

Good News

exchange

Our HEROES

Aaron Brown

**A Community
Hero with a
Heart of Service**

**Dr. Bryan Myers'
Calling Beyond
Medicine**

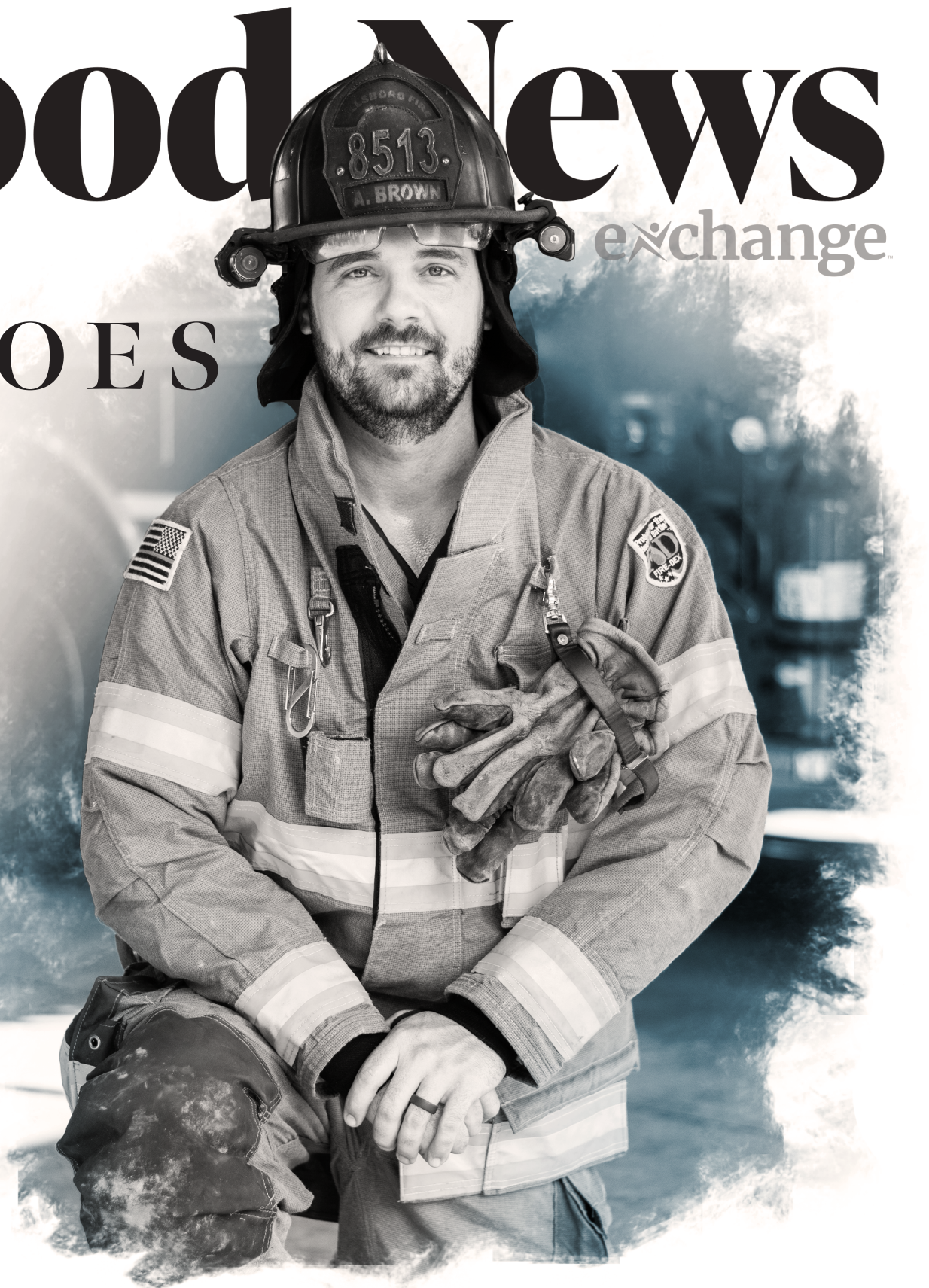
From missionary
medicine to
building miracles
at home

**Empowering
Communities One
Step at a Time**

Katy Bess inspires
a vibrant path
to wellness and
community support

ISSUE 10 2023

A PUBLICATION OF
EXCHANGE MEDIA GROUP





education that comes
celebrating Dairy
his father Steve, his
and his wife Kara
family started dairy
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behind the scenes,
agriculture.
light on many people
-energy, high-pro-
farmers do a lot of
in terms of raising
care of cattle, being
problems, and wear-

rk goes into dairy
a. The Nash family
of 2020. "We'd al-

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good 
times roll

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LETTER FROM THE EDITOR

Saluting Our Local Heroes

A Tribute to Courage and Community

WE ENCOUNTER unsung heroes who walk among us without recognition. They may not be wearing a cape and a mask, but they're a hero regardless. Their unwavering commitment to service and sacrifice makes our communities safer and more compassionate. They're the Batman to our Gotham and the Captain Marvel to our universe.

In these pages, you'll find stories that illuminate the courage, resilience, and selflessness of our local first responders and those who help them. These individuals are tirelessly dedicated to ensuring our well-being, often in the face of adversity. They are the reassuring voices on the other end of emergency calls, the steady hands that rush to accidents, and the compassionate hearts that offer solace in moments of crisis.


But this issue goes beyond spotlighting the heroes in uniform. It also sheds light on the incredible people who support and stand beside our first responders—the families, friends, and community members who pro-

vide the unwavering support and love that keep our heroes going.

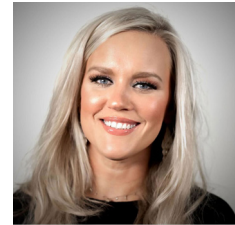
The past few years have tested our communities and our country, but through it all, our local heroes have risen to the occasion, reminding us that hope and humanity will always prevail. They embody the true essence of community, where the well-being of one is the concern of all.

As you read through these stories of resilience, dedication, and unity, I hope you'll be as inspired as I am by the extraordinary individuals who call our community home. Our heroes don't wear capes, but their actions and unwavering commitment to the greater good make them shine brighter. Is it a bird? Is it a plane? Is it Superman? No. It's someone better. It's our heroes, right here at home.

Thank you for joining us in celebrating "Our Heroes." May their stories serve as a beacon of hope and a reminder that even in challenging times, the strength of our community lies in the kindness and courage of its people. **GN**


Wesley Bryant,
MANAGING EDITOR

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We want to build stronger communities through positive, local stories. We can't do that without your submissions. Submit a story idea, and it could be featured in the magazine.



goodnewsmags.com/stories



Exciting Changes Coming to the Good News Section!

We've always believed in building stronger communities through positive stories, and our magazine sections have been a cornerstone of that belief. Issue after issue, we've featured heartwarming stories in three dedicated segments: Good News, Good Living, and Good Times. These sections have celebrated the positives of our community and the incredible moments that make it special.

But, like any good story, ours is evolving. **We've been listening closely to your feedback, and we're thrilled to announce some exciting changes that will allow us to better serve you and our beloved community.**

Shining a Brighter Spotlight on **Local People**

Our readers have shown us that they want more stories about the local heroes among us—those individuals who work tirelessly behind the scenes, making a real difference in the lives of others. We're pivoting our Good News section to focus exclusively on local people who are shaping our community for the better. With that comes a new way to describe our three sections. You can now enjoy Good Living, Good Stories, and Good Times every month.

Highlighting Six **Local Difference-Makers** Per Month

You can expect to read about an average of six remarkable individuals in our community each month. These stories will delve into the lives, achievements, and contributions of our neighbors, friends, and unsung heroes. From the volunteer coach who inspires the next generation to the small business owner who supports local causes, our revamped sections will cast a brighter spotlight on these incredible local people.

You Help Make the Magazine

We're committed to bringing you the most inspiring stories from our community, and we believe that you, our readers, are our greatest resource. If you know of someone who deserves recognition for their positive impact, we encourage you to share their story leads with us. Visit our website, where you can submit your suggestions, and help us uncover the hidden gems in our community.

All About **Local People**

With these changes, it will be solely dedicated to celebrating the accomplishments, resilience, and compassion of our local people. This renewed focus on our community members allows us to build stronger connections and promote positivity on a larger scale.

We're excited about this transformation and the opportunity it provides to foster an even closer-knit community. By sharing stories of local people who make a difference, we hope to inspire and connect our readers on a deeper level.

Thank you for being part of our community and for your continued support. Together, we'll continue to make our community an even better place to live, one positive story at a time.

*Do you know someone who
should be in the magazine?*

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Good

CHAPTER 1 OF 3

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

- 16** Empowering communities one step at a time
- 22** Cultivating a bright future

Submit a positive story on our website:



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Photography by Ashleigh Newnes

◀ Saylor Tucker and Cody Keese

EMPOWERING COMMUNITIES

ONE

STEP

AT A

TIME

**KATY BESS INSPIRES A VIBRANT PATH
TO WELLNESS AND COMMUNITY SUPPORT.**

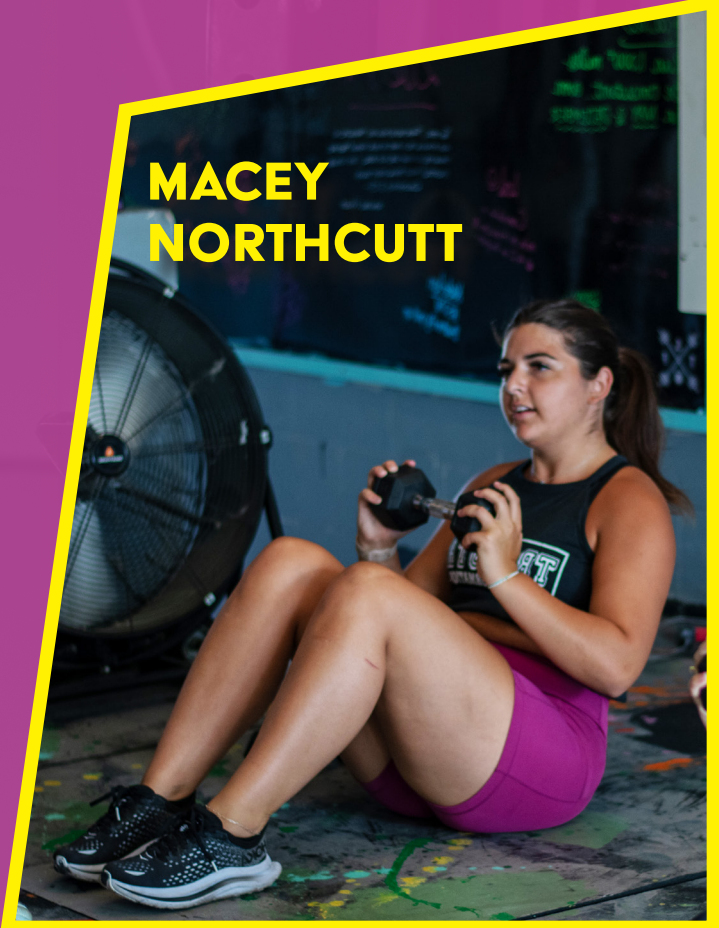
BY JERIAH BRUMFIELD // PHOTOGRAPHY BY ASHLEIGH NEWNES

**KATY
BESS**





**CANDACE
POWERS**



**MACEY
NORTHCUTT**

IN THE face of adversity, Katy Bess found her path to wellness and a vibrant, healthy lifestyle. Today, Bess is not only a beacon of inspiration but a source of invaluable experiences, wisdom, and countless volunteer opportunities for her community.

Bess's journey began with a simple desire — to be the best version of herself for her children and community. She discovered the transformative power of running, a mental escape where she could clear her mind and find solace. During the COVID-19 pandemic, when local gyms and churches closed their doors, Bess turned to podcasts, virtual church services, and prayer during her runs. It was during these moments of solitude that she found strength and renewal.

Born in Norfolk, Virginia, Bess grew up as a military child, but in the town of Manchester, where her family eventually settled when she was just 4 years old, she found her true home. She often dreamt of raising her children and opening a gym, a dream she and her husband turned into reality just a few years ago.

Reflecting on her decision to establish her roots in Manchester, Bess remarked, "So many people lately are focused on bringing businesses back and cleaning up the square. It's just got something special about it."

She continued, "Everybody here looks out for each other and tries to keep their businesses going."

In this spirit of unity, Bess founded her organization, Empower. Inspired by her experiences at Experience Church in Tullahoma, where she witnessed the transformative power of missions and raising funds for initiatives abroad, Bess quickly realized the pressing need for similar efforts on home soil.

"There are just so many things here at home that need attention. And people here at home who are suffering or can't afford groceries and things like that," Bess explained.

Empower's journey began at Bess's family's gym, where an annual Thanksgiving morning run served as a platform for giving back. Each participant brought food or donated money to support the Store House

Food Pantry. The initiative gained traction, and more people became involved, leading Bess, Misty Garrett, and Holly Peterson to organize a 5K run, silent auction, and fundraiser to aid businesses after a devastating fire affected Woodland Plaza. Their combined efforts garnered \$15,000 to help these businesses get back on their feet.

At Bess's gym, workouts are not just about physical fitness but about fostering a supportive community. Bess provides a safe space for women to prioritize their own well-being amidst their busy lives as mothers and caretakers. The 30-minute workouts also allow time for women to connect with one another while their children are supervised.

The essence of Empower lies in its mission to cultivate a tight-knit community that offers support and engages in meaningful activities to uplift others. While the organization initially focused on empowering women, it is now open to anyone passionate about service. The organization dedicates itself to community service, fundraising, and helping those facing challenges.

A recent trip marked a significant milestone for Empower as they embarked on their first service endeavor beyond their previous fundraising and benefit events.

"We went to Isaiah House, and it was life-changing. It was eye-opening that a place like that is badly needed in our small area. You don't realize how many kids are affected or taken away from their families."

As a mother of three, a business owner, and an organizational leader, Bess understands the importance of determination and resilience when facing life's challenges. She has made it her life's mission to persevere for her children and as a role model for her community.

"You see people becoming healthier and more confident about themselves. You see people change, not just physically, but mentally."

She continued, "I want my kids to be involved and do things that make a difference. Kids are so innocent and don't see race or color. And I want them to always know they're here to help people. That's their main goal — to be a productive, caring person."

As the city continues to flourish, Bess hopes to fulfill the needs of community members and create a place where everyone feels seen, heard, and supported. This is the essence of Empower — an unwavering commitment to making a difference in the lives of those around them.

In a world that often seems divided, Empower's journey continues, guided by the heartfelt commitment to uplift others and transform lives — one act of kindness at a time. **GN**

Visit Empower of Manchester (Empower Coffee County) on Facebook for more information.

EMILY TIDWELL, KAILEIGH TIDWELL, KATY BESS, JOIE PAULEY, BRITTANY FISKE, ANGELA MORRIS, MACEY NORTHCUTT, ERIN KELLY FERRELL, MEAGHAN LUTTRELL, JACKIE WRIGHT, AND CANDACE POWERS



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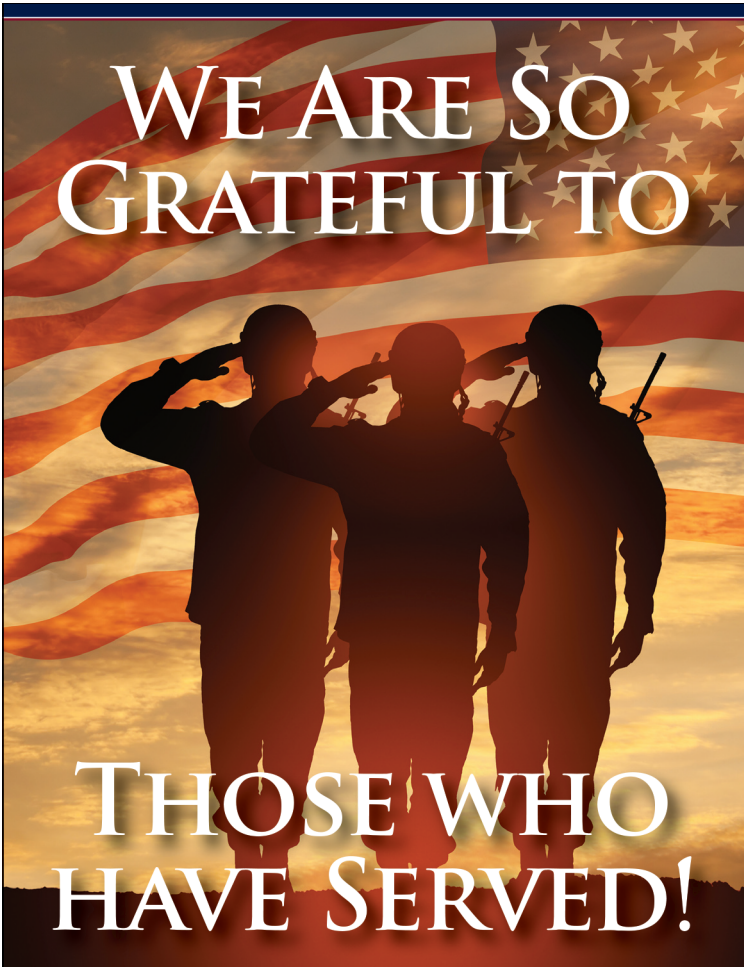
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H

ICKERSON ELEMENTARY embarks on a project of sowing seeds of inspiration, leaving a lasting impact on students and the community. A dedicated and passionate teacher, Michelle Mullican, leads the Greenhouse Project, blossoming into a symbol of growth and learning, nurturing dreams, and sowing seeds of inspiration for future generations.

The idea to establish a greenhouse on the school's property emerged after Hickerson Elementary was honored with a prestigious STEM designation. Angela Ridner's grant played a vital role in making this dream a reality, offering hands-on agricultural experiences to the children.

The greenhouse swiftly became the heart of the school's learning experiences, immersing the children in a world of discovery and exploration. Mullican pours her heart and soul into this green oasis while guiding pre-K and coordinating all greenhouse projects.

Michelle Landers emerges as an inspiration, captivating young hearts with her skilled approach to gardening,

where hands-on learning takes root and practical application blossoms. Dr. Kathy Crabtree's unwavering support for all greenhouse endeavors allows the children's imagination to roam freely.

Dr. Crabtree's vision transformed the greenhouse into a sought-after school field trip destination. Last year, they hosted two school field trips, and in the future, Hickerson Elementary aspires to welcome even more groups eager to explore agriculture with community support.

Fearlessly embracing their roles as heroes, the students tackle every challenge with confidence. A pivotal moment arrived with a school-wide Project-Based Learning initiative led by fourth grade students. Survey results expressed a heartfelt desire for new playground equipment, but funding was a concern. The students organized highly successful plant sales by cultivating and selling plants, garnering attention from educators and community members.

Generous community partners offer resources and expertise, transforming the greenhouse into a thriving hub of

"Our kids are heroes of the community. Through a variety of projects, they provide plants and agricultural products for their community."

- MICHELLE MULLICAN



ANNABELL BROCK





CODY KEESE, ABEL LONG, MICHELLE MULLICAN, EMSLEY STAGE, ALEX MARTINEZ, CHARLOTTE HYSSELL, FOX RIVER HODGE, AND ANNABELL BROCK

growth and knowledge. Beyond academics, the children acquire valuable life lessons, developing responsibility, teamwork, and community spirit.

Reflecting on the Luffa Project, Mullican said, “We’re constantly talking about a real-world application. They just enjoy doing grown-up things. We talk to them about real-world applications, projects, and problems. And I also talked to them about the different kinds of jobs involved in this. For instance, with the labor project, we talk about how they can become farmers and grow luffa.”

She continued, “We constantly try to keep that in their minds and remind them that this isn’t just some random project. It has a purpose, and this is what the purpose is right now. And not only does it have a purpose for us right now, as Hickerson Elementary, but whenever you grow up, you might make luffa bar soap in an industrial setting or even just at the local farmers market.”

The Hawkhouse, as the greenhouse is affectionately known, is a collaborative ef-

fort that instills a deep sense of ownership and responsibility among the students. The community’s support warms the heart, providing materials and expertise and beautifying the front of the Hawkhouse.

Mullican said, “Without our community partners, I don’t think we would have been as successful. I’m truly amazed at the support that not just the Hickerson community, but Coffee County in general, has given us. At least a couple of times a week, people come dropping stuff off for us at school. It might be plants, it might be pots, or it might be potting soil, but everybody’s willing to help.”

Throughout the year, plant sales raise funds for various initiatives, supporting crop cultivation showcased at the county fair. Students learn the art of cultivating crops together, forging a strong bond between young minds and the kitchen that nourishes them. They delve into projects like composting and the unique Luffa Project, which showcase the versatility of plants.

As the Hawkhouse project flourishes, the students eagerly anticipate a future, filled with new ideas and projects, promising fresh avenues of growth and learning.

Hickerson Elementary is a testament to the power of community, education, and hands-on experiences. The transformative journey of the students is nurtured by the dedication and support of teachers, parents, and local partners creating a bright and promising future for generations to come. Their unwavering determination and collaborative spirit prove that with grit and determination, anything is possible.

“Our community partners are our heroes. It has been an amazing thing. And God has been in it the whole time. And he’s taking care of us,” Mullican expressed. “You don’t see the community get involved with a lot of schools and teachers anymore, but it happens at Hickerson. Our kids are heroes of the community. Through a variety of projects, they provide plants and agricultural products for their community.” GN



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Forget the scales. Get ready to plan your

Holiday parties and dinners

By Tina Neeley

THANKSGIVING AND Christmas are getting closer, and it's time to plan for parties and get-togethers. Old standards served alongside new recipes on family buffets with family china, and finger foods and sweet treats on paper plates balanced on our knees are all welcome this time of year. The extra pounds, not so much. It's the closing months before New Year resolutions threaten our diets. Forget the scales and prepare for your next gathering with these seasonal favorites. **GN**



Easy Baked Turkey

Submitted by Martha Hemphill

1 turkey, dressed
salt, to taste
1/4 stick butter, softened
7 c. water
1/4 c. cooking oil

Rub salt over entire turkey inside and outside. Rub butter over entire surface. Place turkey in a roasting pan with water and cooking oil. Cover top with heavy foil and seal edges. Place in cold oven, turn heat to 500° and bake for 1 hour. At the end of the hour, turn heat off and leave turkey in oven overnight. Do not open oven door! By morning the turkey will be tender, and you will have enough broth for gravy and dressing.

Green Bean Casserole

Submitted by Emma Hardin

3 cans French style green beans
1 can water chestnuts
1 can cream of celery soup
1 pkg. sharp cheese, 8 oz., grated
1 can French fried onion rings

In a large mixing bowl, combine green beans, chestnuts, celery soup, and cheese. Pour into a casserole dish. Bake at 350° for 25 minutes. Top with onion rings before serving.

Pumpkin Pie

Submitted by Kristy Adams

3 c. pumpkin, cooked
3 lg. eggs
2 c. sugar
1/2 stick margarine
3/4 t. salt
2 t. nutmeg
1 t. butter flavoring
1 t. vanilla flavoring
2 pie shells, uncooked

In a mixing bowl, combine pumpkin, eggs, sugar, margarine, salt, nutmeg, butter flavoring and vanilla flavoring; mix well. Pour into pie shells and bake at 350° for 1 hour.

Submit your recipes to be included in Good News Magazine
and the Exchange Cookbook: www.southernaprons.com





Good Stories

CHAPTER 2 OF 3

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

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- 34 A community hero with a heart of service
- 38 Dr. Bryan Myers' calling beyond medicine
- 42 When duty calls

Our stories are based on submissions from local people.

Submit yours here:



goodnewsmags.com

Photography by Ashleigh Newnes

← Aaron Brown



Our

HEROES



IN THIS edition of Good News Magazine, we proudly present a collection of stories that pay tribute to the unyielding courage and unwavering dedication of our local heroes — individuals who selflessly run toward danger, provide comfort in

times of crisis, and tirelessly give their all to protect and serve our communities. These are the stories of those who exemplify the true essence of heroism, whether it's offering a lifeline during emergencies, upholding the law, or simply lending a helping hand.

Join us as we shine a spotlight on their remarkable journeys and the selfless spirit that binds our communities together in times of need. These are the inspiring stories of our local heroes. We thank you for your contribution to our communities. GN

A community hero with a heart of service

AARON BROWN PAVES THE WAY FOR A BRIGHTER FUTURE IN HILLSBORO AND COFFEE COUNTY.

BORN AND raised in the charming town of Hillsboro, Aaron Brown embodies the true spirit of community dedication and service. As a second-generation volunteer fireman and full-time architect, Brown understands the profound commitment required to protect and nurture the well-being of his beloved hometown.

Brown's journey into volunteer firefighting started at a young age, inspired by his father, who joined the fire department shortly after Brown's birth. Growing up surrounded by the camaraderie and selflessness of first responders, Brown felt a calling to give back to his community and lend a helping hand during their times of need.

"I grew up around it, and it just felt normal to give back to my community and try to help in any way I could," Brown remarked.

With an architect's creative mind and a firefighter's brave heart, Brown devotes his time to



the Hillsboro Volunteer Fire Department, the Coffee County Rescue Squad, and the Hillsboro Homecoming Association.

As a part of this group of community volunteers, Brown and his fellow members organize fundraisers, including the famous trac-

tor pull and an annual Christmas parade, with all proceeds benefiting various community organizations and initiatives, like the school system, Boy Scouts, Girl Scouts, Cub Scouts, Child Advocacy Center, Sheriff's Department Kid Camp, Hillsboro Elementa-

OUR HEROES



"I grew up around it, and it just felt normal to give back to my community and try to help in any way I could."

- Aaron Brown

ry School, and Future Farmers of America. They recently established a scholarship fund.

Their efforts encapsulate the spirit of Hillsboro, where neighbors come together for a common cause, making a lasting impact on the lives of others.

OUR HEROES



“We make no money off of it,” Brown explained. “It’s all volunteer work. We donate our time and materials, but it’s all worth it to support our community and make it a better place.”

Brown’s commitment to community service extends far beyond his professional and volunteer roles. As a training officer at Hillsboro, he takes it upon himself to help mentor, train, and learn from the younger generation of first responders, ensuring that they are well-prepared to face any challenge that comes their way.

“We’re all learning from each other. New kids bring stuff to the table that the old dogs haven’t really seen and really thought of. Technology is constantly changing. So, we’re just trying to be the best that we can be. And trying to be as prepared as possible for the community.”

Balancing a busy life as a full-time architect, a small-business owner, a husband, and a father of two young children, Brown acknowledged that finding a balance between home life and volunteer commitments can be

OUR HEROES



of the most rewarding aspects of his service. Knowing his presence can comfort and reassure those in distress motivates him to keep going, even in the most challenging times.

“Whenever someone calls 911, they’re in a very bad situation, possibly the worst in their life,” Brown explained. “Being there to help, to show compassion, and to try to lessen their trauma is what it’s all about.”

With an unyielding spirit and a heart overflowing with compassion, Aaron Brown exemplifies the true essence of community spirit. As long as he’s around, the people of Hillsboro can rest assured that someone is looking out for them and making their town a safer and happier place.

Brown’s story underscores the vital role that volunteer first responders play in keeping the community safe. Their bravery and altruism shine as a beacon of hope, reminding us of the profound importance of appreciating and sup-

“Being there to help, to show compassion, and to try to lessen their trauma is what it’s all about.”

- Aaron Brown

porting these everyday heroes who willingly put themselves on the line to safeguard the well-being of their beloved hometown.

“It’s just helping people and helping our community be a better place. Because I was born and raised here, I have no intention of leaving. I want to make my time here as enjoyable as possible. And at the same time, I want to make it better for my family, my kids, and all the other kids that I hope have a chance to grow up in as nice of a community as I did.” GN

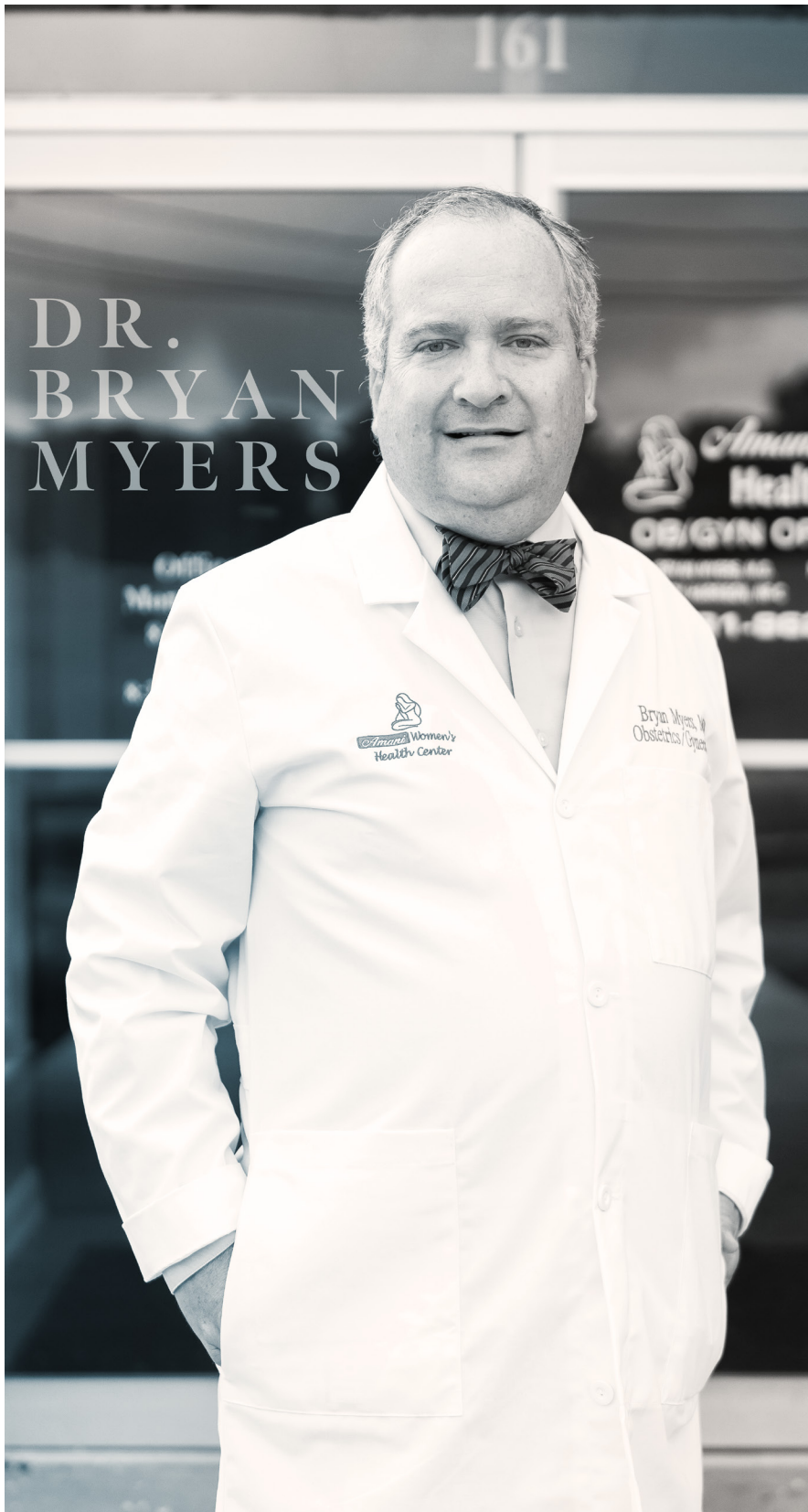
challenging. However, with the support of his understanding and loving family, he manages to fulfill his duties with unwavering dedication.

With a 3-year-old daughter and a newborn son, Brown cherishes every moment with them, making the most of his time in the town he loves so dearly.

“I won’t lie; it’s hard to leave them,” he admits. “But they understand why I do what I do, which drives me even more to make our community a better place.”

For Brown, being a familiar face in the small town when duty calls is one





Dr. Bryan Myers' Calling Beyond Medicine.

FROM MISSIONARY MEDICINE TO BUILDING MIRACLES AT HOME

DR. BRYAN MYERS learned early on the true meaning of community and service. Raised in a Christian home emphasizing love and caring for others, Myers' journey from a tight-knit neighborhood to the mission fields of Africa and back again is nothing short of inspiring. As we embark on this profound journey, we delve into the remarkable life of Dr. Bryan Myers, a man whose calling goes far beyond medicine.

A calling to serve: A journey to Kenya

Myers' life mission began to take shape during his formative years, where he spent his childhood actively involved in Boy Scouts, the Key Club, 4-H, and his local church. This passion for serving others grew with time, and soon, Myers felt a divine call to missionary medicine. Armed with a degree from the University of Tennessee Martin, he pursued his medical dream, eventually becoming an OB-GYN specialist.

“My first degree was in animal science, biotechnology, but I was walking to an animal science class, and I heard the voice of God just lay it on my heart to go into missionary medicine,” he said.

He was accepted into medical school on his first attempt, and after being exposed to obstetrics and women’s health, he said he quickly “fell in love with it.”

In 2001, Myers embarked on a life-changing journey to Tenwek Hospital in Kenya. This trip marked the beginning of a love affair with the hospital’s mission of Christian discipleship and healthcare teaching. It was here that Myers found his true calling — not just to heal bodies but to heal souls as well.

Pioneering change in missionary medicine

Never one to rest on his achievements, Myers became part of a task force that established an OB-GYN residency program at Tenwek Hospital — the first on the African continent. This visionary move opened doors to countless aspiring OB-GYN professionals, empowering them to serve in their communities and make a significant impact.

Blessing lives at home and abroad: Balancing ministry and medicine

While Kenya held a special place in Myers’ heart, he also found his mission field in Southern Middle Tennessee.

After returning to the States in 2006 with his wife, Jane, he reflected upon his time in Kenya and how he felt a deep sense of belonging there. His prayers for a return to the mission field were met with an unexpected response.

“I heard the gentle whisper of God tell me that He had placed me in my mission field of Southern Middle Tennessee.”

Myers has a personal connection to his private practice, the Amani Women’s Health Center, which translates to “peace” in Swahili. Together with his committed team of professionals, including three exceptional practitioners — Melody Harrison, Saharra Jewell, and Mary Beth McClain — Myers tirelessly serves the communities of Winchester, Manchester, and Tullahoma. They strive to incorporate God’s love and compassion into every aspect of their practice. Myers

prioritizes not only medical care but also emotional support for his patients.

Beyond his medical endeavors, Myers’ ministry also expands to embrace nonprofit work. Co-founding Life Choices Pregnancy Center, leading the Franklin County One Day Community Outreach, and serving at Blue Monarch — a Christian rehabilitation center — are just a few things that reflect his deep commitment to holistic care and uplifting those in need.



“I heard the gentle whisper of God tell me that He had placed me in my mission field of Southern Middle Tennessee.”

- Dr. Bryan Myers

OUR HEROES



PHOTO SUBMITTED BY DR. BRYAN MYERS



PHOTO SUBMITTED BY DR. BRYAN MYERS

◀ PREACHING AT THE AFRICAN GOSPEL CHURCH IN MUGONGO WITH PASTORS WESLEY KOECH AND DAVID SEGEI

A calling without borders: Bridging healthcare disparities

Myers advocates for moral and ethical issues in medicine through his work with the American Academy of Medical Ethics and missions to Ethiopia. His goal remains to promote equality, empower patients through education, and raise awareness against the devastating industry of sex trafficking.

"I hope that more healthcare professionals realize the importance of bringing equality to the healthcare system. Minority groups often do not receive the same level of care, but that is true in every country. I hope we can work to break down these discrepancies," he said.

The journey continues: A future fueled by faith

With unwavering faith, Myers hopes to continue serving in many roles and capacities. He aspires to see Amani Women's Health Center reach new heights in better serving the community. In this heartfelt journey of service and faith, Myers remains God's vessel, ever willing to say "yes" to whatever divine calling lies ahead.

Myers' dedication to service includes the active involvement of his wife, Jane, and their two sons, Wil and Brayden.

He remarked, "It's a great honor and privilege to serve the women and children of our area: Coffee County, Franklin County, and the surrounding counties. This is my home, but the world is my place to serve. Whether it's local, statewide, or internationally, I'm here to go wherever God leads me." GN



When Duty Calls

THE DEEPLY ROOTED LEGACY OF THE COFFEE COUNTY RESCUE SQUAD

IN COFFEE COUNTY lies a group of dedicated individuals who have significantly impacted the community for decades. Chief Neal Simmons and his wife and treasurer, Jennifer Simmons, are an integral part of the Coffee County Rescue Squad and are proud Tennessee Association Rescue Squad members.

The story of Chief Neal's entry into the squad in 1987 is like something out of a movie. One night, he was drafted into service after the squad re-

ceived a call about someone trapped in a cave. Little did he know that this was the start of a lifelong journey of kindness and compassion for the people of Coffee County.

Established in 1963, the Coffee County Rescue Squad has been a steadfast pillar of support for the community. Throughout the years, various rescue squads have come and gone across Tennessee, but Coffee County remains grounded in the spirit of caring and dedication.

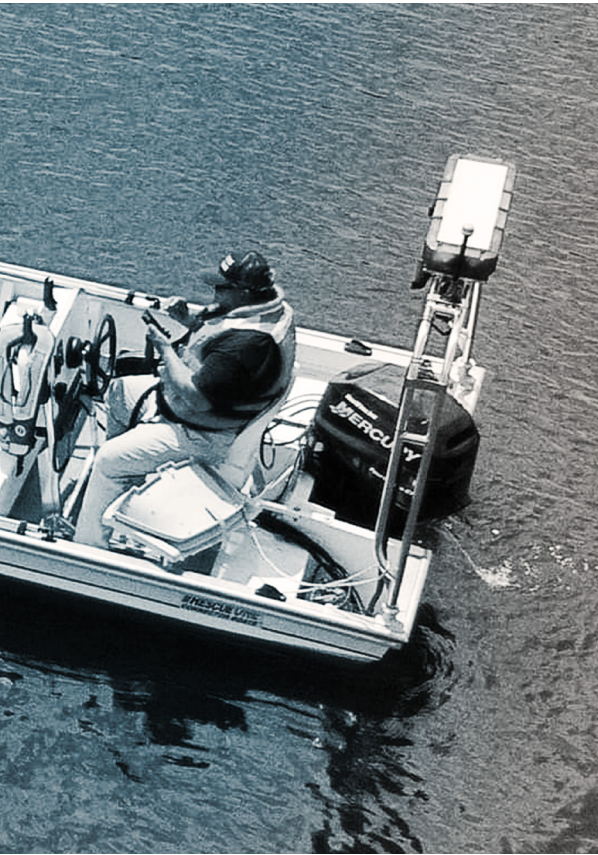
The squad was born out of necessity when an emergency call left the town without a clear solution. From that day forward, the rescue squad vowed to be prepared for any situation.

Their responsibilities are vast and vital, from providing crucial rehab support for the fire departments to responding to drownings and lake and river emergencies in the county.

They are ready to assist city departments, automatically joining forces with the county fire departments for structure fires.

This dedicated team includes state-certified experts in emergency medical responders, structural collapse, trench rescue, high and low-angle rescue, grain bin rescue, swift water, dive rescue and recovery, and search and rescue.

OUR HEROES



Regular recertifications and continuous training exemplify their commitment to preparing for any challenge that comes their way.

The rescue squad has recently expanded its capabilities to address the safety needs of grain farmers, who face unique hazards.

Chief Neal proudly shared, “We’ve got 21 people certified in grain bin rescue. We have the equipment to use, and we just hope we never have to use it.”

At the core of their endeavors lies a simple yet powerful mission: to help people in their time of need. This empathy and compassion drive the Coffee County Rescue Squad to go above and beyond for their community.

Beyond their immediate rescue responsibilities, the squad is also working on documenting local storm shelters. Residents with storm shelters can reach out to the team, who will then mark the shelter’s GPS coordinates. This initiative ensures that the team

“We’ve got 21 people certified in grain bin rescue. We have the equipment to use, and we just hope we never have to use it.”

- Chief Neal Simmons



▲ DAN EYDT, STUART CARROLL, JAMIE MCCULLOUGH, AND DUSTIN DARNELL

OUR HEROES



▲
JB BUCKINGHAM, JAMIE MCCULLOUGH,
MIKE CASSADY, JENNIFER SIMMONS,
AARON BROWN, JOE CRANDALL, AND
JACOB CARLTON



can promptly check on the safety of those at risk during a storm.

But it's not all about emergencies and crisis management for the Coffee County Rescue Squad. They know how to bring joy and cheer to the community as well. Each year, they host a delightful Halloween event, inviting families to bring their little ones for a fun-filled evening of trick-or-treating.

Chief Neal explained, "It's a safe place to come. We decorate the building up and love having people come out. We've had a good turnout."

The squad takes pride in offering various training opportunities, catering to individual preferences while ensuring everyone is well-prepared for their duties.

"It takes everybody to run a call," Chief Neal explained, "If you're not trained, you can still come to the vehicle and make sure that if we need equipment, you've got equipment out for us when we get there. So we offer all sorts of training throughout the year, and the training is outstanding."

The Coffee County Rescue Squad's dedication extends beyond its county

ERIC FRANCISCO
AND AARON BROWN

"We offer all sorts of training throughout the year, and the training is outstanding."

- Chief Neal Simmons

borders. They collaborate with neighboring Warren and Cannon Counties to form a more extensive and capable team.

Chief Neal shared their approach and said, "We go anywhere in Tennessee. If we're called, we'll send them whatever they need to help them with their call. But we never leave Coffee County uncovered; we always make sure there's someone in Coffee County to run a call when one comes in."

To keep their noble mission strong, the Coffee County Rescue Squad relies heavily on the support and generosity of their community. Donations and active participation in the squad's events, like their annual mail-out fundraiser and food booth at the Coffee County Fair, are pivotal in sustaining their vital work. And the community, in turn, shows up in full force to lend their support.

"They're awesome. They step up to support us any way they can," Chief Neal said.

The Coffee County Rescue Squad stands tall as a symbol of compassion, preparedness, dedication, love, and community spirit. From saving lives to organizing joyous events, Chief Neal Simmons, his wife, Jennifer, and the entire squad are a ray of hope and care for all. GN



How the Good News Magic Happens: From Submission to Print

How does a story get into Good News Magazine?

Nominate someone to be featured in Good News Magazine.

Since Good News launched, we have received hundreds of nominations for people to be covered. Ever wondered how a story finds its way into the pages of our magazine? Well, the answer is simple: it's all thanks to you! Not only are the stories about local people, but they come from other local people, too! Here's a glimpse into the journey of how stories come alive in Good News Magazine.



Step 1: The submission process: goodnewsmags.com

We believe that everyone has a story worth sharing, and we rely on our readers to help us discover these extraordinary individuals. Submissions are made through our website and include the following details:

- A nominee's name
- Contact information (phone and email)
- The reason for the submission, along with why they qualify as a "Good News" story. This may include their contributions to the community, impactful deeds, family life, occupation, and more.
- We're not looking for you to write the story or find a superstar. We believe everyone has a story, and we only need relevant information. Our writers will do the rest!

Step 2: Selection and theme assignment

We tell stories about local people and what they are doing to make a difference. We have told stories about charities, medical staff, volunteers, school staff, and your next-door neighbor. Again, everyone has a story. While we feature six remarkable individuals in each issue, keep in mind that our production schedule is planned months in advance. So, if someone isn't featured in the upcoming issue, there's still a chance they'll be highlighted in the future. We keep all submissions on file for potential use.

Step 3: Interviews and photo shoots

Once a story is selected, our talented writers and photographers swing into action. We continue to be inspired by the stories submitted to us, and we complete the interviews and photo shoots several months before the issue goes to print. Our writers may conduct interviews via phone or video chat, while others prefer in-person meetings with the individuals behind the stories.



What's next in Good News Magazine?

Currently, our dedicated team of magazine writers and editors is hard at work crafting stories under themes like “Home for the Holidays,” “Hometown Healing,” and “From the Heart.” We are excited to announce the next theme needing story submissions is “Charity Spotlight.”

What we seek in Charity Spotlight stories:

Do you know a couple in your community who overcame adversity and decided to extend a helping hand to others facing similar challenges? Perhaps there's a group that stepped up to support local businesses during the pandemic. Or maybe you're aware of countless charities making a positive impact in the community. Behind each of these organizations, there are individuals who drive their mission, founded them, or have been profoundly touched by their work. These are the people and stories we're eager to showcase in our upcoming Charity Spotlight issue.

Do you know someone who deserves to be in Good News Magazine?

Let us know with a submission at www.GoodNewsMags.com or scan the QR code. Share your stories with us, and let's continue spreading the Good News together.



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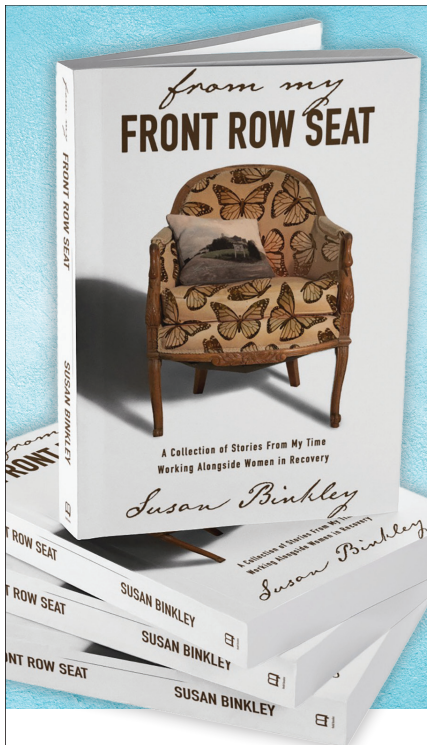
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GoodTimes

CHAPTER 3 OF 3

This section of the magazine covers local things to do.

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Photography by Ashleigh Newnes

◀ Paislee Hughes, Sterling Mendl, and
Weston Hughes

Coffee County Fair - Sept. 1-9



Photography by Ashleigh Newnes

This year's Coffee County Fair welcomed many locals to enjoy an eight-day spree of fun with friends and family. Smiles were all about by festival goers and staff!



1. Brooke Hamilton, Emma Hamilton, Cory Hamilton, and Carter Hamilton 2. Ashley Jordan, Darrin Jordan, Kaycee Luttrell, Amanda Luttrell, Ellie Jordan, and Allie Jordan 3. Diva and Paislee Hughes 4. Freddie Stoner and Colin Gather 5. Weston Hughes 6. Coffee County Rescue Squad - Mike Cassidy, Dustin Darnell, Lester Fernandez, Patrick Boles, Jamie McCullough, Linda Forester, Jimmy Wheeler, Marsha Lough, Jessica Killgore, Betsy Crandall, Kim Darnell, Jennifer Simmons, Leann McCullough, and Hallie Jacobs



7. Hunter and Mallory Morton 8. Ayla Overcast, and Will Stewart 9. Shawna Koob and Josh Schuster
10. Gordon Revey and Richard Boeth 11. Robin and Scott Rouse

Common John Brewery's Family Reunion & Beer Fest - Sept. 16



Photography by Ashleigh Newnes

All guests and staff were treated like family at Common John Brewery's 2023 Beer Fest. Folks from all over joined in good beer and good fun at the brewery!



1. Angie Haggard, Lebron Haggard, and Shelby Haggard Gallagher 2. Kriste and Aaron Weaver 3. Amy and Clark Carden
 4. JT Gowen, Jeremy Taylor, and Zach Wright 5. Jamie Rens, Melanie Garner, and Donna Sanford
 6. Andy McCleese, Phil Didion, Sam Reid, and Shelby Zimmer



7. Zac Gurley and Dave Sergio 8. Nick Tanner 9. Dawne and Craig Cowalski
10. Olivia Rohton and Maddie Rohton 11. Kelvin Collhiem



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EVENTS CALENDAR

October 14

12:01 am Grocery Tax Holiday
October 14-31

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 will end at 11:59 p.m. on October 31, 2023. The tax relief does not include alcoholic beverages, tobacco, candy, dietary supplements, or prepared food.

6:00 am Coffee County Farmers Market
216 Fort St.
Manchester
October 14-28

October 21

7:00 am Shady Grove Community Center Country Ham Breakfast
5261 Shady Grove Rd.
Morrison

In addition to country ham, we will be serving bacon, sausage, scrambled eggs, biscuits, gravy, assorted jellies, and drinks. Plates will be \$6 each and \$3 for children 6 and under. Carry out plates will be available. Proceeds go toward upkeep of the community center.

10:00 am Second Annual Creepy Cryptids Monster Market
Coffee County Fairgrounds
99 Lakeview Dr.
Manchester

Handmade crafts, food trucks, prizes, a cryptids scavenger hunt, and a Halloween costume contest. Enjoy all the free fun!



October 28

8:00 am **Manchester's Harvest Boutique Craft & Vendor Event**

The Manchester
Coffee County
Conference Center
147 Hospitality Blvd.
Manchester

A free event where you can shop over 50 local vendors and enjoy some food from a few food trucks, too!

November 11

9:00 am **Foothills Crafts Annual Holiday Open House**

418 Woodbury Hwy.
Manchester

Kick off your holiday shopping at this open house event! Enjoy door prizes, refreshments, and more. For more information contact (931) 728-9236.

December 9

9:00 am **Dark Christmas & Krampusnacht Faire**

Manchester Arts Center
128 E. Main St.
Manchester

Lady Fright invites you to her free Dark Christmas & Krampusnacht Faire. She will have vendors, food trucks, games, pictures with Krampus & St Nicholas, and more. Bring your little ones and get some early shopping done! Happy Haunting!

For more events and to submit an event visit:

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



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