

# Good News

exchange

**JULIE BURNUM**

## Cultivating Tomorrow's Leaders Today

Lincoln County's CTE and FFA plant seeds of success.

# FARM TABLE



# Fall Into Fabulous!

## And Harvest a Beautiful Yard...

Take your landscape to the next level with our premium landscaping services. From designs to installations,

***we will do it all for you!***

- Landscape Design and Installation
- Drainage
- Fall Plantings
- Outdoor Kitchens
- Patios
- Irrigation
- Fire Pits

***Five Star***  
***Lawn &***  
***Landscaping*** INC



(256) 975-0529 • Mon-Fri: 7:30 AM - 3:30 PM

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



# DSF Finance Inc.

**Need A Loan? We Can Help!**

**Title Loans**

**Payday Loans**

**Flex Loans**

**Borrow \$100 Payback \$101**

**(First Time Customers Only)**

**Let Us Pay Off Your Loan**

**Guaranteed Lowest Rates**

**We Will Save You Money**



**No Credit Check**

**Se Habla Espanol**

## **Gold & Diamond Pawn**

**We Pay Cash For Your Unwanted Gold,**

**Diamonds, Scrap Jewelry**



**1302 Huntsville Hwy Fayetteville, TN 37334**

**DSF (931 438-3283)**

**G&D (931 438-1010)**



# EARLY VOTING

October 16<sup>th</sup> - 31<sup>st</sup>

Open To Any Registered Voters

Please bring a qualifying photo ID

## Early Voting Hours

Monday-Friday 8am-5pm

Saturday 8am-12pm

[lincolncountyttn.gov/election-commission](http://lincolncountyttn.gov/election-commission)

208 Davidson Street East, Fayetteville, TN 37334 • (931) 433-6220



Need to Check & Update registration?  
Update now online at [GoVoteTN.gov](http://GoVoteTN.gov)

Compassionate, Quality Care for Rehab or Long-term Living



Outpatient Therapy

Senior care is the heart of what we do at **AHC Meadowbrook**. If you or your loved one needs care close to home or family, let us be your first choice. Services include:

- Nursing care
- Physical, occupational and speech therapy
- Disease management
- Wound care
- IV therapy
- ARTS technology
- Much more

Call Today **931-363-7548** Or visit [AHCseniorcare.com](http://AHCseniorcare.com)

**REHAB AMERICA**  **AHC Meadowbrook**  
SENIOR LIVING • REHABILITATION

1245 East College St., Pulaski, TN • [Facebook.com/AHC.Meadowbrook](https://www.facebook.com/AHC.Meadowbrook)

## WE CAN DO IT ALL!



### Complete Excavation Services:

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

Insured



All major credit cards accepted

**BERZETT EXCAVATING** 

**931-625-7013**

## Edward Jones

> [edwardjones.com](http://edwardjones.com) | Member SIPC



### Plan for their future and yours.

It's never too early or too late to start planning for your future. We can work together to build a savings strategy that fits your family.

Contact me today to get started.



**John Karby, CFP®, AAMS®**  
Financial Advisor  
1231 Huntsville Hwy, Suite C  
Fayetteville, TN 37334  
931-438-3200



**Lisa McKern, AAMS®**  
Financial Advisor  
2899 Huntsville Hwy.  
Fayetteville, TN 37334  
931-438-2378



# Looking For A New Vehicle?



## 200+ USED AUTOS

### NEW Chevys



### NEW Jeeps



### Pre-Owned



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

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

**StanMcNabbChevy.com**  
and **StanMcNabbCDJR.com!**



All prices plus tax, title & license includes \$599 doc fee. Prices subject to change & vehicle availability.



# TABLE OF CONTENTS

ISSUE 9 2024

**LETTER FROM THE EDITOR:** 10  
Farm-to-Table

## *Good Living*

**BUZZING WITH CREATIVITY: AUTHOR HEIDI FOWLER'S BEE-UTIFUL JOURNEY** 14

Heidi Fowler's path blends nature, storytelling, and a passion for sharing life's wonders

**BEYOND KICKS AND PUNCHES** 20

Eagle Spirit Karate transcends physical training, shaping and empowering students for life

**THE HEART OF A HUNTER** 26

James "Skip" Parkes knows the value of not letting them get away

**BETTER EATING, BETTER LIVING** 32

Farm-to-table connects the community to the source of our food







## Good Stories

- 36 CULTIVATING TOMORROW'S LEADERS TODAY**  
Lincoln County's CTE and FFA plant seeds of success
- 40 ROOTED IN VALUES, REACHING FOR PROGRESS**  
Leslie Copeland harvests success
- 44 JAZZBERRY FARM: A MODEL OF SMALL-SCALE SUSTAINABILITY**  
A local couple turns their homesteading dream into reality

## Good Times

- 50 COMMUNITY EVENTS**
- 52 CHARITY LISTINGS**
- 54 ADVERTISER INDEX**

# Tell us something good



ication that comes celebrating Dairy is father Steve, his and his wife Kana mally started dairy been in Tennessee nth is a way to ob- behind the scenes, riculture. ight on many people e-energy, high-per- farmers do a lot of in terms of raising care of cattle, being noblems, and west- ck goes into dairy s. The Nash family of 2020. "We'd al-

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



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





## Medicare Advantage coverage you want. Right here.

Get a plan with a **\$0 premium** – plus extras.



Call today to learn more from this licensed insurance broker.

**Walter Phillips**

Bagley and Bagley Insurance Agency

**931-433-3933**

walter@bagleyandbagley.com

Mon. - Thurs. 7:30 A.M. - 4:30 P.M. • Fri. 7:30 A.M. - 3:30 P.M.

BlueAdvantage is a PPO plan with a Medicare contract. Enrollment in BlueAdvantage depends on contract renewal. BlueCross BlueShield of Tennessee does not discriminate on the basis of race, color, national origin, sex, age, or disability in its health programs and activities. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-831-2583, TTY 711.

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوفر لك بالمجان. اتصل برقم TTY: 711, 1-800-831-2583.

BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the Blue Cross Blue Shield Association  
H7917\_21AGNTAD\_M(10/20)

# Local RELATIONSHIP BANKING

SINCE 1906

# FirstBank

FirstBankOnline.com

1927 Wilson Parkway, Fayetteville

931-435-4537

Member FDIC

## NEED ROOF REPAIR?

- Repair • Replace • New Construction • Locally Owned & Operated
- All Types Of Roofs • Owens Corning Preferred Contractor



Fully insured certificate available on request. We'll work with insurance companies

421 Lincoln Ave. S., Fayetteville, TN

**931-433-7314**

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

## Have Your Septic Tanks Taken Care Of

We Serve All Of Middle Tennessee



- OVER 23 YEARS EXPERIENCE
- COMMERCIAL & RESIDENTIAL
- FAMILY OWNED & OPERATED
- LICENSED & INSURED

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

**KEITH'S TANK SERVICE**  
(931) 433-0900 • (931) 962-0510  
[www.keithssepticpumping.com](http://www.keithssepticpumping.com)

## The Best Fuel For Your Farm



**S&S Small & Small Oil Co.** Established 1947  
Serving Lincoln & the surrounding counties, including Northern Alabama.

Call Us For Pricing  
**931-433-3525**

412 Franklin Ave. S.  
Fayetteville, TN



**BE PREPARED.**

Don't let a cold spell  
take you by surprise.



Call Fayetteville Public Utilities at (931) 433-1522 to schedule a FREE fall light-up of your pilot lights for all natural gas heating equipment including space heaters, log inserts and fireplaces.

*Light-ups will be performed from September 9 through October 31, Monday through Friday, 8:00AM to 3:30PM.*



**Call Today To  
Schedule A Tour!**



**LINCOLN MANOR**

115 Medical Center Blvd., Fayetteville, TN 37334 • (931) 433-5000  
<https://inspiritseniorliving.com/lincolnmanor>

*Caring*

**...as only your local funeral home can.**

Providing funeral care for your family is our number one priority. We believe the best way to serve you is by being here in the community - for you, and with you. You can count on us to be available for your family 24 hours a day, and at a moment's notice.



508 West College St.  
Fayetteville, TN 37334  
Office: 931.433.4511

Funeral Info: 931.438.2956  
[www.gallantfuneralhome.com](http://www.gallantfuneralhome.com)



**Do you struggle with hurts, pain,  
or addiction of any kind?**

- Are you an adult child of an alcoholic or an abuse survivor?
- Do you struggle with anxiety, co-dependency, anger or fear?
- Are you addicted to gambling, food, sex, substances or pornography?

Celebrate Recovery is a Christ-centered, non-denominational, 12 step recovery program.

CR meets every Tuesday, 5:30-8PM.

Supper provided and childcare is available upon request.



**Fayetteville First UMC • 200 Elk Ave N. • (931)433-2251**





## Sprouting from soil, served at supper

Farm-to-table plants seeds generation after generation.

OUR FOOD nourishes us, from the soil beneath our feet to the table where we gather with family and friends. The hot sun beams from the sky into the field of sprouting seeds. Farmers rise early, tending to their crops with the same care and dedication that their families have shown for generations. The connection between the land and our plates is a story of hard work, love, and survival — a story growing more vital as we seek healthier, more intentional ways to nourish our bodies.

The beauty of farm-to-table lies in its simplicity. Cooks transform fresh, seasonal ingredients into meals that are delicious and rich in nutrients, just like nature intended. Each dish tells a story of the farmer who harvested the tomatoes, the hands that crafted the cheese, and the cook

who brought it all together like magic. When we eat farm-to-table, we're not just enjoying a meal; we're participating in a movement that values relationships over transactions.

When we focus on farm-to-table, it also reconnects us with the seasons, reminding us that food is more than a commodity — it's a gift from the earth that should be savored. There's a certain joy in eating what's in season, knowing that the flavors are at their peak and that you're supporting local farms that are the backbone of our communities. The people in this issue bring us closer to nature, yes ... but also closer to each other. This issue of Good News is a return to our roots — a celebration of the land, and a recognition of the hands that toil to bring us the freshest, most nourishing foods. **GN**

Wesley Bryant,  
EDITOR-IN-CHIEF

From our publishing partner



*"I take great honor in being the Publishing Partner for Good News Fayetteville! Good News Fayetteville shines light on the people and businesses that help make our town exceptional. If you are interested in becoming a supporter of Good News Fayetteville, please contact me today with any questions you may have."*

**Faith Cashion**

Publishing Partner  
(931) 205-0640  
faith@goodnewsmags.com

What do you think about the magazine?



Scan with your smartphone's camera.

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



# Good News<sup>®</sup> MAGAZINE

**PUBLISHING PARTNER** Faith Cashion

**EDITOR-IN-CHIEF** Wesley Bryant

**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** Michelle Allison

**STORY COORDINATOR** Haley Potter

**PROOFREADER** Michelle Harwell

**JR. PROOFREADER** Kaitlin Rettig

**BUSINESS DEVELOPMENT** Cindy Baldhoff, Amanda Cox,  
Tony Glenn, Kevin Hines, Mark Mahagan, Kevin Maples,  
Janet Mullins, 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 TALENT** Chase Perryman

**VP OF MARKETING** Gabby Denny

**HUMAN RESOURCES AND FINANCE** Tracey Pollock

**CUSTOMER SERVICE** Shelli Fuller, Barb Hargrove

**DIGITAL DESIGN DIRECTOR** Clinton George

**DIGITAL MARKETING SPECIALIST** Dani Wilbert

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.

# Be part of something good



98%  
OF OUR READERS  
Say they would purchase a  
product or visit a local business  
featured in the magazine.

...ation that comes  
celebrating Dairy  
father Steve, his  
and his wife Kara  
lady started dairy  
been in Tennessee  
ath is a way to ob-  
behind the scenes,  
riculture.  
ight on many people  
energy high-pro-  
farmers do a lot of  
in terms of raising  
care of cattle, being  
nobles, and wear-

It goes into dairy  
& The Nash family  
of 2020. \*We'll al-

DATA FROM CVM AUDIT, JANUARY 2023

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)



**FAYETTEVILLE**  
OUTDOOR SPORTS



UP TO **\$3,000 OFF\*** OR FINANCING AS LOW AS **.99% APR** FOR 36 MONTHS  
SELECT OFF-ROAD VEHICLES

2908 Huntsville Hwy. [www.FOSRIDE.com](http://www.FOSRIDE.com)

# Looking for a new place?

Oakview Apartments currently has:

- 2 Bedroom Apartments w/Washer-Dryer Connection
- 1 Bedroom Apartments • Spacious Energy Efficient
- Total Electric Kitchens & Energy Efficient Appliances
- Dishwasher & Washer/Dryer Hook-Ups Available
- Walk In Closet • Onsite Laundry Room
- Handicap Units When Available
- Pet Friendly • Some Restrictions Apply

1 BR Starting @ \$520.00 • 2 BR Starting @ \$575.00



Credit & police check required  
**(931)557-9410**  
**(931) 433-7751**

TDD 1-800-848-0298   
Just off Huntsville Hwy. • 500 Independence Drive

## GRILLING SEASON

We're Ready. Are You?



### LOCAL PEOPLES GAS COMPANY

3296 Lewisburg Hwy.  
Petersburg, TN

**931-659-6981 Phone**  
**931-993-9496 J.D. Haislip**

Mon.-Fri. 8 A.M. - 4:30 P.M.  
We are locally owned & operated...  
we want your business!

*Proudly serving Fayetteville,  
Lewisburg, and Surrounding Areas*

it's not special treatment,  
if you treat everyone special.

simple human sense.

**BAGLEY & BAGLEY**  
**INSURANCE**  
FAYETTEVILLE  
931.433.3933

*Auto-Owners*  
**INSURANCE**



## We Service What We Sell!

**AMANA**  
JUST RIGHT.

**KitchenAid**

**MAYTAG**

**Speed Queen**

**Whirlpool**

409 Lincoln Ave. South, Fayetteville, TN 37334  
**931-433-5869** Mon.-Fri. 7-5; Sat. 7-12

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

**Bradford**  
**APPLIANCE**



# Put adventure back in the drive



1223 Huntsville Hwy., Fayetteville, TN  
**(931) 532-0400**  
 Mon. - Sat. 9:00 am - 7:00 pm  
[fayettevillechryslerjeepdodgeram.com](http://fayettevillechryslerjeepdodgeram.com)

**FAYETTEVILLE**  
**CHRYSLER DODGE JEEP RAM**

*Where You're Treated Like Family*

## Now Is The Time To Buy!

*Mortgage Rates Are Still Great!*



**Come See Kelly Richardson Today!**  
*She Will Find The Right Mortgage Solution For You!*

 **First National Bank**

Kelly Richardson  
 NMLS #992976

**Fayetteville** 931-433-5855 **Park City** 931-433-9124  
 405 West College St., Fayetteville, TN 37334 2850 Huntsville Hwy., Fayetteville, TN 37334

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



Member  
**FDIC**



## Heal WITH US

Return to wellness with the help of our short-term therapy services.

CALL TO SCHEDULE A PERSONAL TOUR.

  
**Lynchburg**  
 Nursing Center

**931.759.6000**  
 40 Nursing Home Rd.  
 Lynchburg, TN 37352  
[LynchburgNursingCenter.com](http://LynchburgNursingCenter.com)

*Fayetteville's Most Unique  
 & Historic Dining Experience*



**Cahoots**

114 W. Market Street  
 Fayetteville, TN 37334

**931-433-1173**

Mon: Closed - Tues - Thurs: 11:00 AM - 7:00 PM  
 Sat: 12:00 PM - 8:00 PM - Sun: Closed





# BUZZING



with

# CREATIVITY:

## Author Heidi Fowler's Bee-utiful Journey


Heidi Fowler's path blends nature, storytelling,  
and a passion for sharing life's wonders.

By Tina Neeley // Photography by Brooke Snyder

The gentle breeze whispered, "Come on out," as the branches' unfurling leaves waved at her, coaxing her from the open back door. New ferns spilling out of her mama's concrete urns gently billowed, and freshly mown grass signaled the end of winter's imposed rest. As she kicked off her shoes, her tender feet laughed, tickled by the sun on her face and minions of gentle sword-like pricks of the blades that surrendered under her steps.

A few steps away were her favorite flowers. Stooping, she picked the year's first dandelion bouquet, sure of where Mama would put them — in Granny's old honey jar. But as she rushed to the door with her blooming surprise, she saw it.

"Maaa-maa!" she screamed, dropping the flowers and the stowaway honeybee in a heap on the porch.







Heidi Fowler and her dad,  
A.C. DeMuth

WRITE ON.







*“God has a plan. There’s a reason for the animals we have and the systems in nature. He has the answers within His creation, and we just have to tap into them.”*

-Heidi Fowler



**P** OOR BEES. Seeing them raises our adrenaline, and rightfully so, especially for the many allergic to their stings. Some of us put a healthy distance between them and us and enjoy the fruits of their labor. And yet others care for them, understand them, and protect them.

Heidi Fowler cares for the bees and for the children who misunderstand them.

The California native connects nature, life lessons, and her understanding of God’s plan for his creation. Her earliest connections date back to her childhood.

“God has a plan. There’s a reason for the animals we have and the systems in nature. He has the answers within His creation, and we just have to tap into them,” Fowler noted.

Her childhood on her family’s small homestead sparked her love of animals, gardening, and cooking from scratch. And home-grown meals aren’t the only thing she cooks up from scratch. Fowler is a children’s book author.

“I told stories before I could write. I’ve always loved writing and have written stories since I could put sentences together,” she said.

She told her first stories before she could write, but her first published works were poems in print before she graduated high school. Then, life got busy, leaving little time for writing. With her training in early childhood education from Taft College in California, she worked in preschools and operated a day care. Even though writing seemed on the back burner, her experiences were at work, teaching her things that now inform her writing processes.

Fowler shared, “Working with children is very rewarding and challenging at the same time. Young

children are curious about all things in life and eager to learn. It’s easier to learn when they don’t realize they are learning. Telling a good story gets people engaged. When you inject the lesson into the story, the education happens organically.”

“Bee Helpful,” Book 1 in “Rubee’s Happy Hive” series, is Fowler’s first book, followed by Book 2, “Bee a Good Steward” and Book 3, “Bee Truthful.” Geared towards ages 2 through 8, the books in Rubee’s Happy Hive series and an upcoming series, “Grandma’s Garden”, are available on Amazon.

Her years of beekeeping made writing her first book series a labor of love.

“Beekeeping is an experience I wish everyone could have. Bees are absolutely amazing and are one of the most misunderstood creatures that widely impact our food system. Once you learn how they live and work, you see them in a new way, so I decided to start with bees for my first series,” said Fowler.

Sharing the creative process with her father, who illustrates the stories, is a bonus.

“My father is an excellent artist, but this isn’t the type of art he’s used to doing. My mother was the cartoonist, and my father did landscapes and portraits. He stepped out of his comfort zone to do these. I’m glad he did. I love working with him on these books. Better than my happiness, he told me he’s found what he wants to do now — illustrate books. That makes me smile.”

Writing and illustrating the books were one thing; pursuing publication, which can be a long journey for many authors, was another. But for Fowler, it was easier than expected, thanks to her Lincoln County community.

She said, “The wonderful thing is that at least three people stepped in to help me find a publisher. I’m so





thankful for their help. This is one of the places the community here shines. I had no clue how to go about doing this. Everything from finding the publisher [forward] just happened naturally, like it was meant to be. I'm sure God had His hand [in it] through the whole process."

Boosting Fowler's inspiration and foundation for her stories are her five children, two of whom she homeschooled, and her three grandchildren. She also has the support of her "wonderful husband who supports me in all I do."

She believes everyone has talents and that using her gifts in animal husbandry, gardening, and writing is a way to use hers to glorify God.

You might say she's tapping into the plan. **GN**

*Visit Amazon to purchase Heidi Fowler's children's books, including "Bee Helpful" and the other books in Rube's Happy Hive series and the upcoming series, Grandma's Garden. For additional information, contact Fowler at [heidipoodles@yahoo.com](mailto:heidipoodles@yahoo.com).*







# The Care They Deserve

- Physical, Speech, Occupational & Respiratory Therapies
- Unit Specializing in Dementia Care
- Specializing in Skilled & Long Term Care
- Nursing
- Specialized Diets
- Activities
- Social Services
- Free Wi-Fi



4081 Thornton Taylor Pkwy.  
Fayetteville, TN 37334  
931-433-9973

Administrator - Lisa Veteto  
Director of Admissions - Jennifer Mitchell  
faymark@twinrivershc.com  
elkriverhroffayetteville.com

**Hello Summer**

## INTRODUCING PEDISHACK JUST CUTS

**WALK-IN CUTS • MON-SAT - \$20  
WOMEN, MEN, KIDS**

Don't forget our Amazing Manicures & Pedicures

**Pedi Shack**  
Nail Bar, Beautybar & Spa

**931-625-2421**  
2527 Huntsville Hwy.  
Fayetteville, TN  
Mon. - Fri. 9 A.M. - 5 P.M.,  
Sat. by appointment only

## Annual Open House October 5<sup>th</sup>, 2024

Vendors, Food Trucks, Door Prizes, Food Samples, **FREE Donuts**

**Donut Saturdays!**  
September 21<sup>st</sup>, October 5<sup>th</sup> & 19<sup>th</sup>

**(931) 962-0567**  
10026 David Crockett Hwy. • Belvidere, TN  
swisspantry@gmail.com  
[WWW.SWISS-PANTRY.COM](http://WWW.SWISS-PANTRY.COM)

## 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

## Extraordinary Craftsmanship Custom Design

- Interior & Exterior Railing • Pool & Yard Fences
- Driveway & Pedestrian Gates • Guard Railing
- Residential & Light Commercial

**Southern IRON WORKS**  
575 Lynchburg Hwy., Mulberry, TN 37359  
**931-993-9710**  
[www.southernironworks.com](http://www.southernironworks.com)



# We Will Be Open

September 20<sup>th</sup> - October 30<sup>th</sup>



PLAN A FULL SEASON OF FUN AT LYON FAMILY FARMS

## Fireworks Every Fri. Night In October!

Wed-Thur 12PM-6PM • Fri 12PM-8PM  
Sat 9AM-6PM • Sun 1PM-7PM

## Activities

Pumpkin Patch • Corn Maze • Slides • Pig Races  
Petting Zoo • Cow Train • Tractor Rides  
Delicious Treats • And Much More!

We will be open from  
September 20<sup>th</sup> - October 30<sup>th</sup>

130 Bellview Rd., Taft, TN 38488

(931) 438-9938

Save Money - Buy Your Tickets Online! [www.lyonfamilyfarms.com](http://www.lyonfamilyfarms.com)



# Sip, Smoke, & Savor

We've Got What You Need  
Lottery • Beer • Cigars



## True Discount Lotto Land

### 931-427-8211

25900 Main St., Ardmore, TN

Hours: Mon. - Sat. 7:00 A.M. - 10:00 P.M.;  
Sun. 7:00 A.M. - 9:00 P.M.



# Join us for *Lady's Day* On October 17<sup>th</sup>

Come in and register to win a shopping spree!



## Spray's Jewelers

1822C Huntsville Highway Fayetteville, TN  
(931) 433-6081 • [spraysjewelers.com](http://spraysjewelers.com)







# BEYOND KICKS and PUNCHES



Eagle Spirit Karate transcends physical training,  
shaping and empowering students for life.

By Tina Neeley // Photography by Brooke Snyder



← Gunner Bates

Quentin Adams and Joel Davis





▲ Dre Young and Josh Wright

**W**HAT'S YOUR karate IQ? Is it informed by the wise instructor from "The Karate Kid," Mr. Miyagi, or the or the Netflix series "Cobra Kai"? Perhaps you still enjoy reruns of "Walker, Texas Ranger," and its karate action scenes. Or maybe your mental association of the word "karate" is to "black belt." Television, movies, and streaming services may be your only exposure to the martial arts, but it doesn't have to limit your appreciation for it.

Step into Fayetteville's Eagle Spirit Karate (ESK) to the sound of bare feet slapping padded floors and intense "Osu!" here and there, meaning "to persevere whilst being pushed." That's not just a vocalization popularized by Hollywood; it's kiai, a martial arts spirit shout propelled by an explosive burst of energy. Sensei Terry Mitchell guides the class through their choreographed movements, with each strike and block executed with purpose and control. Despite the common misconception that the main goal is advancing rank, as evidenced by the color of the uniforms' obi (belt), much more takes place in the space of class.

Mitchell explained, "Eagle Spirit Karate is a family-oriented dojo. We maintain the traditional art of Okinawan karate and kobudo (traditional Okinawan weapons training). We emphasize self-respect and respect for others."

This combination is at the heart of the ESK Trias karate system, developed through the expertise and teachings of Hanshi Terry Sanders in Shorei Ryu, Sensei Dan Marrs in Shorei Goju Ryu, and Sensei Lorraine Lewis in Shuri Ryu. Each system was passed down by "The Father of American Karate," O'Sensei Robert Trias.

"I have been blessed with two great instructors who placed emphasis on different aspects of the art. Marrs Sensei focused



▲ Terry Mitchell



“

Eagle Spirit Karate is a family-oriented dojo. We maintain the traditional art of Okinawan karate and kobudo (traditional Okinawan weapons training). We emphasize self-respect and respect for others.

-Terry Mitchell



on sparring while Lewis Sensei focused on kata and its bunkai (application),” Mitchell said. “I’ve also had the opportunity to meet and train with Hanshi Terry Sanders, the current Style Head of Shorei Ryu.”

The focus and discipline instilled by martial arts are practical tools to improve learning in students diagnosed with developmental disorders, including people with autism or with attention-deficit/hyperactivity disorders.

“Their parents and teachers have seen major improvements in their ability to concentrate and focus on tasks at hand,” Mitchell pointed out about their success.

But it’s not a one-size-fits-all program when training these students.

He said, “As instructors, we must adapt our teaching methods and tailor them to the needs of the student. Each student is different and motivated in different ways. There is no cookie-cutter process. Teaching students with special needs takes a great deal of patience, but seeing the positive results from their training is very rewarding.”

While few students ever achieve their black belt status, the dedication and training of those who do reap the benefits in all areas of life. ESK student Sensei Natasha McDonald is one of the success stories.

McDonald, who started with ESK as a 7-year-old, is now 21 and holds the rank of Sandan (third degree black belt).

“We have watched her grow from a little girl to an excellent martial artist, instructor, and exceptional young lady,” Mitchell said.

Through her years with ESK, McDonald progressed, graduating high school, college, and nursing school while dedicating herself to karate. Her personal journey reflects ESK’s dedication to developing skilled martial artists and well-rounded individuals who contribute to the local community.

“Her training instilled self-confidence, self-discipline, and tenacity. These traits were very beneficial in her academic achievements and will greatly assist in her professional pursuits,” stated Mitchell.

Although she was shy and unsure of herself as a child, her 14-plus years at ESK taught her self-confidence in all areas of life. The instructors’ support undergirds her through life’s ups and downs.

McDonald shared, “Sensei Jurgen and Sensei Terry are more than just teachers — they are family. They comforted me when I lost my mother as a child and celebrated with me when I graduated high school and college. They have had a significant impact on the woman that I have become over the years, and I am truly grateful for them both.”

According to Mitchell, though rooted in ancient art, ESK continually adjusts its teaching methodology and curriculum.



“Our curriculum has evolved over the years. We still hold to our traditional roots and the art of Okinawan karate, but we also use modern training methods,” Mitchell said. “Our black belts have trained and are currently training in other systems such as Jeet Kune Do, Kali, Wing Chun, and Brazilian jujitsu, and they bring this knowledge to the dojo and share it with our students.”

The ESK Trias karate system is a comprehensive approach emphasizing self-protection, self-respect, and self-discipline. Within its framework, the sound of bare feet slapping against the floor and the resonant “Hoa!” symbolize the beginning of a journey — not just about mastering martial arts, but about unlocking one’s fullest potential in every aspect of life. GN

*Eagle Spirit Karate is located at 2715 Huntsville Hwy., Fayetteville. For more information, call (931) 438-2403.*





◀ Terry Mitchell, Natasha McDonald, and Jürgen Mohr

▼ AJ Williams



▲ Joel Davis, Dre Young, and Quentin Adams







# MARK YOUR CALENDAR

For Your 2024 Screenings!



HH Lincoln Health is proud to offer a variety of FREE or DISCOUNTED screening and education opportunities. Take advantage of these specials and be proactive with your health care needs.

## Screenings Offered:

- (No charge) **August:** Hemoglobin A1C Screening
- (No charge) **September:** Prostate Blood Screening (PSA)
- (\$90 Self Pay) **October:** Mammograms
- (\$75 Self Pay) **November:** Low-Dose Lung Scan

**For more information and to schedule an appointment please call: (931) 438-7426**

hhlincolnhealth.org  
106 Medical Center Blvd. Fayetteville, TN 37334

## Tennessee Valley's #1 Choice



**Mundy Home Center, Inc.**

3606 Memorial Pkwy SW, Huntsville  
256-880-8484 • mundyhomecenter.com • f

SF22762

Lynchburg  
931.759.6050  
www.firstcommunitybanker.com



FIRST COMMUNITY BANK Hope Phillips, Universal Banker  
of Tennessee Moore County Branch

# Too good to miss



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

goodnewsmags.com/social





**CREATING SPACES WHERE MEMORIES ARE MADE**

DOWNTOWN FAYETTEVILLE, TN  
 NORMAN-FURNITURE.COM  
 931-433-2582

**Dealing With Allergies?**  
**CALL THE CLEAN AIR EXPERTS**

- Ventilation
- Vapor Barrier
- Encapsulation

**MOISTURE CONTROL**  
 Foundation Vents  
 Attic Vents / Moisture Barrier  
 Sump Pump  
 Full Encapsulation  
 Dehumidifiers

**INSULATION**  
 Attic / Floors  
 Walls / Removal

**KIRKLAND'S INSULATION, LLC**

**Call for your FREE quote: (931) 433-2727**  
 211 McDougal Rd., Fayetteville, TN • [kirklandsinsulation.com](http://kirklandsinsulation.com)

**Let Us Help You Get Back To Being You!**

**Physical Therapy:**

- Balance Training/Gait Training
- Fall Prevention/Safety Training
- Pain Management
- Muscle Strengthening

**Occupational Therapy:**

- Stroke Rehabilitation
- Bathing, Dressing, Grooming Retraining
- Adaptive Equipment Needs

**QUALITY FIRST HOME CARE**  
 KEEPING FAMILIES TOGETHER AT HOME

Call Us Today:  
 931-438-9595

2310 Thornton Taylor Pkwy Ste A • Fax: 931-438-9549 • [qualityfirsthc.com](http://qualityfirsthc.com)



# THE HEART OF A HUNTER



**James “Skip” Parkes knows the value of not letting them get away.**

**By Tina Neeley // Photography by Brooke Snyder and submitted by Skip Parkes**

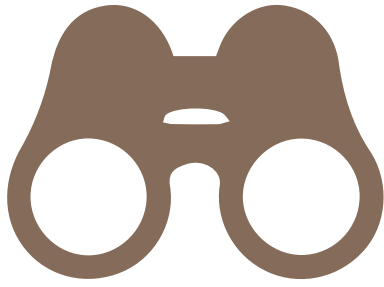
**A**S THE late afternoon sun cast its last shadows over the Kentucky woods, she limped into the open field, her young fawn following along playfully.

“Take my coat off,” James “Skip” Parkes said to his grandson-in-law, Jim Cortner, who watched over Skip’s shoulder through binoculars.

The small wooden hut blended naturally with the surroundings, camouflaging Skip, Cortner, and the resort’s hunting guide. Almost immediately, a buck approached from the left and another from the other side.

“How about the right one, Jim?” Skip inquired as he set his sights on it.





Informed of its broken antlers, Skip quickly but smoothly swung his rifle to the left, zeroed in, and pulled the trigger, dropping the buck where it stood. The trophy deer, which scored right at 200 on the Boone and Crockett Club scorecard, was the second taken by 94-year-old Skip within one month last year. The other, harvested in Texas, was a nontypical deer, scoring 233 5/8 with 27 points and a 28-inch spread.

His love for hunting is exceeded only by his love for his late wife, Martha, who passed away in September 2023. An avid hunter and fisherman since childhood, he missed several hunting seasons due to caring for his wife. He believed his last hunt was already behind him, but Cortner had other plans.

"I encouraged him. He can still go a little bit. He didn't think he could, but he realized he can still [hunt] a little," said Cortner.

His days of climbing with a tree stand are behind him, but today, blinds with only a few steps up and a propane heater make hunts accessible. For everything that's changed since he began deer hunting, the thrill of shooting the big bucks has never diminished.

"You can't wait. Anytime you get a chance, you better get it right then because they get away in a hurry — just disappear," Skip declared about deer. But it's as much about true love, too. He knows about matters of the heart, his record rivaling his hunting career.

It was a high school double date. His good friend, Colman Riddle, insisted he go with him, but experience taught Skip a thing or two about blind dates.



*Skip with his dad*



*Skip on a buffalo hunt*



*Skip with a buck he killed*





*Bearskin rug made from one of Skip's kills*



*Skip with his dog*



"I'd learned there's always a good-looking girl, and, of course, he's dating her," Skip said, threatening to beat Riddle with a baseball bat if it turned out to be the case. "I met the girl I married. We both fell in love that night and were together for the next 75 years."

Marrying Martha, the boy who'd grown up hunting and fishing with his family became the husband and father who often filled his free time outdoors year-round. Hunting and fishing were part of the rhythm of their days. Martha always got up early to make sure the love of her life had a good breakfast before he left for the outdoors, never complaining.

Skip recalled his earliest white-tailed deer hunts on Carter's Mountain in Franklin County when the state's first deer hunting season opened. Hunters were allowed to harvest two deer, signaling that the deer populations across the state were growing, according to the Tennessee Wildlife Federation's website.

"You'd sit for days — snow, wind, rain — and wouldn't see a deer for hours upon hours, from daylight to dark, and may not see any," he said.

Herd management successfully led to more frequent sightings and larger deer, and Skip continued to pursue them. He shoots only bucks, and his passion feeds others. Tennessee's Hunters for the Hungry partners with area

meat processors to provide fresh, lean meat to citizens in need. For more than 25 years, Skip donated his venison through the program, helping stock area food banks, soup kitchens, and shelters feeding hungry families.

The reels of his memories highlight a lifetime of trophies from local hunts and those in Canada, South Dakota, Colorado, Texas, Alabama, Illinois, and Kentucky, among others. But his memories of Martha outshine them all, and their theme song, Vince Gill's "Look at Us," provides the soundtrack. In an unforgettable display of his love and dedication to her, he took Martha to a Vince Gill Christmas concert for their 72nd wedding anniversary. The holiday songs stopped as Gill acknowledged the Parkes' special occasion and sang their song. For a moment, the world and the Ryman Auditorium belonged just to them.

As the song's last notes faded, the audience erupted in applause, all captured on video by a stranger seated nearby. Today, replaying it is bittersweet but priceless. Many hunt for such a true, lasting love and never find it. Skip might have missed the trophy of his life if he had not said yes to a blind date.

"I've been blessed far beyond what I deserve," he said. **GN**

*For more information about Hunters for the Hungry, visit <https://tnwvf.org/hunters-for-the-hungry/>.*





*"I've been blessed  
far beyond what  
I deserve."*

*-Skip Parkes*



Heidi Fowler,  
children's  
storybook author.  
Story on page 14







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.*







# *Better eating, better living*

Farm-to-table connects the community to the source of our food.

**E**ATING WITH produce, meats, and spices from nearby farms and growers brings the freshest flavors to our tables. And choosing local ingredients benefits our community while enhancing our family meals. These local products showcase our region's unique tastes, making ordinary dishes memorable. By supporting local producers, we strengthen community bonds while giving our families the best our area has to offer. It's a straightforward approach to better eating, connecting us to the source of our food. GN

## *Broccoli Salad*

Submitted by Cyndi Hunter

1 lb. fresh broccoli  
1/4 c. onions  
1 can sliced olives, 2 1/4 oz.  
3/4 c. ranch salad dressing  
purple cabbage leaves

Finely chop broccoli florets, reserving stems for other uses. Combine broccoli, onions, olives, and ranch dressing in a large bowl. Cover salad and refrigerate. Line serving bowl with cabbage leaves. Spoon salad mixture into the center of the bowl.



Submit your recipes to be included in  
*Good News Magazine and the Exchange Cookbook:*  
[www.southernaprons.com](http://www.southernaprons.com)



## Garden Tomato Soup

Submitted by Emma Hardin

1 c. celery, chopped  
1 sm. onion, chopped  
1 med. carrot, shredded  
1 sm. green pepper, chopped  
1/4 c. butter  
4 1/2 c. chicken broth, divided  
4 c. tomatoes, peeled, chopped  
2 t. sugar  
1/2 t. curry  
1/2 t. salt  
1/4 t. pepper  
1/4 c. AP flour

In a large saucepan, saute celery, onions, carrot, and green pepper in butter until tender. Add 4 cups broth, tomatoes, sugar, curry, salt, and pepper. Bring to a boil. Reduce heat and simmer for 20 minutes. In a small bowl, stir flour and remaining chicken broth until smooth. Gradually stir into tomato mixture. Bring to a boil. Cook and stir until thickened and bubbly, about 2 minutes.

## Breakfast Casserole

Submitted by Renee Blackburn

1 lb. bulk sausage, browned and drained  
1 lg. bag hash browns  
9 eggs, beaten  
16 oz. sour cream  
1/2 to 1 lb. Velveeta® cheese  
5 green onions, chopped  
1 green pepper, chopped  
1 sm. jar pimentos  
salt and pepper to taste

In a large bowl, mix all ingredients except eggs and put into a 9 x 13" casserole dish. Pour eggs over mixture. Bake at 325° for 45 minutes. This can be made the night before and add the eggs in the morning prior to cooking.





# FARM TABLE

Farm-to-table is a tribute to the hardworking farmers in small towns who are the backbone of our community and the heart of America. These farmers rise with the sun, nurturing the land with care and dedication, harvesting the fruits of their labor to bring food to our tables. They are the unsung heroes, the ones who keep the world spinning, feeding not just our families but our very souls.

Farming is more than an occupation; it's a legacy, a patriotic duty passed down through generations. We are deeply thankful for these women and men who embody the spirit of resilience and hard work, ensuring that the promise of America endures in every bite we take.







Mr. Thomas Burnum, who teaches animal science, is married to Julia Burnum. Agriculture teachers tend to the animals and plants when school is not in session.



# Cultivating Tomorrow's Leaders Today

Lincoln County's CTE and FFA plant seeds of success.

By Tina Neeley  
Photography by Brooke Snyder  
and submitted by Julie Burnum

**W**ITH HER tiny hand tucked inside his tan, weathered one, they walked purposefully past the colorful tents and silent carnival rides. The Earth's aroma mingled with sweet hay. She couldn't yet read the sign but recognized her destination. Being "farmer for a day" at the Lincoln County Fair was all she could talk about all summer, and she was finally here.

With wide eyes and steps smaller than theirs, she followed the students, listening to them carefully as she gathered eggs and produce and milked Daisy, the cow. She sold her crops and bought a special snack with her profits, having fun while learning about the farm-to-table journey. It was more than an agricultural lesson — it was a connection to the future.

Lincoln County's diverse employment sector comprises manufacturing, retail, health care, and public services. Agriculture, too, is a vital part of the county's economy, generating significant economic activity and supporting numerous jobs. Lincoln County's Career and Technical Education (CTE) and the National FFA Organization (FFA) programs are essential in cultivating the next generation's skilled workers and leaders for the agricultural industry and beyond.

Growth is at the heart of agriculture, and Julie Burnum, agriculture education/FFA advisor, sees it everywhere, beginning with her students.

She said, "Growth comes from getting out of their comfort zone and experiencing as many activities as possible. FFA





**JULIE BURNUM**



◀ Left to right back:  
Kynlea Rhea,  
Emma Robinson,  
Kylie Corbin,  
Kate Dunivan,  
Madison Robinson,  
and Maverick Lanni  
Front:  
Caroline Garrell





is full of opportunities, and we simply help them find each door to walk through next. While we are passionate about agriculture, we are more passionate about developing leaders for our community.”

In Lincoln County, agriculture education is all about hands-on learning. Students dive into projects that allow them to grow, build, and create things that bring classroom lessons to life. Whether learning propagation techniques in the greenhouse, practicing sutures and injections in veterinary sciences, or understanding agribusiness economics, these experiences are designed to make learning tangible and relevant.

“Projects and lab activities help our students not just learn to do but do to learn, like our FFA motto states. FFA is an intracurricular part of the agriculture education program. So, while we teach our standards, we also weave extra FFA skills and activities into the students’ learning,” Burnum explained.

One of the standout projects in the large animal science classes is the broiler project. Students raise broiler chickens from 3 days old to 7 weeks old, learning about selective breeding, feed efficiency, production costs, and market prices. This project teaches technical skills and provides insights





into the food supply chain and the realities of agricultural production.

Speaking of reality, opportunities exist to invest in the future of agriculture education — a livestock facility on campus. Burnum said the community has expressed a desire to see this vision come to life for 15 years.

“Our dream would be to have a farm-fresh facility that would allow students hands-on work with live animals, provide a location to expand our broiler project areas, develop our hydroponic lettuce, and add other specialty food crops,” Burnum shared. “A facility that would allow students to experience and develop skills in production agriculture, processing, marketing, and sales. A facility that would allow us to offer summer camps for elementary students as well. Our FFA motto is, ‘Learning to Do, Doing to Learn, Earning to Live, and Living to Serve.’ This initiative is a viable way to truly incorporate and expand our program to meet the ideals of our motto.”

“Agriculture really touches every aspect of our daily life. Production agriculture requires people who want to serve others in ways that most people would never want to do.”

**JULIE BURNUM**

The hydroponic lettuce grown at school has already been served in the cafeteria and used locally by Sweet Feed Company and Buckley Farm. This dream facility would take these efforts to the next level, connecting students even more deeply with the agricultural community and supporting local farmers.

The FFA program also provides numerous opportunities for students to apply what they have learned in real-world settings. Students volunteer at various community events throughout the year, gaining hands-on experience and developing leadership skills. They work at the county fair, educating younger children through their Farmer for a Day program, and they maintain livestock areas. They serve at local gatherings like Pasta Premier and Farm-to-Table and help organize and host Farm Safety and Farm Days in the spring.

“Our FFA is active in competitions throughout the year,” Burnum shared, “which are full of specialized knowledge and real-world settings, such as judging meat and poultry quality, milk and dairy product quality, and livestock, dairy cattle, and horse judging teams.”

Burnum believes that these experiences and opportunities for growth make the students valuable assets to the agricultural industry and their community.

She said, “Agriculture is such a diverse industry, and it encompasses not just the food, but also the cotton fibers for our clothing, the timber for our lumber in our homes, [and] the beauty in our landscaping. Agriculture really touches every aspect of our daily life. Production agriculture requires people who want to serve others in ways that most people would never want to do. Production agriculturalists, locally and globally, have to understand the science behind soil, plants, animal genetics, proper harvesting, and safety. They have to be engineers, mechanics, and problem solvers.”

A little more than a decade later, among the graduating class is the “farmer for the day.” She’s on her way to fulfilling her dream work as an agriculturalist. She has no trouble recognizing her destination thanks to the influence of a fair exhibit and a village of agriculture educators and FFA members and directors. **GN**

*For more information about Lincoln County’s agriculture education, CTE classes, and FFA program, email Julie Burnum at [jburnum@lcdoe.org](mailto:jburnum@lcdoe.org).*





◀ Leslie Copeland tending to her flowers on Buckeye Flower Farms

## Leslie Copeland harvests success.

By Jeriah Brumfield

Photography by Ashleigh Newnes

**G**ROWING UP on a farm teaches you a lot about life — hard work, commitment, respect, and the resilience to get back up when you fall. For Leslie Copeland, these lessons have profoundly shaped her life and career. Copeland's childhood on her family's Lincoln County farm instilled the values that would later become the cornerstone of her success.

"I am the oldest of four children, which meant I was the leader in my mind, and my siblings simply thought I was bossy," she recalled.

She refined her leadership skills early on, managing sibling disputes and ensuring they completed their chores efficiently.

Little did Copeland know that joining 4-H in the fourth grade would be a turning point. Through these organizations, she developed responsibility, accountability, and

# Rooted in Values, Reaching for Progress





**LESLIE COPELAND**



leadership skills that would prove valuable in supporting her family, community, and the environment. From public speaking and demonstration contests to parliamentary procedure and 4-H Congress, Copeland absorbed abundant knowledge that she continues to use daily.

One significant challenge Copeland faced was halter-breaking her first market lamb. While tied to the fence, he got twisted in the lead and didn't survive the incident. This painful experience taught her about the inevitability of risk and failure.

"There were other accidents and challenges throughout the years. Eventually, I recognized things out of your control will happen. For farmers and business owners, navigating risk is a daily task, whether it's the weather, sickness or disease, market fluctuations, competition, or equipment breaking."

With enough time passing by and plenty of reassurance from her parents, eventually, she realized that it wasn't her fault but rather an unforeseen accident and risk. This level of understanding has been crucial in her business endeavors, helping her anticipate risks and develop contingency plans.

Copeland's triumphs are as vivid as her challenges. Winning showmanship classes with her cattle and sheep stands out. In livestock shows, the judge selects the winner based on the animal's structure for breeding stock and composition and structure for market stock. However, showmanship is different. It's about the showman's skills — how well they trained and presented the stock. These victories validated her years of hard work, focus, and dedication and showed her the importance of focus and perseverance in achieving desired outcomes.

Today, Copeland balances her professional life with her love for the farm.

"My dad, at age 76, is in better shape than most of us — we can thank his farming lifestyle for this," she said proudly.

Copeland, her husband, and their son live on the nearly 500-acre farm. They tend to their five acres and help with various farm tasks. What she looks forward to most is getting outside and embracing the earth with their hands.

Farm life isn't always easy. It comes with moments of physical and mental difficulty. But, despite the challenges, the farm remains a source of therapy and fulfillment for Copeland. The Ashby family, from whom Copeland hails, has deep roots in their land, with a legacy that stretches back to the early 1800s. Her third great-grandfather landed in Mimosa in the early 1800s, and her great-grandfather built the house at 165 Mimosa in 1912. This rich history fuels her commitment to continuing the farming tradition for future generations.

"Our family roots are deep in this land. My sisters, brother, and I — in some form or fashion — plan to carry on the farming tradition for our children and grandchildren."

"Our family roots are deep in this land. My sisters, brother, and I — in some form or fashion — plan to carry on the farming tradition for our children and grandchildren."

**LESLIE COPELAND**

Randy Ashby and Leslie, Dain, and Carver Copeland at their home among Leslie's carefully cultivated flowers. ▶

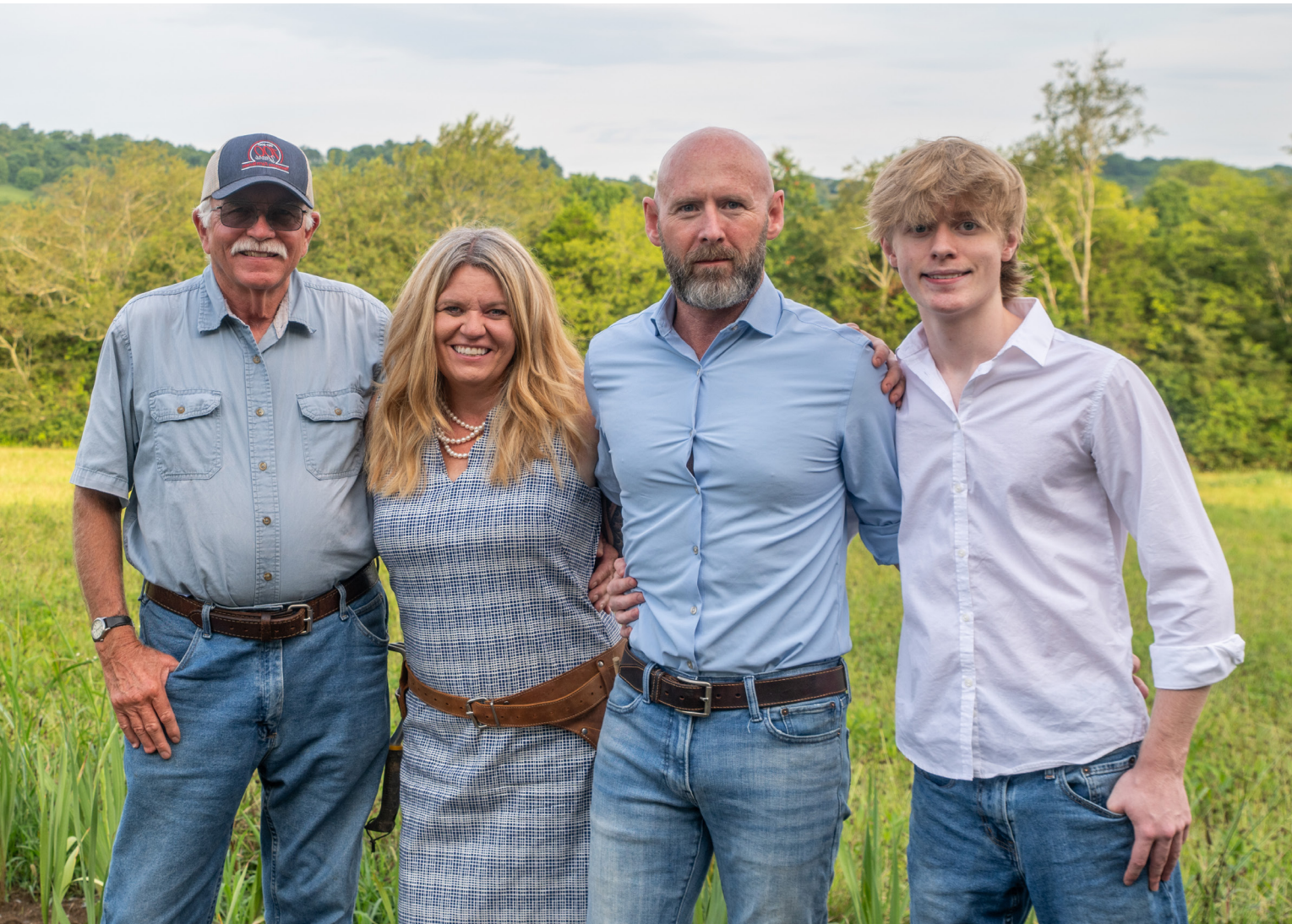


Copeland's professional journey has been equally impressive. She has participated in the Leadership Lincoln program, served on the library board, and currently serves on the American Red Cross Heart of Tennessee board. In addition to Ascend's strategic marketing and business development, she also leads philanthropic and community efforts, working with partners like Second Harvest Food Bank of Middle Tennessee and The Nature Conservancy of Tennessee.

"At Ascend, we have a strong belief that our success as a credit union is tied to the success of our members and our community," she emphasized.

Copeland sees exciting changes in Tennessee's agriculture. She predicts farmers will use new technologies to grow crops more efficiently and protect the environment. She believes in the importance of farmers adapting to changes and being open to agritourism opportunities while relishing the wonderful produce they provide to the community.





Copeland has worked with many excellent leaders throughout her career and learned valuable lessons from them. Through their example, Copeland understands the impact of assembling solid teams and creating a culture of integrity, trust, respect, and teamwork. Copeland's professional dream is to continue making a positive impact at Ascend while advancing community efforts that improve the lives of Middle Tennesseans.

"It's about finding fulfillment in family and farm life, nurturing those connections, and passing down the legacy of stewardship to future generations," she said.

Copeland epitomizes dedication, hard work, and community. Her inspiring journey from the farm to leadership positions in business and philanthropy showcases the values she holds dear. She is committed to making a positive impact in all areas of her life. **GN**





# Jazzberry Farm: A Model of Small-Scale Sustainability

A local couple turns their homesteading dream into reality.

By Tina Neeley

Photography by Brooke Snyder

**O**N AN early April morning, green finial-capped shoots stand tall amid King Stropharia mushrooms, welcoming their caretaker, Don Adams. Bees make their presence known, guarding their queen in the nearby hives. The mulching and weeding of the weeks before pay off in nature's bounty. Not far away, Kathy Beebe checks on the baby goats, keeping a watchful eye on the sweet one she recently weaned from bottle feedings. She'll move on to the coop from there, collecting fresh farm eggs for her kitchen and sale. The greenhouse brimming with spring plants testify to Beebe's green thumb, and nearby, the couple's freeze-dried goods packaged for delivery to area sellers wait to be loaded. There's much more yet to do, but they would have it no other way.

It's a snapshot of only a few hours in a day on Jazzberry Farm in Taft, where the homesteading couple grows and shares the fruits (and veggies) of their labor with the community. It's where self-sufficiency and sustainable living motivate every choice they make.

Adams is a musician who played with many famous artists and was a school band director. A musician friend suggested the farm's name, a playful nod to his former life in music and their venture into farming, which they first imagined as a pick-your-own berry farm. Beebe, on the other hand, grew up as a







**KATHY BEEBE AND DON ADAMS**





“You can be like us and be tiny. Even a few pots of herbs on the back porch can find success. I tell everyone to have a garden.”

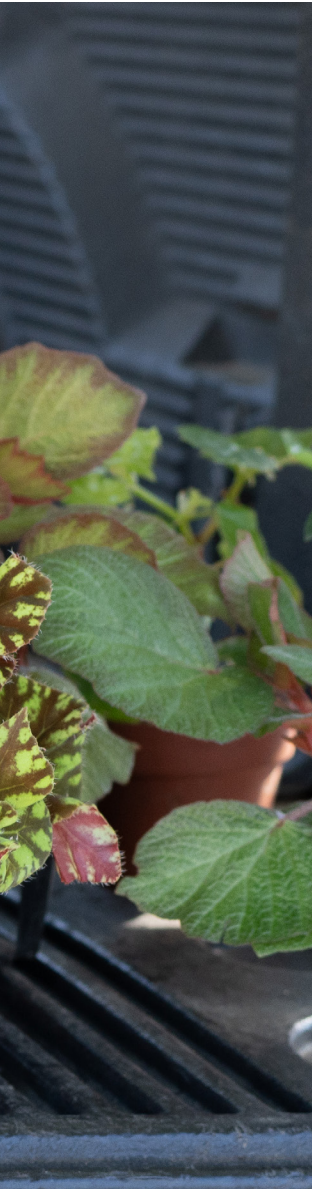
**DON ADAMS**

homesteader. Raised in a family that valued small livestock, gardening, and foraging, she brings a wealth of experience to their shared dream.

“As an older man, I’ve become more introverted and want to become more self-sufficient. After COVID, I’ve found many people interested in self-sufficiency as well,” Adams shared.

With the challenge of a back-to-nature lifestyle before them, the couple moved forward, adjusting as needed along the way. Their initial goals were modest — to feed themselves well and sell any excess produce. They do both well.





The couple produces a wide variety of items via organic and permaculture practices. Their freeze-dried products, in particular, have gained significant popularity. They started with a freeze dryer for personal food preservation and soon discovered the nutritional benefits and flavor intensity that freeze-drying offers. Their products have found a niche market, from vegetables and seasonings to trendy freeze-dried candy.

“Freeze-drying makes very tasty vegetable chips. The veggies fit the farm and our philosophy, but the candy sells better. We have processed flowers and other custom foods for several customers, and they turned out great.”

In addition to freeze-dried goods, they sell pastured brown eggs, shiitake mushrooms, and various fruits and vegetables from the couple’s orchards and gardens. They also raise goats, rabbits, quail, and chickens, ensuring a diverse and sustainable food supply.

Life on the farm is not without its challenges. Time management is a constant struggle, and the demands of farm life are relentless. They’re motivated to adjust their processes to the whims and fancies of Mother Nature and life in general.

“There’s never enough time or money to accomplish all we would like to do, but that gives us a reason to get out of bed every day,” said Adams.

Delicious, healthy meals from their farm-to-table fuel and reward their hard work.

“We eat better than many expensive restaurants. I listened to a classically trained chef on a podcast talk about working at Michelin five-star restaurants to explore why they were rated so highly,” Adams said. “The cooking techniques are the same everywhere. The top restaurants go out of their way to get the freshest ingredients. We eat like that almost every day.”

Their greatest victory is that every meal is almost entirely their own — a reward for their hard work and dedication. There’s joy in the simple pleasures of farm life, and their daily meals are at the top of the list.

You can enjoy a bit of five-star freshness with your meals, too. Jazzberry Farm products are available at Main Street’s First Saturday, where the freeze-dried



items and plants are top sellers. You’ll always find them set up in front of Bagley & Bagley. They also collaborate with other local businesses, selling their products at Buckley Farm in Fayetteville and Wise Ant General Store & Bakery in Bryson.

The couple believes in the importance of supporting local producers.

“I’d rather spend my dollars with my neighbor than with a large multinational corporation,” Adams emphasized.

With every completed project comes new ideas, ensuring the farm is constantly evolving. The couple encourages others to try homesteading, even if it’s on a small scale.

“You can be like us and be tiny,” Adams said. “Even a few pots of herbs on the back porch can find success. I tell everyone to have a garden.”

They also emphasize the importance of buying locally. Local producers offer fresher, higher-quality food, and purchasing from them encourages a sense of community.

“Buy something from Buckley Farm, Pilaroc, Taylor Made, and other local producers,” Adams urged.

Jazzberry Farm is a melodious arrangement of hard work, dedication, and sustainable living. Like a well-rehearsed band, every element of the farm plays its part. Adams and Beebe’s lives harmonize their past experiences with their present goals, creating a specialized blend of self-sufficiency and a commitment to community. **GN**

*For more information, visit [jazzberryfarm.net](http://jazzberryfarm.net), email [dadams35@mac.com](mailto:dadams35@mac.com), and follow Jazzberry Farm on Facebook.*



# Your loved ones can be in Good News Magazine.

We're looking for story ideas about  
people in the community.

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









# Back to School - Aug. 2024



Photos submitted by folks in our community

Summer is coming to a close as the new school year begins. Friends across the county sent their children off for the first day of school this August. Parents stood on the other end of a camera while children radiated excitement.



1. Jackson and Caroline Spray 2. BentLee Travis, Bailor Travis, and Rue Jones 3. Evelyn Feltman  
4. Braylen Horn 5. Annie Gault 6. Hadley and Finley Meeks



# Central High School 50th Reunion - Aug. 31



Photos submitted by Pam Patterson Layne

Central High School's class of '74 celebrated their 50-year reunion at the Lincoln County Museum on Aug. 31. More than 100 people attended, and everyone had a great time.



1. Kay Bevels Schroeder and Kay Sisco 2. Barb Whitmore Hargrove and Jenny Thomas Woolf  
 3. Ray and Cathy Layne Pitts 4. Linda Williams and Joan Towry Frassrand



# INSPIRE MORE GOOD

THIS SECTION  
BROUGHT TO  
YOU BY:



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.

## **Friends of the Fayetteville-Lincoln County Public**

**Library Association**  
Supports the library through various avenues as a group of volunteers.

(931) 433-3286  
[www.flcpl.org/friends-of-the-library](http://www.flcpl.org/friends-of-the-library)

## **Lincoln County Humane Society**

Shelters stray and abandoned animals in Lincoln County and provides pet adoption services.

(931) 433-3726  
[www.humanesocietylc.com](http://www.humanesocietylc.com)

## **Fayetteville Main Street**

Focuses on historic preservation and economic development of downtown Fayetteville as a revitalization program.

(931) 557-5150  
[www.fayettevillemainstreet.com](http://www.fayettevillemainstreet.com)

## **Clothe Our Kids of Lincoln County Inc.**

Provides at-risk children with needed clothing and shoes.

(931) 625-6953  
[www.clotheourkids.com](http://www.clotheourkids.com)

## **Imagination Library of Lincoln County**

Provides free monthly books for registered children under ages birth to 5 in order to promote childhood literacy.

[www.flcpl.org/imagination-library](http://www.flcpl.org/imagination-library)

## **Fayetteville Lions Club**

Provides vision care, youth programs, and other community services.

(931) 623-3763  
[www.fayettevilletnlions.org](http://www.fayettevilletnlions.org)

## **Relay For Life of Lincoln County, TN**

Organizes community fundraising events supporting the American Cancer Society and raising money for cancer research.

[www.relayforlife.org](http://www.relayforlife.org)  
Facebook: Relay For Life of Lincoln County, TN

## **Lincoln County 4-H**

Provides agriculture, leadership, and community service youth programs.

(931) 433-1582  
<https://lincoln.tennessee.edu/4-h-youth-development/>

## **Lincoln County Anti-Drug Coalition**

Prevents substance abuse and promotes healthy lifestyles.

(931) 433-6050  
Facebook: Lincoln County Anti-Drug Coalition

## **Crossroads Donkey Rescue**

Provides refuge and rehabilitation to donkeys facing neglect, abuse, and abandonment.

(989) 619-9475  
[www.crossroadsdonkeyrescue.org](http://www.crossroadsdonkeyrescue.org)



## Always Endure

Exists to remove financial barriers for adoptive families, barriers to care for patients enduring major medical diagnoses, and barriers to placement for children in foster care.

(931) 625-1861  
[www.alwaysendure.com](http://www.alwaysendure.com)

## Camp Blount Historic Site Association

Works to preserve Camp Blount's history, protects the site from further encroachment, and educates visitors.

[campblount@gmail.com](mailto:campblount@gmail.com)  
[www.campblount.com](http://www.campblount.com)

## Fayetteville Rotary Community Foundation

Engages in community service projects and supports global initiative.

(931) 675-2727  
[www.fayettevillerotary.com](http://www.fayettevillerotary.com)

## Crossroads Pregnancy Clinic

Exists to care for women and men facing unplanned pregnancies by providing life-affirming education through pregnancy decision counseling.

(931) 297-2424  
[www.crossroadspregnancyclinic.org](http://www.crossroadspregnancyclinic.org)

# HIGGINS FUNERAL HOME

## PRESENTS AGEING IN OUR COMMUNITY EDUCATIONAL SEMINAR

**28TH**

**October 2024**

**9:00 AM - 11:00 AM**

at Fayetteville-Lincoln County Senior Center  
908 Washington Street West - Fayetteville, TN

Higgins Funeral Home invites you to our 2024 Ageing in our Community educational seminar. This event will provide you with unique information from each of our speakers. Lunch will be provided. Reserve your seat today!

**RSVP ON OR BEFORE OCTOBER 20TH**

931-433-2544

[hope@higginsfh.com](mailto:hope@higginsfh.com)

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

Seating is Limited



**LISA POSEY**

RN Administrator  
Lincoln Medical Home  
Health & Hospice



**PATRICK GREENE**

Regional Director  
Wound Management  
Specialist



**ELIZABETH RIDDLE**

Palliative Nurse Practitioner  
COMPASSUS



**CHRIS ROSS**

Managing Partner  
Higgins Funeral Home



# 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.

AHC Meadowbrook.....	4	Lincoln Health System.....	24
Bagley and Bagley Insurance.....	8, 12	Lincoln Manor.....	9
Bank of Lincoln County.....	56	Local Peoples Gas Co.....	12
Berzett Excavating.....	4	Lynchburg Nursing Center.....	13
Bradford Appliances.....	12	Lyon Family Farms.....	19
Cahoots Restaurant.....	13	Mundy Home Center.....	24
Edward Jones - Fayetteville.....	4	Norman Furniture.....	25
Elk River Health & Nursing of Fayetteville.....	18	Oakview Apartments.....	12
Fayetteville Chrysler Dodge Jeep Ram.....	13	PediShack.....	18
Fayetteville Outdoor Sports.....	12	Quality First Home Care.....	25
Fayetteville Public Utilities.....	9	Richardson Waste Removal & Richardson Waste Solution.....	18
FirstBank - Fayetteville.....	8	Sabghi Jewelers.....	3
First Community Bank of Tennessee - Lynchburg.....	24	Small & Small Oil.....	8
First United Methodist Church - Fayetteville.....	9	Southern Iron Works.....	18
Five Star Lawn & Landscaping.....	2	Spray's Jewelers.....	19
FNB Mortgage.....	13	Stan McNabb Chevrolet Buick GMC.....	5
Gallant-Riverview Funeral Home.....	9	Swiss Pantry.....	18
Higgins Funeral Home.....	53	T & L Roofing.....	8
Keith's Tank Service.....	8	True Discount Lotto Land.....	19
Kirkland's Insulation.....	25	Zaxby's - Fayetteville.....	55
Lincoln County Election Commission.....	4		





## MrBeast Box

4 hand-breaded Chicken Fingerz™ with Zax Sauce®, Crinkle Fries, half order of White Cheddar Bites with Ranch, 2 slices of Texas Toast, Small Drink, and a Feastables Milk Chocolate Bar. Served in a collectible box

## 3 Chicken Finger Tacos

served with Small Drink. Choose Chipotle Ranch with shredded lettuce, Cheddar Jack cheese, pico de gallo, Chipotle Ranch Sauce or Avocado Ranch BLT with shredded lettuce, Roma tomatoes, natural hardwood smoked bacon, Avocado Ranch Sauce.



## Bite-sized Cheesecake

lightly battered and fried to golden brown. Served with Strawberry Sauce.

## ZAX FAMILY PACKS



**20 PC. CHICKEN FINGERZ™ FAMILY PACK**  
Regular or Buffalo

**30 PC. BONELESS WINGS FAMILY PACK**  
Regular

## FAMOUS FINGERZ & WINGS



**BONELESS WINGS**  
5ct., 10ct., or 20ct.

**TRADITIONAL WINGS**  
5ct., 10ct., or 20ct.

**CHICKEN FINGERZ™**  
10ct., or 20ct

**BUFFALO CHICKEN FINGERZ™**  
5ct., 10ct., or 20ct.

## DESSERTS



**CHOCOLATE CHIP COOKIE**  
Three

## FAMOUS MEAL DEALZ



**CHICKEN FINGER PLATE**  
Regular: 4ct., 5ct., 6ct.  
Buffalo: 4ct., 5ct., 6ct.

**TRADITIONAL WINGS & THINGS**  
Regular or Buffalo

**BONELESS WINGS & THINGS**  
Regular or Buffalo

**BIG ZAX SNAK® MEAL**  
Regular

**BUFFALO BIG ZAX SNAK® MEAL**  
Regular

**GREAT 8 BONELESS WINGS MEAL**  
Regular

**BONELESS WINGS MEAL**  
Regular

**TRADITIONAL WINGS MEAL**  
Regular

## DRINKS



**DRINK**  
Small, Medium or Large

**GALLON OF SWEET OR UNSWEET TEA**

**KIDZ® DRINK**

**MILK**  
Regular or Chocolate

**APPLE JUICE**

## BIG ZALADS



**THE HOUSE ZALAD®**  
Fried, Grilled, or Garden

**THE COBB ZALAD®**  
Fried, Grilled, or Garden

## SHAREABLES & SIDES



**FRIED WHITE CHEDDAR BITES**

**FRIED PICKLES**

**CRINKLE FRIES**  
Regular or Large

**COLESLAW - CUP**

**BASKET OF TEXAS TOAST**

**EXTRA CHICKEN FINGER**  
Regular or Buffalo

**THE NIBBLER**

**ZAX KIDZ® MEALS**  
Served with Crinkle Fries, Kidz® Drink, and a Treat.

**KIDDIE FINGER**

**KIDDIE CHEESE**

## SANDWICH MEALZ



**ZAXBY'S® SIGNATURE SANDWICH**  
Meal or Sandwich only

**ZAXBY'S SIGNATURE CLUB SANDWICH**  
Meal or Sandwich only

**KICKIN CHICKEN SANDWICH**  
Meal or Sandwich only

**GRILLED CHICKEN SANDWICH**  
Meal or Sandwich only

**3 NIBBLER® SANDWICH**  
Meal or Sandwich only

## SAUCES

Zax Sauce®, Spicy Zax Sauce™, Ranch, Honey Mustard, Wimpy™, Tongue Torch®, Nuclear™, Hot Honey Mustard, Sweet & Spicy, Teriyaki, BBQ, Buffalo Garlic Blaze



**931-227-4999**

1511 Huntsville Hwy., Fayetteville, TN

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

\*Prices subject to change without notice





*Nurturing Growth  
Cultivating Success!*

*From Farm To Table, And Every  
Step In Between, We're Here To  
Support Your Financial Journey.*



**Bank of Lincoln County**

*Where Your Money Makes A Difference*

