

Good News

exchange

Kailee Rossman

IN IT FOR THE LONG HAUL

Long-distance runner breaks records and goes to state

HOMETOWN SPORTS



MEET BRAD COSTELLO:
TEACHER, DIRECTOR, COACH

Helping women be their best.

Integrated Center for Women's Health



Ginny Barton
MD, FACOG



H. Mather Bennett
MD, FACOG



Amanda Bradley
FNP-BC



Cynthia Painter
MSN, FNP-C

From annual exams to maternity care to post-menopausal support, Vanderbilt Integrated Center for Women's Health is here for women at every age and stage of their life.

Our experienced, compassionate care team includes OB/GYNs Dr. Ginny Barton and Dr. H. Mather Bennett, and Family Nurse Practitioners Amanda Bradley and Cynthia Painter—specialists who diagnose and treat the full spectrum of gynecologic and obstetric conditions.

***Vanderbilt Integrated Center for Women's Health is accepting new patients.
To make an appointment, please call 931-461-1101.***

Vanderbilt Integrated Center for Women's Health

1440 Cedar Lane, Suite 200 | Tullahoma, TN 37388



VanderbiltTullahomaHortonHospital.com

Come See Your Friends At Your Hometown Dealership



NEW Chevys



NEW Jeeps



Pre-Owned



***Over 200 Pre-Owned Vehicles Available to View at
stanmcnabbchevy.com and stanmcnabbcdj.com!***

\$2,000 towards the purchase of any pre-owned vehicle priced \$10,000 and up. Not valid on any previous or pending deals. Excludes previous sales.
Due to ad deadline some vehicles may have sold. All prices plus tax, title & license includes \$499 doc fee.

WATSON METALS

We Roll-Form and Manufacture Metal Roofing and Supplies, and we service all of Middle Tennessee and surrounding areas.



WHAT WE CARRY

- Tuff Rib Panel
- PBR Panel
- Watson Wave Panel
- 5V Panel
- Corrugated Panel
- Standing Seam Panels in 1", 1.5" & 2"
- Mechanical Seam panels
- Board & Patton Panels
- Metal Shingles
- Perforated Panels in 20+ Colors
- Custom Bent Trims
- Roll-Form Standard Trims
- Closures
- Screws For Wood & Metal
- Stock Screws 1" - 3"
- Over Size Screws
- Solar Seal All
- Colors & Clear



Over 20 Years Of Quality Service & Experience
 Monday thru Friday 7:00 AM - 4:30 PM
 238 Interstate Dr., Manchester, TN 37355

931-728-8185
www.watsonmetals.com

ADDICTION

takes an immense amount of strength to face, but you don't have to do it alone!
 Take the first step and CALL TODAY.



BROOKS
 HEALING CENTER

Addiction and Co-Occurring Treatment Center

Phone: 931-740-1191 | Fax: 931-650-3740
admissions@brookshealingcenter.com
brookshealingcenter.com



NEED SOME ROOM?

- All sizes • Climate Control Units
- U-Lock U-Keep • Well Lighted
- Fenced • Office On-Site

POWERS STORAGE

607 Woodbury Hwy., Manchester | 931-728-7181

Let Us Take Care Of Your Septic Tanks



- Over 23 Years Experience
- Commercial & Residential
- Family Owned & Operated
- Licensed & Insured



- Septic Tank Pumping
- Sewer Drain
- Install • Clean Out

Keith's Tank Service
 (931) 433-0900 • (931) 962-0510
www.keithstankservice.com

HUNGRY?

What sounds good?

THE STARTERS

Kettle Chips: \$3.99

Ranch • Jalapenos (+50¢)
Beer Cheese, CJ Sauce (+\$1.00)
Pimento Cheese (Reg. or Jalapeno) (+\$1.00),

Bavarian Soft Pretzel: \$5.99

Beer Cheese (+\$1.00) • Dijon Mustard (+50¢)

Cheesy Bread: \$7.99

Includes Marinara Sauce

THE PIZZA

Specialty: \$10.99

Cheeseburger • Buffalo Chicken • Chicken Bacon Ranch
The Hippie • BBQ Chicken • Nashville Hot Chicken

Build Your Own: \$8.99

The Meats (+\$1.00 ea.)

Pepperoni • Sausage • Bacon • Ham • Beef
Grilled Chicken

The Veggies (+50¢ ea.)

Mushrooms • Black Olives • Jalapenos
Peppers (Bell, Banana) • Onions

The Others (+50¢ ea.)

Pineapple • Hot Honey • CJ Drizzle

NOT THE PIZZA

Reuben Sandwich \$8.99

Includes Kettle Chips & Pickle

Black Angus Hot Dog \$6.99

Includes Kettle Chips
Beer Cheese (+\$1.00)
Sauerkraut, Onion or Jalapenos (+50¢)

Pimento Cheese Sandwich \$5.99

Reg. or Jalapeno Pimento Cheese.
Includes Kettle Chips & Pickle

Oven Baked Wings - 6 Ct. Bone-In \$10.99

Ranch or Blue Cheese (+50¢)
Sauces: Buffalo, Nash Hot, Garlic Parmesan, Jala-Mango,
Bourbon BBQ, Caribbean Jerk (dry rub), CJ Sauce (+50¢)

THE SWEETS

Cinnamon Roll: \$4.99

Cinnamon Sugar Soft Pretzel: \$6.49

Caramel (+50¢) • Icing (+50¢)

THE LIQUIDS

Craft Root Beer: \$2.00

Bottled Coke (20 oz.) • Juices (12 oz.): \$2.50

Monster: \$3.00

Sweet & Unsweet Tea: \$1.50

Lemonade: \$1.50

Bottled Water: \$1.00

*We offer over 70 different craft beers, ciders, seltzers & kombuchas***

*Upon availability. Prices subject to change.



Manchester, Tenn



TABLE OF CONTENTS

ISSUE 8 2023

LETTER FROM THE EDITOR: 10
Hometown sports

Good News

MS. HELEN REARDON 14
Local legend has served the community for 17 years

IMPACT THROUGH ACTION 18
Students at Chick-Fil-A Leader Academy visit retirement community

A RELATIONAL, GENERATIONAL ENVIRONMENT 22
North Coffee Elementary teachers and staff continue to excel





Good Living

- 28 MAKOS MAKING WAVES**
Competitive swim team teaches more than just swimming
- 36 HOMETOWN SPORTS**
- 52 FOOTBALL SCHEDULES**
- 58 CATCH ME IF YOU CAN**
Ray Ray's Smokehouse supplies smokin' hot meats for every appetite

Good Times

- 60 HALFWAY TO HALLOWEEN**
Why celebrate Halloween once when you can celebrate it twice?
- 62 COMMUNITY EVENTS**
- 64 EVENTS CALENDAR**
- 66 ADVERTISER INDEX**

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.



goodnewsmags.com/photos

We Offer Full Auto Repair

Kevin Vaught *Owner*

GOODYEAR

Firestone

UNIROYAL



MICHELIN

**MANCHESTER
Tire & Brake**



Business Hours: Mon. - Fri. 7-5

1604 Hillsboro Blvd. • Manchester, TN
(931) 728-5097 • Fax (931) 728-5099



Care with compassion

We're always here for you and your family.



931.455.8557
1715 N. Jackson St.
Tullahoma, TN 37388
LifeCareCenterOfTullahoma.com

150042

SKILLED NURSING | SHORT-TERM THERAPY

WE CAN DO IT ALL!

Complete Excavation Services:

Skid Steer Loader	Roads & Driveways
Mini Excavator	Grade Work
Bulldozer & Track	Pads
Hoe	Ponds & Lakes
Site Prep	Underground
Demolition	Utilities

Insured

All major credit cards accepted

BERZETT EXCAVATING

931-625-7013

Renting a storage has never been easier!

Climate Control Units Available
Rent Online 24/7
www.henleyministorage.com

Henley's MINI-STORAGE

5 x 10 • 10 x 20
10 x 15 • 10 x 20

4 locations in Manchester to serve you!
65 Burger Dr. • 949 Lincoln St. • 67 Hillcrest Rd. • 2273 McMinnville Hwy.

Come Visit Our Retro Candy Shop & Gift Shop



Blue Bunny Hand Dipped Ice Cream

8 Flavors changing weekly.

SPECIALTY ITEMS

Ice Cream Float
Banana Split
Hot Fudge Cake
Sorbent

POPCORN

Bag
Box

TOPPINGS

NOVELTIES

Big Bopper
Ice Cream Sandwich
Big Alaska
Bomb Pop
Chocolate/Vanilla
Twist Cone
Fudge Brownie Bar
Nerd Bomb Pops

NOVELTY & NOSTALGIC CANDIES

BAKERY

Oatmeal Cream Pie
Macarons
No Bake Cookies
Jumbo Peanut Butter Cups
Brownies
Chess Squares
Mudslides
More



Menu is subject to change.



Café, Bakery & Gift Shop

Wed. & Thurs.: 11:00 AM - 8:00 PM
Fri.: 11:00 AM - 8:30 PM
Sat.: 11:00 AM - 2:00 PM
Sunday: 11:00 AM - 2:00 PM

Lunch 11:00 AM - 2:00 PM
Dinner 5:00 PM - 8:00 PM

Cafe located at: 210 N. Irwin St., Manchester, TN - (931) 723-2491
Ice Cream Shop located at: 109 W High St., Manchester, TN



LETTER FROM THE EDITOR

Chasing dreams, creating legends

The unbreakable spirit of our hometown sports

OUR HOMETOWN sports is not simply a spectacle of athletic prowess; it is a celebration of the human spirit — an embodiment of the unwavering bond that emerges when we come together to support our own. Behind every cheer and every thunderous applause lies a resolute belief in the power of unity and camaraderie. It is through the collective spirit of parents, siblings, and friends that we create an atmosphere where young athletes thrive and carry the torch of sportsmanship with pride.

In the heart of our hometown sports, we witness the captivating dance of hard work and determination that unfolds on the field. Our athletes, like tireless warriors, pour their hearts into each practice, seeking not only victory but personal growth and excellence. Their unwavering commitment sets them on a path to success, inspiring not only their teammates but an entire generation of dreamers who aspire to follow in their footsteps.

In the spirit of sportsmanship, our hometown sports transcends mere competition

and embraces a culture of respect. As athletes compete, they embody the values of integrity, humility, and compassion, leaving a lasting impression on their fellow teammates and opponents alike. In both triumph and defeat, they stand united, bound together by the shared pursuit of greatness and the cherished memories that will endure for a lifetime.

We celebrate not only the remarkable achievements on the field but also the unwavering support and encouragement that courses through the veins of our community. Each athlete, with every sprint, throw, and goal, inspires us to strive for greatness in our own lives, armed with the knowledge that through teamwork and dedication, we can conquer any challenge that comes our way.

As we delve into the inspiring stories that grace these pages, let us remember the importance of fostering a culture of teamwork, hard work, and sportsmanship within our hometown sports. Together, we form an unbreakable bond, a tapestry of love, and a legacy of excellence that will forever define the spirit of our community. **GN**


Wesley Bryant,
MANAGING EDITOR

From our publishing partner



“I am so excited to be the Publishing Partner for Good News Manchester and having the amazing privilege of working with some phenomenal companies! If you are interested in becoming an advertiser for Good News Manchester, please contact me today with any questions on where to start.”

Amanda Cox
Publishing Partner
(931) 408-0714
amanda@goodnewsmags.com

What do you think about the magazine?



Scan with your smartphone's camera.

Do you enjoy Good News? Let us know what you think! Follow us and leave a review on Facebook. Search Good News Manchester or send a letter to the editor: goodnews@goodnewsmags.com

Good NewsTM MAGAZINE

PUBLISHING PARTNER Amanda Cox

MANAGING EDITOR Wesley Bryant

VP OF SALES Ken Holtzinger

LAYOUT ARTISTS Brianna Brubaker, Melissa Davis

PHOTOGRAPHERS Brooke Snyder, Ashleigh Newnes

CONTRIBUTING WRITERS Tina Neeley, Sara Hook, Kali Bradford, Jeremiah Brumfield, Gabriel Huff, Paige Cushman, Amanda West, Adara Huntley

PROOFREADER Michelle Harwell

ART PRODUCTION MANAGER Todd Pitts

PRINT AD DESIGNER Ben Adams

BUSINESS DEVELOPMENT Lorri Allen, Faith Cashion, Mark Mahagan, Kevin Maples, Janet Mullins, Matt Scott, Sissy Smith, Sandra Thomas

**Subscribe to Good News on www.GoodNewsMags.com
or call (800) 247-7318**

GOOD NEWS IS PUBLISHED BY Exchange Media Group, Inc.

FOUNDER Bill Thomas (1940-2010)

PRESIDENT / CEO Will Thomas

DIRECTOR OF MAGAZINES Katie McNabb

VP OF PARTNER DEVELOPMENT Chase Perryman

VP OF MARKETING Gabby Denny

DIGITAL ASSISTANTS Ginger Jones, Marisa Thornton

HUMAN RESOURCES AND FINANCE Tracey Pollock

CUSTOMER SERVICE Shelli Fuller, Barb Hargrove, Tim Weir

DISTRIBUTION Steve Seiler

DIGITAL DESIGN DIRECTOR Clinton George

WEBSITE DESIGNERS Crystal Melhaff, Ashley McMurry

SEO CONTENT WRITER Anna Sharp

SOCIAL MEDIA COMMUNITY MANAGER Sarabeth Bray

P.O. Box 490, Fayetteville, TN 37334 | (800) 247-7318 | exchange-inc.com

Art work or other copy submitted for publication is considered to be the property of the advertiser. Advertising is accepted with the understanding that all liability for copyright violation is the sole responsibility of the advertiser. Exchange Media Group will make every effort to see that advertising copy is correctly printed, but shall not be liable for failure to publish an ad or for typographical errors. The advertiser assumes full liability for his/her advertisements and agrees to hold Exchange Media Group unaccountable for the content of all advertisements authorized for publication and any claims that may be made against the Exchange Media Group. Exchange Media Group will gladly reprint, without charge, that part of an advertisement in which an error occurs, provided a claim is made within three (3) days of the first publication of the ad. Exchange Media Group will not knowingly accept any advertisement that is defamatory, promotes academic dishonesty, violates any federal, state or local laws or encourages discrimination against any individual or group on the basis of race, sex, sexual orientation, color, creed, religion, national origin or disability. Exchange Media Group reserves the right to reject ads considered distasteful or defamatory. All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination. Exchange Media Group will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

© 2023 Exchange Media Group, Inc. All Rights Reserved.

Be a force for good



...ation that comes
celebrating. Dairy
father Steve, his
and his wife Kara
only started dairy
been in Tennessee
ith is a way to ob-
behind the scenes,
riculture.
ght on many people
verage high-pro-
farmers do a lot of
in terms of raising
care of cattle, being
robbers, and wear-
A goes into dairy
The Nash family
of 2020. "We'd al-

We want to build stronger communities through positive, local stories. We can't do that without hiring talented writers, proofreaders, photographers, and designers. Apply online today.



goodnewsmags.com/join



Imanie

Laila

Jackson





CHAPTER 1 OF 3

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

- 14 Ms. Helen Reardon
- 18 Impact through action
- 22 A relational, generational environment

Submit a positive story on our website:



goodnewsmags.com

Photo submitted by Lacey Browns

◀ Kymanie Louis, Laila Cunningham, Jackson Eaton, and Jayla Ross



▲ Helen Reardon

Ms. Helen Reardon

Local legend has served the community for 17 years

By Sara Hook // Photography by Ashleigh Newnes

IF YOU have been to the Manchester Food Lion, you have probably met Helen Reardon. She has served and encouraged many in the community of Manchester since she began working there in 2006 and continues to do so every day. According to community member Jamie Treadwell, she is the embodiment of what people envision of “life in a small town.”

“Ms. Helen is one of the best reasons for visiting Food Lion,” Treadwell said. “I have seen her working away when there was a foot of snow on the ground, still smiling and being just as kind as ever.”

In March, Reardon was awarded the honor of “My Hero” at News Channel 5 — a program highlighting the excellent work, kindness, and courage that transforms people’s lives. Manager Tonya Rogers said Reardon’s popularity comes from that genuine kindness and interest.

“She gets to know her customers on a personal level,” Rogers said. “They’ll literally wait in line just to go through her line so they can have a conversation with her because she’s so genuine.”

Reardon treats her co-workers just as nicely, Rogers said, so she never has prob-



Good Music, Good Food

Appetizers

Fried Pickle Chips

(Battered and fried in house until golden brown)

BBQ Nachos

(Deep fried tortilla chips, topped with Smoked pulled pork, ranch beans, Nacho cheese, and jalapenos)

Potato Skins Loaded with Pork

(6 skins fried golden brown topped with bacon, Pork, and shredded cheese)

Chicken

3 Piece Chicken Tender Plate

(3 jumbo chicken tenders breaded and fried To perfection. And your choice of 2 classic sides)

Loaded Chicken Breast Plate

(2 grilled chicken breast topped with bbq Sauce, cheese, and diced tomatoes, and 2 classic sides)

Baby Back Ribs

Full Rack Rib Plate

(1 whole slab of smoked in house Ribs with our homemade bbq sauce Glazed on the with 2 classic sides)

Smoked Pulled Pork

Loose BBQ plate

(Smoked in house & seasoned with our Secret rub, our plate comes with 2 classic Sides and pickles)

Smoked Brisket

Brisket Sandwich Plate

(Our brisket is smoked in house seasoned With our secret rub, on top of a brioche bun)

Enjoy BBQ & Live Music indoors every weekend!

Concerts will be held outdoors

BINGO
Every Monday
& Wednesday
\$100 payout

TRIVIA
Thursday Night
\$100 payout



620 Woodbury Hwy.
Manchester, TN 37355
931-954-5377
Hours: 11:00 A.M. -9:00 P.M.
Live music on weekends

9576 Manchester Hwy.
Morrison, TN 37357
931-635-2259
Hours: 10:30 A.M. -8:30 P.M.

Prater's
Bar-B-Que
& Catering



“If they need some kind of encouragement and a prayer... that’s something that I continue to do.”

-Helen Reardon

lems with anyone she works with. The feeling is mutual — Reardon likes working with her co-workers just as much as they enjoy working with her, and she said she would like to thank all those she has worked with or for.

“They’ve lifted me up when I’ve been kind of down,” Reardon said. “I’ve had encouragement from them. Different ones made me feel better at different times when I probably wasn’t feeling all that great.”

Seventeen years is a long time, but Reardon said she doesn’t plan on leaving until something makes her. Working at the register is beneficial to her health, both mentally and physically.

“I’m moving around, I’m getting exercise,” Reardon said, “If I were staying home and being retired, I wouldn’t be getting any of that.”

Reardon said she likes being around people and serving them, hopefully making their day a little better. One thing she

is well known for is singing to people on their birthdays.

“I like to be their friend. I like to be helpful in doing whatever it is that I’m doing,” Reardon said. “If they need some kind of encouragement and a prayer... that’s something that I continue to do.”

Before moving to Manchester, Reardon worked in manufacturing, spending 19 years in one location and 10 at another. The last place she wanted to work, Reardon said, was a grocery store — but it wasn’t easy to find a job after coming to Tennessee.

“This was when the country was pretty low, and I had gone everywhere to try to find a job, and I couldn’t get one,” Reardon said. “I went in, I gave Glenda my application, she hired me on the spot, and I’ve been there ever since. So I feel that that’s where I’m supposed to be. That’s where the good Lord probably wanted me to be.” **GN**

The city welcomes new certified sites

TENNESSEE GOVERNOR Bill Lee and Economic and Community Development Commissioner Bob Rolfe announced four new Select Tennessee Certified Sites, which meet rigorous standards to attract private investment and job creation. With 61 certified sites to date, Tennessee offers shovel-ready locations for businesses, fostering economic growth and supporting local communities. Over \$1.8 billion in capital investment and 7,200 job commitments have been made to date. **GN**

One Day of Hope and Partners for Healing collaborated to establish a new clinic in Manchester

MANCHESTER WELCOMES a new free clinic for the working uninsured, operated by Partners for Healing. This long-awaited facility offers primary medical care services on Wednesdays from 8 a.m. to 1 p.m. Additional services may be added based on demand, and reduced-cost prescriptions are available. Appointments are required, and eligibility criteria can be found on partnersforhealing.org. **GN**

UNITY

UNITY MEDICAL CENTER
 481 INTERSTATE DRIVE
 MANCHESTER, TN 37355
 931-728-6354

Working to improve the health status and enhance the quality of life of individuals and communities we serve.

W W W . U N I T Y M E D I C A L M A N C H E S T E R . C O M

Region's only
 CMS 5 Star Facility

ACCREDITED
 Hospital
 Quality & Patient Safety

Got Propane?

- Locally owned and operated • 24-hour service
- 55 years of experience
- Residential • Commercial • Agricultural

How may we help you?

1186 Murfreesboro Hwy.
 Manchester, TN 37355
(931) 616-0316
www.holstongases.com

HOLSTON
 GASES

Need Cash for Vacation?

We buy gold, silver and diamonds.
 Top Prices for Firearms, gold, silver and diamonds.

@Toilvers.Pawn 931-728-2360
 110 N. Spring St., Manchester, TN, "On The Square"
www.toliverspawnandjewelry.com

Toliver's

• Loan Services • Firearms & More • Any Jewelry, Any Condition

Thank you for voting us Manchester's Finest Jewelry 2023!

COMMUNITY STRONG

FB
FirstBank

Member FDIC

ESTABLISHED LENDER

1500 Hillsboro Boulevard | Manchester, TN 37355 | (931) 728-9907



▲ Front: Vitoría Florentino, Hannah Randolph, Nancy Carbajal, Marissa Medina, and Gavin Blocker
 Back: Elsie Lazalier, Kailee Merriman, Laila Cunningham, Jackson Eaton, Grace Mejia-Aveledo, Anna Claire Willmore, Brynlee Davis, Kymanie Louis, and Jayla Ross

Impact through action

Students at Chick-Fil-A Leader Academy visit retirement community

By Sara Hook // Photos submitted by Lacey Brown

GIVING BACK to the community is a huge part of the Chick-Fil-A Leader Academy at Coffee County Central High School, and the 23 students that were involved this year stepped up to the plate by hosting a plant potting and bingo night at Parkview Senior Living in Tullahoma. Sponsor Megan Hardy said the activity was chosen based on a survey the residents completed, and they enjoyed the event.

“They really just liked talking to the kids. They liked having someone there,”

Hardy said. “The seniors were asking our kids where they were planning to go to school and what they did for fun, and our students also learned a lot about them. There were residents from California and residents who have no family here, and so that was great for them to experience that.”

The students planned the games, prizes, and food, and each resident left with an individual potted plant. The students spent around 30 hours preparing and implementing the project, said sponsor Lacey

Brown. The event was just as important for the students as it was for the residents.

“Had it not been for that project, none of them would have been exposed to that population,” Brown said. “There’s always something you can do. There’s always a group you could help, a service you can provide, or just something else you can do, and I think it opened their eyes to that. [It’s] easy to help if you just look for places to do it.”

Beyond meeting and spending time with the residents, the students learned a



PEOPLES BANK & TRUST COMPANY

We know small business.



Because we ARE small business

Starting and sustaining a small business is challenging. With the right small-town bank in your corner, this is a fight you will win. We can help with small business loans, lines of credit, accounts and services at Peoples Bank & Trust in Manchester.

bankwithpeoples.com



1203 Hillsboro Blvd. in Manchester

Member FDIC

ENJOY GOLF RAIN OR SHINE 365!

Call or book online to reserve your spot
(931) 773-7529
teetimetn.com
615 School St., Morrison, TN 37357

TEE TIME
@ THE ELEMENTARY
INDOOR GOLF SIMULATORS
POWERED BY TRACKMAN®

Here Are
3 REASONS
Why Our Customers Love Us:

#1 Customer Service *We keep you in good spirits*

#2 Military Discount *Check out our Craft beer in our beer cave!*

#3 Manchester's Largest Selection

Both sides now open for your convenience.
Check out all our new improvements.

2022 Manchester's Finest

INTERSTATE LIQUORS
SPIRITS • WINE BEER & MORE

931.728.7366
20 Expressway Dr., Manchester, TN
www.interstateliquors.com

Please Drink Responsibly

1, 2 & 3 BEDROOM SPACIOUS APARTMENTS

Rivendell Apartments

555 Expressway Dr., Manchester
9 A.M. - 4 P.M. • **931-723-8022**

- Washer & Dryer Connections
- Dishwasher
- Garbage Disposal
- Central Heat & Air
- Patio/Balcony
- Garbage Disposal
- Computer Room w/Internet Access
- Laundry Facility
- Playground or Picnic Area

**Ronald Clower
Cyndi Clower**
~ Since 1979 ~

1406 McArthur Street
New Tullahoma Hwy/Hwy 55
Manchester, TN 37355
(across from the Coffee Co. Admin. Building)

CLOWER Automotive
728-9898

WE DO CUSTOM EXHAUST AND CONVERTERS
Complete Car Care Center



◀ Brynlee Davis with a resident

lot about project organization. Hardy said the students organized every part of the project, and the program supervisors were just there to supervise.

“It’s extremely important for the kids to learn to do everything they had to do to set this up,” Hardy said. “Through this program, they are learning to not just communicate with their peers but also to talk on the phone with people they have never met before and fully plan a two-hour-long project.”

The students do not always start the year knowing each other, and their strengths greatly varied this year. Brown said that initially made it difficult to become a solid group, but it ended up being a good thing, as it gave each individual strength a chance to shine.

“It is always great to watch our students go from unsure of themselves and the program to becoming great leaders planning and hosting an entire day of activities,” Brown said.

“We had theatre students who used their stage voices to read out Bingo numbers so everyone could understand what was being said. We had agriculture students who were able to help the residents pick out plants that were suited to their environment and created cards that showed residents how to care for them. We had other students who were very artistic and could create signs and help decorate the day, and we had other leaders who were just great conversationalists who could sit and talk with the residents and get to know them.”

So far, the leadership program has been sponsored by Chick-Fil-A in Tulsa, but Manchester will soon get its own Chick-Fil-A location.

“We are pretty sure that that restaurant will be sponsoring this program next year,” Hardy said. “We are very hopeful that this will continue once that new restaurant starts because it has been great for our kids.”GN

The Manchester Times features Jennifer Swack as Manchester’s finest teacher

JENNIFER SWACK, an exceptional teacher at North Coffee Elementary, prioritizes student well-being through meaningful connections, open communication, and holistic development. By fostering trust and problem-solving, she creates a familial atmosphere where students freely exchange ideas. Swack’s unwavering commitment makes her Manchester’s finest educator. GN

Coffee County Central High School announces Gavyn Frankenfield, a music veteran with 15 years of experience, as the new head band director.

FRANKENFIELD’S TRACK record of success includes consecutive first-place wins and a Sudler Trophy as a member of the Incomparable Golden Rams Marching Band. Principal Paul Parsley is confident in Frankenfield’s ability to foster the Red Raider Marching Band’s growth and achieve remarkable performance and competition results. Frankenfield eagerly looks forward to meeting the students and launching the summer band camp soon. GN

Making Dreams Come True One Home At A Time!



- Custom Homes
- New Construction
- Screened Enclosures
- Licensed & Insured



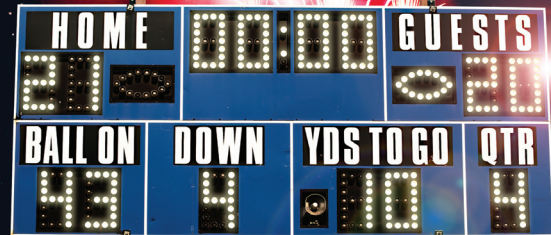
Request A Professional
Quote Today:

Call (931) 319-5862

**DANIELS
CONSTRUCTION**

800 Maplehill Dr.
Tullahoma, TN
By Appointment Only

SCHOOL IS BACK AND SO ARE OUR HOMETOWN SPORTS!



It's part of what makes our community great!
Citizens Tri-County Bank is a proud supporter of our
local high school sports programs!



**CITIZENS
TRI-COUNTY
BANK**

COWAN
105 South Front St
931-967-2900

DECHERD
2030 Decherd Blvd
931-968-3282

DOWNTOWN
201 North Jackson St
931-455-3488



www.citizenstricounty.com

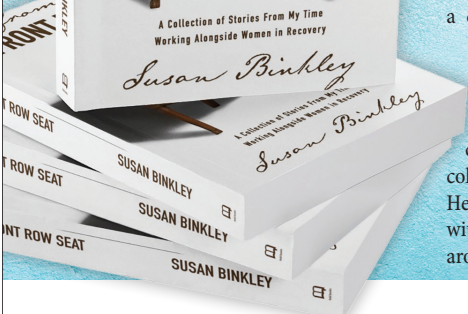


from my FRONT ROW SEAT



A Collection of Stories From My Time Working Alongside Women in Recovery

From My Front Row Seat is a collection of popular blog posts, where Susan weaves an intricate tapestry of candid Blue Monarch life, as seen through her eyes, combined with her own colorful lifetime experiences. Her voice is raw and authentic with a thread of humor just around the corner.



Available at bluemonarch.org
or in multiple formats on Amazon



You can rely on **NATURAL GAS.**

Sometimes the best things in life are the simplest ones – reliable home and water heating, lower monthly utility bills, and a home that can keep up with the hustle and bustle year-round.



Elk River Public Utility District

217 S. Jackson St., Tullahoma • 931-455-9311
1524 Hillsboro Blvd., Manchester • 931-728-3332
635 Dinah Shore Blvd., Winchester • 931-967-3642
"Your Hometown Natural Gas Provider Since 1955"

WWW.ERPUD.COM



▲ Dr. Adam Clark and Bobbi Gilley

A relational, generational environment

North Coffee Elementary teachers and staff continue to excel.

By Sara Hook // Photos submitted by Bobbi Gilley

NORTH COFFEE Elementary can't help but stand out. Principal Adam Clark said that excellence comes from a focus on relationships.

"I try to [connect] with all the kids in the school," Clark said. "We've got 340 students at North Coffee, and I know [all] their names."

That focus on relationships doesn't end with the kids. Clark and Vice Principal Bobbi Gilley make a point to see parents every day when they unload cars. Clark said it makes them more approachable and not someone to be afraid of.

"Parents feel like they're supported and that they have a voice. And so because they have that voice, they trust us. They trust that we'll do what's best for their kids," Clark said. "I think that's a huge piece to it."

North Coffee's excellence doesn't stop with its administrators, either. Manchester's Finest Teacher, Jennifer Swack, and 2022 Coffee County Teacher of the Year, Cindy Gilliam, work at the elementary school. Swack has worked at the school for over 10 years, and Gilliam for nearly 30. They are among many "lifers" at North Coffee. In fact, many of the teachers went

PROVIDING HIGH QUALITY
CARE FOR

Over 70 Years

- | | | |
|---|----------------------------|------------------------------------|
| Allergy & Immunology | Infusion Services | Pediatrics |
| Comprehensive Breast Center | Internal & Family Medicine | Plastic Surgery |
| Comprehensive ENT Specialists
<i>Hearing Aids</i>
<i>The Voice Center</i> | Laboratory Services | Podiatry |
| Dermatology | MMC Now Walk-In Clinics | Radiology |
| Endocrinology | Neurology | Rheumatology |
| Gastroenterology | Obstetrics & Gynecology | Spine, Joint & Pain Center |
| General Surgery | Ophthalmology | Vascular Surgery & The Vein Center |
| | | Weight Loss & Wellness |

Your health is our mission.



MMC AT WESTLAWN

Opening summer 2023, MMC at Westlawn in the Blackman Community off Veterans Pkwy, near I-840. This location will offer premier healthcare services including primary care for adults and children, gastroenterology services, a dedicated endoscopy center, rheumatology, infusion, otolaryngology, laboratory, and radiology services.



Because family is important.

- Dental Procedures Complete With Digital Dental Radiography
- Acupuncture • Preventive And Routine Care • Diagnostic Testing
- Cold Laser Therapy • And Surgical Procedures

\$5 OFF
With This Coupon. Expires 5/31/23



Animal Health Clinic

Dr. Jennifer Yates, Dr. Brian Alexander, and Dr. Angie Hawkins

1722 Hillsboro Blvd. • Manchester, TN 37355
(931) 728-6633 • www.AnimalHealthVet.com

Family owned and operated by Manchester locals!

Owen's Provisions & Apparel is a lifestyle clothing and accessories store located on the Historic Square in Manchester, TN.



We are devoted to serving our beautiful city with awesome, high quality products that everyone can enjoy. We look forward to meeting you and getting to know you better!



104 West Fort Street
Manchester, Tennessee

(931) 581-3232
www.owensprovisions.com



▲ Dr. Adam Clark with first grade teachers, Joie Pauley and Cindy Gilliam

“Parents feel like they’re supported and that they have a voice. And so because they have that voice, they trust us.”

-Dr. Adam Clark

to the school as kids or had family who were staff, and many students had family in the school as well. Clark said that the generational aspect is one of the unique things about North Coffee Elementary.

“There are generations of families that attend North Coffee. So we’ve got kids whose mom, dad, and grandparents all attended North Coffee,” Clark said. “You have this huge community of people that just love North Coffee. It means a lot to them. It was home to them when they were kids, and it is now for their grandkids and children as well.”

There is a reason people keep coming back. Gilley said the teachers make sure the school does its best for the students, and Clark does a good job of making sure they feel listened to.

“They come to work every day, they want to be here, and they want to do what’s

right for kids,” Gilley said. “We trust our teachers, we support them, and I feel that because they feel that support, we ultimately don’t lose a lot of teachers.”

Gilley said the teachers know Clark will have their back, and that connection helps them work harder. The teachers also make an effort to get to know their students by eating with them in the cafeteria during the first month of school and even making home visits to meet students and families ahead of the school year. Clark said it may be an oddity, but it helps teachers connect with their kids on a personal level.

“We want to be the best at everything we do,” Clark said. “Not because we want to push everybody else down or be cocky about it, but we just feel like the kids of North Coffee, and ultimately the kids of Coffee County, deserve the best.” **GN**

Capital Outlay meeting unveils plans for library mural and building maintenance

DURING THE Capital Outlay meeting on June 1, 2023, the attendees, including Dennis Hunt, Tim Brown, Tina Reed, Judd Matheny, Rick Soucy, Rebecca French, and Pauline Vaughn, discussed significant topics and made decisions. The meeting focused on exploring a library mural, addressing building maintenance, approving UT office improvements, and considering bids for signage and roof analysis. **GN**

Cleveland State and Motlow State community colleges earn awards

CLEVELAND STATE and Motlow State community colleges received two prestigious awards from the Community Colleges of Appalachia. Cleveland State was honored for its Forestry, Wildlife & Fisheries program, while Motlow State was recognized for its Advanced Robotics Training Center, both benefiting their regions and promoting excellence in education. **GN**

LIVE LIFE ON YOUR TERMS

PERSONAL BANKING SOLUTIONS FROM FIRST VISION BANK

With innovative banking and loan products, First Vision Bank can help you live life on your terms, whether you're saving for the future or paying for your children's college. You can explore banking options that put your financial goals first by calling us, clicking, or visiting one of our offices.



firstvisionbank.com
(931) 454-0500



Too good to miss 



We want to build stronger communities through positive, local stories. Please help us continue the conversation online and follow us on Facebook today.



goodnewsmags.com/social

Making A Difference In Women's Lives



Amani

Women's Health Center

BRYAN MYERS, M.D.

MELODY HARRISON, NP-C

MARY BETH McCLAIN, NP-C

SAHARRA JEWELL, APN

Winchester:
161 Shirley Dr.
(931) 962-0450

Manchester:
1034 McArthur St.
(931) 954-5111

Tullahoma:
100 Hunters Ln., Suite 100B
(931) 393-4700





CHAPTER 2 OF 3

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

- 28 Makos making waves
- 36 Hometown sports
- 52 Football schedules
- 58 Catch me if you can:
Ray Ray's Smokehouse

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



goodnewsmags.com

Photography by Ashleigh Newnes

◀ Kailee Rossman

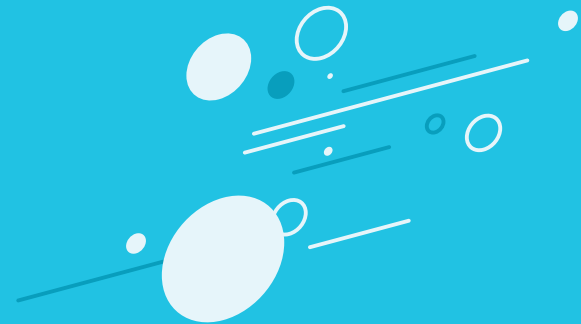
MAKOS MAKING WAVES

COMPETITIVE SWIM TEAM TEACHES
MORE THAN JUST SWIMMING.

BY SARA HOOK // PHOTOS SUBMITTED BY CHESLEIGH LEE



Harper Cantrell, Beatrice Smyrnov,
and Hannah Lou Hunt with coaches
Madeline Dewolfe and Emily Williams





Lauren Lee, Madeline Dewolfe,
Kaylee Williams, Josh Rutledge,
Isaac Lee, Jack Beachboard,
and Nick Bogle



Isaac Lee, Madeline Dewolfe,
Addison Yates,
and Matthew Howlett

YOUR LOCAL PROPANE SUPPLIER

Choose Local. Choose Experience.
Choose Wisely



HENLEY
PROPANE, INC.

106 E. Fort St., Manchester, TN 37355
(931) 728-7817 • henleypropane.com

At *Traders*, Our Branches Are Strong and Our Roots Run Deep.

Where do you turn when times are tough? To friends and neighbors who've seen you through good times and bad. Ever since Traders bank opened its doors 129 years ago, we've been the area's leading bank, here to serve you and meet all your financial needs. Our branches are modern and technology is first-rate. Some things at Traders have never changed. We still greet you with a smile and call you by name.

- New Deposit Products/ Card @ Once
- Business & Personal Loans
- Mobile Banking
- On-Line Banking
- 24-Hour ATMs
- Investment Services



Serving Thousands of Customers.... ONE at a time!

412 W. Lincoln St.
Tullahoma
931-455-2391

2695 Dechard Blvd.
Winchester
931-967-3755

1207 Hillsboro Blvd.
Manchester
931-728-1474

Member **FDIC**
1602 N. Main St.
Shelbyville
931-680-3500

120 N. Jackson St.
Tullahoma
931-455-3426



We Care For Your Pets!



We know they're not your pets, they're your family!
We're committed to providing all of the care your pets need,
from regular check-ups to serious surgeries.

BOARDING FOR CATS & DOGS AVAILABLE

We have 9 veterinarians that are trained to handle even the most difficult cases, so you can trust our team to know the latest treatment options, while maintaining decades of experience.



4 Locations To Serve You!

Manchester - (931) 723-0551
Monteagle - (931) 924-0551
Morrison - (931) 409-3178
Tullahoma - (931) 455-6723

New Manchester location is NOW OPEN

Where *Service* and *Wellness* Meet



Looking for a provider that actually listens?

Give us a shot to earn your trust.

Nurse Practitioners: Mark Vann & Christy Hager



115 North Woodland Street • Manchester, TN
(931) 954-5219 • woodland-wellness.business.site

Where **independence** meets **care**.



No additional fees,
all inclusive



Autumn Oaks
assisted living
by Americare

1621 McMinnville Hwy., Manchester • (931) 570-4270
Tina Taylor - Administrator

ALLOW US TO
Pamper You

mani/pedi • health & beauty • hair • boutique clothing



Katelyn Ashlynn Tori Whitney Trista Jessica

Come See Our Team & Check Out Our Boutique!

Katelyn - Wed., Fri. & Sat.

Ashlynn - Tues. - Fri., every other Sat.

Tori - Wed. - Fri., Sat., (Flexible hrs.), Available for Weddings

Jessica - Mon. - Sat. 8:00AM - 6:00PM

Call for an appointment:
(931) 954-6114

2108 New Tullahoma Hwy.
Manchester, TN 37355

The Beauty
— LOUNGE —
Salon & Spa

Richardson Waste Removal & Richardson Waste Solution

Weekly Service

Residential • Commercial • Industrial

Roll-Off Containers

Construction • Demo Debris • Commercial
Industrial • General Clean-Up



CALL TODAY

Quality service since 1963 Our Business is Picking Up!

931-433-6634

Ask about automatic payment
richardsonwaste@gmail.com



Not to sound cheesy...
it's kind of what we do

WE NEED YOUR HELP.

NOW HIRING ALL SHIFTS. STOP IN TO APPLY TODAY!

- Natural & Processed Cheese
- Shredded Cheese
- Italian & Mediterranean Style Cheese
- Sliced Cheese
- Cubed Cheese
- Components & Kit Cheese



Celebrating 20 years of manufacturing cheese products in the Coffee County area.
We do not sell to the public. We are a processing facility

Be a force for
good



We want to build stronger communities through positive, local stories. We can't do that without hiring talented writers, proofreaders, photographers, and designers. **Apply online today.**

goodnewsmags.com/join

W

HILE IT may not get as much recognition as baseball, football, or basketball, the Manchester Makos swim team has continued to blow their competition out of the water year after year. They've won the Race

League Summer Championships every year since 2014, and this year every athlete going to state in high school swim was on the Makos team as well.

The Makos team doesn't just do competitive swimming — it takes swimmers from 4-18 years old, so simply learning to swim is a big part of the program. Head coach Shawn Daniels said the skill is important for more than just the sport of competitive swimming.

"Learning how to swim opens up so many doors as far as recreation goes, you know — water skiing and scuba diving and surfing," Daniels said. "And it's a lifelong sport. It's not a sport where you stop as soon as you're at a certain age. You can do this for the rest of your life."

Daniels said Manchester is a ball sports town, but not everyone is good at that sort of thing.

"Our team has been a great place for those kids," Daniels said, "Maybe they don't have the great hand-eye coordination that it requires to be good at those sports, but that doesn't mean you can't be a good swimmer."

Several Makos swimmers ranked in the top three in the Southeast, and others received scholarships to swim in college. Members Ryan Brown and Isaac Lee were recently selected to swim on the Southeastern Open Water Team as the number one selectees in Tennessee, Alabama, and the Florida Panhandle.

"We've got some outstanding athletes that have come out of this small area," Daniels said.

The swimmers on the team aren't confined to only Coffee County. They come from all over Southern Middle Tennessee. Club President Chesleigh Lee said it allows the team to get a lot of talent.

"We've had swimmers from McMinnville, Murfreesboro, Franklin County, Tullahoma, and Manchester," Lee said. "I think it makes the team more dynamic, really, and it draws a lot of different kids from a lot of different backgrounds."

Being a Mako isn't easy, especially if you want to swim competitively. The team trains almost year-round, only taking off in August. Chesleigh Lee said it takes being willing to do things that others aren't willing to do, even if that means getting up at 5 a.m. to swim.

"Swimming is an incredibly difficult sport," Lee said. "It's a lot of resistance and a lot of breath training. It's hard, and that's why a lot of other coaches put their athletes in the pool during the off-season. Because they're going to get better."

Still, Lee said sometimes kids work hard and don't win or get any recognition, which is a life lesson, too. The only thing that matters in competitive swimming is who touches the wall first.

"It's all objective. You get in that water, and the water treats everybody the same." Lee said. "When colleges come to look at your kid, it's not that a coach plays somebody a longer amount of time; they don't care. It's whoever touches the wall first. And if you're fast, and if you have talent, and you touch that wall first, you win, and you could be the poorest kid on the team, and it doesn't matter."



Abby Gilday, Elsie Lazielier,
and Emily Williams

THE MAKOS SWIM TEAM



Daniels has been coaching the Makos for nearly 15 years and said her favorite part has been the swimmers and families she has gotten to meet and work with.

“When you’re talking about 100 kids, that’s a lot of family members in the community. So we have all those people coming forward and watching their children, grandchildren, and neighbors,” Daniels said. “There has been a great deal of community support.”

Daniels said the goal of the Manchester Makos is to present an opportunity for competitive swimming and to make sure local kids learn how to swim. The team members, of course, go above and beyond that. Daniels said they don’t just care about swimming but are great time managers and competitive in academics as well.

“Some of the kids I’ve worked with here are some of the hardest working swimmers I have ever met,” Daniels said. “Their dedication is second to none.”

Ultimately, the Makos are only as good as their coaches — Shawn Daniels, Rebekah Buchanan, Madeline Dewolfe, Cindy Weber, and Emily Williams. The Makos also owe much of their success to their first director, Bonnie Gamble, and former aquatics director, Vonda Hattaway. Daniels said Gamble was the one who got the funding for a swim team, as well as water time for the kids.

“We have a team with people and coaches that care about your child’s development, not just [how] they could contribute to a team,” Lee said. “They’ve made my kids stronger, they’ve made them better individuals, they’ve made them harder workers, they’ve shown them what it’s like to win, they’ve shown them what it’s like to be defeated, and they’re better people for it.” GN



Coaches Shawn Daniels and Rebecca Buchanan

education that comes with celebrating Dairy as father Steve, his and his wife Kara family started dairy been in Tennessee nth is a way to ob-behind the scenes, riculture. ght on many people n-energy, high-pro-farmers do a lot of in terms of raising care of cattle, being roblems, and wear- rk goes into dairy n. The Nash family of 2020. "We'd al-



98%

OF OUR READERS

Say they would purchase a product or visit a local business featured in the magazine

DATA FROM CVC AUDIT, JANUARY 2023

Be part of
something
good 

We want to build stronger communities through positive, local stories. We can't do that without advertisers like you. Reach an engaged audience that wants to **support your business**.


Call us at (800) 247-7318



goodnewsmags.com/advertise



**HOME
SPO**



**TOWN
RTS**





KAILEE ROSSMAN

IN IT FOR THE LONG HAUL

Long-distance runner, Kailee Rossman,
breaks records, goes to state

By Sara Hook // Photography by Ashleigh Newnes

MANY INCREDIBLE students are on Coffee County High School's (CCHS) track and cross-country teams, but one particular member has really excelled this year. Junior Kailee Rossman recently broke the CCHS 3200-meter record and went to the state championship in cross-country this past year, along with sophomore Fletcher Barnard, for her third time. Previously, she qualified in cross-country as a team in 2021 and in track on the 4x800 relay team in 2022.

Track and cross-country aren't recent hobbies. Kailee has been running since fourth grade, eventually joining both the track and cross-country teams in high school. Kailee said she enjoys

running so much because of the sense of achievement that follows a race.

"It feels so good just to know that you just did that and know that you worked so hard for that," Kailee said.

However, enjoyment and experience alone aren't all that have made her excel. Her coach and father, Matt Rossman, said her success comes from a lot of hard work, a desire to succeed, and especially older teammates who showed her how to take the sport seriously.

"Obviously, anyone at that level... they have to have a certain level of talent," Matt said. "She was fortunate enough to have some people that graduated before her that are in college now that



"I'm one second away from the 1600-meter school record, and I would really like to break that and possibly the 800-meter school record."

- Kailee
Rossman



really kind of paved the way for her and really showed her how to train and how to just get better at her sport.”

Kailee said one particular teammate, Patricia Barrera, mentored her in middle school and again in high school, keeping her on track with training.

“[She] always encouraged me and kept me accountable and just pushed me to do my best,” Kailee said. “Last year, I started catching up with her, so it was just good to have a running buddy and a racing buddy to push me in my races.”

Kailee said the most important thing she has learned is that consistency in running is key. For Kailee, practice is something you have to commit to every day, even on weekends and over breaks. That intentional, consistent work, she said, is what has made her faster.

“It’s definitely a lot of work that you have to put in outside of practice,” Kailee said. “A lot of people don’t understand that you get out what you put in.”

Kailee doesn’t plan for her achievements to end this year. For her senior year, she hopes to break the school cross-country record, as well as several track records. After she graduates, Kailee intends to continue running in college.

“I’m one second away from the 1600-meter school record, and I would really like to break that and possibly the 800-meter school record,” Kailee said. “I’m a little bit further from that, but I think if I put in the work, I think I could do that.”

While those goals are important, Matt said, there are other things he would like her to work toward as well. The girls team is young this year, and he wants Kailee to be an example to the others.

“She’ll be a senior next year. As a coach, I want her to kind of be a leader on

the team,” Matt said. “I want her to be a leader that others can look up to like she looked up to others before her.”

While Matt has goals for her as a coach, he said as a father, he simply wants to see her happy.

“I want to see her enjoy the sport and love it,” Matt said. “She’s wanting to run in college and has had a few college scholarship offers, so [for her] just to be able to not see it as a job and something you have to do, but something that she really enjoys and is passionate about. And I think as a dad, that’s the most important thing.” GN



“It’s definitely a lot of work that you have to put in outside of practice... you get out what you put in.”

- Kailee Rossman



RED RIDERS
OLYMPIAN TRACK FIELD

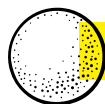
COFFEE

3

4

5





BRAD COSTELLO

TEACHER, DIRECTOR, COACH

By Sara Hook // Photography by Ashleigh Newnes

THE COMMUNITY of Manchester has always supported its high school sports teams, and co-athletic director Brad Costello is no exception. With three positions at Coffee County Central High School (CCCHS), including math teacher, golf coach, and co-athletic director, Costello spends most of his time working with students, especially in sports. Co-athletic director Brandon McWhorter said their position isn't an average 8-5 job.

"We put a lot of time in," McWhorter said. "During the summer, we spend time

on getting ready for the new year, figuring out what we can do differently, and just making sure that our student-athletes are taken care of the best they can be."

Costello has taught math at CCCHS since 2005 and has coached much of that time. In 2021, he was named co-athletic director along with McWhorter, who said Costello's success comes from his enthusiasm for athletics and his ability to connect with the students.

"He has a love for the sports, and he has a love for the game of golf,"



"If there's something that you can try to do to make a game of something, that's always been enjoyable for me."

- BRAD COSTELLO



McWhorter said. "Even as a teacher, he has a good rapport with those students."

That rapport comes from his commitment to instruction and care for the students, CCCHS Principal Paul Parsley said.

"He is a very detail-oriented person, and it shows through as he works with students in both math and golf," Parsley said. "I have witnessed repeatedly through the years that the relationships that coach Costello creates with students tend to carry on beyond high school."

Costello began teaching golf the same year he moved back to Manchester. While he took a break from coaching when his kids were young, he returned to coach, as his son is now part of the team. Often minor sports at high schools get coaches who aren't familiar with the sport, Costello said, so he enjoys giving good instruction to those on the team.

"Those types of sports sometimes end up getting a coach who can make a schedule and maybe even just be a warm body at practice," Costello said. "It doesn't have the same draw from a coaching standpoint as

a softball, football, baseball, or basketball position. Golf is more of a minor sport, so I knew that I would be able to actually coach and give good instruction to all of the guys and girls who would make the team."

The competition has always been what drew Costello to love athletics. While in high school in Coffee County, he played basketball, soccer, and golf. He went on to play golf in college.

"If there's something that you can try to do to make a game of something, that's always been enjoyable for me," Costello

said. "From a student's standpoint, I've always enjoyed sports because it is another outlet that allows kids to remain connected to the school and to the community."

Coffee County is a great place for that, as the community is very involved in student sports. Costello said he is amazed by the number of people who recognize him because of his role as athletic director, and the number of people who are willing to donate time and money to the programs.

"I've always known just living in this small community the connection that



the community has with athletics here at the high school,” Costello said. “This community longs to be behind these kids and these athletic programs. You get a sense that when these programs are successful, the community loves being a part of that.”

“Manchester is special in that way,” Costello said.

“You don’t have that same kind of connection, I don’t think, in a bigger city like we have here. The community just really gets behind these kids and wants

to see them succeed,” Costello said. “It’s a pretty special community that we live in, really.”

While he would like to be an assistant principal one day, Costello plans on being an athletic director for a while and doesn’t plan on going elsewhere.

“I’m kind of past my desire to be in another community or another school system, other than Coffee County or Manchester City Schools,” Costello said. “This is my home. This is where I want to be as long as they’ll have me.” **GN**







ANDREW TAYLOR

'COACH T'

Manchester's finest coach

By Amanda E. West // Photography by Ashleigh Newnes

SOME BOYS want to grow up and become firefighters, police officers, or even the president of the United States. Throughout his childhood, Andrew Taylor dreamed of being the head basketball coach for the Red Raiders of Coffee County High School (CCHS). For the last 26 years, he's done just that, plus taught American government and coached the volleyball team. Recently named "Manchester's Finest Coach," Taylor will say he'd rather just be called "Coach T" because he doesn't feel worthy of any other titles.

After graduating from CCHS, Taylor earned an associate degree from Motlow State Community College, a bachelor's

degree from Middle Tennessee State University, and a master's degree in administration and leadership from Tennessee Tech. Taylor credits his wife, Michelle, and his two daughters, Tori and Maddie. "My wife is the rock of our family and the reason I've been able to coach all these years. Michelle played and coached softball. She has been an educator for over 22 years. She understands all the good and the bad that goes along with my job. They've been so supportive and made lots of sacrifices for me to do this job."

Coach T said he invests in the students at CCHS today to honor the teachers and coaches who invested in him when he walked the same hallways. "My





"The foundation of our country was one that was based on competition."



- BRAD COSTELLO

motivation comes from the desire to help young people. Whether in the classroom or through sports, I enjoy working with young people. I also enjoy sharing all the lessons that can be learned through competition. The foundation of our country was one that was based on competition. Our economic and political systems are founded on competition. You have the opportunity in sports, as in life, to go out and be successful if you put the work in and maximize your God-given talents."

Although Taylor is living his dream, it hasn't come without struggles. "The worst two days of the year for me as a coach would be tryouts and the day of the banquet," said Taylor. "The toughest part of my job is telling a young person they

will not get to be part of the program. By the time they reach high school, they have spent years playing the game they love, and now, for the first time, someone is taking that away. I take no pleasure in being that someone. I also find the day of the banquet to be very difficult. Saying goodbye to these young people after four long years and countless hours of working together is hard. They are like one of my own, and I miss them dearly."

Helping players on the basketball or volleyball court isn't completed in just a few hours per week. Taylor says, "As the head coach, we handle player development on and off the court. We handle game planning, scheduling, budgeting, fundraising, and recruiting. Running a high school

program is very similar to running a business. We have to maximize talent, time, and resources just like a business owner. I could literally be at the office working on something every day of the year. The first thing we do with our athletes and teams is to set realistic goals. Then we focus on getting better each day. All those days add up, and that helps us get to where we want to be on an individual level and as a team."

Taylor said he plans to retire in just a few years, and he looks forward to watching his granddaughter, Andi-Kate Adams, play one day. In the meantime, he will continue to plan summer camps and extra practices that put his athletes in a position to be successful on and off the basketball and volleyball courts. "Sports can teach a multitude of things: work ethics, discipline, accountability, teamwork, and adversity are all taught through sports. Players should remember to have fun along the way. Parents, your child has plenty of coaches. Be your child's biggest fan because four years go by quickly."

Coach T is proof that dreams really do come true. And he said that when they do, they are even better than you imagined them to be. "This is home, and these are the people that mean the most to me. We try to go out every season and put a team on the court that will make Coffee County proud. It is all about the kids, the school, and the community. We are just lucky enough to be along for the ride." GN

COFFEE COUNTY HIGH SCHOOL

2023 Football Schedule

DAY	DATE	OPPONENT	TIME
Friday	Aug. 18, 2023	AWAY @ Franklin County High School	7 p.m.
Friday	Aug. 25, 2023	Tullahoma High School	7 p.m.
Friday	Aug. 1, 2023	AWAY @ Shelbyville Central High School	7 p.m.
Friday	Sept. 8 2023	AWAY @ Siegel High School	TBA
Friday	Sept. 15, 2023	Page High School	7 p.m.
Friday	Sept. 22, 2023	Riverdale High School	7 p.m.
Friday	Sept. 29, 2023	Rockvale High School	TBA
Friday	Oct. 13, 2023	AWAY @ Oakland High School	TBA
Friday	Oct. 20, 2023	Ooltewah High School	7 p.m.
Friday	Oct. 27, 2023	AWAY @ Blackman High School	TBA



MANCHESTER,
TENNESSEE



Kayla Transue, Manager

152 Hospitality Blvd. Manchester, TN 37355

931.728.1301 • (800) 4Choice

www.choicehotels.com

Veteran Owned

ktransue@elsteingroup.com



MY CHOICE HOTELS



Too
good 
to miss

We want to build stronger communities through positive, local stories. Please help us continue the conversation online and **follow us on Facebook** today.







CATCH ME IF YOU CAN.

Ray Ray's Smokehouse supplies smokin' hot meats for every appetite.

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 Ray Ray's Smokehouse.

RAY RAY'S SMOKE HOUSE

Old Southern Market Lot
2050 Hillsboro Blvd.
Manchester, TN 37355
(931) 619-2867
facebook.com/
rayrayssmokehouse2020

A SIMPLE SEARCH through the street food finder in Manchester produced the barbecue truck worthy of tracking down each time it's in town. Amidst a bustling convoy of food trucks, each promising a unique culinary adventure, Ray Ray's Smokehouse stood out with a beacon of tantalizing aromas and a ceaseless tide of satisfied customers. The little chalkboard sign out front gave us our specials of the day. My decision was made within the blink of an eye, and being a massive potato lover, the Monster Fries were my choice of instinct. Waiting for the food only made my tummy rumble more often, as the smells coming from the truck merely foreshadowed the juicy, salty, thick slabs of meat that would come out of it. The Monster Fries were indeed behemoth, a medley of seasoned home fries, my favorite part being the skin-on pieces, smothered

in creamy nacho cheese and topped with a triumvirate of succulent meats — pork, chicken, and brisket. To further adorn this dish and add a little something extra, it was chocked full of crispy bacon pieces, fresh chives, jalapeños, pico de gallo, fragrant cilantro, and a packet of cool sour cream for you to add if you want it. As a tiny gift on the side, you can choose your sauce. Since I prefer more of a spice, I decided to go with the hotter version, tangy with a hint of heat. Ray Ray's Smokehouse taps into a primal instinct that has been ingrained in us since the beginning of time — the irresistible allure of juicy, tender meat, the satiety of biting into it with grease dripping down our chins, and the comforting warmth of a meal that fills not just the stomach, but also the soul. Next time they're in town, make sure to give them a visit. Your taste buds will thank you. GN





CHAPTER 3 OF 3

This section of the magazine covers local things to do.

- 60 Halfway to Halloween
- 62 Community Events
- 64 Events Calendar
- 66 Advertiser Index

Submit a positive story on our website:



goodnewsmags.com

Photography by Ashleigh Newnes

◀ Lyla Engle, Leslee Engle, and Chesley Albert

HALFWAY TO

HALLOWEEN

WHY CELEBRATE HALLOWEEN ONCE WHEN YOU CAN CELEBRATE IT TWICE?

By Sara Hook // Photos submitted by Lady Frights Emporium

HALLOWEEN IS one of the best times of the year as kids (and adults) dress up and go door to door, asking for as many candies and sweets as possible. Unfortunately, October 31 only comes once a year – or does it?

This year, on May 6, Cliff and Kayla Allen of Lady Fright's Emporium introduced the first Halfway to Halloween Faire, bringing the Halloween spirit back to Manchester, along with vendors, food trucks, a car show, and

even a guest appearance by actor Butch Patrick and Dragula. They said the event was simply to see the community have fun.

"It just brings everyone together," Cliff Allen said. "We encouraged the parents to dress their kids up and

come out and trick-or-treat at the vendors. You know, come out and purchase some items and things like that. And just to see the families out there having fun and laughing – that just really, to me, is why we do this."

The couple has a long history with running events and Halloween itself, having helped run several haunted houses across the country over the past 36 years. Among those were Nightmare Forest and Waverly Hills Sanatorium in Louisville, Kentucky, and Heartstoppers in Sacramento, California. That same love for Halloween prompted the establishment of Lady Fright's Emporium; it was only natural for one of their events to celebrate that love.

"We were the first professional haunted house in Waverly Hills Sanatorium," Cliff said. "I ran that for two years before I moved out to California, and I mean, I've been going strong ever since."

Halfway to Halloween sported over 70 vendors from all over Middle Tennessee and several from as far as Kentucky and Pennsylvania. In addition, all proceeds benefited the Coffee County Rescue Squad.



Butch Patrick with Kayla and Cliff Allen



Dragula Car

*Butch Patrick
of The Munsters TV Show*



“They’ve been in this town for 60 years, giving to this county and surrounding counties,” Cliff said. “To be able to give back to them like that... really gives you the sense of community.”

In the end, they raised around \$475.

Cliff said running events like this can be incredibly stressful, often because of things you can’t control. Weather can ruin outside events, and vendors and celebrities sometimes cancel last minute. While some of their family members helped run the event, most of the planning was done by the Allens.

“You’re pretty much doing all this on your own – going out, getting your sponsors, getting your vendors, finding a good nonprofit, securing the building, securing insurance,” Cliff said. “There’s a lot behind the scenes that people don’t realize.”

Part of the success of their events comes from the relationships they build with their vendors.

“We actually care and go around to every single vendor before the night is through to make sure they’re doing okay,” Cliff said. “We want to make sure

that they’re coming back and that it’s going to be beneficial for both parties.”

This is not the first event they’ve put together, and it certainly won’t be the last. The Allens put together a St. Patrick’s Day event earlier in the year, and there are no less than three more events in the works this year. Upcoming is a celebration of the ’80s on August 19, a Zombie Walk on October 13, and a Dark Christmas Faire on December 2. Information about the events can be found at ladyfrightsemporium.com. GN

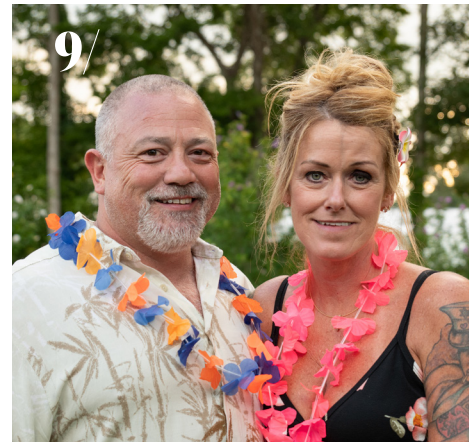
David Bradley's Summer Luau - July 15, 2023



Photography by Ashleigh Newnes
 Good friends and good food made for the perfect summertime event, all were on hand for David Bradley's Summer luau and pig roast fundraiser.



1. David Bradley, LeBron Haggard, and Adam Floied 2. Charity and Jeb Stuart, Craig and Dawne Kowalski, David Bradley, and Richard "Goody" Goodwin
 3. Jady, Blaire, and Braiden Cardinal 4. Angie and LeBron Haggard 5. Lisa Diaz-Barriga and Lisa Myers
 6. Alex McCarthy, Brittany Cupp, Megan Bane, Patty Boone, Elizabeth Peckinpaugh, Natalie Haggard, Lisa Myers, and Ashley Winningham



7. Gayla Powers, Lisa Diaz-Barriga, Patty Boone, Jeremy Woods, Kat Brown, Laura Johnson, and Lisa Myers 8. Carter and Rachel Sain
9. Matt Reel and Krystal Fasano 10. Jackie and Mike Cardinal 11. Rodney and Elsbeth Rounds

2023 Bonnaroo Music Festival - June 15-18, 2023



Photography by Ashleigh Newnes

The festival was held on the 700-acre farm and featured a diverse lineup of musicians. Attendees enjoyed four days and nights of music, comedy, art, food, camping, and activities.



1. Dayne and Summer Geyer 2. Shayna Peyton, James and Alayna Whelan 3. Toby and Jenna Lichtle 4. Skylar Brown and Kayah Connell
5. Danielle Pickus and Alyssa Frehr 6. Sam, Kelly, Emma, and Mason



7. Carrie, Wesley, Teddy, and Matt Vargo 8. Ben Jackson and Sophia McClelland 9. Inaya Molina and Shelbey Winningham
10. Benjamin and Andrew Hansen 11. Katy Riddle and Kara Staples



PASSION.
CREATIVITY.
CHOCOLATE.

*3 Ingredients that make
Water's Edge Chocolates
unique and unforgettable*

EVENTS CALENDAR

August 11

12:01 am Grocery Tax Holiday
State of Tennessee

For 2023, Tennessee's General Assembly has approved a three-month grocery tax holiday on food and food ingredients, which begins at 12:01 a.m. on August 1, 2023, and ends at 11:59 p.m. on October 31, 2023. The tax relief does not include alcoholic beverages, tobacco, candy, dietary supplements, or prepared food.

August 12

6:00 am Coffee County Farmers Market
216 E. Fort St.
Manchester

7:30 am F.I.T 5K COLOR RUN
F.I.T Beyond Therapy
parking lot
461 W. Lincoln St.
Tullahoma

This race is a fundraiser for F.I.T Beyond Therapy and the Tullahoma Sports Council.

August 17

**6:30 pm Auditions for
"Footloose,
The Musical"**

Manchester Arts Center
128 E. Main St.
Manchester

Auditions will be held August 17-18 at 6:30 p.m., and August 20 at 2 p.m. More than 20 roles for singers and dancers, and non-singers and -dancers.

August 19

9:00 am Back to the '80s

Manchester Arts Center
128 E. Main St.
Manchester

Join us as we celebrate the '80s and Lady Fright's 40th! We will have food trucks, craft vendors, '80s cover bands, and more! Costumes greatly encouraged! This event is a benefit for the Manchester Arts Center.



August 26

4:00 pm **Williamson Branch: Fish Fry & Concert**

Summitville
Methodist Church
15 Clark Rd.
Manchester

6:00 pm **Ice Cream and Live Music**

The Shady Grove
Community Center
5261 Shady Grove Rd.
Morrison

Live music will begin shortly after 5 p.m. and again following the ice cream. Donations will go toward upkeep of the community center.

August 31

3:00 pm **A Race for the Ages**

Fred Deadman Park
101-166 Wilson St.
Manchester

September 23

10:00 am **Fourth Annual Talk Like a Pirate Crafts Show**

Johnson's Highway 55
Flea Market
4938 New Tullahoma Hwy.
Manchester

Join us for our hand tailored craft show event. Shop for tons of local handcrafted items. There will be fun and unique items to choose from, prize giveaways, as well as a treasure hunt for the kids. Feel free to come dressed as a pirate and give us your best pirate voice.

For more events and to submit an event visit:

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



QUALITY
HANDCRAFTED
TO PERFECTION
EVERY DAY.

Place an order today
for yourself or a friend at:
WATERSEDGECHOCOLATES.COM



206 S. ANDERSON ST.
TULLAHOMA, TN 37388

Monday - Thursday
10:00 A.M. - 8:00 P.M.
Friday & Saturday
10:00 A.M. - 9:00 P.M.
931-455-9365

GOOD NEWS SUPPORTERS

We can spread Good News because of our generous advertisers. They help make our world a little brighter. We encourage you to do business with them.

All Creatures	30	Life Care Center of Tullahoma.....	8
Amani Women's Health Center	25	Los 3 Amigos.....	68
Animal Health Clinic	23	Manchester Associates/Rivendell Apartments.....	19
Autumn Oaks	31	Manchester Tire & Brake	8
Berzett Excavating.....	8	MDS Foods.....	31
Blue Monarch.....	21	Murfreesboro Medical Clinic and SurgiCenter	23
Brooks Healing Center.....	4	Owens Provisions & Apparel.....	23
Char El Apartments.....	4	Peoples Bank - Manchester.....	19
Citizens Tri-County Bank.....	21	Praters Bar-B-Que Manchester.....	15
Clower Automotive.....	19	Richardson Waste Removal / Richardson Waste Solutions	31
Comfort Inn & Suites.....	52	Stan McNabb Chevrolet Buick GMC.....	3
Common John Brewing Co	5	The Beauty Lounge	31
Daniels Construction.....	21	The Elementary.....	19
Elk River Public Utility District.....	21	The Mercantile On The Square	9
First Bank Manchester	17	Tolivers Manchester.....	17
First Vision Bank Tullahoma	25	Traders Bank Tullahoma.....	30
Henley's Mini Storage.....	8	Unity Medical Center	17
Henleys Propane Company.....	30	Vanderbilt Tullahoma Harton Hospital.....	2
Holston Gases	17	Water's Edge Chocolates.....	64, 65
Interstate Liquors.....	19	Watson Metals LLC.....	4
Keith's Tank Service	4	Woodland Wellness.....	30



Amanda Cox
Publishing Partner

It's
good
to know
people 🙌

We want to build stronger communities through positive, local stories. We can't do that without advertisers like you. Reach an engaged audience that wants to **support your business.**

Call me at (931) 408-0714



goodnewsmags.com/advertise



Eat With Your Friends

AZTECA CHICKEN 10.99

Grilled marinated chicken with cheese dip on a bed of rice.

CHIMICHANGA..... \$12.99

Flour tortilla, stuffed with your choice of beef or chicken topped with cheese, lettuce, sour cream, guacamole & pico de gallo served with rice & beans.

FAJITAS Single \$12.99 Double \$24.99

Tenders strips of marinated beef or chicken, grilled onion, bell peppers & tomatoes. Served with rice, beans & tortillas. Garnished with lettuce, guacamole, sour cream & pico de gallo.

BURRITOS CALIFORNIA.... \$11.99

Extra large flour tortilla stuffed with grilled steak, rice, beans, lettuce, sour cream, guacamole, & pico de gallo covered with cheese sauce

LA OAXAQUENA \$12.99

Delicious steak strips with poblano, pepper and bacon covered with a lot of melted cheese on top. Includes rice, beans & tortillas

CEVICHE DE CAMARON \$15.99

Shrimp chopped and marinated in citrus juices with chopped onions, cilantro, tomato, avocado slices, peppers and spices.

QUESADILLA LOS CABOS.. \$14.99

Two 12" flour tortillas stuffed with grilled chicken, chorizo and cheese, grilled to perfection. Served with rice and beans.

NACHOS LOCOS \$9.99

Grilled steak or chicken, covered with lettuce, guacamole, sour cream, pico de gallo & jalapeños

ENCHILADAS SUPREME .. \$10.99

Four rolled corn tortillas, one chicken, one beef, one bean & one cheese, covered with enchilada sauce, lettuce, sour cream & cheese.



Also offering: Soup & Salad • Fish & Shrimp • Kids Meals • Vegetarian • Margaritas & Beer

Los 3 Amigos

Open Lunch & Dinner

101 Relco Dr., Manchester, TN • (931) 450-1525

Come see us at our other location: 425 Woodbury Hwy., Manchester, TN • (931) 728-7332



101 Relco Dr., Manchester, TN
(Near Logan's & Walmart)
(931) 450-1525