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

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LETTER FROM THE EDITOR

First, do no harm.

Thank you to the people who swear to heal our hometown.

THE FIRST sounds of life are screams and cries of joy. Oxygen fills little lungs for the first time. The lights above are bright. And the beeping machines from every corner of the room can be overwhelming. None of us remember, but I imagine it's quite jarring to go from the warm womb of safety to the cold room with tile floors and gray curtains. The heroes hold close and wrap the screaming new life in a blanket, then place the happy but confused soul into the mother's arms.

And generations later, back in the same building with the same tile floors and curtains, we walk the same halls again. The overhead buzzing is just as bright as ever. Just like the beginning of life — not always, but often — we're back in that room. This time, surrounded by the next generation of heroes who took the same oath and covenant.

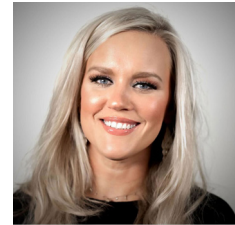
From the minute we open our eyes until they're closed forever, we're guided by angels wearing scrubs and stethoscopes. Healthcare providers know that their work is never over and never easy. Long days and sad tragedies are

typical for our healthcare providers. What keeps them going is the love in their hearts. Not just for their family and friends but for the strangers they help every day. I know this because I've watched my mom, the best superhero nurse on the planet. (Sure, I'm biased.) People like my mom are good at what they do because they are love. They don't do it for money. That's just who they are. They have a warm embrace for their patients that can not be matched. Healthcare professionals in our hometown prove it to us every day — they show the "I'm-here-for-you-unconditionally" kind of love. The best way I can describe it is a mother holding her newborn baby. The same way Mom held me on May 9, almost 30 years ago.

We encounter healthcare providers at the beginning, the middle, and the end of our lives. And without them, this journey would be much shorter. We only get one journey with each other, and they help us make sure it counts.

This issue of Good News is for healthcare professionals. Thank you for fulfilling this covenant to the best of your ability and judgment. GN

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CHAPTER 1 OF 3

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

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- 20** Autumn Oaks Assisted Living embraces a warm and caring approach to senior living
- 26** A prescription for community wellness

Submit a positive story
on our website:



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Photography by Ashleigh Newnes

◀ Mariah Phillips



Tina Taylor

A nurturing ATMOSPHERE

Autumn Oaks Assisted Living embraces a warm and caring approach to senior living.

By Jeriah Brumfield // Photography by Ashleigh Newnes

JINA TAYLOR, a passionate administrator at Autumn Oaks Assisted Living, exudes genuine enthusiasm when discussing the facility's mission and services. Her spirit extends beyond the facility, reaching into our community. She enthusiastically describes the strong bond between the facility and its residents, the activities that bring joy to their lives, and the attentive care their dedicated nurses and staff provide.

Autumn Oaks, a 25-room facility, prides itself on being a close-knit family. Taylor emphasized the advantages of their small size, which promotes genuine relationships among residents and prevents the overwhelming feeling that can arise in larger facilities, especially for seniors with dementia.

Unlike many other facilities, Autumn Oaks follows an all-inclusive model, ensuring no additional charges for increased care levels. This transparency offers peace of mind to families, knowing they won't face unexpected costs as their loved ones require more assistance.

Taylor explained their commitment to "hometown hospitality." They strive to treat their residents and their families with warmth and care.

"We want to treat our guests, our families, and our residents with hospitality like our grandparents did back then. So we're very big on hometown hospitality."

From serving a favorite coffee first thing in the morning to facilitating visits to the local park, it's clear that everything is designed to create an atmosphere of comfort and familiarity.

Activities play a central role in the lives of Autumn Oaks residents. They enjoy classic games like Bingo, live entertainment from bands and singers, arts and crafts, dining out, and even trips to see the fall colors and attend local productions. The facility's van enables residents to venture beyond the facility's walls and enjoy the community's offerings.

"Our culture here at Autumn is having fun. And that's what makes the residents want to get up every day. They know we're gonna have fun," she said.

“
 OUR CULTURE
 HERE AT
 AUTUMN IS
 HAVING FUN.
 AND THAT’S
 WHAT MAKES
 THE RESIDENTS
 WANT TO GET UP
 EVERY DAY.

– Tina Taylor

What sets Autumn Oaks apart is the intimate connection between residents and staff. Taylor highlighted the dedicated team's commitment to going above and beyond for the residents. Caregivers take the time to understand each resident's unique needs and preferences, whether it's playing checkers, working on puzzles, or finding rare candies. It's evident that the staff genuinely cares about the well-being and happiness of those they serve.

However, one story stands out and highlights Autumn Oaks' authentic culture. During the height of the COVID-19 pandemic, when government protocols restricted family visits, the staff went the extra mile for a resident named George. He was positive for COVID-19 and was nearing the end of his life.

The staff, wearing full protective gear, sat with George, held his hand, and even arranged for outdoor visits through his window so his family could say their good-byes. The outpouring of love and gratitude from George's family for the staff's dedication continues today, with gifts and treats as tokens of appreciation.

When it comes to choosing assisted living for a loved one, Taylor acknowledged the challenges families face, including guilt and apprehension. Her advice is to focus on the companionship and relationships that residents can develop in a smaller facility like Autumn Oaks. The close-knit environment and personalized care contribute to the residents' happiness and well-being.

“It is harder on the families to place their loved one in assisted living. There's a huge sense of guilt,” she said.

“I would say instead of letting the guilt overtake them, see the future they're going to have with the companionship of the other residents in the facility.”

It's clear that Autumn Oaks remains dedicated to enhancing the lives of its residents. The facility put on its annual festive celebration this past holiday season, ensuring every resident felt at home during that special time of year. “We go all out for Christmas. It looks like the North Pole has penetrated the building, and I look forward to it every year.”

One of the most pressing challenges that residents face is feelings of loneliness and isolation, as they experience so much change during these pivotal moments. The community can alleviate these challenges by joining them during events or sharing a game of checkers or a cup of coffee. These small gestures can brighten their day, offering companionship and joy while countering feelings of isolation.

Autumn Oaks is a place where love, care, and community healing are not just words but a way of life. In a world where senior care facilities can vary widely, Autumn Oaks offers a model of elder care that reflects the essence of healing and community. **GN**

Visit www.americareusa.net/senior-living/tn/manchester/autumn-oaks/assisted-living, or call (931) 463-1073 for more information.



▲ Treva Brandon, Ruth Epley, Brooxie Caldwell, Christine Martin, Deborah Parton, Dorothy Peckinbaugh, Jane Bonham, Crystal Brandon, Tina Taylor, Catherine Henry, Jackie Poague, and Gladys Poague



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A woman with dark, curly hair is smiling warmly at the camera. She is wearing a black short-sleeved scrub top. Her right hand is resting on her shoulder, and she is wearing a ring. The background is a lush, green garden with various plants and trees.

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blessings
with

compassion
and *humility*

Mariah Phillips



Mariah Phillips’ influential life as a nurse and foster parent

By Jeriah Brumfield // Photography by Ashleigh Newnes

MARIAH PHILLIPS, a seasoned nurse with 7 ½ years of experience, has dedicated her career to the field of obstetrics. After sitting down with her for a while and listening to her story, you’ll quickly discover that for Phillips, this is more than just a job — it’s a vocation, a calling she’s carried since childhood.

“Since the age of 4, I knew I wanted to deliver babies,” Phillips recalled. “It was just something that was put in me.”

Born and raised in Nashville, Phillips and her husband moved to Manchester for a fresh start and the opportunity to raise their children in this small, close-knit town. Phillips has worked in numerous hospitals, from inner cities to larger cities and small towns.

Her journey in nursing led her to labor and delivery, where she not only assists with deliveries but also nur-

“

It's a blessing to see life being born, but it's also a blessing to care for those who are in traumatic situations.

- Mariah Phillips



ADOBE STOCK

tures new mothers postpartum and cares for newborns. Through the years, Phillips has witnessed both the exhilarating and the heart-wrenching moments that come with bringing new life into the world.

“I’ve seen babies fully coded and restored, witnessed twin vaginal deliveries, and even been a part of breech deliveries,” she shared.

“It’s a blessing to see life being born, but it’s also a blessing to care for those who are in traumatic situations.”

When asked about her approach to patient care, Phillips emphasized the need for balance.

“I’ve learned to turn myself off when I’m at work and be fully present for my patients,” she said.

“But when I’m off the clock, I’m fully present for my family.”

This approach helps her to be more intentional in her practice and more attentive to the needs of her patients.

Her experience in different hospital settings has taught her the value of adaptability and the importance of work-life balance.

“I used to be a workaholic, but I realized I was taking away too much family time,” she said.

“Now, I’ve found a healthier balance, which allows me to be fully available for my patients.”

In her current role at a local community hospital, Phillips is encouraged to see diversity in leadership positions.

“It makes me feel more comfortable knowing that there’s representation in leadership roles,” she shared.

According to Phillips, one of the pressing health-care issues in small towns like Manchester is the need for efficient patient transfers to higher-level care facilities due to the distance involved.

Ambulance availability and other logistical challenges can complicate this process. However, Phillips’ experience as a nurse, combined with her understanding of the community’s unique needs, helps bridge these gaps.

In her profession, Phillips highlighted the importance of recognizing and addressing bias related to factors such as socioeconomic status, race, substance use history, and many others.

As a nurse, she believes in the crucial role nurses play in patient care, serving as the eyes for doctors. Her advice for healthcare professionals is for them to remain humble and compassionate, emphasizing the significance of self-awareness.

Beyond her nursing career, Phillips' upbringing instilled in her a deep sense of community service. She grew up volunteering, often with her family, which fostered a sense of humility and empathy.

Phillips and her husband have extended this commitment to their community and embraced another vital role — foster parenting. They are in the process of adopting a child they have cared for since he was 6 months old while also offering respite care to other foster families during breaks.

“We’ve been in foster care for almost three years,” she revealed.

For Phillips and her husband, fostering is more than just a commitment; it represents their belief in the power of family and community support.

Phillips' presence in Manchester is nothing short of a gift. Her continuous commitment to the well-being of mothers, babies, and the community serves as an inspiration for us all. In her journey, we find the embodiment of compassion, resilience, and the power of a nurturing heart.

Her life's story, though it is far from finished, represents the positive impact one individual can make within a community, whether through healthcare or community service. Her commitment to balance, self-awareness, and humility serves as an inspiration for others to follow in her caring footsteps.

In Phillips' world, healing isn't just a profession; it's a way of life, and her community is much more prosperous for it. **GN**





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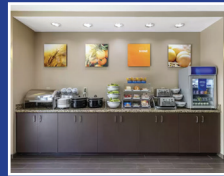
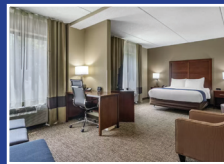
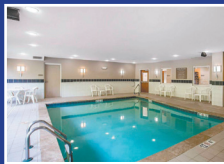


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Joe McKamey



A prescription for **COMMUNITY WELLNESS**

From 5Ks to Medicare assistance,
Marcrom Pharmacy leads the way.

By Jeriah Brumfield // Photography by Ashleigh Newnes

IN A world often dominated by medical professionals, Marcrom Pharmacy in Manchester is a ray of hope and healing. General Manager Joe McKamey goes beyond dispensing medications, spearheading initiatives that transform the community's well-being. Each day, McKamey and Marcrom Pharmacy embark on an incredible journey toward healing the community.

Marcrom Pharmacy's healing mission began with a simple yet profound idea: proactive health. McKamey understands

true healing encompasses physical, emotional, spiritual, and even political aspects of community life. He envisions a community where individuals care for their health and support one another on their wellness journey.

The pharmacy's involvement in 5K and relay races encourages physical fitness and a sense of community. These initiatives encourage people to exercise together and support each other's health goals, aiming to heal the community.



But Marcrom Pharmacy's commitment doesn't end there. They ventured into insurance, focusing on Medicare.

McKamey explained the motivation behind this move, "We found that most people have no idea how Medicare works or what choices to make, and they need someone they can trust. So we wanted to fill that gap in the community."

This initiative aimed to demystify healthcare options, offering a trustworthy resource for Medicare guidance and reducing stress and confusion.

One of their standout initiatives is the weight loss program. Inspired by McKamey's personal weight loss journey, Marcrom Pharmacy launched a "Biggest Loser" style competition for the community.

"At the time, I was struggling with my weight. Our resident was looking for this community outreach program. I said, 'Hey, listen, I'm a competitive guy and need to lose some weight. Why don't we organize a "Biggest Loser" style weight loss challenge?'"

Over 10 weeks, the challenge emphasized healthy lifestyles, education, motivation, and accountability. Starting with 30 participants, it grew into a movement of around 300 individuals, collectively shedding thousands of pounds.

The program helped participants shed excess weight and sparked transformative changes in their lives. Participants reported life-altering benefits, from improved health indicators to better relationships and overcoming addiction.

"It just continued to grow from there. We wanted to educate people on what they needed to do in the long term, but in the short term, we wanted to hold them accountable to those things and motivate them," McKamey explained.

"It was really a neat thing that happened. A lot of people went from being either pre-diabetic or diabetic to normal blood sugar levels and normal A1C levels, which was really exciting."

Additionally, health screenings uncovered previously undiagnosed conditions, offering new opportunities for intervention and improvement.

Despite the COVID-19 pandemic disrupting in-person events, Marcrom Pharmacy adapted, offering flexibility through virtual and in-person options.

Looking ahead, McKamey highlighted the importance of proactivity in healthcare, envisioning a community where individuals take charge of their health, regularly checking vital signs. Marcrom Pharmacy aims to be proactive, preventing diseases



How we, as a community, approach our health will impact the growth of Manchester and the feeling about Manchester. I would like to see people being more proactive.

-Joe McKamey

rather than just treating them, focusing on all aspects of health.

"How we, as a community, approach our health will impact the growth of Manchester and the feeling about Manchester. I would like to see people being more proactive. So that can be on so many different levels. Are people just taking care of themselves? Whether it be regular blood pressure, blood sugar, or all the cholesterol checks — things like that are things we don't always feel but are there."

McKamey emphasized the importance of collaboration in achieving hometown healing, urging businesses and stores to promote healthier options and provide informed choices. The vision is clear: a vibrant, thriving community where individuals support one another's pursuit of wellness.

For McKamey, hometown healing encompasses emotional, spiritual, political, and social well-being. It requires a collective effort, transcending differences in politics and beliefs. The goal is a united, thriving community.

"For hometown healing to happen, we all have to find common ground, common goals, and just a human commonality that will drive us to encourage and help each other in ways we may not have done before. Hometown healing comes from putting those



differences aside and focusing on what we can do together to help each other as a community. It means recognizing all of those things and working together to achieve those common goals that we all ultimately have."

Through organizing events, educating about healthcare, and promoting long-term health, Marcrom Pharmacy inspires community healing. Manchester's future health looks promising, with Marcrom Pharmacy leading the charge toward a healthier, more vibrant hometown.

McKamey and Marcrom Pharmacy continue to inspire communities to embrace wellness, unity, and collective prosperity. Together, they illuminate a path toward a brighter, healthier tomorrow for Manchester and beyond. **GN**

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GOOD Stories

CHAPTER 2 OF 3

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

- 34** Hometown healing
- 36** Healing roots
- 40** Redefining healthcare in our small town
- 44** Southern Tennessee Primary Care opens its doors

Our stories are based on submissions from local people.

Submit yours here:



goodnewsmags.com

Photography by Ashleigh Newnes

◀ Kim Roberts, Jennifer McCurr, and Margo Cox



hometown



Healing





Healing Roots

Dr. Jenna Scott's path to holistic wellness in Manchester

By Jeriah Brumfield // Photography by Ashleigh Newnes

DR. JENNA Scott's approach to medicine is unconventional yet still embodies that conventional approach and this naturopathic physician is making waves in the world of holistic healing. Scott has returned to her roots to open a practice focusing on the body's innate ability to heal itself.

Scott's journey back to her hometown of Manchester was not just a physical return but a calling to pursue naturopathic medicine. She graduated from naturopathic medical school in Phoenix, Arizona,

and completed her residency in Atlanta, Georgia. During her time in Atlanta, she met her husband, and they decided to move to a smaller town.

"When he would come to visit Manchester with me, he thought it was really neat how people truly knew each other, something he was not used to, having lived in Atlanta for several years," said Scott.

Her father, Dr. Glenn Davis, is a renowned physician here in Manchester who returned to open his practice



Dr. Jenna
Scott



“

That's what I love to do — help people achieve their optimal health and feel their best.

- Dr. Jenna Scott

many years ago. Following in his footsteps, she returned to Manchester to open her practice.

It was a leap of faith, as she wasn't sure how much naturopathic medicine would be warranted in a small town like Manchester, but they prayed about it and decided to move in early 2023. Scott chose to open her practice through the Serene Day Spa, offering a unique opportunity to start small and expand as her schedule became busier.

Scott's decision to pursue naturopathic medicine was not influenced by her father but instead sparked by a biology elective course called Medical Herbalism during her undergraduate years at Lipscomb University in Nashville. This course introduced her to naturopathic medicine, igniting her passion for a holistic approach to healthcare.

“Conventional medicine is often split up into cardiology, urology, neurology, etc., whereas naturopathic doctors look at the

body as a whole and aim to rebalance it through herbal medicine, individualized nutrition, health coaching, lifestyle modifications, and more,” explained Scott.

She goes on to outline the six tenets of naturopathic medicine:

1. First, do no harm.
2. The healing power of nature.
3. Identify and treat the cause.
4. Treat the whole person.
5. Preventative medicine.
6. Doctor as teacher.

Scott spotlights the importance of education in her practice, teaching patients to make healthier choices and take responsibility for their health. “Doctor comes from the Latin word ‘docere,’ which actually means teacher. A key principle of naturopathic medicine is to educate the patient and emphasize self-responsibility for health,” she said.

While Scott is passionate about naturopathic medicine, she acknowledges the challenges it can present, especially in a healthcare landscape dominated by conventional medicine. Some people resist change and are not ready to take a proactive approach to their health. Others may not be aware of naturopathic medicine and are influenced by the opinions of their primary care doctors.

“Some doctors are open to naturopathic medicine and encourage their patients to see me, while others may be more resistant due to a lack of understanding,” said Scott.

She believes that educating healthcare practitioners about the benefits of naturopathic medicine can help bridge this gap.

Scott’s practice in Manchester serves as a vital resource for the community. She plans to expand her services, including offering health foods like homemade sauerkraut and kombucha, as well as wellness services such as cryotherapy, hyperbaric oxygen therapy, red light therapy, and more. Her goal is to provide a comprehensive approach to holistic health and wellness for her patients.

One of Scott’s success stories highlights the transformative power of naturopathic medicine. A teacher who had been suffering from severe health issues, including joint and muscle pain, headaches, and brain fog, sought her help. After an in-depth analysis, Scott discovered that the patient had both mold toxicity



and undiagnosed Lyme disease. With the right treatment and a focus on addressing the root causes, the patient was able to return to teaching after years of illness.

For Scott, hometown healing means giving back to the community that nurtured her. It’s about caring for the people she grew up with, helping them survive and thrive. Her dedication to naturopathic medicine and her commitment to educating her patients and the community shape a healthier future for Manchester, one person at a time.

“I believe there is a time and a place for medication for conventional medicine. But it’s amazing how the body can adjust and heal if toxins are removed and the right nutrients are provided. And that’s what I love to do — help people achieve their optimal health and feel their best.” GN

Visit www.southeastnaturalmedicine.com, for more information or to get connected.



Kim
Roberts



Redefining *healthcare* in our *small town*

A pharmacist's unconventional approach to medicine

By Jeriah Brumfield // Photography by Ashleigh Newnes

FOR DECADES, the worlds of modern medicine and holistic health practices stood divided, their discussions creating an uneasy tension. The clash between these two ideologies, often viewed as opposing forces, has been a longstanding narrative in the realm of healthcare. Yet, in recent years, a transformation has unfolded as these seemingly divergent approaches have begun to harmonize, giving rise to newfound perspectives on wellness. This newfound integration provides a proactive approach to healing for

individuals grappling with various health challenges.

In this small town, tradition meets innovation, especially in the healthcare field. Kim Roberts, a local pharmacist, has a unique approach to health. She seamlessly intertwines modern medical and herbal practices with a deep-rooted commitment to finding the true sources of illness.

Roberts is not your typical pharmacist. Her unconventional path is precisely what sets her apart in the world of healthcare.

Trained as a traditional pharmacist, Roberts's journey toward holistic health began with a personal health crisis that left her puzzled and determined to seek answers.

"I randomly got sick, and nobody really knew why," she explained.

"I became exhausted. And I had seen an integrative functional medicine provider who did a bit of a deeper dive and just tried to figure out what was going on. And come to find out, I was in heart failure. It has since been resolved completely. But I'll never forget when I checked myself into the hospital, and they told me. I was just devastated."

Her quest for understanding led her to study integrative functional medicine, where the focus shifts from treating symptoms to uncovering the root causes of health issues.

Roberts reflected on her unique approach, "Although I love being a pharmacist, I think in the United States, our focus is too much on prescription drugs solving our issues rather than really taking a deep dive into the root causes of what's causing our illnesses."

Roberts's journey into holistic healing doesn't mean she's turned her back on traditional medicine.

"I still practice as a traditional pharmacist at times," she said.

Her approach is about embracing the best of both worlds, recognizing the value of prescription drugs while acknowledging the limitations of a system that often prioritizes them above all else.

One of the key themes in Roberts's approach is the importance of going back to basics. She believes many practices and habits from decades ago are critical to a healthier life. Roberts values simple activities like walking on grass with bare feet ("grounding"), reconnecting with nature, and allowing children to play freely without excessive technology.

When asked about the intersection of holistic health and traditional medicine, Roberts acknowledges the challenges and opportunities.

"It's interesting because sometimes holistic health and traditional medicine don't cross paths very well," she explained.

"But we are slowly progressing into new territory, and we're getting to the root of those issues."

What sets Roberts apart is her commitment to bridging gaps. She collaborates with other healthcare providers and offers complementary approaches to patients seeking answers beyond what conventional



▲ Margo Cox

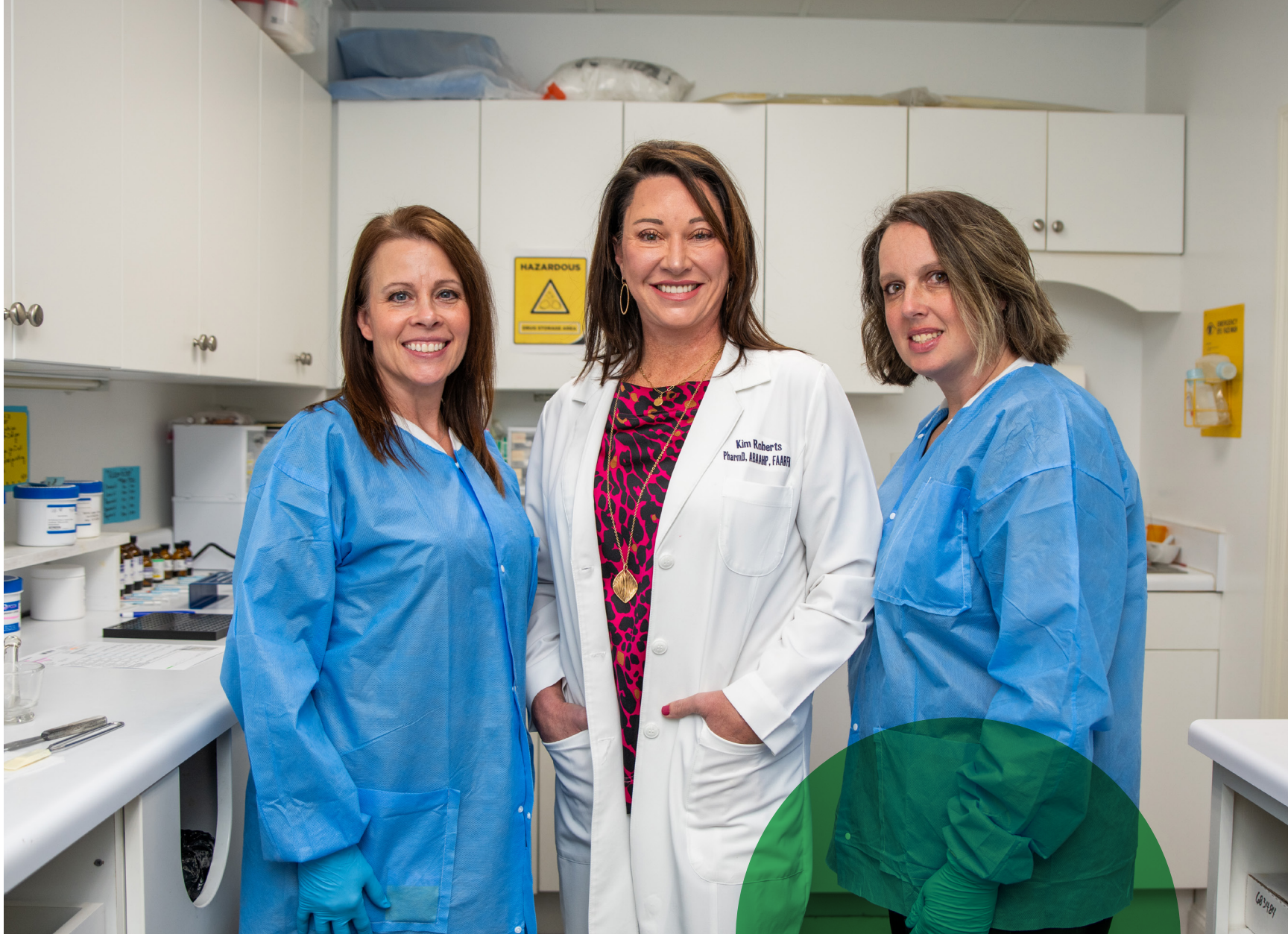
medicine can provide. She insists that patients should be seen as more than just a collection of symptoms and medications.

"For a lot of people, they have hidden traumas that are a hindrance for them getting well. It's a whole mind-body-spirit situation we need to look at."

Roberts's holistic approach extends to various aspects of health, including nutrition. She underscores the importance of understanding individual food sensitivities, acknowledging that many commonly consumed foods can be inflammatory for some individuals.

"Let your food be your medicine," she said, echoing the wisdom of Hippocrates.

One of the most touching stories Roberts shares is about a patient who struggled with infertility for years. Through a combination of holistic approaches, supplements, and hormone balancing, Roberts played a crucial role in helping her patient realize her dream of becoming a mother. This heartwarming success story serves as a reminder of the transformative power of holistic healthcare.



▲ Margo Cox, Kim Roberts, and Jennifer McCurry

Roberts was recently honored by the Tennessee Pharmacists Association as the recipient of the 2023 Tom C. Sharp Pharmacist of the Year award. This recognition was given to her based on her outstanding contributions to the pharmacy field and her exceptional performance as a clinician, colleague, advocate, and mentor.

As Roberts continues her journey in holistic health and pharmacy, she exemplifies the essence of hometown healing. Her work goes beyond the prescription pad, empowering individuals to take charge of their health and leading them on a path to complete healing — mind, body, and spirit. Roberts's story is an inspiring example of the potential for transformation when traditional and holistic approaches unite, providing an avenue for those seeking hometown healing. **GN**

“

It's a whole
mind-body-spirit
situation we need
to look at.

- Kim Roberts



Southern Tennessee Primary Care *opens its doors*

A community-focused clinic is transforming healthcare in Manchester.

By Jeriah Brumfield // Photography by Ashleigh Newnes

SOUTHERN TENNESSEE Primary Care, a part of the Southern Tennessee Regional Health System, has opened its doors to provide top-notch medical services to the community. Their mission is to make communities healthier. This healthcare hub serves as a lifeline for residents in Manchester and its surrounding areas.

With existing clinics in Winchester, Sewanee, Monteagle, Lynchburg, Tullahoma, and now Manchester, the healthcare system serves a substantial portion of Franklin and Coffee Counties. A total of 25 clinics are strategically spread throughout the region, ensuring residents have easy access to quality healthcare without the need for long commutes.

The clinic's marketing and communications specialist, Maggie Gipson, shed light on its journey and the core values that set it apart.

"We're very eager to provide quality care to the Southern Tennessee area," she shared, "Primary care is something that a lot of people need, and it's hard to find. So we just wanted to get into that Manchester market and be able to provide that for the community."

The clinic's close ties to the community form the cornerstone of its approach. Local providers Nurse Practitioner Sue Richardson, and Doctors Jacqueline Smart and Shon Nolan, bring hometown insight to patient care. Their familiarity with the

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It starts from the second that the patient walks into the door. We want to have a friendly, welcoming, nice, calming space.

- Maggie Gipson

area enhances their ability to cater to unique community needs, delivering personalized support beyond medical expertise. It's about understanding the community's unique needs and providing tailored support.

In August, the clinic hosted an open house that garnered substantial support from the local community. This event provided an invaluable opportunity for residents to meet their healthcare providers face-to-face, fostering a sense of trust and connection.

Community involvement is a priority for Southern Tennessee Primary Care. The clinic actively participates in local events and initiatives, aiming to give back and positively impact. From joining Coffee County in their suicide awareness walk to helping host a back-to-school bash in partnership with their pediatric clinic in Manchester, the clinic actively participates in events that matter to their patients. Their commitment to the community goes beyond medical services; it extends to being a supportive and caring neighbor, and their efforts will continue in the upcoming years.

Gipson said, "As time goes on and the clinic grows, we'll continue to be a part of different community events. I'm always keeping an eye out for anything that's up and coming that we can participate in."

Creating a welcoming environment is vital in ensuring patients feel comfortable seeking care, as many patients can find the experience daunting. From the moment a patient steps through the door, Southern Tennessee Primary Care staff strives to make them feel at ease. A friendly reception, a calming waiting room, and compassionate care from start to finish are all part of the experience.

"It starts from the second that the patient walks into the door. We want to have a friendly, welcoming, nice, calming space. It starts with the receptionist at the front desk, making sure that the patient is welcome and has a positive attitude.



▲ Nurse Practitioner Sue Richardson

From there, they go back and see the nurses and then to the providers. So just the whole experience — we want it to be a positive experience for that patient."

Looking ahead, the clinic envisions growth and expansion in Manchester. As a new establishment, they're eager to welcome more patients and extend their reach within the community. With a pediatric clinic already in place, the future holds promise for even broader healthcare services.

Maggie extends the invitation to the community to experience Southern Tennessee Primary Care's exceptional care. Located at 1911 Mark McArthur St. in Manchester, appointments can be scheduled by calling (931) 968-3142. Dr. Shon Nolan, Dr. Jacqueline Smart, and Nurse Practitioner Sue Richardson are ready to provide care ranging from chronic condition management to preventive health and immunizations.

The clinic also offers 48-hour communication and an on-call provider to screen more urgent calls after hours. Waiting rooms are disinfected in compliance with the infection control policy to ensure top-notch patient safety.

With Southern Tennessee Primary Care, the residents of Manchester and beyond have a hometown healthcare hero and friend. As they continue to make strides in making communities healthier, the clinic stands as a testament to the power of local care in fostering a healthier, happier community. **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 is hard at work crafting stories under themes like “From The Heart,” “Charity Spotlight,” and “The Learning Curve.” We are excited to announce the next theme needing story submissions is **“Vacation in Manchester”**

Submit people who provide local activities:

Do you know local people who have made a significant impact on local fun? Whether it's tourism leaders who provide opportunities or those who promote large events, we want to spotlight these individuals and their stories in our upcoming “Vacation in Manchester” 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.







Good Times

CHAPTER 3 OF 3

This section of the magazine covers local things to do.

52 Community Events

56 Events Calendar

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Submit a positive story
on our website:



goodnewsmags.com

Photography by Ashleigh Newnes

◀ The Mercantile Cafe Group

Chamber of Commerce Membership Luncheon - Nov. 7, 2023



Photos submitted by Manchester Area Chamber of Commerce

The Chamber of Commerce Membership Luncheon featured guest speakers Tennessee State Senator Janice Bowling and Tennessee State Representative Rush Bricken. The Guess Insurance Agency was named the November Member of the Month.



1. Kayla Transue and Billy Levengood 2. Hayden Proffitt, Bradley Ramsey, and Travis Lammers 3. Brooke Gipson, Ashley Abraham, and Ashleigh Becker 4. Nikki Totten and Ivy Petty 5. Billy Levengood and Matt Carr 6. Marjorie Mierzwak and Erin Kehely



7. Ashley Abraham, Katie Anderson, Pam Barnes, and Brooke Gipson 8. Christy Lewis and Heather Phillips
9. David Bradley and Sally Singles 10. Stephen Crook and Greg Gressel 11. Sarah Elizabeth McLeod and Brittany Fisk

Manchester Christmas Parade - Nov. 25, 2023



Photography by Ashleigh Newnes
 On Nov. 25, the Manchester Christmas Parade lit up the streets with impressive floats based on the theme: Movie Magic.



1. Cody Garrison 2. Tinsley, Olivia, Issac, and Bentley York 3. Dr. Shon Nolin, Sharina Nolin, Sue Richardson, Sadie Hopkins, Crystal Evitt, Hannah Richardson, and Ann Clay 4. Jennifer Burham 5. Monica and Bobby Trail 6. Bruce Daniel



7. Alison Hartung, Lauri Shelton, and Atticus Holder
8. Erik and Amanda Johnson 9. Brantley, Kendra, and Braxton Fox

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GOOD TIMES

EVENTS CALENDAR

December 19

7:00 pm **"It's a Wonderful Life"**
South Jackson
Performing Arts Center
404 S. Jackson St.
Tullahoma

Experience the holiday spirit with a screening of "It's a Wonderful Life." Tickets are \$10/\$12 and include popcorn and a drink.

December 20

1:30 pm **Santa Dog Painting**
The Painted House
204 E. Lincoln St.
Tullahoma

Artists, ages 5 and up can create a festive holiday dog with a Santa hat and a glitter bow, choosing their own colors to make them unique and extra special. Tickets are \$45.

December 24

10:00 am **Christmas Eve Brunch**
Gospel Tabernacle
Baptist Church
965 Gourneck Rd. N.W.
Tullahoma

Instead of our usual monthly fellowship lunch, we are hosting a brunch! We'll provide some brunch staples, but you are welcome to bring a dish to contribute.

December 30

3:00 pm **Free Soup Kitchen for Community Members**
The Church of Jesus Christ
519 E. Moore St.
Tullahoma

The Church of Jesus Christ hosts a monthly Soup Kitchen on the last Saturday of every month, from 3-5 p.m. Join them for a warm meal and community spirit.



December 31

8:00 pm New Year's Eve Masquerade Ball with Andy Walker and Friends
 VFW Tullahoma
 707 S. Polk St.
 Tullahoma

Celebrate in your chosen era and ring in 2024 with door prizes, champagne and more. Guests can bring finger foods. Limited tickets: \$15 advance, \$20 door. Reserved seating \$10 group (up to 6).

January 19

7:00 pm Henry Cho
 South Jackson Civic Center and Mitchell Museum
 404 S. Jackson St.
 Tullahoma

Henry Cho returns for another comedy show in Tullahoma. For more info and tickets: bandsintown.com

January 20

5:00 pm 2024 Tennessee State Guard Annual Banquet:
 Holiday Inn Express
 111 Hospitality Blvd.
 Manchester

TNSG volunteers, friends, and family are invited to celebrate accomplishments and look ahead to supporting the Tennessee National Guard!

For more events and to submit an event visit:

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



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**Pre-Order Hams
and Turkeys.
Pickup December 23!
Ribeyes and 2
Sides - \$25.99**



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.

