueger's passion for fine dining and love for exquisite meals are evident in every dish they create.

One of La Bella Pearl's highlights is its favored Mediterranean-style antipasto salad bar. The restaurant also prides itself on its fresh seafood, sourced from the Alabama Gulf Coast and Florida Gulf Coast, delivered twice a week, and a commitment to using only the freshest ingredients.

"We're trying to offer a good quality restaurant for the locals. Very moderately priced, you can get anything pretty much from anywhere across the whole globe," Anderson remarked.

The culinary adventure continues with diverse offerings, from soups and salads to delectable salmon and steaks.

Each week brings a new assortment of delicious dishes, including various cheesecakes, tartlets, European-style cakes, and their beloved and irresistible peach and blackberry cobblers. You cannot overlook the indulgent coconut cream cake, a creation by Krueger herself.

Beyond its delectable cuisine, La Bella Pearl offers a truly enchanting dining experience. Guests can indulge in patio dining, savoring their meals among the beauty of the restaurant's outdoor garden.

Anderson welcomes patrons to bring their own drinks, allowing for a more personalized touch to accompany the fine dining experience.

Anderson jokingly states, "They can bring anything from wine to moonshine."

La Bella Pearl's journey began when Anderson and Krueger saw an opportunity to bring excitement and diversity to the culinary scene in the area.

Drawing on their vast experience in the restaurant industry, including owning and operating establishments in various locations, they decided to transform the old Pearls building into an extraordinary dining destination.

La Bella Pearl opened its doors after the success of their previous ventures, Old Mill Manor and the River Bistro.

While the road to success was not without challenges, such as navigating the labor force and weathering the storm of the pandemic, Anderson and Krueger's commitment to their customers never wavered.

Their philosophy revolves around putting the customer first, ensuring everyone leaves La Bella Pearl with a smile.

Krueger remarked, "We want our guests to feel comfortable. So many of them say it's like coming here to family. They feel like they're eating with family rather than coming to a cold restaurant. It's just very comforting."

In addition to its regular service, La Bella Pearl caters to special events such as weddings and rehearsal dinners and even hosts tea parties. They constantly strive to provide not just a meal but a cultural experience, transporting diners to different corners of the culinary world.

The restaurant also presents monthly international dinners, where guests can explore the flavors of various countries while learning about their culinary traditions.

La Bella Pearl is a haven for food enthusiasts seeking an extraordinary culinary journey. It currently operates from Thursday to Sunday, serving fresh lunches on Friday and Saturday, delectable dinners on Thursday, Friday, and Saturday nights, and an exquisite Sunday brunch that is a definite highlight. The Sunday brunch features Anderson's specially crafted entrees, with a live omelet and Belgian waffle station.

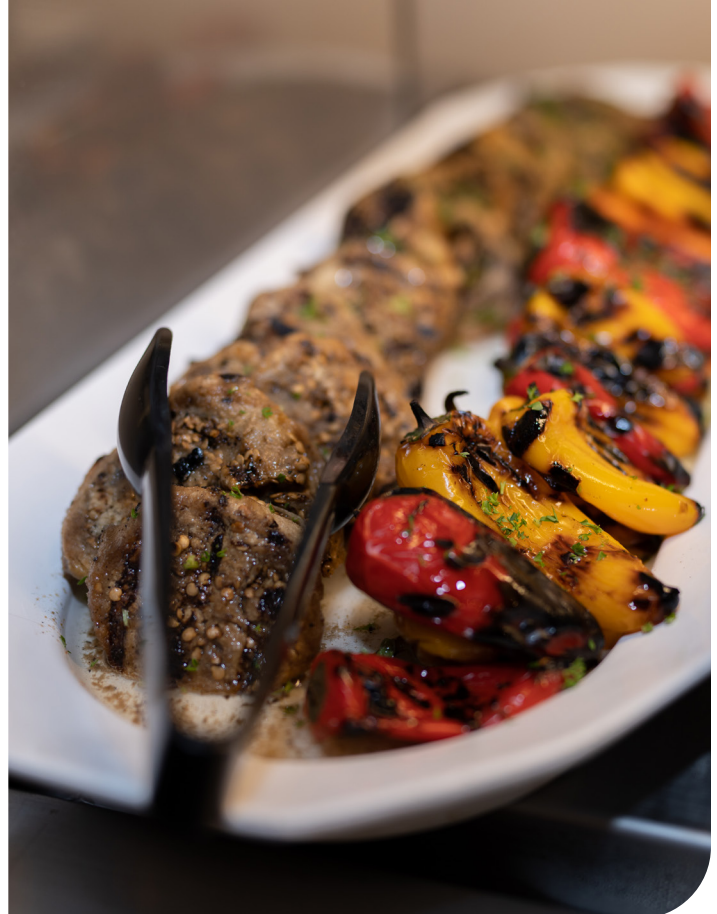
"When they come, they're not just getting good quality, home-cooked food, but they're also getting a cultural experience," Anderson remarked.

He continued, "And that is the whole concept of the restaurant. You can go and eat anywhere. We want it to be an experience. I think our place is where you could come to and experience a totally different culinary experience." **GN**



*“We want our guests to feel comfortable.  
So many of them say it’s like coming here to family”.*

-Cynthia Krueger





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\*Required info. Any entry not including this information will be disqualified. Artwork will not be returned unless it includes a self-addressed stamped envelope with each submission. Siblings must enter separately with their own envelopes.

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**Deadline is August 31, 2023**





# THE FOOD ISSUE

**Local  
restaurants  
play a vital role  
in our economy  
and community.**

*NOURISH OUR  
CONNECTIONS WITH FOOD.*

**I**N THE heart of our community, tucked away at familiar corners, lie vibrant havens: local restaurants. These culinary gems play an indispensable role in creating a healthy and robust economy while simultaneously weaving an intricate tapestry of connections that make our home truly feel like home. Beyond their delectable dishes and inviting ambiance, these establishments hold the power to unite us, fuel our sense of belonging, and contribute to the very fabric of our community.

Local restaurants serve as economic engines, driving growth and prosperity within our neighborhoods. They generate employment opportunities, providing livelihoods for a range of individuals and supporting the livelihoods of countless families. As we step through their doors, we become participants in a





virtuous cycle where our patronage directly fuels local economic development. The dollars we spend at these establishments ripple through the community, fostering increased job stability, tax revenue, and overall financial well-being. By choosing to dine locally, we actively contribute to the vitality of our economy, ensuring that our hometown thrives.

Yet, the impact of local restaurants extends far beyond economic prosperity. They hold the power to cultivate a profound sense of connection and belonging within our community. These establishments become the backdrop for cherished memories and shared experiences. We gather around tables, savoring meals that reflect our region's unique flavors and traditions. The local chef who pours their heart and soul into each dish becomes a familiar

face, a beacon of culinary artistry and community spirit. From celebratory gatherings to intimate conversations, these establishments become the stage upon which our stories unfold, forging bonds that transcend the transactional nature of a meal.

Let us embrace and champion the local restaurants that enrich our lives. By patronizing these establishments, we contribute to a healthy and thriving economy while fostering a sense of connection that makes our community strong. As we gather around tables, sharing laughter and breaking bread, we affirm our commitment to the values of community. Each bite we savor is a testament to the power of local restaurants to nourish both our bodies and our souls, forging bonds that make our home a place of warmth, unity, and endless culinary delights. **GN**





Ashley Macon and Kirsten Johnson

# A Taste of Home

*THE BEAUTIFUL STORY  
BEHIND MOT'S SHAVED  
ICE STAND.*

By Jeriah Brumfield  
Photography by Brooke Snyder

**U**PON ARRIVING at Mot's Shaved Ice stand for the first time, your attention is drawn not to their shimmering "OPEN" sign but to the warm and inviting smiles of the staff inside the stand as they serve delicious shaved ice to eager customers. You join the queue, uncertain of what to choose, but a quick glance at the menu stops you in your tracks, taking you back to fond childhood memories of grandma's house. Flavors like "Grammie's Coffee," "Pop's Candy Dish," and "Grandma's Candy Bar" instantly catch your eye. At that moment, you realize that Mot's provides more than just shaved ice — it offers a heartwarming taste of home.

## *A family legacy in business*

Ashley Macon, the owner and operator at Mot's Shaved Ice, and Timothy Payne, the co-founder, grew up helping their father manage his powerlifting



business, where they eventually learned to develop business management skills and ethical values that would ultimately send them on a clear path to success in entrepreneurship. Ashley became a business owner in her early 20s, and that career path was so enticing to her that she decided to continue.

She initially found her love for business ownership by hosting paint parties and later running an eBay resale business with her husband, Kyle, as a young adult.

### Inspired by Grandma's love

Ashley recalls growing up and traveling to Huntsville to spend time with their grandparents, enjoying her grandma's good ole fried squash and pinto beans. A few years before the duo opened their stand, they would visit the shaved ice stand back in their hometown of Clemmons, North Carolina, and decided Franklin County needed something similar.

After the siblings purchased their business, they pondered different names and ultimately mutually decided that they would name it something unique to them. Ashley's husband suggested they name the business after their paternal grandmother, Martha, known as "Mot."

"She was one of those people that was always hospitable and always giving anything she had to help anybody that needed help. And she was just a wonderful person. So when we named our business Mot's, we wanted to honor her. But we also wanted to bring this feeling of hospitality and love to our customers as well, spread what she had taught us growing up, and value people."

The warmth Mot's family felt in her presence could never be replicated. Through Mot's Shaved Ice, Ashley can only give her customers a small taste of her grandmother's love, a delicious knack for home-cooked meals, and the oh-so-familiar Southern hospitality we hold near and dear to our hearts.



She was one of those people that was always hospitable and always giving anything she had to help anybody that needed help.

- ASHLEY MACON



## Beyond shaved ice: A Message of Love

Their shaved ice cups come with a delicious icy treat inside and a Bible verse on the outside. The sticker you'll see once you receive your cup of deliciousness reads: Hebrews 13:2: "Don't forget to show hospitality to strangers, for some who have done this have entertained angels without realizing it!"

"When we have new employees or people working for us, we always want to drive home that this isn't just shaved ice. We want to provide an experience for people. And we want that experience to be of kindness and hospitality and to feel like home when they come to Mot's," Ashley remarked.



## A lasting legacy

On the opening day of the stand, the very first order placed was Grammie's Coffee. This event reinforced Ashley's decision to become a business owner and underscored her commitment to upholding her beloved maternal and paternal grandmother's enduring legacies.

Mot always had an eye for making things look pretty.

"She could go into a thrift store and just buy the junkiest-looking thing and then make it beautiful a day later. And she had a very good eye for decorating and things like that."

Ashley said her parents often remarked on her inheriting her grandmother's keen

eye for design. This is evident in the exquisitely crafted shaved ice she creates and her unwavering attention to detail in the presentation of every snow cone.

The stand's best-seller is the irresistible pina colada flavor, with folks from all across the county raving about the delectable island treat. The blue raspberry and cherry flavors also enjoy immense popularity within the community. The stand also features a rotating "flavor of the week," with Shark Attack reigning as the all-time favorite. This delightful mix of blueberry and red raspberry is topped with a gummy shark.

When you order a Shark Attack during its featured week, the cashier will enthusiastically announce, "We've got a shark attack!" The team consistently creates innovative ways to enhance the fun and engage with families and children.

Ashley has many aspirations for the business, but her highest aim is to establish a lasting legacy through Mot's Shaved Ice stand.

"What I really want is to be a business that stands the test of time. I want Mot's to be a generational family-owned business — one where our customers grow older and bring their kids and grandkids to share in their Mot's nostalgia." GN





17

METS  
HERBIVORE





Lupita Pell



# A Taste of Latin Cuisine

*LUPITA PELL BRINGS A SMALL TASTE OF MEXICO TO THE COMMUNITY OF WINCHESTER.*

By Jeriah Brumfield  
Photography by Brooke Snyder

**L**IKE MANY young adults leaving the nest, Lupita Pell left South Mexico with a vision and aspirations. With her mother, two sisters, and nieces and nephews still in her hometown of Oahaca, she knew more than anything that she wanted to carry on her mother's cooking legacy and make her family proud.

Pell grew up watching her mother work in the food industry for almost 30 years, fueling within her the motivation to continue her mother's legacy.

"She's got the talent. She cooked very good. So, of course, I grew up watching her cook and seeing all her recipes and everything. And to be honest, it's something that got my attention. I always wanted to be in the food industry when I came here and work in restaurants," she said.

Having lived in the U.S. for 22 years, Pell spent 15 in Nashville. She worked for Nissan in Smyrna and often shared her delectable Latin cuisine with co-workers during potlucks. Encouraged by their praise to open a restaurant, she'd reply, "Maybe one day." After transferring to the Infinity plant in Decherd, she continued delighting colleagues with her





authentic meals at work events, ultimately realizing that pursuing her culinary passion was her true calling.

“I was like, ‘It’s something that I need to do.’ And I got some savings. And I was thinking, ‘I think I need to get a food truck.’”

Inspired by Winchester’s community support and food truck vendors, Pell launched Lupita’s Tacos in 2021, wowing locals with her culinary talents. Offering delicious Mexican street corn and street tacos, the community enjoyed a unique taste of Mexico. Lupita’s Tacos goes beyond traditional Mexican grub with a special Latin cuisine twist. Pell is dedicated to showcasing lesser-known Latin flavors, enriching Winchester’s food scene.

“I wanted to show people that it’s not only red rice and pinto beans but more than that. I just want to show people that there is more that we can try.”

Pell’s tasty meals eventually led to a South Jefferson Street restaurant, while her truck caters to special events like Cowan’s Fall Heritage Festival. Offering street tacos, Mexican corn, tamales, and traditional dishes like “mole” and “pozole,” Pell satisfies customers with her “home” flavors.

“It’s [the community’s] been so nice to me, and not only to me but all my family. And that makes me keep going. So, I feel like the people here in Winchester [are the ones] who put us in this position. I think the most important thing is the people in the Winchester community because, without them, I probably couldn’t make this dream come true,” she said.

Deeply appreciative of the community’s support, Pell also highlights her family’s crucial contribution to her accomplishments.

Pell’s family’s unwavering encouragement has been valuable throughout her journey. She said her husband, John, and







John and Lupita Pell ▲

her children have supported her every step of the way, with some of her children even working alongside her in the restaurant.

She continued, “My kids [support me and work alongside me] as well because I cook here at the restaurant, but when I used to cook at home every day, they always said, ‘Mom, you should open a restaurant.’ So it’s really important for my kids to see that it’s hard sometimes, but it’s not impossible.”

John selflessly dedicates his time to wholeheartedly embrace his wife’s mission,

setting up and fulfilling all the responsibilities Lupita’s Food Truck entails. As they participate in various events and festivals, he skillfully orchestrates the truck’s setup and ensures its seamless operation.

Lupita takes immense pride in continuing her mother’s legacy by crafting exquisite homemade Spanish dishes.

“Because I moved here, I didn’t have a chance to show my mom how much I learned from her. So when she knew that I had the food truck, she was so proud. She’s so happy. Everybody’s happy over

there. My sisters and my mom — they’re so happy for me.”

Lupita Pell’s journey from her hometown in South Mexico to the bustling community of Winchester is a testament to the power of passion, dedication, and a supportive family.

Through her exceptional culinary skills and her mother’s treasured recipes, Lupita has brought a unique taste of Mexico to Winchester with Lupita’s Tacos. Her commitment to introducing authentic Latin flavors to the community has enriched the local food scene and fulfilled her dream of carrying on her mother’s legacy.

With the love and encouragement of her family, both near and far, and the unwavering support of the Winchester community, Lupita’s Tacos has become a cherished gem, proving that dreams can come true through hard work, perseverance, and a little bit of spice. **GN**



# A Timeless Treasure

*MONTEAGLE'S HISTORIC GATHERING PLACE TRANSFORMED THROUGH GENERATIONS.*

By Jeriah Brumfield  
Photography by Brooke Snyder

IN THE historic and charming town of Monteagle stands an old quaint stucco building that had been a witness to many generations. This building, built in 1939 by Raymond and Hazel Sanders, was initially called "Sanders Grocery." It was more than just a grocery store; it was a place where people gathered to share stories, laughter, and friendship.

The large main room served as a general store that customers perused for all the necessities of mountain life, while the rest of the building served as the Sanders' family home. Time passed, and the store's ownership changed hands within the family. From Hazel's brother and his wife to a close cousin, the building remained a symbol of family unity and tradition.

The grocery store eventually closed its doors as the years passed, and the building became a simple residence. The quiet hum of everyday life replaced the once lively marketplace. During this time, Mrs. Mooney, a relative of the original owners, moved into the house.

Mrs. Mooney was a gentle soul with a passion for growing African violets. People from all over would visit Mrs. Mooney to admire her vibrant blooms and purchase a piece of her cherished collection. Mr. Mooney grew a big garden out back and sold his produce. He also did lawnmower repair.

From the bustling marketplace of Sanders Grocery to the tranquil residence of Mr. and Mrs. Mooney and her African violets, it remains a constant presence in the community.

The scent of African violets still wafts through the air, and the legacy of the building continues, passed down through generations of women, each leaving their mark on its storied history.

Store owner Joan Thomas kept the name "Mooney's" to preserve and commemorate the historic Mooney family home it once was.

"Locally, everybody knew this as the 'Mooney Place.' And I couldn't think of anything else to call it, so I went to visit them and asked them how they felt about it. And they were fine with it."







Joan Thomas



# MOONEY'S Market & Emporium







Thomas worked with her husband in a contracting business for 16 years, where she developed a love for restoring old buildings.

"The contracting business I worked with my husband was restoring old buildings. It was a historical restoration. So I had a love and appreciation for old buildings. But I also have a love and appreciation for this community. And this building had been a part of our community for so long, with the Mooneys living here, so I couldn't bear just to let it go."

During her transition from the contracting business, she broke her leg and spent six months recovering. At that time, she reflected on life and received help from the community. After this experience, she was inspired to give back to the community and opened Mooney's Market Emporium.

Thomas renovated the building years ago and maintained the store's charm and historical aspects while adding her personal touch.

She said, "By the time I finished all that, I knew what would be in every room, and I knew I had to do it. I just did everything that I knew and the things that I loved in my life. And I added things that would really help the planet and the community. So that was all my motivation."

Enter Mooney's Market Emporium, and the amazing aroma of essential oils and incense immediately envelops your senses. You walk in, and you're immediately greeted by the Natural Foods Grocery collector's items, antiques, memorabilia, and, more specifically, a large picture on the wall of Raymond and Hazel Sanders standing behind the counter of the original store in the 1940s.

You're transported into your grandmother's backyard when you enter this holistic haven.

Along with local, organic, and natural foods, crystals and wind chimes adorn the store's front room. Upon entering, find natural supplements, alternative medicines, essential oils, local produce, Amish goods,

locally roasted coffee, and Manchester honey. Explore the hallway for greeting cards, candles, incense, books, T-shirts, and Solmate socks.

Venture into the Pink Room for antique furniture and consignment items or the Green Room to admire locally crafted pottery and knitted creations. Turn right to visit the Yarn Shop, featuring high-end natural fiber yarns and knitting and crocheting supplies. Next door, the Plant Room offers house plants, potting soils, and garden tools.

Step outside to find flower pots, compost, organic gardening supplies, and sunflower seeds for birds. Experience a one-stop shop for health food and unique, hard-to-find items.

"It's me, sharing me with the community. This is who I am. And I know there's a lot more of us (hippies) out there. And it's just really important for me to anchor this alternative lifestyle, to have something for all of us who embrace it and live this way," Thomas said. **GN**



Fresh from the

# *Farmers Market*

Experience the best the season has to offer.

By Tina Neeley





**A** S THE lazy days of summer drift into the warm embrace of August, our taste buds welcome the vibrant flavors offered by nature. The richness of the harvest season arrives as farmers markets brim with an array of colorful produce, and nature rewards us with sun-kissed fruits, hardy vegetables, and fragrant herbs that inspire us to create dishes that celebrate the very essence of summer.

From juicy heirloom tomatoes and succulent peaches to crisp cucumbers and fragrant basil, explore the endless possibilities of these seasonal treasures.

Whether you're seeking refreshing salads to beat the summer heat, indulgent grilled delicacies for backyard gatherings, or luscious desserts that capture the essence of the season, prepare to be captivated by the symphony of flavors that August brings. **GN**



## *Grilled Chicken & Vegetable Kabobs*

*Submitted by Hayley Cowan*

4 c. assorted vegetable pieces  
1/4 c. olive oil  
2 T. white wine vinegar  
2 t. Montreal chicken seasoning  
1/2 t. Italian seasoning  
1 lb. chicken breasts, boneless, skinless, and cubed

Combine vegetables, olive oil, vinegar, and seasonings in a large, self-closing plastic bag or glass bowl; add chicken. Marinate in refrigerator for 30 minutes or longer for extra flavor. Remove chicken and vegetables from marinade; discard marinade. Spear chicken and vegetables on metal skewers. Lightly sprinkle skewers with additional Montreal seasoning. Grill kabobs 10-15 minutes or until chicken is done, turning frequently.

## *Fresh Salsa*

*Submitted by Esther Dahnke*

10 tomatoes  
1 can tomato paste, 6 oz.  
2 white onions  
1 lg. green pepper  
1 lg. red pepper  
1 lg. yellow pepper  
3 t. salt  
2 T. garlic, minced  
6 T. cider vinegar  
fresh cilantro, to taste  
corn chips  
jalepeño peppers or hot sauce, optional

Cut tomatoes, onions & peppers into quarters & place in blender or food processor. Add tomato paste, salt, garlic & vinegar. Take leaves off stems of the cilantro & place in blender. Chop until fine. Place in bowl and serve with corn chips. Great to make in summer with fresh garden tomatoes and vegetables.

## *Summer Salad*

*Submitted by Cindy Raybern*

1 pkg. zesty garlic salad dressing mix  
1 T. red cooking wine  
1 cucumber, sliced  
1 tomato, sliced  
1 red onion, sliced  
1 green pepper, sliced

Combine salad dressing by directions on package, but substitute 1 tablespoon red cooking wine for the water. Pour over cucumber, tomato, onion, and green pepper. Toss lightly before serving.

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









# Embracing your “different.”

Discovering your unique purpose through the lens of faith

By Jeriah Brumfield

**A**S A member of a group of people that only make up about 14% of the country’s population, and as a woman, I have faced unique challenges and experiences that have shaped my identity and journey of faith. I often find it difficult to embrace my “different.”

In the eyes of our Creator, each one of us is unique and created for a purpose. Embracing our “different” — those qualities that set us apart from others — is not only a journey of self-discovery but also an opportunity to deepen our relationship with God and fulfill the plans He has for our lives.

Our Heavenly Father has given us the opportunity to impact our environment and, ultimately, our world by embracing what makes us all inherently unique.

Throughout the Bible, we find numerous examples of individuals who embraced their “different” and, through faith, made a significant impact on the world. From Moses, who led the Israelites out of Egypt despite his speech impediment, to Esther, who used her position as queen to save her people, these inspiring figures teach us the importance of embracing our unique qualities and trusting God’s plan.

As an African American woman, I draw strength from these biblical stories and the countless women of color who have broken barriers and made a difference in the world. So, how can we learn to embrace our “different” through the lens of faith?

## **REFLECT ON YOUR GOD-GIVEN GIFTS AND TALENTS.**

Take some time to consider the abilities and passions that God has instilled in you. These might include your resilience, creativity, leadership skills, empathy, or a strong sense of community. By recognizing these gifts, you’ll develop a deeper understanding of how God has uniquely equipped you to positively impact the world.

## **SEEK GUIDANCE THROUGH PRAYER AND SCRIPTURE.**

As you embrace your “different,” turn to God for guidance and wisdom. Spend time in prayer, asking Him to reveal the purpose behind your unique qualities. Additionally, delve into scripture to discover stories of individuals who overcame challenges and embraced their differences to fulfill God’s plan.

## **SURROUND YOURSELF WITH A SUPPORTIVE FAITH COMMUNITY**

Finding a supportive network of fellow believers, particularly those who share your experiences, is crucial for your spiritual growth and journey toward embracing your “different.” A faith community will not only encourage you in your walk with God but also provide a safe space to explore and celebrate your unique qualities.

## **USE YOUR “DIFFERENT” TO SERVE OTHERS.**

Jesus taught us the importance of serving others, and embracing your “different” provides an opportunity to do just that. Consider how you can use your unique gifts and talents to bless those around you — whether volunteering at your local church, mentoring a younger believer, or using your creative skills to uplift and inspire others, which so many people are already doing within our community.

## **TRUST THE JOURNEY**

Embracing your “different” may sometimes be challenging, especially when faced with societal pressures, timelines, and expectations. Remember to submit to and trust your journey in these moments and draw strength from God’s love and promises. As Jeremiah 29:11 states, “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Embracing our “different” is a vital aspect of our spiritual journey and an opportunity to discover and fulfill our unique purpose. By reflecting on our God-given gifts, seeking guidance through prayer and scripture, surrounding ourselves with a supportive faith community, using our differences to serve others, and trusting in God’s plan, we can learn to celebrate our individuality and make a lasting impact on the world, all while deepening our relationship with our Creator. **GN**









CHAPTER 3 OF 3

This section of the magazine covers local things to do.

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- 62 Community Events
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Submit a positive story on our website:



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

Photo submitted by Jeannie L. Bates

◀ Kiwanis members at the Poker Run.  
Roni Gowen, Candy Myers, Jeannie Bates,  
Annette Sisk, and Angie Fuller





Local businesses thrive at Franklin County's inclusive networking event.

## Franklin County's 5 O'Dock Somewhere

social creates a thriving hub for community engagement and business growth.

By Jeriah Brumfield // Photography by Brooke Snyder



"Taylor Gang"

**F**RANKLIN COUNTY has become a hub for community engagement and business growth. One event that continues to significantly impact the local scene is the 5 O'Dock Somewhere social networking event. This gathering brings together residents, business owners, and professionals from various industries to establish connections, share ideas, and foster collaboration.

Unlike traditional networking events, this gathering encourages participants to mingle in a relaxed and informal setting. Typically held at various marinas, attendees can enjoy the county's warm Southern hospitality and beautiful scenery while making meaningful connections.

The event, spearheaded by Michelle Earle and Kayla Doney with the Franklin County Chamber of Commerce in the summer of 2019, creates a space where individuals of all backgrounds can come together. By offering an inclusive environment, the 5 O'Dock Somewhere social ensures everyone feels welcome and valued, regardless of their background or profession.

Their May event, hosted by Exchange Media Group at Tims Ford Marina, was a huge success. Countless community members came out to enjoy good times and great networking opportunities.

In June, they enjoyed another successful event sponsored by Wags and Wiggles and Franklin County National Federal Credit Union, located at Twin Creek's Drafts and Watercrafts, leaving participants feeling more connected than ever.

And their most recent event, in July, sponsored by WZYX Radio and First Bank, located at Bluegill Grill at the Holiday Landing Marina, left everyone in anticipation for next year's summer networking series.



The 5 O'Dock Somewhere social seeks to promote collaboration between local businesses and professionals. The event provides an excellent platform for entrepreneurs to showcase their products and services, collaborate on ideas, and expand their professional network.

Doney said, "It's a networking event where we have sponsors that cover the food for everyone. And usually one or two drinks. And it's about an hour and a half of good food, fun networking, and face-to-face marketing."

The social event also celebrates the sense of community that defines Franklin County. Boasting 100 attendees on average each month, it brings together people from various backgrounds and industries. This event helps to strengthen the bonds between neighbors and fosters a sense of pride in the local community.

Cynthia Pierce, owner of About Town Apparel, shared her own special remarks: "I love the networking, seeing new faces, and the fellowship and friendships we create. I always say, with the

delicious food and beautiful atmosphere of Tims Ford Lake, I'll be there!"

As participants forge new connections and deepen existing relationships, they create a supportive environment where everyone can thrive. This sense of belonging is instrumental in promoting the well-being and prosperity of the individuals involved and the entire Franklin County community.

Amy Haring, owner of Amy Haring Photography, commented, "5 O'Dock is my favorite chamber event! It is such a fun and relaxing environment to get to know and learn more about the individuals behind each business!"

By providing a welcoming and inclusive environment for networking, collaboration, and learning, this event plays a crucial role in fostering a strong sense of community and driving the growth of local businesses.

As Franklin County continues to flourish, the 5 O'Dock Somewhere social remains an essential catalyst in shaping the vibrant and diverse community it is today. **GN**



**Robin Gillette with Martina and Brian Caudill**





# Pass the Plants Sale and Auction - May 16, 2023



Photos submitted by Sandi Mackey

Franklin County Garden Club's Pass the Plants Sale and Auction took place at the local farmers market, featuring local nurseries and stores, including anonymous donors.



1. Missy Docter 2. Sheree Hidalgo and Sandi Mack 3. Sheree Hidalgo and Debbie Landon 4. Sheree Hidalgo and Brenda Mahoney 5. Michael Alongi, Rick Docter, and Tim Rizzuti 6. Karen Rizzuit and Missy Docter



# High on the Hog Festival - May 17-21, 2023



Photos submitted by Jeannie L. Bates

The annual High on the Hog Festival drew the crowds to Winchester City Park for a week's worth of food, fun, and raising money for local charities. The week-long festival featured a carnival, live music, a car cruise-in, a craft fair, and food from local vendors. This marked the 36th year for the local event.



1. Jimmy Driver with Gary, Rita, and Ken Baker 2. Theresa Tucker and Nancy Cash  
3. Bruce Ellis 4. Brothers of the Wheel Club



# Get a good look



We wish we could publish all the photos we have, but we have too many! Browse our online gallery for free or purchase photos to be mailed to your home. All proceeds from photos go to local nonprofits.

## EVENTS CALENDAR

### July 15

**10:00 am Christmas in July Workshop Series**

Artisan Depot Gallery & Gift Shop  
204 Cumberland St. E.  
Cowan

Artist Carol Vandebosch will teach a mixed media art class each Saturday through July 29. All materials will be provided for the classes.

For more information contact Carol at (931) 581-1301.

### July 22

**6:00 pm The Sound**

First Baptist Church  
Estill Springs  
218 N. Main St.  
Estill Springs

One of the newest groups in gospel music. Free concert with love offering.

### July 28

**12:01 am Tax-Free Holiday Begins**

State of Tennessee

No taxes on clothing, school supplies, or computers July 28-30.

For more information visit [tn.gov](http://tn.gov).

### July 29

**10:00 am Estill Springs 75th Anniversary**

Community Center  
Estill Springs

History display 10 a.m.  
Parade at 12:30 p.m.  
Music, games, crafts, food trucks, and fireworks in the park!  
For more information (931) 649-5188.





## August 4

**6:30 pm Gospel Singing**  
 Huntland Community Center  
 100 Moore Lane  
 Huntland

Groups performing will be Carol Henshaw & Company, the Sims family, and The Gardners.

Admission: Love  
 Offering

## August 6

**2:00 pm Fall Heritage Festival Beauty Pageant**  
 Monterey Station  
 104 Monterey St.  
 Cowan

Admission: \$10 per person.  
 Registration: \$25.  
 Application deadline is July 31. No registration will be accepted at the door.

For more information call (931) 563-3868 or email info@fallheritagefestival.org.

## August 22

**1:00 pm Healthy Posture, Healthy Kids**  
 Franklin County Library  
 105 S. Porter St.  
 Winchester

Learn why healthy posture is key for healthy kids – especially as school gets going!

For more information call Dr. Chantal Shelstad (913) 961-4199 or email drchantal@startmail.com.

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

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To find a health care provider, call **800.424.DOCS**

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



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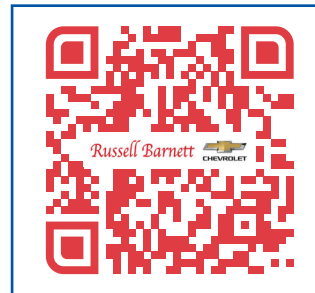
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