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ISSUE 8 2025

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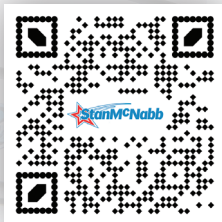
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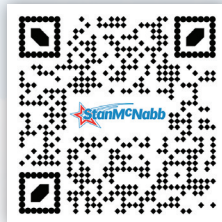


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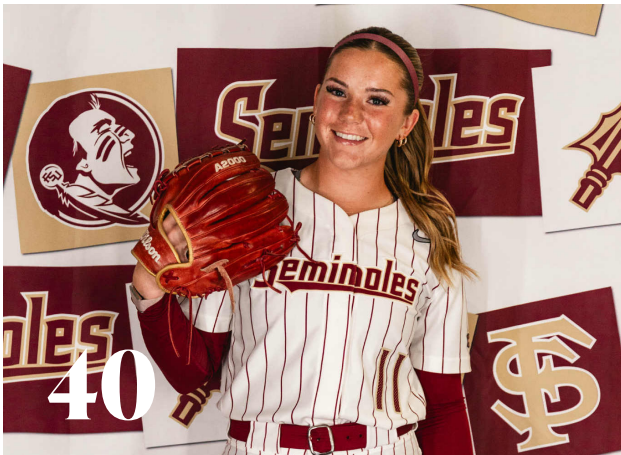
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LETTER FROM THE EDITOR

# The Home Team

A community is built under Friday night lights.

THE SCENT of warm butter-covered popcorn and the huge roar of the crowd... does anything bring you back faster than a Friday night under the stadium lights? For me, it's a flood of memories: the nervous jitters before kickoff, the eruption of cheers after a touchdown, even bumping into old friends and teachers in the concession line. These moments aren't just for students anymore; they whisk us right back to our own school days. We remember walking the school halls, practically buzzing for the game later that night. Those feelings? They stick with us for decades.

No matter how the game went, whether it was a nail-biting win or a tough loss, we played hard, cheered loudly, and probably got a little too carried away. It was something bigger, something you could truly feel in the air. We were together, not just in matching colors and jerseys, but in spirit, drive, and care.

Think about it: whether it's the powerful sounds of the band, the gravity-defying stunts of the cheerleaders, or the grit of the players on the field, every person involved

learns lessons that stick with them long after that final whistle. They learn about teamwork, about picking themselves up after a fall, and about the quiet power of sportsmanship. These are the qualities that make our community special, building character and shaping the next wave of leaders right here in our own backyard.

As life speeds up, it's easy to lose sight of these simple, Friday-night experiences. But there's a hidden treasure in our local fields and courts, a comfort and strength that we shouldn't take for granted. It's the feeling of knowing that our team, our community, always has our backs. That game that's not just a game? It ties us together under those Friday night lights. We build our lives together, often finding ourselves meeting up in those very same stands year after year.

Our home teams have always been a reflection of who we are as a community, inspiring us and cheering us on, both on and off the field. This issue of Good News, "The Home Team," is a celebration. **GN**

**Wesley Bryant,**  
EDITOR-IN-CHIEF

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publishing  
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*The Dinos played  
against the  
Greene Gold in  
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Finals*

## You're never too old to pick up a sport again.

By Sara Hook  
Photos submitted by Ann Solomon

**“A**GE IS just a number,” the old saying goes — and the ladies of the Tennessee Stealers and Tennessee Dinos prove it weekly at basketball practice and annually in Senior Olympics competitions across Tennessee and the United States.

The teams first came together in 2007, when a Shelbyville school teacher, Emily Campbell, put an ad out in the paper through the Shelbyville Recreation Center and its director, Sylvia Pinson. The ad was for basketball players 50 years old and older, and Joan Collins was one of





▲ Ann Solomon and Melissa Broiles with their medals from Skills Events

**That's huge to me – to know that you have people that depend on you, and you depend on other people. Outside of playing basketball, the camaraderie and friendships that you build and make are unbelievable.**

**- Ann Solomon**

nearly a dozen players who answered. Collins said the ages of the team members were everywhere, from 50-65, but since the youngest player's age determines your bracket, they had to play in the 50-54 age group.

"We played in the [Tennessee Senior Olympics] that year," Collins said. "We realized right then that the talent was there, and we were all out of shape."

To ensure a more level playing field, they split into three teams. Almost 20 years later, the Stealers and the Dinos still get together to play ball.

As a member of the Dinos, Collins competes with other players aged 65 and older. Her team has played against people all over the United States, and two years ago they won a gold medal in Pittsburgh. While they aren't traveling this year, the Dinos have competed nationally in six previous years. Collins said the team loves the game, and the players care about each other.

"It's just the love of the game — you just want to keep playing as long as you can," Collins said. "It's a fellowship. You don't want to give it up."

The Stealers currently compete in the bracket for 55 to 59-year-olds. Ann Solomon has been playing with the team for seven years and joined for the love of the sport. Then she went to the Tennessee Senior Olympics and saw the other benefits basketball could offer.

"One of the first years that I played, there were ladies there playing basketball in [the] 80 to 84-year-old age group," Solomon said. "They were still able to move on the basketball court. That is a sport that can keep you active."

Solomon said she also views the community she finds with her team incredibly important. The work they have done together has made them a family.



“That’s huge to me — to know that you have people that depend on you, and you depend on other people,” Solomon said. “Outside of playing basketball, the camaraderie and friendships that you build and make are unbelievable.”

The Shelbyville Recreation Center has been the hub for both teams since the beginning, and Collins said anyone interested in playing is encouraged to contact them for more information.

“We wish we had more women that would come and play,” Collins said. “We’re getting older. We need some young blood.”

There is exercise to be found on the courts there, as well as family — and as the ladies of the Stealers and Dinos have proved, you’re never too old to try something new. **GN**

*For more information, contact the team through the Shelbyville Rec Center at 228 Tulip Tree Rd. in Shelbyville or call (931) 684-9780.*



▲ Tish Ziegler, Eva Carter, Melissa Broiles, Ann Solomon, and Carolyn Wenger



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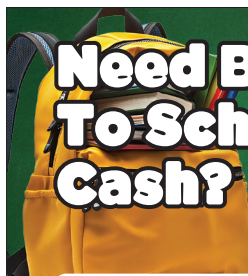


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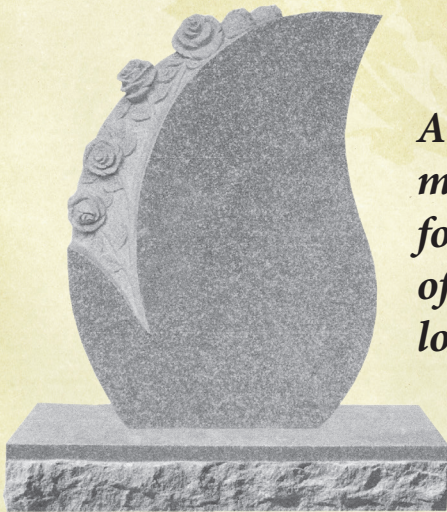
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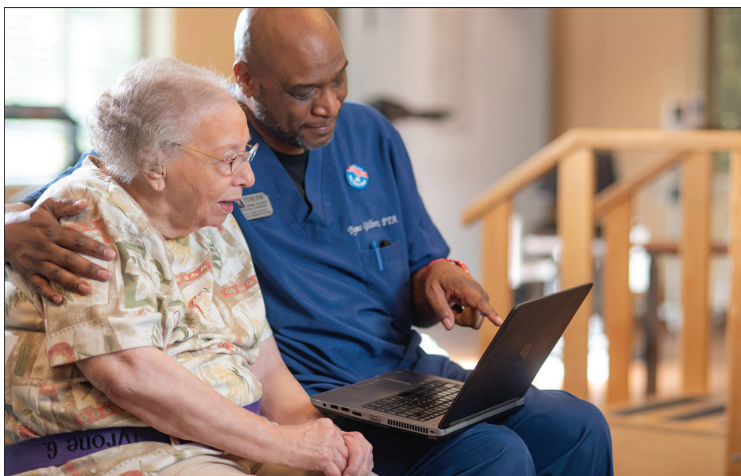
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# Recovering well with Highpoint Health

An athlete's lowest point is met with expert care at Highpoint Health - Winchester with Ascension Saint Thomas.

By Becca Roberts // Photos submitted by Ramie Hutchison, Hutch Digital LLC





**I**T WAS another Friday night under the bright stadium lights for Franklin County High School varsity football player Dawson Sowers, who was in his senior year. The tension on the field was palpable, but Sowers had been under this pressure before, and he knew what he was doing. Unfortunately, there are always risks that come with playing sports, and that fateful evening, Sowers, as the team's linebacker, went for a tackle out of bounds that would change everything for his football career.

"When we both went down, I realized my shoulder was really far out behind me," Sowers said. "I felt a pop, and I realized something was really hurting, and I couldn't get up."

Dr. John Arnold, the team's physician and an orthopedic specialist at Highpoint Health - Winchester with Ascension Saint Thomas, was beside him on the field instantly, assessing the situation and treating the injured player. Sowers had torn cartilage in his shoulder and would eventually need a labrum repair: a surgical procedure to repair the torn ring of cartilage.

But Sowers was in his senior year and wanted the opportunity to attend college on a football scholarship, so Arnold, Sowers, and Sowers' parents worked together to hash out a treatment plan that would allow Sowers to continue playing while maintaining the minimum amount of risk to the already injured shoulder.



Arnold fitted him with a shoulder brace that would protect the injury as much as possible while allowing Sowers to finish out his season. His knowledge as an orthopedist restored Sowers' ability to keep pursuing his athletic goals.

Because he was able to continue playing, Sowers received a football scholarship to Tusculum University. While Arnold had brought him this far, his medical care was not over yet. For the injury to heal fully, Sowers still needed to have the labrum repair surgery. Arnold was prepared to see Sowers through to full recovery, and as an orthopedic surgeon at Highpoint Health, he performed the surgery himself.

"With posterior shoulder instability, once it becomes a surgical problem, unfortunately, the recovery time is about five or six months," Arnold said. "The labrum, when it is repaired, takes about three months to heal back to the bone."

Arnold is a board-certified orthopedic surgeon specializing in orthopedic sports medicine and general orthopedics. He and other orthopedic specialists, such

as Dr. James McClure, offer specialized, professional care to patients at Highpoint Health, where patients feel heard, and treatments are customized based on the individual's needs. For Sowers, this level of skill and care gave him peace of mind, knowing that he was in good hands.

"I was worried because I heard the word surgery, but the doctors assured me that this was going to be a perfect recovery and that everything would go smoothly. So I felt more confident going into the surgery," Sowers said.

The surgery, recovery, and rehabilitation all went smoothly thanks to Highpoint Health's excellent team of doctors, nurses, and physical therapists.

"They really helped me. When you have an injury requiring surgery, most people believe that you aren't going to be able to bounce back," Sowers said. "But Highpoint Health is the opposite of that. They helped me reach my goal to earn a football scholarship, and now I'm feeling my best to go to college in the fall as a Tusculum Pioneer." **GN**





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# FRANKLIN COUNTY HIGH SCHOOL

## 2025 Football Schedule

DAY	DATE	OPPONENT	TIME
Friday	Aug. 22, 2025	Coffee County Central High School	7 p.m.
Friday	Aug. 29, 2025	MahWah High School (N)	7 p.m.
Friday	Sept. 5, 2025	<b>AWAY @</b> The Howard School	7 p.m.
Friday	Sept. 12, 2025	Warren County High School	7 p.m.
Friday	Sept. 19, 2025	South Pittsburg High School	7 p.m.
Thursday	Sept. 25, 2025	<b>AWAY @</b> Providence Christian Academy	7 p.m.
Friday	Oct. 3, 2025	Columbia Central High School	TBA
Friday	Oct. 17, 2025	Lawrence County High School	TBA
Friday	Oct. 24, 2025	<b>AWAY @</b> Tullahoma High School	7 p.m.
Friday	Oct. 31, 2025	<b>AWAY @</b> Lincoln County High School	TBA

# HUNTLAND HIGH SCHOOL

## 2025 Football Schedule

DAY	DATE	OPPONENT	TIME
Friday	Aug. 22, 2025	<b>AWAY @</b> Whitwell High School	TBA
Friday	Aug. 29, 2025	Forrest High School	TBA
Friday	Sept. 5, 2025	<b>AWAY @</b> Community High School	TBA
Friday	Sept. 12, 2025	Richland High School	TBA
Friday	Sept. 19, 2025	<b>AWAY @</b> Moore County High School	7 p.m.
Friday	Sept. 26, 2025	Lookout Valley High School	6:30 p.m.
Friday	Oct. 3, 2025	Fayetteville High School	TBA
Friday	Oct. 17, 2025	Eagleville High School	TBA
Friday	Oct. 24, 2025	<b>AWAY @</b> Bledsoe Co. High School	7 p.m.
Friday	Oct. 31, 2025	<b>AWAY @</b> Cornersville High School	TBA



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# M. Sweets Bakery and Cafe

Where the cupcakes surprise  
and the sandwiches satisfy!



## GOOD NEWS IS COMING TO DINNER!

We will feature a local food critic's thoughts as they dine in Franklin County. This month Shannon Beebe visited M. Sweets Bakery and Cafe.

Shannon Beebe  
franklincountyfoodcritic@gmail.com

*M. Sweets Bakery  
and Cafe*

213 E. Main St.  
Decherd, TN 37324  
(931) 315-3922



**J**UST OVER the train tracks in the heart of downtown Decherd on Main Street, M. Sweets Bakery and Cafe is a small restaurant that deserves every bit of attention. I recently had the pleasure of dining there with a group of ladies from our local Beauties in Business networking group, and the experience was both delightful and memorable.

The cafe has an old-fashioned charm. Its warm, inviting atmosphere and friendly staff make you feel welcome when you walk through the door. The decor strikes a cozy, hometown balance, creating the perfect environment for a casual lunch or even a small celebratory gathering.

The menu features things like breakfast sandwiches, burritos, pastries, and desserts. For lunch, you can choose from a variety of sandwiches, salads, and soups. Today, I went with the honey mustard hot ham and cheese sandwich — it was a standout. The ham was thick-cut, perfectly cooked, and generously portioned, while the melted cheese added a rich, creamy texture to every bite. The honey mustard

brought a subtle sweetness and tang that tied it all together beautifully. Served on homemade bread, it had that comforting, home-cooked feel that made the sandwich especially satisfying.

The dessert was equally impressive. I treated myself to a chocolate cupcake, which turned out to be the perfect finishing touch. The cake was moist, rich, and topped with just the right amount of frosting. What truly set it apart, though, was the decadent fudge center — a delightful surprise that elevated it from delicious to unforgettable.

M. Sweets Bakery and Cafe is open for breakfast and lunch, and they also offer catering for special events. Whether you're grabbing a quick bite, indulging in a sweet treat, or just enjoying the cozy ambiance, this local treasure delivers on all fronts. The attention to detail in both the service and food is unmistakable.

I highly recommend M. Sweets to anyone in the downtown Decherd area who is looking for a great breakfast or lunch. It truly lives up to its sweet name! **GN**

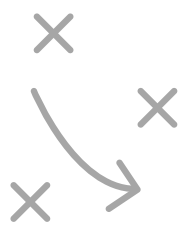






# Touchdown Favorites

**G**AME DAY is back, and with it comes the thrill of the plays, the roar of the crowd, and the unbeatable joy of gathering with friends. Whether you're glued to every down or just there for the fun, one thing unites everyone: incredible food. This lineup of game day greats is here to satisfy every craving. Think cheesy chicken nachos, sweet and tangy wings, and the always addictive skillet burgers. These MVP-worthy dishes will score big with your guests. So huddle up in the kitchen and bring your A-game — because the best plays happen around the table. **GN**

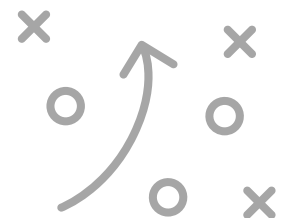


## Chicken Nachos

*Submitted by Rosalind Lindsey*

1 can white premium chunk chicken in water, drained, 9.75 oz.  
1 c. pinto beans, drained and rinsed  
1 c. tomatoes with jalapenos, drained  
1 pkg. pepper jack cheese, shredded, 3 oz.  
tortilla chips, unsalted

Arrange chips on a large, microwave-safe platter. Break the chicken in pieces and scatter over the chips. Scatter the beans over the chicken and the tomatoes over the beans. Top with an even layer of cheese and microwave at full power until the cheese is melted, about 3-4 minutes.



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



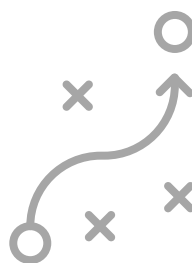
## Sweet and Tangy Chicken Wings

*Submitted by Renee Steelman*

3 lbs. chicken wingettes, about 30  
1/2 t. salt, divided  
dash of pepper  
1 1/2 c. ketchup  
1/4 c. brown sugar, packed  
1/4 c. red wine vinegar  
2 T. Worcestershire sauce  
2 T. Dijon mustard  
1 t. garlic, minced  
1 t. liquid smoke, optional  
sesame seeds, optional



Sprinkle chicken wings with dash of salt and pepper. Place in a baking dish and broil 4-6 inches from heat for 5-10 minutes on each side or until golden brown. Transfer wings to a greased 5 quart slow cooker. In a mixing bowl, combine ketchup, brown sugar, vinegar, Worcestershire, mustard, garlic, liquid smoke, and remaining salt. Pour over wings; toss to coat. Cover and cook on low for 3 1/4 - 3 3/4 hours or until chicken juices run clear. Sprinkle with sesame seeds if desired.



## Best Ever Skillet Burgers

*Submitted by Mary Tipper*

1 1/2 lbs. ground beef  
1 lg. onion, chopped  
1 bell pepper, chopped  
3/4 c. ketchup  
2 T. sugar  
2 T. mustard  
1 T. vinegar  
1 T. Worcestershire sauce  
salt & pepper, to taste  
hamburger buns



In a heavy skillet, brown meat, onion, and pepper; drain. In a bowl, combine ketchup, sugar, mustard, vinegar, Worcestershire sauce, salt, and pepper. Add to meat mixture. Simmer 30 minutes. Serve on buns with your favorite condiments.





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A high-angle photograph of a football game. In the foreground, two players in blue jerseys and helmets are in a three-point stance on a green artificial turf field. The field has white yard lines and large white numbers '5' and '0' are visible. In the background, a crowd of spectators, including men, women, and children, are standing on the sidelines. Some are wearing blue jerseys, while others are in casual attire. The overall scene is brightly lit, suggesting an outdoor daytime setting.

# THE HOME TEAM

From Friday night lights to packed gymnasiums, neighbors gather to cheer on hometown heroes and create memories that last a lifetime.







A full-page photograph of a young man, Garrett Patterson, standing on a lush green golf course. He is wearing a grey baseball cap with "PINES" on it, a short-sleeved polo shirt with a red, white, and blue floral pattern, khaki shorts, and white sneakers. He is smiling and has his hands on his hips. To his right is a white and black golf bag with "SIS KING 1" written on it. The background shows a line of trees under a cloudy sky.

GARRETT PATTERSON

# FINDING YOUR LOVE

Competition leads to  
personal growth.



# THE HOME TEAM



▲ Seven years old is roughly when Garrett's love for golf began. This was at Bear Trace Tim's Ford.

**BY SARA HOOK**

**PHOTOGRAPHY BY BROOKE SNYDER**

**AND SUMMITTED BY GARRETT PATTERSON**

**R**OLLING GREEN fields, beautiful skies, rustling trees, and the crack of club on ball are the staples of the golf course. For Franklin County High School senior Garrett Patterson, those are sights and sounds that mean hard work, focus, and hours playing the game he loves.

Patterson's exposure to golf began when he was young, spending afternoons with his stepfather hitting balls around their backyard.

"I was mostly just kind of picking up his balls that he would hit," Patterson said.

Years later, they went to Bear Trace at Tim's Ford, and Patterson played his first few holes. By seventh grade, he knew he wanted to play more consistently.

"I decided that I wanted to go down the route of trying to play golf, and ended up finding out that I really enjoyed it," Patterson said.

In high school, he began taking the game more seriously. On top of a busy schedule as a member of the student council, Beta Club, the National Honor Society, Future Business Leaders of America, and the Fellowship of Christian Athletes, Patterson began taking lessons and specifically working to improve his game. That hard work has paid off. He has been recognized as the golf team MVP and OWL Awards Fall Male Athlete nominee, received the FCA Dean and Tyler Zimmerman Memorial Award, and been a district and regional qualifier for the Franklin County golf team.



**“Start out by yourself. Finding your love is the first step, and then everything will come to you from there.”**

**GARRETT PATTERSON**

Patterson said his low scores have been consistent enough that he has been confident in reaching out to college coaches. Ultimately, he wants to play for Maryville College, but in the meantime, he has begun competing through the Sneds Tour: the junior golf tour of the Tennessee Golf Foundation.

“My dream has always been to play a college sport while getting all the academics that I need to become a vet,” Patterson said. “It’s very exciting for me.”

Aside from hard work and practice, Patterson said the key to a successful game is to remember that everyone is there to do the same thing — shoot a low score.

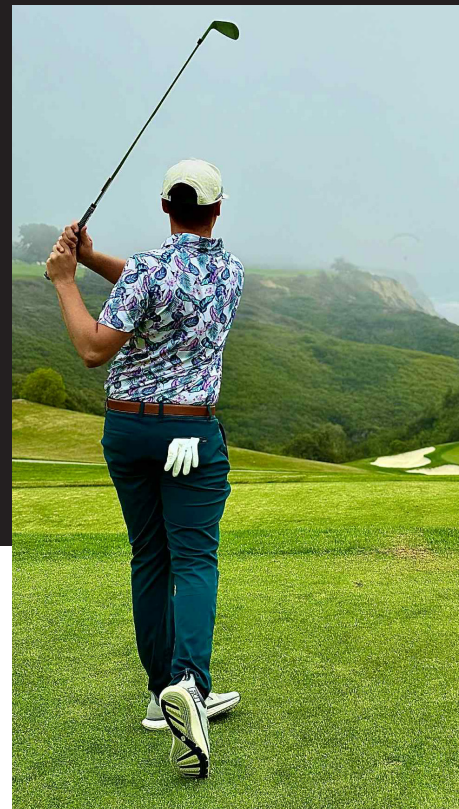
“The only person that you’re really playing is yourself and the course,” Patterson said. “If you can stay mentally stable, you’re going to play well.”

While he played other sports, like basketball, Patterson always felt more at home on the golf course. He said it has made him a better person, and it’s a place he can always go to relieve stress and focus on what is important.

“It’s a different feeling — a different kind of calm than all the other sports,” Patterson said. “There’s only one person to blame, and you can always make yourself better.”

Getting better doesn’t require fancy equipment or access to a nice golf course. All you need, Patterson said, is a good starter set of clubs and a little space to begin working things out. There are tons of resources online that can help, and when you really begin to love the sport, things will begin to fall into place.

Garrett Patterson ►  
playing at  
Torrey Pines in San  
Diego, California,  
at the age of 17



“Start out by yourself,” Patterson said. “Finding your love is the first step, and then everything will come to you from there.” GN











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DAWSON SOWERS

# TACKLING FOR THE TEAM

A Franklin County High School  
football player fights through  
pain to finish the 2024 season.



# THE HOME TEAM



▲ Only a few years into his football career, Dawson Sowers proudly played for the Rebels.

BY GABRIEL GRANT HUFF

PHOTOGRAPHY BY BROOKE SNYDER

AND SUBMITTED BY DAWSON SOWERS

**D**AWSON SOWERS knew something was wrong when he heard the “pop.” The 6-foot-tall teen had his opponent within sight, running toward him to make a tackle. Unfortunately, he tore his shoulder in the process. However, a huge heart for the team, family, and God kept him on the field to end a high school legacy that placed him in the history books.

The Winchester native attended Franklin County High School in a community where he had played football since the age of 5.

“I always found the sport very fascinating, watching every weekend with my family,” Dawson said. “It was really fun to watch, and playing it was super fun. Football also taught me to be a tougher person, because it is a tough sport to play, mentally and physically.

Dawson sought activities that challenged him — a trait he credits to his parents and sister. His dad, Shane Sowers, works in maintenance for Nissan Motor Co., while his mother, Angie, has 31 years of health care experience. His sister, Madison, is a licensed practical nurse, working on her registered nurse’s license. Needless to say, hard work runs in the family, directly translating into Dawson’s extracurricular activities.

“I ended up choosing football for the most obvious reason — because it was a contact sport and you can really hit people and not get in trouble for it,” Dawson said. “Another reason I chose football is because of the competitiveness and the hard work it takes to be a really good player.”

Once Dawson joined the Franklin County High School Rebels, his love for football only deepened as he



**“It runs in the family to work very hard for what you want to get in life, and that’s something that’s also very motivating to me.”**

**DAWSON SOWERS**

played multiple positions, including quarterback and running back, but the linebacker role stood as his primary and favorite position. His success really took off during his junior year when he broke the school record with 75 tackles in the 2023 season. The previous record of 68 tackles had been set in 2001.

“That was just something that meant a lot to me because I put my name in the book permanently. And something like that, somebody can’t take away from you because I worked hard for that.”

Although the season concluded on a high note, he began his senior year with a painful collision.

“We get to the second game of the season, and I went to go make a hit on another player, and I landed on my shoulder when I came down,” Dawson recalled. “I felt a pop in my shoulder, and I didn’t know what it was, but it hurt really bad.”

The senior told his friend that the landing may have caused a tear, but adrenaline kept him going through the rest of the game — and the season — despite the pain.

“I was a big role model to the team, and it was my senior season, so I really just wanted to go out with the best bang I could possibly go out with,” Dawson said.

Unfortunately, the team finished with a 0-10 record, but they all fought and grew together — a feat in its own right.

A visit to Highpoint Health with Ascension Saint Thomas after the season revealed Dawson had suffered a labrum tear that required surgery — a scary moment. However, with Dr. John Arnold serving as the surgeon, the procedure proved successful.

“He did really good,” Dawson said. “He’s been there for me as a friend [and] a doctor, and he’s a really great person.”

Dawson made a full recovery, setting himself up for a fresh start at Tusculum University in 2025 to continue his education and football career on a scholarship. He described God as the primary motivation to reach his potential, with the goal of becoming an athletic trainer and returning to Winchester to work, joining others who keep giving back to the community.

“It runs in the family to work very hard for what you want to get in life, and that’s something that’s also very motivating to me.”

The inspiration drives Dawson to be his best — a call everyone hopes to answer, especially him. **GN**





*Friends and family  
have spent four  
years cheering for  
Dawson Sowers  
from this very spot  
he sits. Football  
isn't over for him,  
but memories  
here remain.*

TUSCUM  
UNIVERSITY  
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ASHTYN DANLEY

# METTLE ON THE MOUND

Small-town Tennessee grit makes Ashtyn Danley a force on the field.



# THE HOME TEAM



▲ Ashtyn Danley, after throwing a pitch, connected with her catcher and infielders and smiled — because she knows they have her back.

BY BECCA ROBERTS

PHOTOS SUBMITTED BY ASHTYN DANLEY

**O**RANGE DUST scatters as the opposing softball player slides toward home base, a moment too late. Florida State University (FSU) pitcher Ashtyn Danley has already fired the ball into the catcher's glove for the out. Danley focuses on the ball, quickly preparing for the next batter.

"If I am going to do something, I am going to work to be the best at it," Danley said.

This determination formed in her as a child. Her mom, Brandi Danley, is a teacher, and her dad, coach Michael Danley, is a softball coach in Franklin County. Ashtyn Danley often tagged along with her dad as he coached for XPlosion teams. Ashtyn admired the older players, especially when they would toss the ball to her

during practices. From a young age, she observed that the best players have self-discipline, a strong work ethic, and a passion for the game.

Ashtyn studied her older sister, Mattie, at Mattie's pitching practices, inspiring Ashtyn to become a pitcher herself. When Ashtyn was old enough to play for her father's team, she joined XPlosion. But the leap from playing on her dad's team to trying out for a new team was a pivotal moment.

"I was so scared," Ashtyn said. "But that team gave me some of my best friends, that I still have today, and connected me with many opportunities as I got older and began playing for Mojo." Mojo is a local, fast-pitch travel team.





**“I hope that I leave my uniform and this special program better than it was when I got here.”**

**ASHTYN DANLEY**

During her freshman year of high school, Ashtyn faced a painful setback. While playing basketball, she sustained tears to her ACL, MCL, and meniscus.

“After coming back from that, it was mentally challenging to get back to where I was,” Ashtyn said. “It took a lot of support from others and a belief in myself to get back to playing my best. But I knew that God had a plan for me; I would never have learned how hard I could push myself and how much potential I had until then.”

Ashtyn did not let that potential go to waste. She and her team took second place at the state championship level, and she was named 2021-22 Gatorade Player of the Year in Tennessee for softball.

Ashtyn graduated as valedictorian. Culminating her impressive high school career, she was invited to play for the Florida State Seminoles — her dream since she was 12.

Now, as a college-level pitcher, Ashtyn continues to break records. She finished her sophomore year at FSU with an 18-6 record and 101 strikeouts. However, Ashtyn’s sports achievements, however monumental, are just one facet of her purpose and identity. She also wants to be an example to the next generation of players and to her younger sister, Taylor Danley.

“My goal is to leave a better person than when I stepped foot on campus. I hope to leave a legacy for how I played the game and for the person I am, regardless of my softball performance,” Ashtyn said. She is pursuing a business degree at FSU. “I hope that I leave my uniform and this special program better than it was when I got here.” **GN**



▲ Home-run hugs to celebrate a good at bat, while smiling seeing her teammates





*Ashtyn Danley  
mid-windup,  
laser-focused  
on her pitch,  
delivering with  
precision to give  
her team the  
best chance  
at success.*



# GOT KNEE PAIN?

Genicular Artery Embolisation



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- Had chronic knee pain, stiffness, swelling, tenderness, weakness, or instability?
- Had trouble with everyday activities, like walking or climbing stairs?
- Been told that a knee replacement is your only remaining option?
- Had a knee replacement in the past, but still experience significant pain?

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## 2025 Holiday Cookbook Coloring Contest!

Print it. Color it. Mail it!



\*NAME: SUE  
\*AGE: \_\_\_\_\_  
\*ADDRESS: \_\_\_\_\_  
\*PHONE NUMBER: \_\_\_\_\_

**DEADLINE:** September 12, 2025

\*Required info. Any entry not including this information will be disqualified. Artwork will not be returned unless it includes a self-addressed stamped envelope with each submission. Siblings must enter separately with their own envelopes.

**Exchange**

Is your child ready to show off their artistic talents? Our annual Christmas Cookbook is looking for a festive cover, and we want YOUR child's artwork to shine!

**Prizes:** Winning art will be featured on our cookbook cover, and the artist will receive \$50!

**Deadline:** Friday, September 12.

**Mail or drop off your entry:**  
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**Return:** Want your child's art back? Include a self-addressed stamped envelope. All other entries will belong to Exchange Media Group.

*Don't miss this chance for your child's art to be part of our holiday tradition!*



Scan to Enter  
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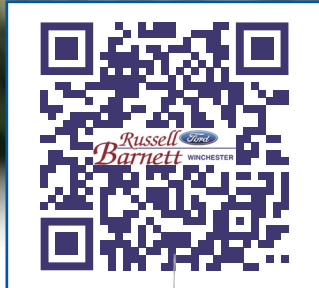
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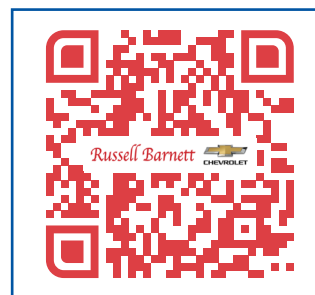


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