

Good News

exchange

MONICA SAINÉ

Doubt Often Empowers Determination

A coach's criticism strengthened one woman's ambitions.

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CHAMPIONS
Are Made

ISSUE 8 2024

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LETTER FROM THE EDITOR

Where champions are made

Our hometown courts and fields introduce stars to the game.

THE CROWD fills the stands, row after row, of people in our high school's colors. The family in front of you sits down with a fresh hot dog from the concession stand. It's still steaming with a drizzle of ketchup laced across the top from end to end. It smells so good you think you "just might have to go to the concession stand and get your own." On the way there, you run into your old favorite teacher. You run into your old high school crush, wave, and maybe catch up. In the background, the scoreboard keeps ticking up, and the crowd's roar gets louder. The moths and other critters dance around the floodlights tens of feet in the air.

We've all experienced what it feels like to be at a high school football game under the Friday night lights. We know what it feels like to get the jitters as the first play begins — the excitement when our team scores the first touchdown. For towns across the country, sports like high school football bring us together. It gives cheerleaders the experience of a lifetime, pushing them to perform impressive stunts, flips, and lifts. The band students learn to perform in front of hundreds of people and how to work together to

make art. Hometown games are a perfect mixture of fun, family, nostalgia, and teamwork.

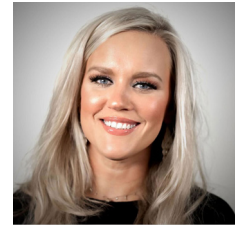
Healthy competition teaches things you can't learn alone at a desk. It shows the band, the players, and the cheerleaders how to have discipline. It shows them how to treat others. It pushes them to be humble and show sportsmanship. Because while we win today, next week may hand us a rough defeat. These qualities help make our town a better place. And the good news is — our town isn't the only place building up the next generation of young leaders. Schools across the nation, from California to Maine, are showing students what it means to be a team player.

As we grow older, we run out of time to do the things we love. We forget what it feels like to sit in the crowded stands with a warm hotdog in our hand and balance Dr. Pepper in our lap after sitting down. There's a hidden treasure in our county, and we shouldn't take it for granted. Hometown sports have shaped who we are, and they'll shape the next generation — and the one after that. Our hometown courts and fields introduce stars to the game.

This is where champions are made. GN

Wesley Bryant,
EDITOR-IN-CHIEF

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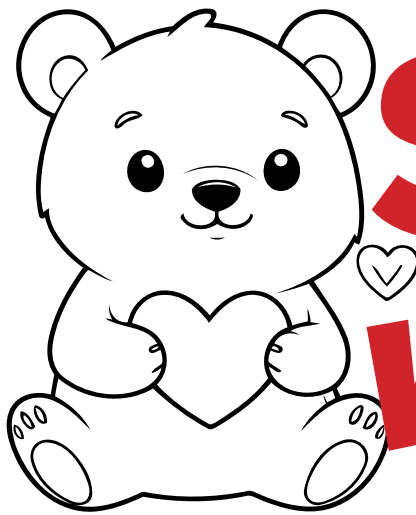


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▲ Zeke, Luca, Xan, Zoey Charlotte, and Bonnie Wigley



STUFFED WITH LOVE

A LOCAL INITIATIVE BRINGS HOPE AND HUGS TO CHILDREN IN CRISIS.

By Jeriah Brumfield // Photography by Ashleigh Newnes

BONNIE WIGLEY sat reminiscing on the sofa, her eyes fixed on the two mismatched stuffed dogs in Luca Wigley’s lap. The house was peaceful and full of love. Bonnie traced the memory that will forever stay with her — a small and bewildered Luca clutching his stuffed

friends, Rocky and Brownie, tightly. The fear in his eyes spoke volumes about the hardships he had faced at such a young age. Luca was barely 3 years old when he arrived, but he was now a ball of abundant energy and curiosity. And these two threaded companions remained his closest confidantes.

“When my son, Luca, came to us as a foster child, all he pretty much had that was salvageable was two stuffed animals. And he was totally nonverbal,” Bonnie reflected.

Luca struggled with neglect-related developmental delays. It wasn’t intellectual.

◀ Bonnie & Luca Wigley with Rocky and Brownie in their backyard on June 25 2024

Luca understood the world around him but craved emotional security. The warmth of a hug, the security of a loving hand — all of this he found in his two cherished stuffed companions.

“They were a comfort, and they were constant. They still are,” Bonnie said.

That’s when the idea sparked. As Bonnie confided in a colleague about how much comfort the stuffed animals gave Luca, an idea took hold of them. Bonnie’s husband, a police officer, and her colleague’s husband, a firefighter, often witnessed the vulnerability of children caught in the crossfire of emergencies.

“When I hear firsthand stories of those responder experiences and how they have reached people during very dark hours of their lives, it’s utterly inspiring. When I see and hear these stories and how many brave men and women do this day in and day out, I can’t help but feel inspired to do something to lend a hand,” Bonnie explained.

The Cuddle Patrol would become a community initiative that provides first responders with stuffed animals — tangible tokens of comfort for children facing trauma. The image of Luca clutching his dogs inspired Bonnie to take action. If a simple stuffed animal could offer solace to her son, how many other children could benefit from a similar gesture of kindness?

Securing funding was an initial barrier, but Bonnie, a woman who had stared grief in the face and emerged stronger, wasn’t easily discouraged. She channeled the memory of her son, Quinn, lost to a congenital heart defect, into a relentless pursuit of her vision.

“God has a plan,” she’d told herself through tear-filled nights. “This must be part of it.”

Glenn Macbeth, senior attorney and president of Gateway Title Services, reso-



nated with her vision. Macbeth is known for his love and generosity.

“He is a tremendous giver, personally and professionally. He’s always thinking of creative ways to make employees and other people around him feel appreciated and supported,” Bonnie enthused.

So, Gateway Title Services, with its existing commitment to volunteerism, readily embraced the Cuddle Patrol. Next came the vital partnership with a local children’s boutique — a haven for adorable stuffed creatures. The store’s owners were instantly on board. They offered high-quality, cuddly

companions at a discounted rate, ensuring each one held the potential to become a cherished friend.

The launch received an incredible outpouring of support. Local news outlets carried the story, creating a wave of community goodwill. Donations poured in, from individuals touched by the initiative to businesses eager to be a part of something special. Soon, the Cuddle Patrol headquarters — a spare room at Gateway Title Services — overflowed with fluffy friends, each awaiting the mission to comfort those who needed it. The

official drop-off day arrived and swept the community away.

Bonnie knew at that moment that this was just the beginning. Her vision of expanding the program to include all first responders — police, fire, emergency medical services, and rescue — felt closer than ever.

“The blessings continue in spite of the brokenness and imperfection of it all,” she said.

With the help of the entire community, children in troubling situations can find the comfort of a stuffed furry friend to support them in their time of need.

Bonnie looked at Luca, with Rocky and Brownie cuddled securely beside him, with tears of gratitude tracing her cheeks. Luca’s touching story has sparked a beautiful movement, comforting children around the community during tough times. This initiative reminds us of the immense power of human kindness, hope that shines through the darkness, and the warmth that every cuddly companion leaves cradled in the arms of children.

“Luke 12:48 says, ‘From whom much is given, much is required, and from the one who has been entrusted

with much, even more will be asked.’ To me, this is a command that with all the goodness I have been given, I am to direct that goodness right back into the rest of the world. I can’t imagine not sharing the hope that I have. By volunteering for different community initiatives like the Cuddle Patrol, we get the amazing opportunity to tangibly shine kindness into the community around us.” GN

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Backyard Swings



Felix "Pa" Nunley, Preston Chalker, and Mark Chalker at WillowBrook Golf Club on June 25, 2024

Preston Chalker finds his fairway and bonds with his family.

and Birdies



By Jeriah Brumfield // Photography by Ashleigh Newnes

THE GRASS, damp from the morning dew, squished beneath Preston Chalker's sneakers as he walked across his backyard. In his hand, a miniature replica of the driver his grandpa, Felix "Pa" Nunley, swung with experienced ease. During his early childhood, Preston's swing became a compilation of enthusiasm and will, and the joy on his face was gratifying, especially for Nunley. In this

unassuming patch of green, a love story between a boy and a game took shape.

Nunley, whose pride for his grandson's skill deepened with every swing, had been Preston's golf muse. After he turned 5, they started spending weekends on the fringes of the local course, with Nunley patiently guiding Preston's wobbly swings. The sound of the iron against the golf ball became a calming cadence — the greenery

a soothing aesthetic. Preston thrives on the golf course's green four days a week. Last year, he decided to elevate his game by joining Westwood Middle School's talented golf team.

"I love playing with my teammates and meeting new people," he explained. "It's just fun to play golf."

Diagnosed with attention-deficit/hyperactivity disorder (ADHD) and opposi-



tional defiant disorder (ODD), Preston's challenges seemed daunting. But on the fairway, he finds peace and focus.

"Golf has really been a turning point for him," said his mother, Amy Chalker. "He has matured and has a focus that he had never shown until he started playing golf."

The meticulous routine — the careful placement of the ball and the measured backswing — offers a sense of control amidst the chaos. Amy, on the other hand, knew little about golf. Yet, after

witnessing the power of golf transform her son, she took herself on a crash course. Preston taught her the ins and outs of the game and its fundamentals, even explaining flagsticks and sand traps. They spent afternoons laughing at the occasional stray shots that landed in the sand.

Mark Chalker, Preston's father, dusted off his old clubs. Years had passed since the last time he played golf, but the joy of playing with his son rekindled the flame. Preston's golf adventures are family affairs. Weekends consist of carpools

with Pa and Preston's grandma, "Ninny," to practices and the occasional strategy discussions over lunch. When he's not golfing, you might find him playing his favorite video games or indulging in a hidden talent — sewing pillows.

Life for the young golfer hasn't always been easy. Adopted at 8 months old, Preston has navigated the adjustments of finding his forever home with the Chalk-er family over the past 12 years. While there have been challenges along the way, including some close relationships ending, Preston has found freedom in golf. His mother credits the sport with helping him navigate these challenging times.

"He has an inner strength that I admire. He also is quite a comedian," Amy explained. "We are very proud of our youngest. He truly is my littlest best friend."

It wasn't long before Preston and his family began to witness his hard work pay off on the course. Coach Angela Houck at Westwood Middle School sharpened his iron swings while Nunley helped straighten Preston's wayward drives. Occasionally "outdriving" his father and Pa are now cherished family moments.

"With the help of my coach, Angela Houck, my lessons from Barry Bishop, and the encouragement of my parents and grandparents, I've worked hard on improving my swing. A time or two, I've even outdrove my Pa and my dad," Preston said.

One afternoon, at the WillowBrook course, magic happened. Standing on the fifth hole in a tournament against Franklin County, Preston faced a seemingly impossible 25-foot putt. The *clink* of the ball against the bottom of the cup sent a roar erupting from Amy — a touch too

enthusiastic, earning a playful shush from her son. It was a moment the family will never forget and just one example of how impactful the support of Preston's loved ones is on his journey.

Preston's inspiration remains firmly rooted in his Pa. The passion for the game that he shares with his Pa transcends words.

"He is truly my person," he explained.

He advises other young athletes to "just get out there and practice."


"My best advice to others wanting to play is to get on the course as much as possible. It

helps to have family that is encouraging and supporting your passion, too," he said.

Preston dreams big, as a college scholarship might be in his future. But even more profound than any accomplishment lies a deeper truth. His compelling story is a love letter to his supportive family and an ode to the unexpected places where passion can take root. This young golfer is on his way to carving his own path — one course at a time. And with his family cheering him on from every green, his journey will surely be extraordinary. **GN**



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Aubrey Brown

A hand holding a softball bat with an American flag design on a baseball field. The bat is held horizontally, and the hand is visible on the left side. The background is a reddish-brown dirt field with white chalk lines. The title text is overlaid on the right side of the image.

THE REAL HOME RUN

**A mom and daughter find
lessons on the softball field.**

By Jeriah Brumfield // Photography by Ashleigh Newnes

NATALIE BROWN stood on the sidelines of the local recreational league's field, cheering on her daughter, Aubrey Brown. For Natalie, it was a place where she learned important life lessons. In this space, Natalie was a coach, a cheerleader, and a confidante. Meanwhile, as she embraces the bat her mom passed down to her in the recreational league, Aubrey's journey as a softball player is just beginning.

In the competitive and exhilarating realm of youth sports, devoted parents often support and guide their children on the path from playful beginnings to disciplined athletics. Natalie's experience with sports began at a young age with recreational league slow-pitch softball and continued into high school. Playing sports as a child positively influenced Natalie's upbringing. She learned the importance of discipline and dedication — qualities helpful in raising her daughter.

These lessons became her guiding principles as she watched her daughter, Aubrey, take the field for the first time. As a mother, Natalie walks a delicate line between being Aubrey's biggest cheerleader and offering constructive criticism.

"Aubrey is incredibly hard on herself," Natalie explained. "We usually discuss what happened in the games both on and off the field during our car ride home."

During this time of reflection, Aubrey can process her performance and receive feedback in a supportive environment.



"At the end of the day, if she has done her best, then that is all I can ask of her," Natalie added.

These moments help Aubrey learn and grow while constantly feeling appreciated and supported. Beyond the physical and competitive aspects, sports have taught Aubrey important core values like self-confidence, accountability, responsibility, and teamwork. Aubrey's growing self-confidence is evident on and off the field, while her sense of accountability and responsibility has translated into her academic and personal life.

Like many young athletes, Aubrey has encountered her fair share of challenges, including losing games and experiencing the disappointment that follows. In these moments, Natalie reminds her that setbacks are a natural part of the game and offer important lessons for the future. She dedicates herself to helping Aubrey stay positive and recognize her incredible potential, encouraging her to embrace each hurdle as an opportunity for growth and improvement.

While playing middle school softball in sixth grade, Aubrey had an incredible experience with teamwork. She enthusi-



astically supported her teammates during varsity games even when she wasn't playing, learning that being a great teammate involves empowering others.

To ensure that sports remain enjoyable, Natalie and her family make a concerted effort to play fun games at home, such as kickball and wiffle ball. Natalie believes it's important to remember why they love playing in the first place — because it's fun!

Academics are always a top priority in the Brown household. This emphasis guarantees Aubrey maintains a healthy balance between her studies, social

activities, and sports commitments. By prioritizing education, Aubrey learns the importance of balancing different aspects of her life, preparing her for future responsibilities.

Winning is thrilling, but Natalie celebrates Aubrey's efforts regardless of the outcome. Natalie emphasized that there is always something to be thankful for, even in the games the team loses. Celebrations come with a win-or-lose attitude — always being grateful that she's getting to play the game.

Through sports, Aubrey has gained confidence and built new friendships. Like

“

I have realized my kids teach me more than I could ever learn anywhere else. Win or lose, I will love them no matter how they perform, and in turn, they love me right back. And that is 'winning' in my book.

- Natalie Brown

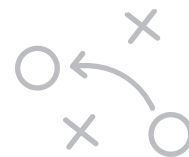
her mother's, these experiences significantly contributed to her overall development, providing her a strong support network and a sense of belonging. The friendship and teamwork she experiences on the field translate into life skills that will benefit Aubrey in many areas of her life.

Aubrey said, “I love the teamwork, the new friendships, and working hard on the field.”

Being a parent to a young athlete has also been a profound learning experience for Natalie.

“I have realized my kids teach me more than I could ever learn anywhere else. Win or lose, I will love them no matter how they perform, and in turn, they love me right back. And that is 'winning' in my book.”

In this sports journey, Natalie and Aubrey exemplify where champions are truly made — not just on the field but in the values, lessons, and love they share along the way. Their story demonstrates the profound influence of sports on personal growth and the strengthening of family bonds. **GN**



Tailgate like a **CHAMPION**

Kick off the season with these game day recipes.

WHEN THE stadium lights blaze and the roar of the crowd echoes, true fans know the game-day experience begins in the parking lot. Celebrate your team's spirit with these tailgating recipes, which will fuel your revelry from kickoff to the final whistle.

From handheld classics to shareable spreads, these dishes pack bold flavors and endless energy – the perfect sustenance for cheering your champions to victory. Fire up the grill and get ready to tailgate in championship style! **GN**

Hot 'N' Tangy Wings

Submitted by Dennis Gardner

3 1/2 lbs. chicken wings
1 c. barbecue sauce
1/2 c. hot sauce
1/2 c. honey
1 t. brown sugar
1 t. dry mustard

Clean and dry chicken wings. Cut and discard wing tips. Cut the wings at their joints to make two separate pieces. Place chicken pieces in broiler for 8-10 minutes until chicken is browned, flipping pieces once. Place chicken in a slow cooker. In a small mixing bowl, combine barbecue sauce, hot sauce, honey, brown sugar, and mustard. Pour over wings. Cover and cook on low for 4 1/2-5 hours or on high for 2-2 1/2 hours.



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



Potato Salad

Submitted by Debbie Henderson

1 bag potatoes, 5 lb., cooked, peeled, and diced
6 dill pickles, chopped
6 hard boiled eggs, chopped
salt, to taste
pepper, to taste
5 ribs of celery, chopped
1/2 onion, chopped
1 can sliced black olives, drained
mayonnaise, to coat mixture
mustard, to color

Mix cooked potatoes, pickles, eggs, salt, pepper, celery, onion, and olives in large bowl. Add enough mayonnaise to coat mixture. Add just enough mustard to color salad. Chill salad for at least 2 hours.



Calico Cheese Dip

Submitted by Nancy Johnston

4 c. Monterey Jack cheese, shredded
4 oz. can green chilies, chopped
2 ¼ oz. can sliced, ripe olives, drained
½ c. minced, fresh parsley
4 green onions, sliced
3 med. tomatoes, diced and seeded
1 pkg. Italian salad dressing mix
tortilla chips

In a mixing bowl, combine the cheese, chilies, olives, onions, tomatoes, and parsley. Prepare salad dressing mix according to package directions. Pour over cheese mixture and mix well. Serve with tortilla chips.



COFFEE COUNTY HIGH SCHOOL

2024 Football Schedule

DAY	DATE	OPPONENT	TIME
Friday	Aug. 23, 2024	Franklin County High School	7 p.m.
Friday	Aug. 30, 2024	AWAY @ Tullahoma High School	7 p.m.
Friday	Sept. 6, 2024	Shelbyville Central High School	7 p.m.
Friday	Sept. 13, 2024	Siegel High School	7 p.m.
Friday	Sept. 20, 2024	AWAY @ Page High School	7 p.m.
Friday	Sept. 27, 2024	AWAY @ Riverdale High School	TBA
Thursday	Oct. 3, 2024	AWAY @ Rockvale High School	TBA
Friday	Oct. 18, 2024	Oakland High School	TBA
Friday	Oct. 25, 2024	AWAY @ Ooltewah High School	7 p.m.
Thursday	Oct. 31, 2024	Blackman High School	TBA



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A woman with long, wavy, light brown hair is standing in front of a green wall. She is wearing a white blazer over a black top. She is holding a basketball in her right hand. The background is a green wall with a wooden floor visible at the bottom. There is a decorative pattern of dots on the left side of the image.

MONICA SAINÉ

**DOUBT OFTEN
EMPOWERS
DETERMINATION**



▲ Kendal Reed, Nick Saine, Kawl Saine, Monica Saine, and Cooper Reed

A coach's criticism strengthened one woman's ambitions.

By Jeriah Brumfield // Photography by Ashleigh Newnes and submitted by Monica Saine

THE STING of being called the “weakest” player on the team still lights Monica Saine’s fire today. In seventh grade, after making the cut for Westwood Junior High’s basketball team, she found herself standing in a circle with her teammates during final introductions. Her coach at the time singled her out, his words ringing in the gym: “You were the weakest girl I kept.”

Dejected but not defeated, Saine walked away with a newfound tenacity.

“From that day,” she declared, “I was determined to not be the weakest one.”

Saine poured her heart into practice, refining her skills and pushing herself to her limits. By eighth grade, she

silenced the doubters. Saine had earned a starting spot.

High school brought her under the wing of coach Missy Donaldson. There were grueling practices, intense drills, and moments of doubt, but Saine persisted. She credits coach Donaldson with molding her into who she is today.

At 16, Saine’s talent caught legendary Coach Rick Insell of Shelbyville High School’s eye. Insell is now the head coach of Middle Tennessee State University’s (MTSU) women’s basketball team. Saine played on his Amateur Athletic Union (AAU) team, where her skills and determination were instrumental in propelling the team to an

undefeated record (10-0) and a coveted national championship title.

Saine’s brilliance shone through, earning her the prestigious MVP Award at the 16U AAU National Championship. This accomplishment turned heads in the college recruiting world. Offers came pouring in, and Saine, impressed by assistant coach Stephanie Glance’s genuine connection and coach Kay Yow’s winning legacy, chose North Carolina State University (NCSU). Yow’s Christian values and positive coaching style resonated with Saine, offering a sense of stability and purpose beyond the court.

Basketball was the three-year starter’s primary focus, and when her playing days



By my third year, I was the top producer for the Manchester office. No matter what I'm doing, I'm going to give it my all, and failure is not an option.

MONICA SAINÉ

ended, she found herself adrift. Seeking direction, she decided to take her talents overseas, playing professionally in Las Palmas, Spain. While there, the Manchester Recreation Complex, a brand new facility at the time, sought qualified candidates. Saine, a known go-getter, jumped at the opportunity. For the next 13 years, Saine thrived in the world of parks and recreation.

“My job title changed to athletic director and assistant director,” she said. “Sports and fitness were always the parts of my job that I enjoyed the most.”

Throughout her tenure, her passion for sports and fitness remained. Coaching provided her an outlet to connect with kids and ignited a love for physical activity.

Saine’s entrepreneurial mind eventually led her to purchase the old Morrison Elementary School in 2016. With a vision of creating a space that promoted health and well-being, she transformed the building into a thriving recreation center named “The Spot.” It offered a variety of activities — a 24/7 gym, fitness classes,



The tenacity and drive Saine learned on the basketball court and carried throughout her endeavors translated smoothly into the competitive world of real estate. Even as a part-time agent in her first year, she established herself as a “Multi-Million Dollar Producer.” She had a genuine desire to understand her clients’ needs and a knack for finding them the perfect properties. By her third year, her dedication was rewarded.

“By my third year, I was the top producer for the Manchester office. No matter what I’m doing, I’m going to give it my all, and failure is not an option.”

Beyond her professional accomplishments, Saine’s family is her greatest source of pride. Her husband, Nick Saine, is a self-employed entrepreneur who runs Middle Tennessee Exteriors, a company offering a comprehensive range of services from building pole barns to installing metal roofs and decks.

“My husband is the hardest worker I’ve ever met. You name it, my husband can do it. He is a man of many talents.”

Together, they lead by example, instilling the same work ethic in their children. Their eldest daughter, a freshman at MTSU, has achieved multiple dean’s list honors. Their son graduated in the top 10% of his high school and now attends Tennessee Tech University for engineering. Their youngest son excels in academics and athletics.

Saine acknowledges the pain of losing her biological father at a young age and the various hardships life has thrown her way. However, she chooses daily to embrace the hardships as opportunities for growth.

“I like defeat because a comeback story speaks for itself.”

Saine’s story is the essence of what it means to be a champion — a person who rises above challenges and writes their own success story. She is living proof that perseverance and a commitment to excellence often achieve the most rewarding victories.

“You get to write the future and change the narrative at any time.” GN

basketball leagues, camps, a summer day camp program, and even party room rentals. Saine’s hard work finally paid off when the mayor of Morrison recognized her as Morrison’s “Citizen of the Year.” The award acknowledged The Spot’s crucial role in bringing sports, fitness, and recreation to the city.

Eventually, an offer she couldn’t refuse came her way. Dwayne and Bernadette Doud expressed interest in purchasing The Spot, and Saine decided to move on to new ventures. She transitioned to working at the local courthouse under Heather Duncan. During her time at the courthouse, Saine discovered a thrilling fascination with the world of real estate. This curiosity inspired her to pursue her real estate license and redefine her career path.





BLAINE AND GABRIEL BONNER

TEEING OFF

TOGETHER

Blaine's and Gabriel's lives as middle school athletes with their mom at the helm

By Jeriah Brumfield // Photography by Ashleigh Newnes

BLAINE AND GABRIEL Bonner, twin brothers with a growing love for golf, are making waves on the fairways. In this competitive realm where the pressure to succeed can be intense, Blaine and Gabriel have found an excellent support system in their mother, Haley Gray; their father, Kyle Bonner; and their grandmother, “Granna.” With such a strong support system, the future looks incredibly bright for these talented young golfers.

Blaine's and Gabriel's adventures into the golf world teed off when they were just 6, inspired by their grandfather, “Poppy,” who bought them their first set of King Cobra clubs. After taking lessons and playing regularly with their dad, they started competing for their middle school team. These early experiences laid the groundwork for their growing fascination with golf. As middle schoolers, they skillfully balance their schoolwork with golf practice and travel schedules.

“We always try to get our work done during school every day, so we don't have anything to worry about while playing golf,” they explained.

Their first year playing competitively as sixth graders at Westwood Middle School under coach Angela Houck holds a special place in their golfing memories. That year, they secured a thrilling second-place finish.

Their bond as brothers and teammates is both a source of motivation and a challenge.

“We are harder on each other than we are on ourselves,” Gabriel admitted, not-

Gabriel, Haley Gray, and Blaine at Old Stone Fort Golf Course on June 27, 2024





My golf goal is to get good enough that I can turn it into a career later in life. As a team, it is to grow and get better.

BLAINE BONNER

ing that they often play on separate teams to maintain a healthy dynamic.

They motivate each other differently during tough matches — while Gabriel prefers focusing shot by shot, Blaine lightens the mood with humor.

“I just try to make jokes to get my teammates’ minds off things and focus on the next hole,” said Blaine.

Their mom, dad, and Granna are always one step behind them, cheering them on, offering constant encouragement, and creating a positive environment.

“It gets challenging trying to balance sports and motherhood,” Gray admitted. “But with good communication, organization, and family support, we make it happen.”

She said the family is unified and makes time to enjoy the sport together, enriching their golf experiences.

“We have changed our schedules to fit their practices and matches, occasionally having to cancel other engagements,” Gray shared.

Their dad and Granna have also been instrumental, stepping in to help with practices and tournaments.

“It’s a family affair, but we all want to see them succeed,” she added.

Gray has always prioritized individual growth and choice, understanding the unique dynamics of raising twins.

“I promote a supportive environment for Blaine and Gabriel’s athletic and academic development by allowing them to choose the paths they individually want to go,” she explained.

For Gray, the most rewarding moments come from watching her sons excel and grow through their golf experiences.

“Watching the excitement on their faces when they win a match or tournament means the world to me,” she said.

Gray hopes the lessons Blaine and Gabriel learn on the golf course will carry them even further than their athletic pursuits. She believes values like hard work, dedication, sportsmanship, and integrity

will help them navigate life’s many challenges with determination and grace.

Blaine and Gabriel have faced challenges in their golf journeys, from swing issues to hitting slumps. Their strategy for overcoming these obstacles involves practice, perseverance, and a positive mindset.

“I breathe, relax, and have faith in myself,” said Gabriel, while Blaine prefers to focus solely on his shots to maintain concentration.

Pregame rituals like grabbing snacks, hitting balls on the driving range, and joking with teammates help the twins ease into the competition. As for their ultimate goals, Gabriel dreams of going pro.

He said, “My goal is to allow golf to make my life wonderful, to make it to the PGA, and to play and win the Masters just once.”

Blaine aspires to turn golf into a long-term career and help his team improve.

“My golf goal is to get good enough that I can turn it into a career later in life. As a team, it is to grow and get better.”

Blaine’s and Gabriel’s progress as young boys and golfers demonstrates the impact of family support and personal zeal. They are sincerely grateful to their family, friends, and Houck for their guidance. The twins are enthusiastic about their golfing future, fully equipped with the lessons they’ve learned and their strong support system.

In the end, Gray’s maternal guidance and their family’s united effort have nurtured Blaine’s and Gabriel’s golfing talents and impressed upon them the values and inspiration they need to succeed on and off the course. **GN**



▲ Gabriel chipping at Old Stone Fort Golf Course on June 27, 2024

HOME OF
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TIGERS

JAYDEN RENO

**BUILDING
CONFIDENCE
THROUGH
MOVEMENT**



A local PE teacher takes his students' elementary experience to the next level.

By Jeriah Brumfield // Photography by Ashleigh Newnes



TODAY, COACHES play a crucial role in helping their students find their footing in the physical education realm. As a coach, you play various roles, from being a teacher to a cheerleader, mentor, and motivator all at once. One of the fundamental principles of any career path is building relationships. Jayden Reno, a physical education (PE) teacher at Hillsboro Elementary School, understands the important role coaches and teachers play in their students' development — on and off the court.

Reno is different from your typical PE teacher. Sure, he loves sports and the energy it brings, but for him, PE is about building “champions” in the truest sense of the word.

“I am fortunate to have every single one of our students at Hillsboro in class,” he began. “Learning about them and their interests helps build that relationship

to push and encourage them to try new sports and give their full effort to trying new things.”

Reno's love for sports comes from his experiences as a young student-athlete. On the field, he learned many valuable lessons, such as teamwork, sportsmanship, and perseverance. Now, in the gym at Hillsboro, he strives to share these same values with his students.

“I love seeing how my students grow and develop as athletes, watching them accomplish things they never thought they could,” he said.

Champions come in all shapes and sizes. “Everyone's ‘best’ looks different,” he said.

Reno understands that not every student will be a “star athlete.” Whether it's a student completely new to a sport or someone naturally gifted, Reno has created a safe space for his students and encourages them to push personal boundaries and celebrate individual victories.



For Reno, the word “champion” means many different things to different people. His definition of a champion for student-athletes is “a young person who is able to work with a group of individuals to accomplish a common goal.” In his eyes, setting aside differences and opinions and working together to accomplish a common goal while competing and going above and beyond expectations academically and athletically defines a true champion.

When it comes to challenges, Reno embraces the opportunity to help his students discover what truly inspires them to get up and get moving.

“Every student is different, and finding what motivates them to be active is a different journey for each one. Whether it be playing a sport they are already interested in, talking about the health

benefits of living a healthy lifestyle or finding stories of other athletes they can relate to, I always look forward to this challenge every year.”

In sports, only some calls, games, or seasons will turn out the way the athlete would like it to. However, Reno emphasizes to his students that their response to those unfavorable calls or bad plays impacts those around them.

“If you win, you don’t brag and act like you’ve been there before. If you lose, you just have to understand you did all you could and put it behind you and get ready for the next one.”

Reno sees physical education as a cornerstone of a well-rounded education. It teaches students valuable life skills like collaboration, problem-solving, and the importance of taking care of their

bodies. Building relationships is another crucial component of Reno’s approach to teaching. He leads by example, building solid and dependable relationships with his students. In getting to know his students and their interests, he can tailor his classes to spark their curiosity and keep them engaged.

Reno cherishes the opportunity to see his former students thrive in middle school athletics as a direct reflection of the confidence and skills they gained in his PE class.

“It is always such a rewarding experience to see how they’ve grown.”

One previous student’s success reflects Reno’s influence. Once reluctant to play volleyball, she soon discovered her passion for the game, thanks to Reno’s encouragement. Now, she’s a middle school volleyball player. Reno has also had students



Every student is different, and finding what motivates them to be active is a different journey for each one.

JAYDEN RENO

go on to middle school to make basketball, football, volleyball, and cheer teams.

Inspired by his own coaches and mentors, Reno strives to be a positive influence in his students' lives. He wants them to carry the lessons of perseverance and sportsmanship beyond the classroom and into their futures as successful individuals.

"I have also had so many great mentors in my teaching career. Those people have helped inspire me to be the best teacher I can be. They have encouraged me to continue to show up every day and help create the best learning environment I can. I owe so much credit to those people."

Reno's future goal is to continue building a program that celebrates effort over outcome. He wants his students to know that showing up and giving their all is the key to success, both in the gym and in life. He is a champion maker, building confidence and perseverance one student at a time.

"I like to think that I have built an environment that they are comfortable enough to give their best effort in, and build supportive relationships with. It's my goal to show up and try to be a better teacher/coach than I was the day before. If I can continue to do that, every day will be a day I enjoy coming to work." GN



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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)

NOW HIRING

at both locations!
Stop by today

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.

BINGO
Every Monday
& Wednesday
\$100 payout

TRIVIA
Thursday Night
\$100 payout



Prater's
Bar-B-Que
& Catering



Enjoy Our Summer Treats!



Hand Dipped Ice Cream & Milkshakes

8 Flavors changing weekly.

SPECIALTY ITEMS

Ice Cream Float
Banana Split
Hot Fudge Cake
Sorbent

POPCORN

Bag
Box

NOVELTIES

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

NOVELTY & NOSTALGIC CANDIES

BAKERY

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



GRAB & GO BREAKFAST

Serving Light Breakfast Items

SPECIALTY DRINKS

- Pumpkin Spice Latte
- Toasted Marshmallow Mocha
- Cinnamon Churro
- Espresso
- Cappuccino
- Latte
- Hot chocolate
- Hot tea



Menu is subject to change.



Café, Bakery & Gift Shop

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

Lunch 11:00 am - 2:00 pm
Dinner 5:00 pm - 8:00 pm

Coffee Shop & Ice Cream Open @ 7:00 am Wed.-Fri. * Located inside the cafe!*

Cafe located at: 210 N. Irwin St., Manchester, TN - (931) 723-2491