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ISSUE 6 2025

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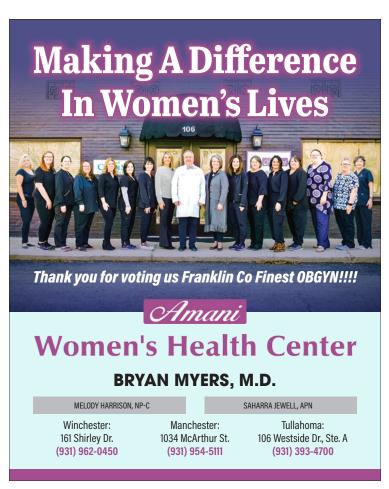
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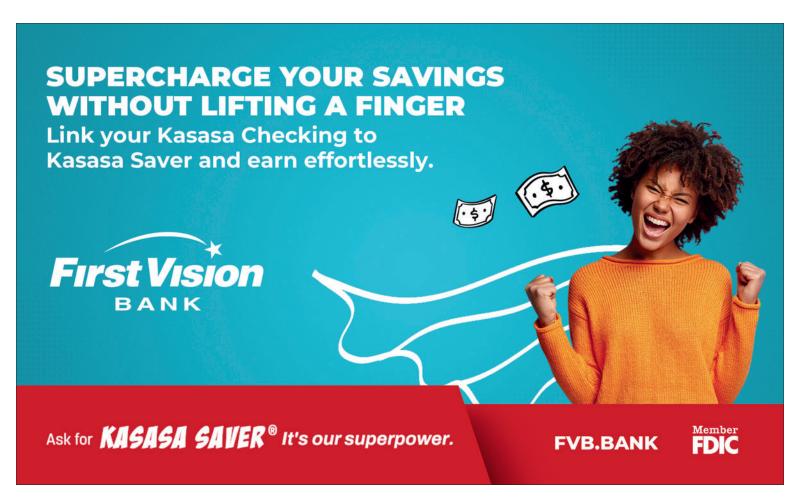
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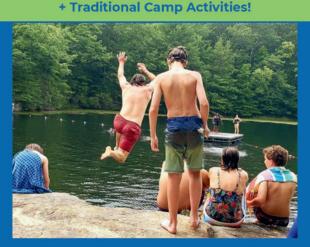


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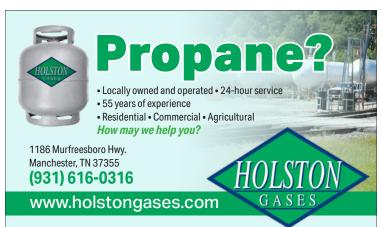
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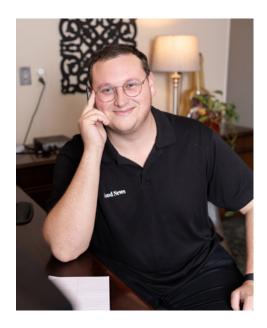
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LETTER FROM THE EDITOR

The bond of blood and honor

Our families survive the test of time.

FAMILY LOADS up their navy blue Jeep in Tennessee and takes a cross-country road trip. It'll take several days to get to the Sequoia National Park in California. There may be hours when the Jeep feels smaller and smaller by the second. Taking turns picking the music leads to debates on how many songs Brother or Sister picked. The cooler in the floorboard has only a few snacks left. The time on their cellphones changes from Central time zone to Mountain, and then Pacific. After far too many tolls and gas-station stops, the GPS finally uses words that make the "crowd" go wild: "... two miles until your destination."

Grandma, Mom, Dad, Brother, and Sister hop out of the Jeep and stretch their legs. They look up at the leaves above. It's breathtakingly unbelievable. The size and strength of nature demand an undeniable respect. The General Sherman Tree stands almost 280 feet tall on the north end of the Giant Forest. It's believed to be 2,300 to 2,700 years old. It's hard to imagine how far the roots reach. The strength of the branches holds bird nests and gives homes to tiny insects just passing through. Each season

brings new life of connection from the soil to the crisp air, 280 feet above. The chirping bird family belongs together — until, of course, it's time to jump into flight. The ants crawl up and down the bark with a natural interconnectedness that can only be described with one word: family.

Sister misses a step on the way up, and Dad grabs her hand with firm support. "I've got ya," he says. Grandma smiles, not letting anyone know she holds back tears. She knows where her son got that phrase. She had heard it for 50 years before a funeral. Her son says it the same way his father used to. While Sister never got to meet him, his blood still flows through her veins with honor.

Our families weave us together with a generational strength that no wildfire or gust of wind can knock loose. Our memories of those who came before us fly beneath our wings when we jump from the nest. And when the icy cold bites at our fingers in winter, we have an enclave to snuggle into. Families are not just names on a birth certificate or put together with wedding bands. They're a generational structure that will always stand the test of 2,700 years. This issue of Good News honors just that: our families. **GN**

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Good News



LEBRON HAGGARD:

A MANCHESTER MAN USES A BREWERY BUSINESS TO SERVE THE COMMUNITY.

BY GABRIEL GRANT HUFF // PHOTOGRAPHY BY ASHLEIGH NEWNES



A Derrick, Shelby, and their daughter Adelaide, Barbara Myers, LeBron, Angela, Renee, Steve, and Ray Haggard.

EBRON HAGGARD'S dream formed within the confines of his Manchester garage. Inside, he and his friends milled malt, combined the grain with hot water, boiled its contents, initiated fermentation, and then conditioned the liquid. In the end, they possessed beer ready for drinking. Very soon, a business was formed, providing Haggard an avenue to help thousands and forever leave a mark on the Manchester community.

The name of that business? Common John Brewing Company (CJBC).

"I was brewing beer in my garage with buddies, and we were kicking around the idea of opening a brewery since there wasn't one in the area," the Manchester native recalled. "We were all home brewing together, and we'd visit breweries and really liked the atmosphere that it had — just really felt that our community needed a local brewery."

During that time, Haggard worked at Bridgestone Corporation, a global tire and rubber manufacturing company. He graduated from college with a mechanical engineering degree and transitioned into the tire manufacturing field for decades.

Until his own tires in life became worn.

"I got to the point in my corporate life where there was only a few more levels I could go, and it was like my soul was leaving me and not fun anymore," Haggard laughingly shared. "I wanted to do something else."

So he shifted into a new gear, making the leap into the brewery business. Planning for the brewery began in 2016, with the business opening in 2020, becoming a place for beer, food, mu-



▲ The "OG Brew Crew," as they call themselves, still help guide the heart and craft of CJBC years after their first batch.

sic, and community embrace. Haggard owns CJBC with his aunt, Renee Haggard. His friends — Jeff Baldwin, Larry Briggman, Derrick Gallagher, and David Mitchell — helped start CJBC and continue to be involved as either full-time or part-time employees. His wife, Angela; daughter, Shelby Haggard Gallagher; father, Ray; and many more assisted with the brewery's upstart, making the business ordeal a family affair.

"From the beginning, it was our goal to provide a place to work for people that was above standards," LeBron said. "We strive to provide a good living wage and give back to the community

all that we can. That was always a big thing for us, just doing different things, and we partner a lot with different charitable organizations, just trying to give back to the town and elevate our community as much as we can."

CJBC has partnered with over 15 nonprofits, including the Coffee County Humane Society, Unstoppable Women, Down Syndrome Awareness, Dusty Elam Foundation, Sportsmen & Businessmen's Charitable Organization, school organizations, and more.

At the very least, the brewery participates with five to six organizations a year to make a difference.

A 2024 "Blues, Brews and BBQs" fundraiser blew Manchester's Veterans of Foreign Wars (VFW) non-profit group away with the amount of support shown by CJBC employees and customers, raising over \$10,000 for the nonprofit and first responder groups — especially since the VFW members were not even aware of the brewery's existence.

LeBron's commitment to servitude stemmed from a family raised to love, spanning generations in the community. Even his sister dedicates herself to the community as the clinic manager at All Creatures Veterinary





▲ LeBron and his sister, Natalie Brown, share a family legacy of community care — each serving Manchester in their own way. LeBron at CJBC and Natalie at All Creatures Veterinary Clinic.

Clinic, looking into the care of animals. LeBron also boasts a daughter who previously served in the U.S. Marines and a son-in-law who continues to offer his services to the country.

LeBron hopes the two will join the CJBC upon finishing their time with the military, helping to carry on a different kind of service in Manchester.

"It's nice being able to show people that they can do this kind of stuff," he said. "Whenever we can, we're always open to helping other people within the community."

His work shines as an inspiration for anyone wishing to do good, one beer at a time. GN



lacksquare Big things brewing — CJBC will launch three new cans in time for summer!





ACLINIC Sorthe Market Market 1988 ACLINIC START TO SERVICE START TO SERVIC

A nurse designs a clinic to bring quality care and love to Manchester.

By Gabriel Grant Huff // Photography by Ashleigh Newnes

HEN PEOPLE walk into Dawn Selvage's clinic, they do not feel reduced to a number that pays the bill. Instead, they enter a home, where patients are treated like family. In Selvage's eyes, that's what makes her clinic different.

The Manchester Care Clinic lies in the heart of the city at 920 McArthur St. The Selvages offer assistance for managing chronic conditions, diagnosing common illnesses, and recommending treatments. Services include DOT physicals, wound care, telehealth, physicals, pediatrics, and testing. Patients can receive annual wellness physicals as well, letting them take advantage of their choices since most insurances allow for one annually.

The work serves as a labor of love for Selvage, who started the clinic simply because she felt no other option existed. Selvage began her nursing career in West Virginia as a licensed practical nurse, spending a number of years working for health corporations in various fields, including progressive care, postpartum, and medical and surgical care.

Along the way, she married her high school sweetheart, Clint — who also followed a career in nursing — and bore three chil-

dren, leading her to take a school nursing job at Hillsboro Elementary School for a more compatible schedule.

Later in her career, Dawn returned to corporate health work and experienced a life-changing epiphany. From her experience, company culture pressured people to judge employees' performance according to the number of patients seen. The quality of care seemed to take a backseat.

"I just thought, 'If I'm giving 100% of my effort to every clinic I've ever worked in, I can do a better job," Dawn said. "And I don't have to see 60 patients, because 60 patients makes me feel like I go home doing a terrible job because you can't do all of what you would love to do for those patients."

Her dreams bloomed upon finding a small grey house on Hillsboro Boulevard in Manchester with her husband — they renovated the place, opening the Manchester Care Clinic in November 2021 and moving to their new location on McArthur Street almost four years later.







▲ Allie's bright smile is the first thing many patients see when they walk through the door.

Business grew quickly, giving them over 2,000 patients as of 2025. Now Dawn sees 20 to 25 patients a day, providing the quality care befitting treasured people.

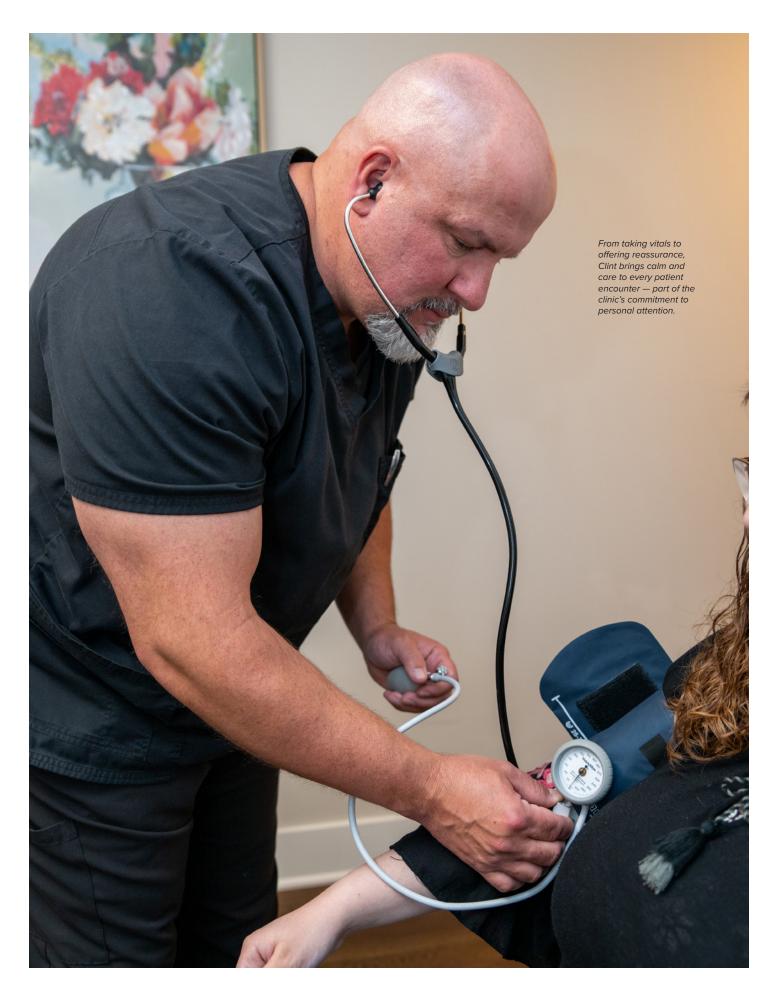
The West Virginia native may have never started the clinic without her daughter, Allie, getting diagnosed with autism.

"I think honestly that's what pushed me into being a nurse practitioner because I don't think I would have ever went past being a [registered nurse] if I didn't have Allie," the mother said. "She wasn't able to go to college, so I need to move further in my career so I could help her in the long run."

That career led to many connections — particularly those made during her time at Hillsboro Elementary School — becoming her future clients as a show of love, loyalty, and trust. Due to such community support, Dawn views her patients as family.

"You feel like you really helped them," she said. "They come there with a problem, and you had the time, and you invested the time to help them fix it." GN

◆ With each patient she sees, Dawn takes time to listen — not just to symptoms, but to stories. "You feel like you really helped them," she said.





TUCKED JUST off Hillsboro Boulevard in Manchester, Yamato is a quiet gem that invites discovery rather than demanding attention. I drove by it a dozen times before I finally got around to venturing in. The moment I stepped inside, I knew that I'd stumbled upon something really special.

Inside, it's intimate and quiet, with dark wood paneling and elegant Japanese accents that provide a serene ambiance. It's the sort of restaurant you can visit for a quiet lunch, a romantic dinner, or to celebrate a special occasion — sheltered from the world.

Then came the absolutely magical experience of the food. Now, it keeps me returning time and again. I started with the seaweed salad. It's crisp, light, and packed with green goodness. I love the chilled thin strands of seaweed tossed in a subtle combination of sesame oil, citrus, and soy — bright, zesty, rich, and refreshingly exotic. It set the tone with a savory trio of earthiness, saltiness, and umami that wakes the palate. My journey had begun.

My next stop felt like walking into an art gallery — each piece of sushi a small masterpiece, among the most beautiful sushi this side of the Mississippi. It was prepared and presented with such care. With pickled ginger and orchids on the plate, each piece was too pretty to look at and yet too delicious not to eat. So carefully crafted and served with such attention, Yamato creates edible art.

And fresh! The fish and other seafood are incredibly fresh, which is so impressive for our inland town. Exquisite sushi feels more like a privilege to enjoy.

My highlight is the "spicy girl" — a tuna and salmon specialty roll. It's medium chili heat balanced with a mix of cooling avocado, fried panko crumbles for texture, and finished with a drizzle of creamy mayo ginger sauce. It's a must-have for me.

Whether a sushi lover or a complete newbie to Japanese food, Yamato is an experience that satisfies all the senses. It's a vacation from the ordinary and a surprise of five-star proportions. **GN**

GOOD NEWS IS COMING TO DINNER!

We will feature a local food critic's thoughts as they dine in Manchester. This month Kimberly Miller visited Yamato.

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YER CATCH the aroma of a memory? You know the one – your mama's Sunday pot roast, fried onions and potatoes, chocolate chip cookies, or cinnamon rolls? We do our best to recreate them for our families, but something is always missing. The same food anywhere else is never exactly like Mama's, and perhaps it's because the foods of our favorite holidays and traditions are seasoned with special memories and love. GN

Mama's Pot Roast Submitted by Cathy Gulley

3-4 lb. chuck roast

3 T. vegetable oil 6 med. potatoes, diced

2 lg. onions, diced

1 lb. carrots, sliced

6 c. water

3 cloves garlic, minced

1/4 c. soy sauce

2 pkgs. beef stew seasoning mix

1t. chicken bouillon granules

½ t. ground black pepper

1½ t. Accent®, optional

1 bay leaf



Preheat oven to 375°. In a large skillet over medium high heat, sear both sides of the roast in vegetable oil. Remove from heat; place in the center of a large roasting pan, along with the juices from the skillet. Place vegetables around meat and add water, garlic, and soy sauce. Sprinkle dry ingredients on top; stir lightly to dissolve seasonings. Add bay leaf. Cover, and bake at 375° for 30 minutes. Reduce oven temperature to 275° and continue baking for $1\frac{1}{2}$ - 2 hours or until meat and vegetables are tender.

Vinner Rolls

Submitted by Edith Sandlin

1c. shortening

1c. sugar

1t. salt

1c. boiling water

2 eggs, beaten

1c. lukewarm water

2 pkgs. yeast

6 c. AP flour



In a bowl, mix shortening, sugar, and salt. Add boiling water; blend and cool. Add the beaten eggs. Soften yeast in lukewarm water; pour into egg mixture. Add flour a little at a time and mix well. Refrigerate 6 hours or overnight. Remove from refrigerator and knead onto a floured board. Roll out into 1/4". Cut out with biscuit cutter. Let rise about 2 hours. Bake at 400° for 15 minutes.

Strawberry Angel Food Cake Submitted by Faye Bonner

1 angel food cake2 pkgs. frozen strawberries, 10 oz., thawed1 lg. pkg. vanilla instant pudding1 container whipped topping, 8 oz.

In a large mixing bowl, tear angel food cake into pieces. Pour strawberries over cake pieces. Mix pudding according to package directions. Pour pudding over the cake and strawberries. Refrigerate until cold. Cover top with whipped topping. Keep refrigerated.

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



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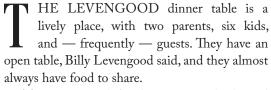


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DOING LIFE ASAFAMILY

Living, serving, working, and playing are better when done together. BY SARA HOOK PHOTOGRAPHY BY ASHLEIGH NEWNES



The Levengood family is just as lively and just as generous in their everyday lives as they are at dinner, and are almost always together. Billy planted and pastors a church, runs a business, and serves with the chamber of commerce, while his wife, Jodi, homeschools their kids and teaches voice lessons on the side. In the afternoons, they can be found with their children at baseball practice, dance practice, or basketball practice. As much as they can, they do life as a family.

"If I'm helping coach a baseball team, my older kids are helping with the younger kids," Billy said. "We almost always do church things together, so if we're doing some sort of outreach, our kids are jumping in to do that with us."

It is true with Billy's work, as much as his volunteer activities. If he is going to a meeting or a ribbon-cutting, one or more of his kids may come along.

"I want them to see and be exposed to people in the community and learn from them," Billy said. "If we're going to do a thing, they're just coming with us."

The main reason the Levengoods homeschool is to spend time together as a family, Jodi said, and to be the main influence in their kids' lives.





▲ The Levengoods sit together in the seats at Encounter Life Church, where Billy pastors and the whole family stays involved.

"We want to be able to teach them how to have good character and how to be kind and loving to other people," Jodi said. "I want to be the one who guides them as they go along and they learn how to live in the real world."

Billy's church, Encounter Life Church, operates on a similar principle: doing life out in the community. The Levengoods wanted to go and build relationships with people who weren't going to church, and to help people honor God and care for their neighbor where they lived, worked, and played.

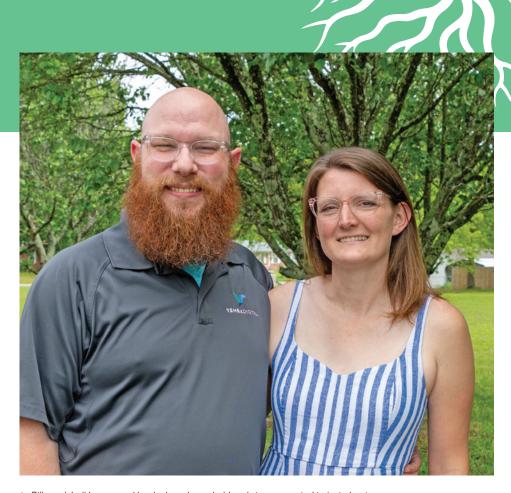
"We wanted to be a part of a church and help start a church that would engage in the community, would try to serve, would not view Sunday as the pinnacle of ministry," Billy said. "It's more about how those people who come on Sunday go about engaging in ministry and life through the week."

I want to be the one who guides them as they go along and they learn how to live in the real world.

BILLY LEVENGOOD







A Billy and Jodi Levengood lead a busy household and stay connected to just about every corner of their community — somehow, they still make time for each other.

Relational networking is the most valuable thing Billy has found through the chamber of commerce, and his website and branding small business follow the same principles — focusing on the people they serve. The chamber has a great team, Billy said, and so many of its members have been influential to him in becoming better. Now he tries to do the same for others, and gather others to continue that work — in the chamber, in church, in work, and out in the community.

"We want to give ourselves to continuing to serve people well, to care well for our community, to lead our church to do that, to use our business for that," Billy said. "Hopefully, we influence our children to do the same thing." GN



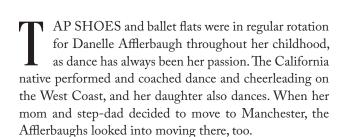






ASTEP IN THE RIGHT DIRECTION

A local dance studio owner and her family give students a place to shine. BY BECCA ROBERTS
PHOTOGRAPHY BY ASHLEIGH NEWNES
AND SUBMITTED BY DANELLE AFFLERBAUGH



The only issue: there was no dance studio in town. Afflerbaugh decided to take a chance, move to the small town, and open a studio to see if it would be successful. Within six months, it was apparent that there was a huge need for dance classes because they filled up so fast. Afflerbaugh moved to a bigger studio to accommodate, which was a fantastic location in the square, across from the Manchester Arts Center (MAC).



▲ Adult ballet class from the John Williams "Star Wars" themed ballet recital.





the growing Duck River Dance community.

Afflerbaugh's mom sews most of the costumes, including beautiful details like feathers or sequins. Her step-dad helps with renovations in the studio. Her daughter teaches dance classes, and her dad built many elaborate sets for the MAC, including a giant lazy Susan on stage to spin the actors, and a set that allowed for actual water to fall for "Singing in the Rain." Everyone called him "Pops," and he was a beloved fixture at the MAC.

Afflerbaugh's dream of owning her own dance studio was not only a reality, but a smashing success. Working together with her family was and still is a wonderful, bonding experience.

Duck River Dance offers a wide selection of dance classes: ballet, tap, jazz, musical, theater, hip-hop, contemporary, lyrical, modern, pom, and praise and worship.

are 3, and our oldest are in their 60s. Our adult programs are some of our most popular.

DANELLE AFFLERBAUGH





"We have 37 classes on the schedule," Afflerbaugh said. "Our youngest are 3, and our oldest are in their 60s. Our adult programs are some of our most popular."

The classes have the opportunity to perform in recitals at the end of the semester. Afflerbaugh says dance is an art that is meant to be seen, and getting the chance to be on stage is a valuable experience. The first dance recital might be intimidating, but Afflerbaugh says after that first one, they are hooked. It's exciting to be under the lights in costumes and see the audience, and she has the joy of watching each student grow in confidence through the years.

"Dance teaches so much more than just dance skills. It's about character, poise, and working with a group, and being respectful with other people and instructors," Afflerbaugh said. She has over 200 students across the dance genres.

Afflerbaugh helps the Millennium Repertory Company by doing choreography for lots of their shows at the MAC. It helps her as well because many of the actors and actresses come to her studio to take classes to learn the choreography. Duck River Dance does its annual Christmas show as a fundraiser for the MAC, rotating annually between the Nutcracker or a Variety Show. Afflerbaugh currently sits on the board as vice chair at the MAC as well. Her classes and volunteer work benefit so many children in Manchester. **GN**



▲ De Youngblood with one of her handmade specialty costumes — the Mad Hatter — a testament to her craftsmanship and creativity behind the scenes.



▲ Fine-tuning the details, De Youngblood adjusts one of her signature "Alice in Wonderland" costumes.



CHAMPIONS FORWELLNESS

The owners of Transformation Wellness and Martial Arts promote a healthier, stronger community.

BY BECCA ROBERTS
PHOTOGRAPHY BY ASHLEIGH NEWNES

ISTI GARRETT grapples with her husband, Tim Garrett, as they demonstrate life-saving self-defense techniques. Their skills shine through each precision motion, and they pause to explain the fine details of the grips and escapes.

The Garretts own Transformation Wellness and Martial Arts (TWMA), a wellness and fitness complex offering world-class Gracie Jiu-Jitsu, kickboxing, Krav Maga, group fitness, massage therapy, and advanced nutrition care provided by a health care provider. Additionally, they own the local Snap Fitness in Manchester, providing 24/7 gym access to the public and discounted memberships for TWMA members.

The Garretts started this business to teach the importance of healthy living. According to the Centers for Disease Control and Prevention, six out of 10 adults have at least one chronic illness, and four out of 10 live with two or more — many of which are preventable with diet and exercise changes.

"When we began to truly understand the scope of this crisis, we felt a responsibility to be part of the solution — not just for ourselves, but for our community," Tim said.

This goal was especially important as they raised their two daughters, Taylor and Eden. The Garretts taught their girls to be mindful of their health and keep all aspects of it balanced. This foundation of healthy living en-









7

Many have achieved their health goals, reduced or eliminated medications, built lasting strength and endurance, and significantly improved their quality of life.

TIM GARRETT

couraged the girls to stay involved in their family's business.

"Taylor now supports us behind the scenes in administration and customer service, while Eden recently became a licensed massage therapist and is a certified Gracie Jiu-Jitsu instructor who helps lead our youth martial arts programs," Misti said.

Tim is TWMA's head instructor and has been practicing martial arts since 1987. He is also a licensed health care provider — a registered dietitian nutritionist and an integrative and functional nutrition certified practitioner — offering personalized nutrition therapy, supplement guidance, and lifestyle support for individuals managing chronic health issues. He is also an experienced certified personal trainer, addressing each client's individual fitness goals.

"We believe that true wealth comes from having the physical, mental, and spiritual health to live life fully," Tim said.

Misti is a licensed massage therapist and certified Gracie Jiu-Jitsu instructor. She also teaches youth classes and women's self-defense seminars.

"Our self-defense programs are about so much more than just learning how to fight — they're about developing personal agency, confidence, and peace of mind," Misti said. "Learning these skills can be transformative. It shifts their sense of vulnerability into one of strength."

The Garretts are passionate about the Gracie Jiu-Jitsu Bullyproof Program because it teaches kids valuable lessons beyond just fighting back.

"This program is designed to empower children with the tools to stand up for themselves — physically, verbally, and emotionally. It's about developing not just skills, but a strong sense of identity and resilience," Misti said.

With a strong focus on whole-being wellness, the Garretts offer the community many options for staying healthy and feeling balanced.

"What's been most rewarding is knowing we've created a space where people feel seen, supported, and empowered to take back control of their health," Tim said. "Many have achieved their health goals, reduced or eliminated medications, built lasting strength and endurance, and significantly improved their quality of life." GN

TWMA is located at 101 S. Woodland St. You can find out more about their class offerings and gym memberships by calling (931) 723-8575.





Lemonade Day Brews up Future Leaders

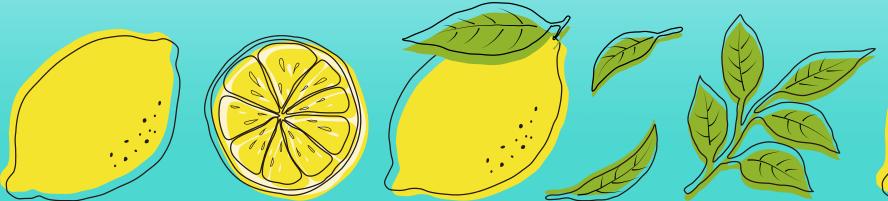
Teaching business smarts to Manchester's youth.

Photos by Ashleigh Newnes

EMONADE DAY teaches young people to be entrepreneurs by guiding them through the process of launching and managing their own businesses. Manchester was an early adopter, even weaving the program into the local school curriculum. This year, on Thursday, May 15, 2025, fourth and fifth graders from Coffee County Schools and Manchester City Schools set up their lemonade stands across town for several hours. This practical experience was crucial for teaching them about business planning, marketing, and figuring out profits, while also building financial literacy and highlighting the importance of community and giving back. **GN**



▲ Will Roderickl worked the sidewalk like a pro – showing off his sign and his sales skills to bring customers to the Westwood Elementary lemonade stand.





Megan Walling, Jaxson Shelton, Will Roderick, Annabella Holt, Bricen Rivera, Laural Sapp, Anna Ramsey, Haiven Gray, Lucas Troxler, Trystan Swiderski, Stormie George, Jackson Tate, Holly Logan, and Callie Wolfe



▲ Annabella Holt served up lemonade with a smile that could brighten anyone's day — spreading joy and refreshment during Manchester's Lemonade Day.



▲ With a cheerful sign in hand, Jackson Tate and Jaxson Shelton reminded customers that every cup helped a local cause.



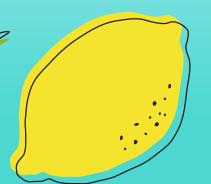
▲ Anna Ramsey worked the sidewalk like a pro — showing off his sign and his sales skills to bring customers to the Westwood Elementary lemonade stand.

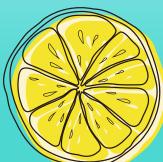


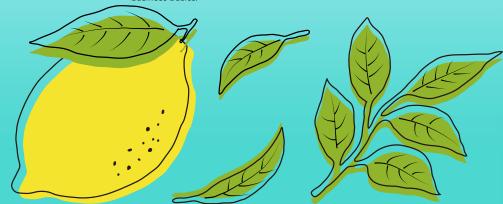
▲ Students of East Coffee, Brooklyn, Ellie, and Avery serve lemonade to their principal, Mr. Keith.



Annabeth Treadway and Kiah Davis worked together at their creative Lemonade Day stand, learning hands-on lessons in teamwork and business basics.







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