

# Good News

exchange

*Mike Thornburg*

## BACKYARD BREWS

Visiting Ole Shed Brewing Company is like walking into a backyard gathering place.

# VACATION

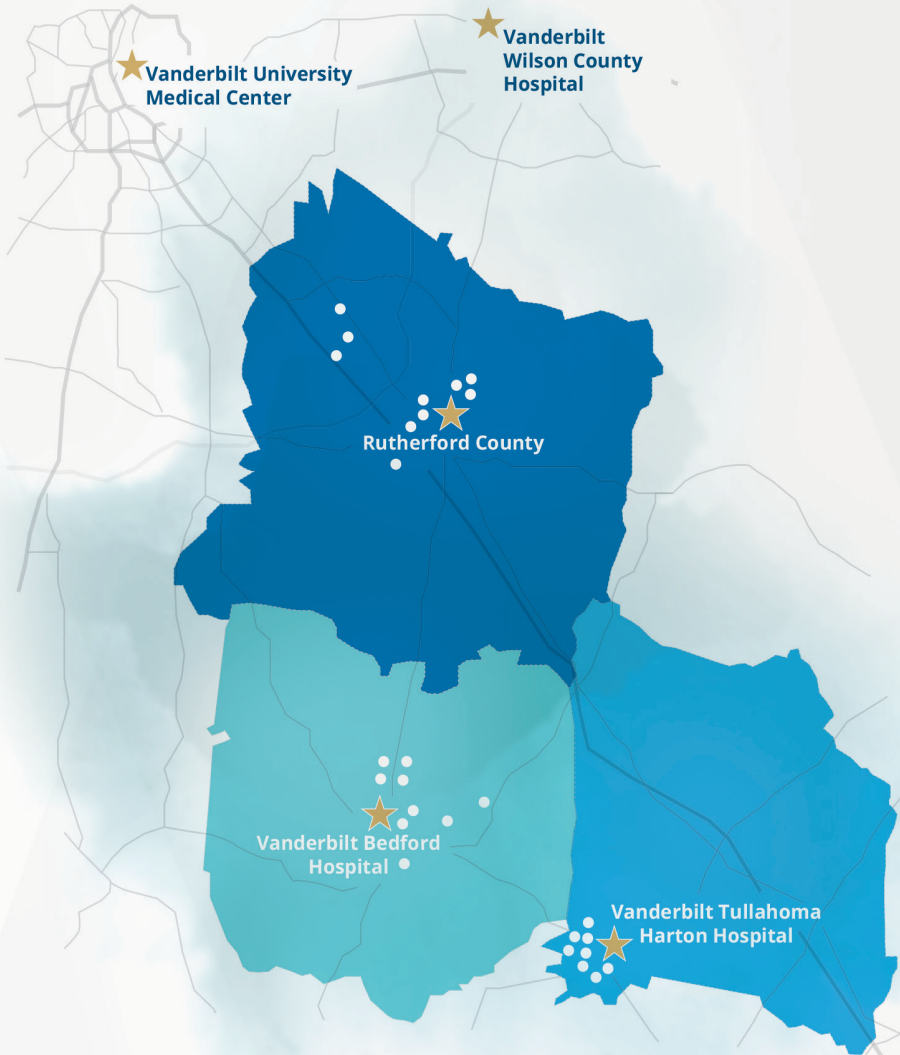
*in Tullahoma*

### + Tullahoma's Oasis for Thrill-Seekers

Axescape is a go-to destination where axes fly and adventure awaits.

# Vanderbilt Care That Lives Where You Do

Scan the QR codes for more information about our hospital *and* clinic locations.



## Rutherford County



### Adult

- Behavioral Health
- Cardiology
- Eye Institute
- High-Risk Prenatal Care
- Optical Center
- Orthopaedics
- Radiology/ Outpatient Imaging
- Surgical Weight Loss
- Women's Health

### Pediatrics

- After-Hours
- Allergy and Immunology
- Cardiology
- Diabetes
- Endocrinology
- Gastroenterology
- General Surgery
- Genetics
- Nephrology
- Neurology
- Ophthalmology
- Orthopaedics
- Otolaryngology (ENT)
- Plastic Surgery
- Primary Care
- Pulmonology
- Radiology/Outpatient Imaging
- Rheumatology
- Urgent Care
- Urology

### Vanderbilt Health Clinic at Walgreens

- La Vergne
- Murfreesboro
- Smyrna

## Coffee County



- Radiology/ Outpatient Imaging
- Sleep Disorders Center
- Spine (new)
- Sports Medicine
- Urology (new)
- Women's Health and OB/GYN
- Wound Care

### Adult

- Cardiac Rehabilitation
- Cardiovascular/ Interventional Cardiology
- Emergency Care
- General Surgery
- Hematology
- Internal Medicine/ Primary Care
- Obstetrics/Level II NICU
- Ophthalmology
- Orthopaedics
- Physical, Occupational and Speech Therapy
- Podiatry
- Pulmonology



### Pediatrics

- Cardiology
- Endocrinology
- Primary Care

## Bedford County



### Adult

- Cardiology
- Dermatology
- Emergency Care
- General Surgery
- Infusion Clinic
- Laboratory Services
- Orthopaedics
- Physical, Occupational and Speech Therapy
- Plastic Surgery (new)
- Podiatry
- Primary Care
- Radiology/ Outpatient Imaging
- Respiratory Therapy
- Sleep Disorders Center
- Urgent Care Clinic
- Weight Loss Center (new)
- Women's Health
- Wound Care

Some clinics are designated as hospital-based. To learn more, go to [VanderbiltHealth.com/hbc](http://VanderbiltHealth.com/hbc).

# MOVING SALE SPECIALS

## 2023 Dodge Charger GT RWD



Stk#C2312

MSRP: \$41,920  
Discounts: \$5,922  
Stan's Price: \$35,998

## 2023 Jeep Grand Cherokee Laredo 4x4



Stk#C2196

MSRP: \$46,765  
Discounts: \$4,777  
Stan's Price: \$41,988

## 2023 Jeep Gladiator Rubicon 4x4



Stk#C2368

MSRP: \$61,325  
Discounts: \$11,424  
Stan's Price: \$49,901

## 2024 Ram 1500 TRX Crew Cab 4x4



Stk#C2415

MSRP: \$124,115

Call (931) 408-9662

### NEW Chevys



### NEW Jeeps



### Pre-Owned



StanMcNabbChevy.com and StanMcNabbCDJ.com!

**Chevrolet Buick GMC**  
Sales: (931) 455-3451  
Service: (877) 427-5222

**Chrysler Dodge Jeep Ram**  
Sales: (931) 408-9662  
Service: (931) 408-9671



All prices plus tax, title & license includes \$499 doc fee. Prices subject to change & vehicle availability.

# SAVINGS WHEN YOU NEED IT

## PERSONAL SAVINGS

Your financial goals deserve a reliable partner. With personal checking and savings accounts from First Vision Bank, every milestone is within reach.



Member  
**FDIC**



**FVB.BANK**



VEHICLE UPFITTING

# MOBILELIVING

TRUCK • VAN • JEEP • RV



- Camper Shells
- Bed Covers
- Bed Protection
- Hitches
- Steps
- Lighting
- Tool Boxes
- Racks
- Jeep Accessories
- Van Equipment
- Much More



**Gift Certificates Available!**

931-488-4999 // [www.MobileLiving.us](http://www.MobileLiving.us) // [mobilelivingtn@yahoo.com](mailto:mobilelivingtn@yahoo.com)  
1104 Madison St. // Shelbyville, TN 37160



**Downtown Tullahoma**

108 West Lincoln Street, Tullahoma, TN

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

**(931) 455-2722**

*Serving the area for over 122 years with service, quality and fit.*

## 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**

Nearest Green Distillery is

# MORE THAN WHISKEY

## COCKTAILS, CUISINE, AND CONCERTS

### Hours of Operation

Thursday 5pm - 10pm  
 Friday 11am - 11pm  
 Saturday 11am - 11pm  
 Sunday 10am - 6pm



**HUMBLE BARON**  
THE WORLD'S LONGEST BAR

@humblebaronbar

## TENNESSEE DISTILLERY OF THE YEAR



Monday	10am - 2pm
<i>Retail Shopping &amp; Tastings ONLY</i>	
Tuesday & Wednesday	10am - 2pm
<i>Retail Shopping, Tastings and 1 Tour Time available</i>	
Thursday - Saturday	9am - 7pm
<i>Retail Shopping, Tours, and Tastings</i>	
Sunday	11am - 5pm
<i>Retail Shopping, Tours, and Tastings</i>	



SCAN HERE TO BOOK A TOUR

## AWARD-WINNING BARBECUE

### Hours of Operation

Thursday 11am - 6pm  
 Friday 11am - 6pm  
 Saturday 11am - 6pm  
 Sunday 11am - 5pm



VISIT US  
**3125 US-231**  
**SHELBYVILLE, TN**  
**37160**

@nearestgreendistillery

# TABLE OF CONTENTS

ISSUE 5 2024

**LETTER FROM THE EDITOR:** 10

Vacation in Tullahoma

## *Good Living*

**THE ULTIMATE SUCCESS** 14

From a struggling student to successful teacher

**ESCAPE THE ORDINARY, EMBRACE THE COMMUNITY** 20

Isolation inspires innovation in Tullahoma

**LIQUID GOLD IN CASCADE HOLLOW** 26

There's nothing like smooth Tennessee whiskey from Cascade Hollow

**GRANNY FISHES' HOUSE: A SOUTHERN SANCTUARY** 30

Where rustic charm blends with homestyle cooking



14



36



44

## Good Stories

### 36 BACKYARD BREWS

Visiting Ole Shed Brewing Company is like walking into a backyard gathering place

### 40 A CELTIC ESCAPE

The Celtic Cup offers a taste of Ireland in Tennessee

### 44 TULLAHOMA'S OASIS FOR THRILL-SEEKERS

AxeScape is a go-to destination where axes fly and adventure awaits

## Good Times

### 54 COMMUNITY EVENTS

### 56 CHARITY LISTINGS

### 58 ADVERTISER INDEX

# Make Your Dream Home a Reality



**SmartBank**

- ▲ Competitive Mortgage Rates
- ▲ Construction / Renovation Loans
- ▲ Creative In-House Mortgage Programs



### Joanna Reynolds

Residential Lender, NMLS #930764

931.461.8524

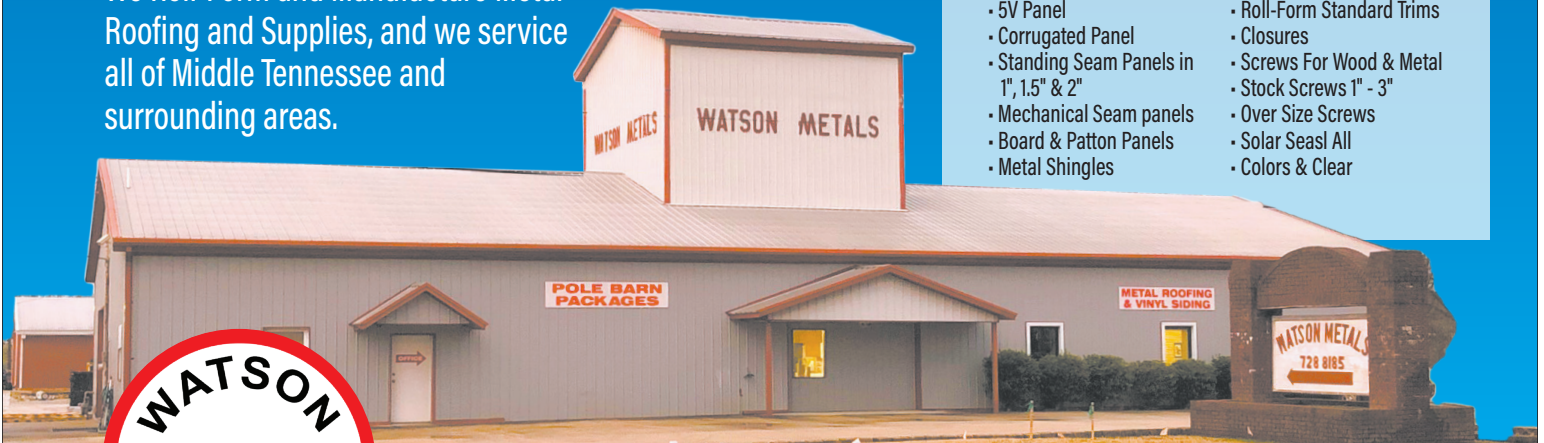
joanna.reynolds@smartbank.com

[www.smartbank.com](http://www.smartbank.com)

Member  
FDIC  
NMLS #604758

# 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

**931-728-8185**  
**watsonmetals.com**



**100+**  
 YEARS OF  
**MORE**

We started in Tennessee in 1906 and we're still offering you the same personal connections with your bankers, local decisions, and products and services designed to get you where you want to be.

**FB**  
**FirstBank**  
 FirstBankOnline.com

340 West Lincoln Street  
 Tullahoma, TN  
 931-455-0026

Member  
**FDIC**

**WELCOME HOME NOW LEASING!**  
 Section 8 Welcome!  
 Spacious, Affordable 1 & 2 BR Apartments

*Brandywine*  
**Apartments** 1310 Cedar Lane • Tullahoma  
**931-455-6762**  
 TDD#s 1-800-848-0299 (V) • 1-800-848-0298 (T/A) hearing impaired only!

*With nearly 100 years of business, there's a reason the pros trust us.*

**Builders Supply**  
 Tullahoma/Monteagle

**PACKAGE DISCOUNTS • WE WILL DELIVER YOUR SUPPLIES TO YOU**  
 301 SE Atlantic St • Tullahoma, Tennessee 37388 • (931) 455-3419 • [buildersupplytn.com](http://buildersupplytn.com)



# WHERE KINDNESS AND CARING MATTER



We celebrate life daily by providing quality, consistent and loving care to our residents.

#### Skilled Nursing Care

- 24-hour nursing care
- Chef-prepared meals
- Enriching daily activities
- Rehabilitation
- Continuum of care
- Safety and protection



**NHC HealthCare Tullahoma**  
 1321 Cedar Lane  
 Tullahoma, TN 37388  
 931-222-4208  
[NHCtullahoma.com](http://NHCtullahoma.com)

# Staycation Oasis

Relax in Your Own Backyard.



[Come Visit Our Showroom](#)



- Lowest prices in the area guaranteed
- We have been voted Tullahoma's Finest 7 years in a row



105 N. Jackson St., Tullahoma  
 (931) 841-3902 • [www.fmotn.com](http://www.fmotn.com)

Mon. - Sat. 10:00AM - 6:00PM

# 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**



LETTER FROM THE EDITOR

## Go on vacation here in Tullahoma

Start a road trip without your GPS.

SUMMER IS coming. And surely your home will sit empty for a week in this heat. The playful cheers of the kids on summer break go missing for a week that was planned for a year. The dishes sit in the cabinets, waiting for their family to come back home. The doormat sits excitedly to welcome you to the front door. The cool air hits just right over the threshold, pushing its way to the door to fight the heat that keeps increasing by the day. Our furry friends are excited to see our faces instead of the house sitter's. We catch the smell of home for just a moment, and soon, our noses will go back blind to our scent. We're finally home from vacation.

We exchange "I need to forget, so take me to Florida" for "Florida was fun... but it's good to be home." We go back to our work friends. We get to have lunch at our favorite spots again. And we get to drive on roads without the GPS on our phones.

We should explore the world that was created for us. It's exciting to plan a vacation, pack for it, and dig through snacks on the six-hour drive. Those butterflies creep up when the fancy sign starts to get closer on the trip. We jump out in the hotel parking lot and stretch our legs before our first step. The dopamine is on a never-ending conveyor belt. But still, there's nothing like that welcome mat outside our door. The feeling of coming home cannot be matched.

Marketing messages and year-long anticipation pull us away from home for a short time. But I'm convinced every week — even working nine to five — can be a vacation. Our community is packed with things to do that we overlook. I encourage you, reader, to start a list of your home vacation spots. Your home has more fun than you realize, sitting just beyond your backyard. We'll start your list in this issue of Good News. Welcome home to a life of vacation — every day. **GN**

Wesley Bryant,  
EDITOR-IN-CHIEF

### Did you know:

# 98%

of responding readers say they would purchase a product or visit a local business featured in the magazine

# 90%

of responding readers said they read most of the magazine

*According to a 2022 CVC readership study*

### 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 Tullahoma or send a letter to the editor: [goodnews@goodnewsmags.com](mailto:goodnews@goodnewsmags.com)

# Good News<sup>®</sup> MAGAZINE

**EDITOR-IN-CHIEF** Wesley Bryant

**VP OF SALES** Ken Holtzinger

**REGIONAL PUBLISHER** Jack Owens

**LEAD LAYOUT ARTIST** Brianna Brubaker

**SENIOR LAYOUT ARTIST** Melissa Davis

**LAYOUT ARTIST** Ben Adams

**LEAD PRINT AD DESIGNER** Todd Pitts

**JR. PRINT AD DESIGNER** Jane Morrell

**LEAD PHOTOGRAPHER** Ashleigh Newnes

**PHOTOGRAPHER** Brooke Snyder

**FREELANCE PHOTOGRAPHERS** Amanda Guy, Adin Parks,

Sarah Bussard, Chad Barrett, Robin Fast, Gretchen Clark

**LEAD WRITER** Tina Neeley

**STORY WRITER** Jeriah Brumfield

**FREELANCE WRITERS** Amanda West, Sara Hook, Paige Cushman,

Kali Bradford, Gabriel Huff, Dave Lenehan, Richard Klin

**FOOD CRITIC** Tabitha Buchman

**STORY COORDINATOR** Haley Potter

**PROOFREADER** Michelle Harwell

**JR. PROOFREADER** Kaitlin Rettig

**BUSINESS DEVELOPMENT** Cindy Baldhoff, Faith Cashion,

Amanda Cox, Kevin Hines, Mark Mahagan, Kevin Maples,

Janet Mullins, Gina Rose, Sissy Smith, Sandra Thomas

Subscribe to Good News on [www.GoodNewsMags.com](http://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

**HUMAN RESOURCES AND FINANCE** Tracey Pollock

**CUSTOMER SERVICE** Shelli Fuller, Barb Hargrove

**DIGITAL DESIGN DIRECTOR** Clinton George

**SOCIAL MEDIA COMMUNITY MANAGER** Sarabeth Bray

P.O. Box 490, Fayetteville, TN 37334 | (800) 247-7318 | [exchange-inc.com](http://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.

© 2024 Exchange Media Group, Inc. All Rights Reserved.

# Give something good



...ation that comes celebrating. Dairy is father Steve, his and his wife Kara only started dairy here in Tennessee with is a way to ob behind the scenes, riculture. fit on many people savings, high-pro farmers do a lot of in terms of raising care of cattle, being robbers, and wear & go into dairy i. The Nash family of 2020. "We'll al-

We want to build stronger communities through positive, local stories. We can't do that without your subscriptions. Sign up your friends and family online for free.



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

# WE'VE GOT YOUR BANK

Whether you're planning to start a business, purchase a new home, or finance your education, Traders Bank is here to support you.

Here's why you should choose our bank for your financial needs:

- ✓ People You Know
- ✓ Competitive Interest Rates
- ✓ Wide Range of Loan Options

BANK WITH US!



931-455-3426

www.citizens-bank.org

**TRADERS BANK**  
CITIZENS BANK FAMILY  
CITIZENS BANK • SMITH COUNTY BANK  
BANK OF CELINA • LIBERTY STATE BANK  
AMERICAN BANK & TRUST

Member  
**FDIC**



*Knowledge. Experience. Trust.*



*Insuring Your Tomorrow Today*

Call Now: **931-455-3453**



LESTER  
GREENE  
McCORD  
&  
THOMA  
Insurance

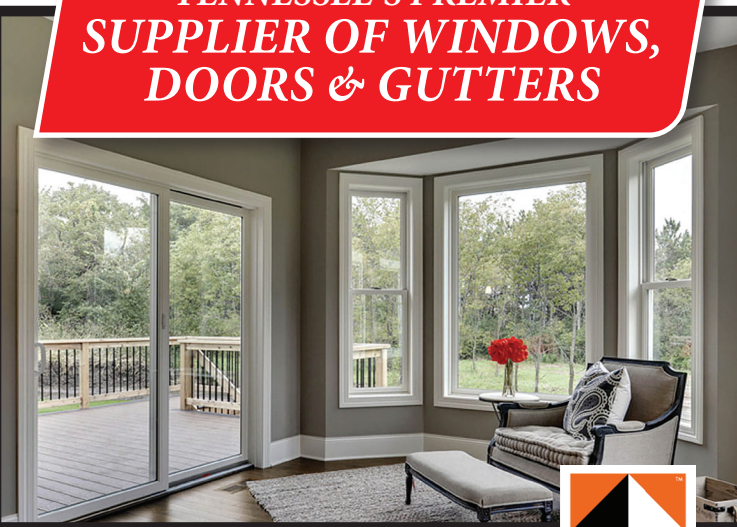
***Auto-Owners***  
**INSURANCE**

LIFE • HOME • CAR • BUSINESS

115 W. Lauderdale, Tullahoma

www.lgmtins.com

## TENNESSEE'S PREMIER SUPPLIER OF WINDOWS, DOORS & GUTTERS



**Satisfaction**  
WINDOWS

**ANDERSEN  
CERTIFIED  
CONTRACTOR**

Family Owned  
& Operated



**(931) 455-0595**

1000 South Jackson St. | Tullahoma  
**www.satisfactionwindows.com**

Mon-Fri, 7AM - 4PM | Sat & Sun, Closed

## The Best Home...Is Your Own!

Home Instead offers personalized non-medical services

- Companionship / Homemaker Services
- Personal Care
- Memory Care
- Hospice Support
- Meals & Nutrition



Serving Tullahoma and surrounding communities

**HomeInstead.com/254 • 931.454.2202**  
603 Northwest Atlantic St., Tullahoma, TN

**Home Instead.**  
*To us, it's personal*

Each Home Instead Senior Care Franchise is independently owned and operated © 2020 Home Instead, Inc.

## 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



This section of the magazine covers local positive stories.



# GoodLiving

▲ Jacqueline Sullenger-Painter  
Photography by Brooke Snyder

Submit a positive story on our website:  
[goodnewsmags.com](https://goodnewsmags.com)





# THE ULTIMATE SUCCESS

From a struggling student  
to successful teacher

By Amanda E. West // Photography by Brooke Snyder

“**J**ACQUELINE SULLENGER-PAINTER has changed the world with her teaching,” said her mother, Kim Dodson. “She is a certified teacher who owns Caterpillar Academy in Tullahoma, and she’s overcome many adversities in her life. At age 4, she was diagnosed with epilepsy, a seizure disorder. Because she struggled with reading, she was placed in a Chapter One reading program that helped her tremendously.

“The teachers at Bel Aire Elementary encouraged her, and the summer

between first and second grade, she read over 130 books. By fifth grade, she was reading at a seventh-grade level. By ninth grade, she was struggling with math and language, so teachers encouraged her to take a ‘tech path’ and not one that would lead to college. She proved them wrong when she graduated with honors from Tennessee Tech.”

As a native of Tullahoma, Sullenger-Painter never let her battle with epilepsy hold her back. Even at a young age, she crafted an extraordinary list of accomplishments, including being selected

as the 2008 Miss Motlow Representative. She earned the Girl Scouts of Tennessee Silver and Gold Award and was nominated as a Girl Scout representative. In 2004, she was chosen as the Lions Club LEO of the Year and was the Volunteer of the Year for the Tennessee Junior Auxiliary for three years in a row.

She coached the Pop Warner cheerleading team for the Tullahoma Frank Mullins Football League from 2006 to 2013, is involved with events at the South Jackson Civic Center, and serves on its operation board. She is an annual performer at Peggy



Jacqueline Sullenger-Painter



**“Jacqueline Sullenger-Painter has changed the world with her teaching. She is a certified teacher who owns Caterpillar Academy in Tullahoma, and she’s overcome many adversities in her life.”**

**-KIM DODSON**





▲ Jacqueline Sullenger-Painter, Rylee Morris, Ezra Frasch, Pearson Painter, Wesley Carpenter, Jax Darlington, Case Fults, and Addy Carpenter

Burton’s “South Jackson Goes Country” hosted by the Performing Arts Center, a member of Highland Baptist Church, and a loving wife and devoted mother.

She and her husband, Wesley, experienced infertility and recurrent miscarriages for five years. Sullenger-Painter credits her number one accomplishment in life as having her son, Pearson, five years ago. She’d grown accustomed to buckling down and studying harder to overcome past academic challenges, but in the years before her son was born, Sullenger-Painter learned that some things in life are beyond our control. This heartache stretched her faith beyond what she imagined, and now, her “mischievous” little boy serves as a daily reminder that nothing is ever impossible with God.

“Among other accomplishments, I graduated from Tennessee Technological University, where I earned my bachelor’s degree in multidisciplinary science for pre-K through sixth grade. For the last 13 years, I’ve proudly owned my own preschool, Caterpillar

Academy, and recently purchased Yardy Party TN. Over the years, I’ve tried to always give back to my community by volunteering my time and participating in activities,” said Sullenger-Painter.

The experiences of her childhood fondly influenced her career choice.

“I chose to work with children because my mother kept kids, and I saw the enjoyment she got out of the profession. Over the years, I participated in a lot of volunteer work. Some of the opportunities were being a counselor for Girl Scouts, teaching Bible school, and coaching Pop Warner cheerleading. Through these activities and being inspired by other teachers, it inspired me to this profession.

“The most important aspect of my job is that my kids at Caterpillar Academy are allowed to be kids. They are learning new things while having fun. But most of all, my students know they are loved. We never say ‘I can’t’ in our school. We try, and then we try again until we achieve our goal. I fully believe everyone learns better based on what they enjoy.”

When asked who her biggest cheerleader has been, it was no surprise that Sullenger-Painter named her mother, Kim Dodson, who has always lovingly pushed her to keep moving forward.

“A lot of people would not know meeting me that I have epilepsy. It made a lot of obstacles when it came to learning. I struggled in school and always had to work a little harder. My mom was there, always pushing and fighting for me when it came to my education. She always held me to high expectations. I learned a long time ago nothing can hold you back, and you never use your diagnosis as an excuse. I am very thankful for that because it gave me an excellent work ethic and made me hold myself to higher expectations.”

Whether teaching her students at Caterpillar Academy, leading a lesson at vacation Bible school, or singing and dancing at the South Jackson Performing Arts Center, Sullenger-Painter is actively weaving a legacy of teaching others never to underestimate themselves. **GN**

◀ Jacqueline Sullenger-Painter and Kim Dodson

# DAILY Free TASTINGS

Manchester's Finest 8 Years In A Row!

**Friday, June 7<sup>TH</sup>- Saturday, June 15<sup>TH</sup>**

- Planning For Special Events Such As Weddings Or Graduations? We Can Help!
- TN Souvenirs & Local Products
- Thirsty Thursday - Staff Pick Tasting
- Beer Cave

*We Keep You In Good Spirits*

**SERVING OUR COMMUNITY FOR OVER 50 YEARS**

Veteran Founded and Owned!

**INTERSTATE LIQUORS** SPIRITS • WINE BEER & MORE

**(931) 728-7366**

20 Expressway Dr., Manchester, TN  
[www.interstateliquors.com](http://www.interstateliquors.com)

*Please Drink Responsibly*

**Home of Whiskey The Horse**

# Early Detection

Your First Step to a Relaxing Staycation

The Genius™ 3D Mammography™ exam provides better, earlier breast cancer detection compared to 2D alone. It finds 20-65% more invasive breast cancers than 2D mammography alone. Genius exams have also been proven to reduce unnecessary callbacks by up to 40%.

**TULLAHOMA IMAGING**  
 3-D Clarity HD Mamography & Diagnostic CT

2114 N Jackson St., Ste. B, Tullahoma, TN 37388  
**(931) 454-9849 • [www.tullahomaimaging.net](http://www.tullahomaimaging.net)**

# Need Cash For FATHER'S DAY?

First Loan FREE

Now Accepting Debit Payments by Phone

**Loans \$200 & Up\***  
 \*Subject to our liberal credit policy

**MID-TOWN LOANS COMPANY**  
 Monday - Friday 9 A.M. - 5 P.M. **931-962-1240**

1927 Decherd Blvd., Decherd, TN

## JOIN US IN THE FIGHT TO PREVENT HOMELESSNESS

**We need your help...**

For as little as \$9.95 a month you can become a financial partner with Community Care Ministries.

**Donate Here!**

**THE ATTIC OUTLET**

302 West Hogan St.  
 Tullahoma, TN 37388  
**(931) 393-3002**  
[communitycare@tn.gov](mailto:communitycare@tn.gov)

Mon-Fri: 9am-5pm • Sat: 9am-2pm

# WE CAN DO IT ALL!

**Complete Excavation Services:**

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

**BERZETT EXCAVATING**

**931-625-7013**

Insured  
 All major credit cards accepted



# Care with compassion

We're always here for you and your family.

**Life Care Center of Tullahoma**  
 931.455.8557  
 1715 N. Jackson St.  
 Tullahoma, TN 37388  
 LifeCareCenterOfTullahoma.com

150042

**SKILLED NURSING | SHORT-TERM THERAPY**

## CUSTOM STEEL BUILDINGS

LIFETIME METAL ROOFING, SHAKE SIDING  
 VINYL SIDING, WINDOWS, GARAGE DOORS



Over 30+ Colors Available

*Financing available!  
 Check us out on Facebook!*



**Call today!  
 (931)962-8859**

**Clark's Home Solutions, LLC**  
 792 David Crockett Hwy., Winchester, TN 37398



# 2024 SUMMER CAMPS

SAS Reservoir



*It's Better Than Camp!*

**OVERNIGHT CAMP**  
 July 7-14 & July 14-21  
 One or Two Week Sessions

**DAY CAMPS:**  
 BASKETBALL CAMP May 28-31  
 SOCCER CAMP June 10-14

**CAMP SAS:**  
 Week of June 3, June 17, and June 24

[www.sasweb.org/summer](http://www.sasweb.org/summer)

---

**ST. ANDREW'S-SEWANEE SCHOOL**

AN EPISCOPAL BOARDING & DAY SCHOOL  
 SINCE 1868 / CO-ED / GRADES 6-12  
 5 and 7 Day Boarding Options Available

**Coffee and Tours: No RSVP needed  
 Every Thursday at 10:00 AM**



[www.sasweb.org](http://www.sasweb.org)



Too good to miss




Good News Exchange

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



Scott Van Velsor, Kristin Luna, and Molly and Chad Marcum



# Escape the **ORDINARY,** embrace the **COMMUNITY**

## **ISOLATION INSPIRES INNOVATION IN TULLAHOMA**

*By Jeriah Brumfield  
Photography by Brooke Snyder*

**F**INGERS FLY across keyboards, the *click-clack* filling the air, accented by occasional work anecdotes and lively conversations. Unlike a traditional office, this space is laden with a different kind of energy. CoWork Tullahoma manifests Kristin Luna and her husband, Scott Van Velsor's, vision of a space for remote workers to connect and build a supportive and productive community. The vision behind CoWork Tullahoma was an unconventional approach to productivity and work efficiency.

In this office, you're able to break free from the isolation often associated with home offices. Creatives, social media whizzes, and engineers share the same space, building connections that exceed their usual job titles. Their various paths all lead to the same place: a community united by the hustle.



“No matter what field you’re in, working from home can be a challenge.”

- KRISTIN LUNA

▲ Chad Marcum, Kristin Luna, Scott Van Velsor, Molly Marcum, and Meg Glenn

Finding the perfect location proved challenging due to Tullahoma’s limited commercial space. But then, in early 2023, fate intervened. Kristin and Scott’s friends, Molly and Chad Marcum, approached them about a building for sale next door to Tullahoma Drug Store and sparked an immediate collaboration. Within hours, the four individuals, united by a shared vision, joined forces to transform the building into a supportive environment for remote workers.

This idea stemmed from their own firsthand experiences with the challenges

of balancing personal and home lives with remote work and productivity. They understood the constant struggle to maintain focus amidst the distractions of home, the feeling of being perpetually “on,” and the lack of social interaction.

“No matter what field you’re in, working from home can be a challenge, as you’re pulled in so many directions — doing laundry, cleaning, and starting cooking for dinner,” Luna said.

CoWork Tullahoma is also bridging the gap between isolation and connection

for those navigating the complexities of remote work.

“There are also siloed individuals who don’t know each other or have others to relate to within their entrepreneur journeys because they work from home in Tullahoma and are relatively isolated. Creating a new place for these people to meet is important to us,” expressed Luna.

For Molly and Chad, parents of three children under 3 years old, the struggle was amplified by the demands of main-



taining focus while catering to their three energetic toddlers.

The space caters to various needs, offering a spectrum of options. Dedicated desks, surrounded by natural light, are the ideal space for focused work. Private offices are for rent and are equipped for individual needs, offering a quiet space for confidential calls and concentration.

The space is complete with an individual sink and cabinet setup. The open shared space is filled with collaborative

energy for those on the move, inspiring impromptu brainstorming sessions and networking opportunities.

However, the true magic of CoWork Tullahoma lies beyond the tangible amenities of high-speed Wi-Fi, convenient access via keypads or apps, accessible bathrooms, and ample parking. The subtle details paint the bigger picture. The strategically placed coffee station serves as a meeting point for casual conversations. The community bulletin board, filled with local event flyers and inspirational quotes, fosters a sense of belonging.

Sitting next door to Tullahoma Drug Store provides professionals the opportunity to de-stress and shop for items to take the edge off of a long, eventful day of work. It's an extension of the community experience. Members can grab a quick refreshment or celebrate a successful project with a sweet treat, offering a welcome escape and fostering a sense of connection beyond the co-working space.

"We're right next door to Tullahoma Drug, which has been very welcoming and excited about our concept and is a great place for our members to stock up on sundries," enthused Luna.

CoWork Tullahoma offers an opportunity to escape the isolation of home offices and embrace a work experience that feels like a vacation from the ordinary. Here, you can shed the monotony of solo work and dive into a vibrant community that energizes and inspires.

Mornings begin with a collaborative brainstorming session in the open space, fueled by fresh coffee and stimulating conversation. Afternoons find you focused at your dedicated desk, bathed in natural light, still connected to the community through friendly greetings and shared lunchtime laughter. As the day wraps up, you stroll next door to Tullahoma Drug Store, not for errands but for a celebratory treat with fellow members, marking the end of a productive and fulfilling day.

CoWork Tullahoma lets you experience the joys of collaboration, the freedom of flexibility, and the unexpected connections that make work feel less like a chore and more like an inspiring escape. It's a place where community and productivity go hand in hand, offering a work experience that's as refreshing as a well-deserved vacation. **GN**

*Visit [www.coworktullahoma.com](http://www.coworktullahoma.com) for more information.*



## Scan the QR Code

with your smart phone to see more photos from Good News.

*100% of profits from purchased prints are donated back to the community through nonprofits.*







*Making A Difference  
In Women's Lives*

**Thank you for voting us Franklin Co Finest OBGYN!!!!**

*Amani*

## Women's Health Center

**BRYAN MYERS, M.D.**

MELODY HARRISON, 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



## Enjoy Family Time

- General orthopedics
- Fracture care
- Arthroscopic hip, knee, elbow, shoulder & ankle injuries
- Total joint replacement
- Rotator cuff repair
- Joint & soft tissue injections



**BRIAN PETERSEN  
ORTHOPEDICS**



**Shelbyville**  
120 Martin Rd., Suite 200  
Shelbyville, TN 37160  
931-488.8700

**Tullahoma**  
730 Kings Ln.  
Tullahoma, TN 37388  
931.841.9200



## Let Us Take Care Of Your Septic Tanks

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



**Keith's Tank Service**

(931) 433-0900 • (931) 962-0510

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

[www.keithssepticpumping.com](http://www.keithssepticpumping.com)

## Some people know a good story



Meet your local writer:  
**Jeriah Brumfield**



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



## Donut Saturdays!

**May 18<sup>th</sup>, June 1<sup>st</sup> & 15<sup>th</sup>**  
Advanced orders recommended. Call today!

**Coming June 1<sup>st</sup> - Key Lime Pie & Lemon Icebox Pie**



Save the dates:  
**Vendor Market Day, Saturday, June 1<sup>st</sup>**  
**Annual Open House, Saturday, October 5<sup>th</sup>**  
**(931) 962-0567**  
10026 David Crockett Hwy. • Belvidere, TN  
[swisspantry@gmail.com](mailto:swisspantry@gmail.com)  
[WWW.SWISS-PANTRY.COM](http://WWW.SWISS-PANTRY.COM)  



**Swiss Pantry**  
Belvidere, TN


**Nicole Austin**  
George Dickel GM and distiller

A portrait of Nicole Austin, a woman with long, wavy brown hair and glasses, wearing a blue and white plaid shirt. She is looking directly at the camera with a neutral expression. The background is dark and out of focus, showing what appears to be wooden barrels.

*Liquid Gold*  
in **CASCADE HOLLOW**

There's nothing like smooth Tennessee  
whiskey from Cascade Hollow.

By Jeriah Brumfield // Photography submitted by Cascade Hollow Distilling Co.



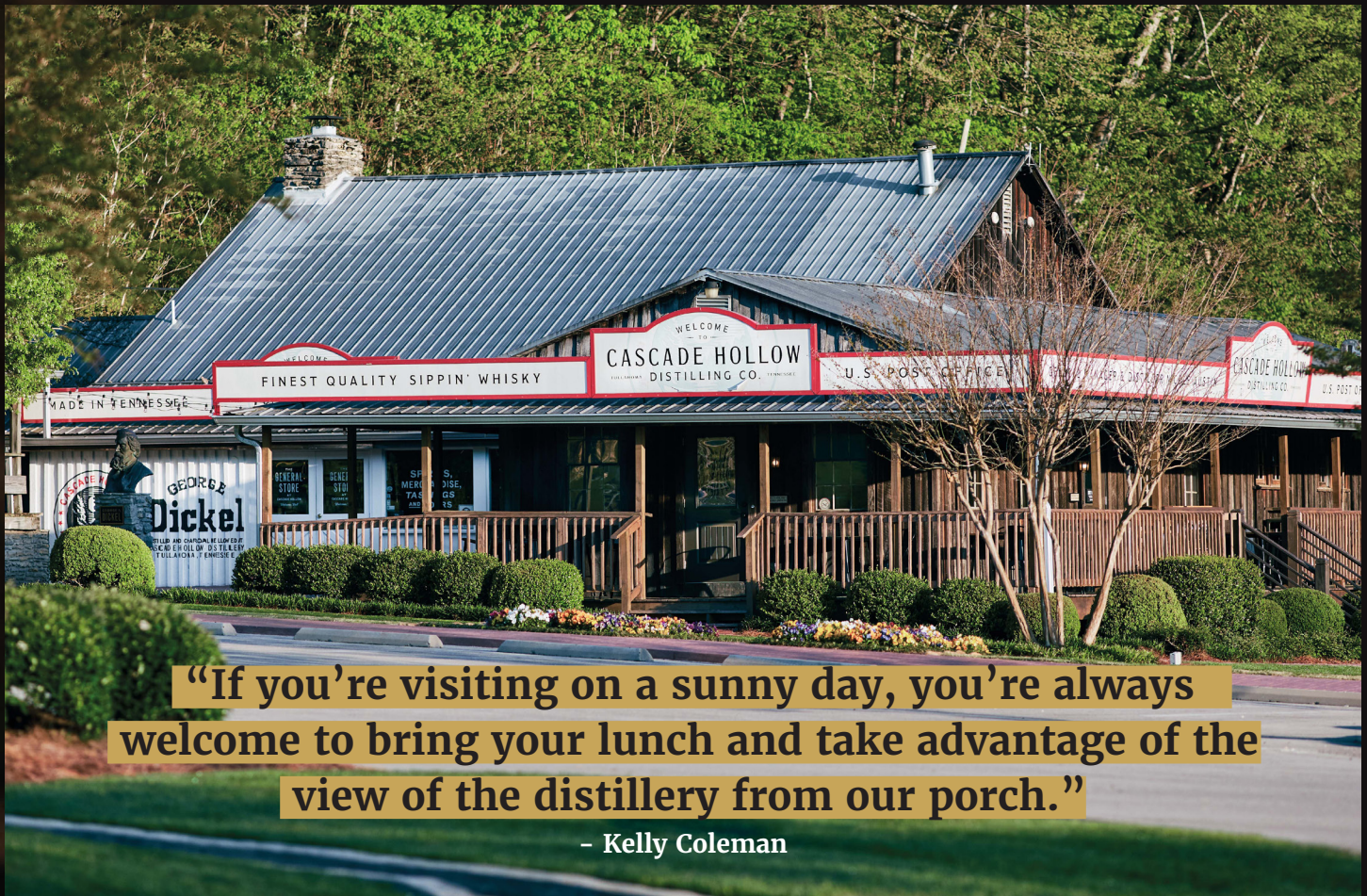
**Y**OU'RE CRUISING down a scenic highway in Middle Tennessee with the windows rolled down. A gentle breeze, carrying the sweet, oaky scent of aging whiskey, overtakes you. It's an invitation to slow down and savor the moment, and it leads you right to the doorstep of Cascade Hollow Distilling Co., also known as the George Dickel Distillery. Established in 1878, this historic landmark is where

distillers craft the finest whiskey while preserving the tradition, craftsmanship, and family legacy that has endured for generations. A tour of the distillery, with its rich history and captivating aromas, is an experience that will surely add an unforgettable experience to your summer bucket list.

George A. Dickel, a Nashville merchant with a discerning palate, established Geo. A. Dickel & Co. to produce only the smoothest and

most mellow spirits in the area. His passion for quality is evident in every step of the production process, from selecting the finest ingredients to the time-tested aging techniques.

Dickel believed in the magic of winter chill, insisting his whiskey be made during the colder months. The winter air naturally smooths and mellows the spirit. This unique practice, combined with the time-honored "Lincoln County Process" of charcoal mel-



**“If you’re visiting on a sunny day, you’re always welcome to bring your lunch and take advantage of the view of the distillery from our porch.”**

**- Kelly Coleman**

lowing, gave birth to the distinctive name, Mellow as Moonlight, synonymous with George Dickel Tennessee Whisky.

While Prohibition forced the distillery to close its doors in 1919, the spirit of innovation never truly faded.

“The distillery was closed, but the then-named ‘Cascade Whisky’ was allowed to be sold as a medicinal spirit through leased equipment at the Stitzel distillery in Kentucky,” said Kelly Coleman, the brand home manager of the distillery.

In 1958, a new chapter began with the opening of a distillery just down the road from the original site. This marked the return of the cherished whiskey, bottled and released as Dickel Black Label

Old No. 8 and Dickel Tan Label Superior No. 12.

Today, the distillery is a pillar of Tennessee whiskey excellence. Visitors can embark on a sensory journey through the production process, led by passionate guides who share their knowledge and enthusiasm.

Witnessing the meticulous steps that transform simple grains into liquid gold is a truly captivating experience. From the crisp, pure water drawn from the Cascade Spring, which has proven to be the lifeblood of the whiskey, to the charred oak barrels patiently aging its secrets, every detail contributes to the rich, complex flavor profile that sets George Dickel apart.

“Our Tennessee Whisky variants feature flavors that often come about while undergoing the Lincoln County Process. In addition to having concentrated flavors of rich oak with hints of maple, butter, and smoke, these offerings also prominently feature the distinct notes of waxy fruit and vitamin-y characteristics that fans have come to expect from George Dickel,” Coleman said.

Visitors interested in partaking in tastings will experience the George Dickel Foundation Recipe, George Dickel Signature Recipe, George Dickel Bourbon & George Dickel Barrel Select.

During the special Bottled in Bond Experience, you’ll sample the

four George Dickel Bottled in Bond whiskeys side by side. These include the Bottled in Bond whiskeys from the Fall 2005, Fall 2008, and Spring 2007 distilling seasons.

But the magic of Cascade Hollow extends beyond the walls of the distillery. Every summer, the distillery hosts “Front Porch Fridays,” a vibrant music series that welcomes the local community to gather on the distillery’s porch.

Lively conversations and the melodies of local musicians grace the ears of all attendees. Guests indulge in delicious food from local vendors and sip on refreshing George Dickel cocktails while enjoying live music and celebrating the spirit of Tullahoma.

For those seeking to explore the Tennessee Whiskey Trail, visiting Cascade Hollow is an unmissable experience. Whether you opt for a guided tasting featuring iconic expressions like the Bottled in Bond or the 17-Year Old Reserve or simply soak in the scenic beauty from the distillery porch, listening to the birds sing and the gentle and rustling stream nearby, you’ll leave with a newfound appreciation for smooth, mellow spirits.

Coleman shared, “We would recommend checking out one of the many parks and waterfalls nearby — either before or after your visit! Our team’s favorites are Rutledge Falls and Machine Falls.”

Visitors are encouraged to explore the area, with Coleman highlighting opportunities to embrace the surrounding scenery and the community beyond.

“If you’re visiting on a sunny day, you’re always welcome to bring your lunch and take advantage of the view of the distillery from our porch or the Adirondack chairs on our lawn. We also always encourage visitors to visit local restaurants in downtown Tullahoma after their distillery tours.”

Ready to embark on your own whiskey adventure? Visit Cascade Hollow and discover the timeless craft that lies beneath every sip. **GN**

*Check out the website here: [www.georgedickel.com/visitus](http://www.georgedickel.com/visitus), or call at (931) 408-2410 for more information — located at 1950 Cascade Hollow Rd. in Tullahoma.*



## GRANNY FISHES' HOUSE: A SOUTHERN SANCTUARY

Where rustic charm blends with homestyle cooking.

**B**E STILL, my grease-saturated heart. And I mean that as a compliment! Have you ever walked into a restaurant and immediately felt right at home, like you're waiting for your grandma to come out of the kitchen and ask, "Didja eat yet?"

Granny Fishes' House is such a place — a quaint country restaurant with rustic charm and a down-home atmosphere reminiscent of a trip to Grandma's house. Wooden furniture, checkered tablecloths, friendly smiles, and the aroma of homestyle cooking greet you as you walk through the door. From hearty fish dishes to freshly baked cobbler, each bite transports you to a simpler time. The walls are adorned with vintage decor, and the friendly staff adds to the homey atmosphere, making it a place where memories are created and shared with each guest.

Upon being seated at the table, your waitress brings over some freshly fried hush puppies along with some of the best sweet tea around to wet your whistle. As you view the simple menu, make note that the fried mushrooms are a must-have on your trip to the holler. Hot and bursting with flavor, the mushrooms pair exceptionally well with the

creamy horseradish dip. The fried pickles are a close second with the tangy ranch sauce.

While I am not usually a fish girl, I had to try the fried catfish, a Southern classic. This is Granny Fishes' House, after all. The fish was fresh, hot, and so crispy. The flakey fish melts in your mouth while the crispy cornmeal coating creates the perfect textural balance. The coleslaw is fresh and bright while the white beans are salty and hearty, and of course, perfectly cooked french fries — all the perfect complements to any Southern dinner.

The staff are friendly and always make you feel at home. The atmosphere is country cozy meets rustic cabin. Be sure to bring cash, as cards are not accepted at this time! Granny Fishes' House serves up a number of other tasty dishes, including hamburger steaks, grilled fish options, chicken, onion rings, salads, and even frog legs! And, of course, the perfect ending to a meal: warm cobbler with a scoop of creamy vanilla ice cream. The menu is simple, rustic country food, just like Granny made. It feels like a warm embrace, reminiscent of family gatherings and traditional recipes. **GN**



### GOOD NEWS IS COMING TO DINNER!

We will feature a local food critic's thoughts as they dine in Wartrace. This month Tabitha Buckner visited Granny Fishes' House.

### Granny Fishes' House

340 Shipman Creek Rd.  
Wartrace, TN 37183  
(931) 857-4025  
<https://www.grannyfishes.com>





ation that comes celebrating Dairy's father Steve, his and his wife Kara family started dairy been in Tennessee with is a way to ob- behind the scenes, riculture. ght on many people -energy, high-pro- farmers do a lot of in terms of raising care of cattle, being roblems, and wear- rk goes into dairy 1. The Nash family of 2020. "We'd al-



# Share something good ♡♡

We want to build stronger communities through positive, local stories. We can't do that without your subscriptions. Sign up your friends and family online for free.



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



## SEMAGLUTIDE is a fantastic new medication specifically for weight loss.

It's a once weekly injection that has been providing dramatic weight loss results in our patients since its release!

*Give us a call for more information.*



*Shelbyville's Premier Weight Loss Clinic*

**(931) 808-8329** ANGELA RUBLEY FNP  
[definitewellness.net](http://definitewellness.net)

**875 Union St. Shelbyville, TN • 401 Wilson Ave. Tullahoma, TN 37388**  
Mon.-Tue. Thurs. Fri. 9AM- 6PM

## 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 6/30/24



**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](http://www.AnimalHealthVet.com)**



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



# Good Stories

▲ Mike Thornburg  
Photography by Brooke Snyder

Submit a positive story on our website:  
[goodnewsmags.com](http://goodnewsmags.com)





# TENN VACATION

*in Tullahoma*

WELCOME  
TO Philly's Own  
**SPINELLI'S**  
PIZZERIA

EAST COAST PIZZA  
OPEN

IT'S BACK! USA'S 3RD ANNUAL  
COMMUNITY TRUNK OR TREAT!  
NEW SPOT! NEW LOCATION @  
7ELEVATOR (BACK PARKING LOT) -  
TULLAHOMA OCT 28TH 5PM - 7PM  
SPONSOR FUN FOR ALL AGES  
BRING YOUR SCARY DUBLINS  
FOR TREATS AND FUN!!!

USA's 3rd Annual  
Community Trunk or Treat!

PHILLY'S OWN

NO OUTSIDE  
FOOD OR DRINK

NO ALCOHOL  
NO VAPING  
NO SPENDING  
NO BOTTLES

HOURS





# BACKYARD BREWS

Visiting Ole Shed Brewing Company is like walking into a backyard gathering place.

*By Jeriah Brumfield*

*Photography by  
Brooke Snyder*

**A**S YOU push open the door of Ole Shed Brewing Company, you're not just entering a brewery but stepping into the heart of small-town camaraderie and the embodiment of Southern hospitality. The inviting scent of malt and hops welcomes you into a space that feels like a rustic, small-town bar establishment. This experience is bound to leave you wanting to make it a regular part of your weekend outings with friends and loved ones or as a solo retreat. The brewery's kind staff members strive to cater to every customer's palate, offering a diverse range of beers, from fruit-flavored seltzers and light brews like Honey Do Golden Ale to the bold flavors of whiskey barrel-aged creations, sure to captivate even the most adventurous craft beer enthusiasts.

"Ole Shed has always and will always embrace our small-town roots. Our goal is for every customer to be greeted with hospitality, kindness, and gratitude rarely found in today's fast-paced world. We are a true hometown brewery the community can be proud of," said Mike Thornburg, the brewery's owner.

The space radiates the charm of its namesake. The "Ole Shed" itself, with its rustic allure and comforting ambiance, transports you to a place that feels more like a friend's backyard gathering than a brewery.

Born and raised on a farm in Indiana, Thornburg's love for hard work and dedication led him to become the co-owner of the community treasure we know as Ole Shed Brewing Company.

"Back then," he reminisced, "we learned the value of a good day's work and the importance of community."

These values laid the foundation of his approach to brewing some of the best craft beer you'll ever taste. Thornburg's corporate job brought him and his family to Tennessee. Here, he traded the familiarity of farm life for a corporate job. But his yearning for something more, something closer to his agricultural roots, never left him.

In 1994, he found himself brewing beers in the humble space of his backyard shed. There, alongside his neighbor and friend, Mike Ramsey, they sowed the seeds of Ole Shed Brewing Company.

“In 2011, our hobby turned into a business idea. After a beverage distributor tasted our beer, my partner and I decided to establish our brewery and had to quickly come up with a business name,” Thornburg said.

“We talked to my son, Josh, and he told us it was a no-brainer that our brewery should be named ‘Ole Shed Brewing Company.’ In 2011, with the help of our families, my partner and I became owners of Ole Shed in our hometown of Tullahoma, Tennessee.”

Today, Ole Shed stands proudly as the first and only brewery in Tullahoma, with plenty of space for activities. Folks can bask in a warm and welcoming space and enjoy live music and exceptional beer inside the taproom, the Ole Shed, or under the tent in the lush beer garden. The beer garden is complete with shaded tents and picnic tables, offering a relaxed escape under the sky.

Ole Shed Brewing uses a 15-barrel brewhouse, churning out 465 gallons of

beer per brew day. The fun starts with the grain bill — a blend of malted and roasted barley, topped off with wheat and rye grains.

After a one-hour mash at 152 degrees, the resulting wort (unfermented beer) journeys to the boil kettle, where Thornburg adds hops in stages to balance the beer. Following a vigorous boil, the cooled wort is transferred to fermenters where yeast works its magic, and sugars create ethel alcohol over three weeks. The





**“We talked to my son, Josh, and he told us it was a no-brainer that our brewery should be named ‘Ole Shed Brewing Company.’**

*- Mike Thornburg*

finished beer then awaits packaging and distribution, ready for craft beer connoisseurs to enjoy.

With Ole Shed comes the spirit of small-town hospitality. Aside from providing the best bar experience in town, the brewery goes the extra mile by actively contributing to the community through donations to local first responders, Toys for Tots, and various civic groups in Tullahoma and surrounding areas.

Looking ahead, Ole Shed prepares to expand even more. The company is currently looking at a new location in the Tullahoma Industrial Park, promising increased production capacity, more seating, and even more space for community events. But

through all the changes, one thing remains constant: Thornburg’s commitment to his community and his deeply rooted passion for brewing.

So, the next time you find yourself in Tullahoma, do yourself a favor and head to Ole Shed. You might find yourself not only enjoying a delicious craft beer but also experiencing the warmth and hospitality of a true small-town gem and the story of a man who turned his passion into a community cornerstone. **GN**

*Call (931) 212-4277 or visit [www.oleshedbrewing.com](http://www.oleshedbrewing.com) for more information. Visit the brewery today: 516 E. Carroll St., Tullahoma*

# A CELTIC ESCAPE

The Celtic Cup offers a taste of Ireland in Tennessee.

*By Teriah Brunfield*

*Photography by  
Brooke Snyder*

**T**HE RICH scent of fresh coffee mixes with the sweetness of warm baked goods — a delightful welcome as you push open the chocolate brown door of this cozy establishment. As you step inside, your eyes travel across Celtic artwork and decor adorning the walls. Gentle conversations harmonize with the soft traditional Irish folk music in the background, setting the perfect tone for your day. A woman with a kind smile greets you from behind the counter.

“Welcome to The Celtic Cup,” she enthuses, her voice a perfect match to the inviting aroma that permeates the room.

Stepping into this coffeehouse is like strolling into a charming Celtic market filled with unique treasures like scarves, hats, jewelry, mugs, honey, and tea. It’s a portal into another world right here in Tennessee.

As military nomads, Chris and Denise Smith had found a sense of community and connection in coffee shops across different location-based assignments.

“The United States Air Force brought us to Arnold Air Force Base in 1999. On every new assignment, we would search out the community coffeehouse to get the vibe of our new ‘home,’” Chris remarked.

However, upon arriving in Tullahoma, they noticed something was missing. The





CHRIS AND  
DENISE SMITH





## The United States Air Force brought us to Arnold Air Force Base in 1999. On every new assignment, we would search out the community coffeehouse.

- *Chris Smith*

town lacked the warm, welcoming space they were looking for.

Chris explained, “When we arrived in Tullahoma, we couldn’t find one... and we thought, “Tullahoma needs a coffee house!””

Determined to fill that gap, they embarked on a journey of planning and learning about the coffee industry and searching for the perfect location, culminating in the opening of The Celtic Cup in 2009.

For the first 13 years, Denise ran the day-to-day operations while Chris worked two jobs: his day job and then at the coffee house every morning, night, and weekend. Now that Chris has retired for a second time, he works full time, baking and managing the kitchen and business affairs, while Denise does specialty baking and manages the staff.

The couple began their renovation project in the fall of 2008, holding their grand opening the following year on March 17, 2009 — just in time for St. Patrick’s Day.

The “Auld World Atmosphere” enveloping The Celtic Cup is a blend of the original vision of a Tudor manor and the inherent Craftsman style of the 1928 building the couple eventually acquired. The result is an inviting ambiance reminiscent of an old Irish pub (public house), which is a place where folks indulge in Celtic food and drinks, delighting themselves in conversation as the Auld (a term used by Scots meaning “old”) spirit embraces them like a warm hug.

Denise, the self-proclaimed recipe tester and refiner, has graced the menu with her passion for traditional Irish and Scottish fare. The menu is a love letter to Celtic flavors with a twist. She has taken classic dishes like Scotch eggs and reimaged them for health-conscious palates.

Instead of being deep-fried, the eggs are baked, preserving the creamy goodness. The Rueben, a local favorite, boasts a quarter-pound of savory corned beef piled high on toasted rye,

creating a symphony of textures and flavors in every bite.

Chris and Denise are passionate about their heritage and have partnered with the North American Celtic Trade Association, bringing a touch of Ireland, Scotland, Wales, and England to Tullahoma through unique goods like scarves, jewelry, hats, mugs, honey, tea, and more.

“We love having the opportunity to actually meet the makers in their homelands and learn what inspires them and what drives them to make quality goods,” said Chris.

The couple offers folks in the community the unique opportunity to personally experience the magic of these countries through guided tours. Partnering with Córás Iompair Éireann Tours International, they offer curated adventures to Ireland, Scotland, Wales, England, and Iceland. These trips are perfect opportunities for deeper cultural immersion, personally hosted by Chris and Denise.

As The Celtic Cup celebrated its 15th anniversary in March, Chris and Denise reflected on the journey with humility and satisfaction. Through highs and lows, they’ve stood as the local “third place,” witnessing and sharing the joys and sorrows of their guests — from weddings to birthdays and celebrations to reflections.

The blend of culinary delights, authentic imports, community engagement, and curated adventures make The Celtic Cup a unique experience for all who walk through its doors. Whether you’re a local seeking a familiar place to enjoy a cup of tea or coffee or a traveler yearning for a taste of Celtic bliss, visit The Celtic Cup! You might just find yourself lingering longer than you planned, savoring the experience and delicious Celtic delights.

Slainte Mhath! (“Good health!”) GN

*Call (931) 563-7733 or visit [www.thecelticcup.com](http://www.thecelticcup.com) for more information.*

*Visit the coffeehouse at 106 N. Anderson St. in Tullahoma.*



AXESCAPE

EST. 2023  
**Axescape**

**AXESCAPE**

Lillian Martin 08/16/24  
Tyler Walls and Trebor  
Wendell  
M.J. P  
Nice  
Adam Banks 11-25-23  
Pierce 12-29-23  
Austin Heath 10-18-23  
Chadley  
Jerrica  
Colt  
Richard

**TERRY AND  
LUSYND A WRIGHT**

# TULLAHOMA'S OASIS FOR THRILL-SEEKERS

AxeScape is a go-to destination where axes fly and adventure awaits.

*By Jeriah Brumfield*

*Photography by  
Brooke Snyder and  
submitted by Terry Wright*

**W**ALKING THROUGH the doors of AxeScape in Tullahoma, you're immediately immersed in an atmosphere that pulsates with adrenaline and excitement. In one corner, a group of friends channels their inner lumberjacks, and each throw is accentuated by a satisfying thud as the axes find their mark. A young girl glows with pride as she lands her first bull's-eye, the cheers of her family surrounding her in a warm embrace. The corporate team in another corner strategizes their next throwing technique, evident in playful jabs and light-hearted exchanges.

The staff moves seamlessly through the space, ensuring all visitors are safe and enjoying themselves. A coach wearing a proud grin transforms beginners' hesitant swings into confident throws. Meanwhile, a woman entertains tourists with stories about axe-throwing victories she witnessed in pastimes. For the staff

members, AxeScape feels less like a job and more like an opportunity to engage with each other and every visitor who walks through the door.

The coaches at AxeScape double as guides and seasoned experts. You feel a wave of instant relief as the coaches guide you through safety rules and the exciting art of hitting a bullseye. The joy of hitting your first bullseye is an instant reward for you and your coach, leaving you wanting to throw hundreds more.

The experience at AxeScape is not limited to the adrenaline-fueled thrill of axe-throwing. Take a step further than throwing axes and into themed escape rooms where time becomes your enemy and wit becomes your biggest weapon. With three rooms accommodating up to six players each, participants have an hour to decipher puzzles, find treasures, escape the game, or solve mysteries.

As the pressure escalates and adrenaline surges, the satisfaction that guests feel from escaping rooms is



**I'm all about community and spreading joy and love. I'm a Christian, a wife, a mother, a sister, a friend, a co-worker, an animal lover, and an optimist.**

*- Lusynda Wright*

better than any souvenir they could buy. The leaderboard shows the best times, giving the game an extra layer of friendly competition. However, this competitive atmosphere doesn't hinder friendships; instead, it builds new ones.

AxeScape caters to groups with various games, tournament-style throwdowns, and the flexibility for players to throw just for fun. The team at AxeScape welcomes playful trash-talking and friendly competition.

"AxeScape is Tullahoma's first axe throwing and escape room venue. We have gotten to show them a new and unique experience. We offer a place to come and have a date night, gather with friends, family, or co-workers, and have a great time," Lusynda added.

The AxeScape team designed its pricing structure for accessibility and inclusivity. The axe-throwing experience costs \$22-\$45 per person, and the escape room costs \$25 per person. Group rates make it feasible for families, corporate events, or team-building activities.

When the Wrights opened up AxeScape, they found themselves in a coach shortage. With careful selection, they chose individuals who were enthusiastic to learn and share that knowledge. Continuous adjustments to operating times and party offerings are underway

to provide seamless business to the community. Their goal is to be readily available and well-equipped for guests searching for exciting activities to engage in.

AxeScape aims to be the go-to destination for both locals and tourists. With its family-friendly and cheerful vibe and diverse atmosphere, this hidden gem perfectly captures the inclusive and welcoming spirit of our hometown.

"Some of our most memorable customers have been travelers from other states and countries. When customers finish their games, we let them sign the wall. So far, we have at least six different countries, several groups from corporate events, and many locals represented. Our local repeat customers are growing in number and very appreciated as well."

The staff at AxeScape sets itself apart by caring. Their job is about creating an environment where patrons and employees have fun together. This passion sets AxeScape apart, making it a place where people come together to laugh and enjoy each other's company.

For Lusynda and her husband, Terry, AxeScape is a dream turned reality and an idea born from the couple's desire to provide for their family and engage in a mutual hobby.

"I'm all about community and spreading joy and love. I'm a Chris-



▲ Courtney Blackburn and Pam Howard



▲ Melanie Riddle

tian, a wife, a mother, a sister, a friend, a co-worker, an animal lover, and an optimist. We have enjoyed these pastimes for more than a decade. We want to share our passion with others and hope they grow to love it too,” said Lusynda.

AxeScape invites you to unleash your inner warrior, unravel mysteries, and connect with others. But one question remains: Are you ready to answer the call? Pack your sense of adventure, grab your friends, and step into the world of AxeScape this summer. **GN**

*Call (931) 222-4205 or visit [www.axescapetn.com](http://www.axescapetn.com) for more information. Address: 104 W. Moore St., Tullahoma*

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

# You can be in Good News Magazine.

We're looking for story ideas about  
local farmers, agricultural workers, and those who  
support them for a future issue,  
**“Farm to Table.”**

Submit your story on  
[GoodNewsMags.com](http://GoodNewsMags.com)





# What our readers say

Our readers told us why you should advertise in Good News



“I am exposed to more advertisers in Good News than in any other publication that I have seen in this area.”

“Great magazine for shopping and eating LOCAL! Thank you for publishing useful information on our little community.”

“This magazine allows owners to share what is closest to their hearts while showcasing their products. Plus the customer service Good News offers is outstanding. The magazine is very well put together, well polished, neat, and very inviting. I look forward to each one!”

“The content of the magazine is wholesome and seems to support a good cause. It is much preferable to other advertising sources because it seems to build up the community, rather than solely profit from it.”

“Good News is a great magazine, and it is delivered to many people, probably more than the local newspaper. I look all the way through and read most of it. It is the best place to advertise.”



This section of the magazine covers local events, charities, and nonprofits.



# GoodTimes

▲ Ashley Smithson and Mia Thomas  
Photography by Ashleigh Newnes

Submit a positive story on our website:  
[goodnewsmags.com](https://goodnewsmags.com)



# Boots -N- Bling - April 25



Photography by Ashleigh Newnes

On April 25, Coffee County Children's Advocacy Center and the Coffee County community partied for a purpose on their Boots -N- Bling night at The Atlantic in Tullahoma. The evening consisted of dinner, silent and live auctions, and a performance from Dolly Parton (Natasha Neely).



1. Ellen Vaughn and Teresea McFadden 2. Justin Winningham and Ashley Winningham, David Bradley, Amanda Morton, and Bobby Couch  
3. Scarlett Carpenter, Natasha Neely, Misty Weaver, and Ivy Petty 4. Rob and Tiffany Clutter  
5. Heather and Rhonda Myers 6. Ron and Patra Wheeler, and Debbie Beaver

# Solar Eclipse Photos - April 8



Photography by folks in the community

In April, a total solar eclipse captivated skywatchers worldwide as the moon passed between the Earth and the sun, casting a shadow over specific regions. This rare celestial event offered a breathtaking spectacle as day turned to night momentarily, revealing the sun's corona in a stunning display of cosmic beauty.



1. Knox and Dahlia, and Laura Daidone 2. Joanne Halfacre 3. Kimber McCown  
4. Brenda Cannon, Stacy Hearn, Sally Pack, Gina Burke, Meagan McManus, Leah Seier, and Erica Newman

# INSPIRE MORE GOOD

Donate or volunteer at your local charities and nonprofits.

Good News Magazine's mission is to build stronger communities through positive stories. We encourage you to donate and volunteer at local nonprofits to spread more good in your community.

## **Tullahoma Fine Arts Center**

Promoting arts and culture, offering classes, exhibitions, and performances.

(931) 455-1234  
[www.tullahomart.org](http://www.tullahomart.org)

## **Come To The Table Inc**

Addressing food insecurity as a faith-based nonprofit by providing free hot meals on Tuesdays.

[info@cometothetabletn.org](mailto:info@cometothetabletn.org)  
[www.cometothetabletn.org](http://www.cometothetabletn.org)

## **Tullahoma Animal Shelter**

Rescuing and caring for animals, promoting pet adoption and responsible pet ownership.

(931) 454-9580  
[www.tullahoma.petfinder.com](http://www.tullahoma.petfinder.com)

## **Coffee County Children's Advocacy Center**

Providing support and resources for children who have experienced abuse or trauma, working closely with law enforcement and other agencies to ensure the safety and well-being of children.

(931) 723-8888  
[www.coffeecountycac.org](http://www.coffeecountycac.org)

## **Hands-On Science Center Inc.**

Engaging children in science and technology, offering interactive exhibits and workshops.

(931) 455-8387  
[www.hosc.org](http://www.hosc.org)

## **Good Samaritan of Tullahoma**

Providing a way for churches of all denominations, local businesses, and citizens to work together to have a centralized location to provide assistance to those in need or in crisis situations.

(931) 455-7353  
[www.goodsamaritanoftullahoma.org](http://www.goodsamaritanoftullahoma.org)

## **United Way of Highway 55**

Supporting various local causes and collaborating with other nonprofits.

615-478-4425  
[www.highway55unitedway.org](http://www.highway55unitedway.org)

## **Tullahoma Sunrise Rotary Club**

Engaging in community service projects and supporting global initiatives.

(931) 454-0027  
Facebook: Tullahoma Sunrise Rotary Club





### **Tulahoma Band Program**

Supporting the high school band through fundraising and volunteer efforts.

(931) 454-2629  
[www.tullahomabands.org](http://www.tullahomabands.org)

### **Highland Rim Kiwanis Club**

Improving lives and communities through service.

(931) 455-5497  
Facebook: *Highland Rim Kiwanis Club*

See more options or  
add your organization  
to the listing:

Scan the QR code



# Show Your Support For Local Nonprofit Organizations By Sponsoring This Page!

## **Good News** exchange

Join inspiring local charities and become a part of a movement that embodies the true essence of compassion. Not only will you have the opportunity to connect with readers on a deep and meaningful level, but you will also have the chance to uplift your brand in an impactful way.

Contact US today!  
(800) 247-7318  
[goodnews@exchange-inc.com](mailto:goodnews@exchange-inc.com)

# 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 Veterinary Clinic - Manchester .....	9	Life Care Center of Tullahoma .....	19
Amani Women's Health Center .....	25	Mid-Town Loans .....	18
Animal Health Clinic .....	32	Mobile Living TN.....	4
Berzett Excavating.....	18	Nearest Green Distillery .....	5
Brandywine Apts./Morrow Realty Company.....	8	NHC Healthcare Tullahoma .....	9
Brian Petersen Orthopedics .....	25	Richardson Waste Removal & Richardson Waste Solution.....	12
Builders Supply .....	8	Russell Barnett Ford of Tullahoma.....	60
Clark's Home Solutions LLC .....	19	Satisfaction Windows & Doors .....	12
Clayton's Shoes.....	4	SmartBank - Tullahoma.....	7
Definite Wellness - Shelbyville.....	32	Southern TN Regional Health System.....	59
Elk River Public Utility District.....	4	St. Andrew's Sewanee.....	19
FirstBank - Tullahoma .....	8	Stan McNabb Chevrolet Buick GMC.....	3
First Vision Bank - Tullahoma .....	4	Swiss Pantry .....	25
Furniture Merchandise Outlet - Tullahoma.....	9	The Attic Outlet/Community Care Ministries .....	18
Home Instead - Tullahoma.....	12	Traders Bank Tullahoma.....	12
Interstate Liquors .....	18	Tullahoma Imaging.....	18
Keith's Tank Service.....	25	Vanderbilt Tullahoma Harton Hospital .....	2
Lester, Greene, McCord & Thoma Insurance.....	12	Watson Metals LLC. ....	8



**LIVE** Your  
Healthiest **LIFE**

**Weddings. Family potlucks. First steps. This is life.**

Life can also be an illness or a sudden injury. When moments happen where you need care – where you need clinical expertise, technology and compassion – we’re here. We’ll help you live your healthiest life.

See what it means to live your healthiest life at  
**[SouthernTNWinchester.com](http://SouthernTNWinchester.com)**



**SOUTHERN  
TENNESSEE**  
REGIONAL HEALTH SYSTEM

# Ford Complimentary Pickup & Delivery. Ford Mobile Service.

Two easy ways to get your vehicle serviced. *Schedule your service and we will take care of the details.*

\*Ford Pickup & Delivery and Ford Mobile Service are offered by participating dealers and may be limited based on availability, distance or other dealer-specified criteria. Does not include parts or repair charges. A nonoperational vehicle is not eligible for Ford Pickup & Delivery and will require a Roadside event.

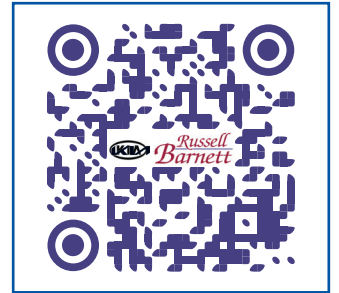
- ✓ **At Home Pickup**
- ✓ **At Work Pickup**



**Russell Barnett**  **AUTOMOTIVE FAMILY**

**VIEW OUR INVENTORY**

*View Our Inventory or Schedule Service Appointments Online*



DISCOVER THE  
**RUSSELL BARNETT  
ADVANTAGE**  
WITH EVERY CAR YOU BUY!

**Russell Barnett Ford**  
**931-455-4564**  
1106 East Carroll St.  
Tullahoma, TN

**Russell Barnett Kia**  
**931-455-6066**  
915 South Anderson St.  
Tullahoma, TN

*Ask Us About Our*  
**LIFETIME**  
POWERTRAIN WARRANTY

[www.RussellBarnett.com](http://www.RussellBarnett.com)