

DISCOVER

April 2023 - Volume 3 - Issue 5

Tennessee River Jam Lineup

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ON THE COVER -Machine Falls
in Tullahoma, Tennessee.
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DISCOVER

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on YouTube TV.



Fans and performers of old-time music are invited to the Holladay Elementary School in Benton County, April 14-15 for a weekend of pickin' and grinnin' for the 65th annual Old Time Bluegrass and Fiddlers' Jamboree.

Fiddlers' Jamboree is 'Glue' for Holladay Community

by *Sabrina Bates*

Organizers of a “back to the basics” event are putting the finishing touches on a celebration held every third weekend in April at the Holladay Elementary School in Benton County. The Old Time Bluegrass and Fiddlers' Jamboree turns 65 this year. The name itself holds true to the character of what guests can expect as just an attendee or for those who want to get in on the friendly competition, offering more than \$6,000 in cash prizes.

“I’ve always thought the Bluegrass and Fiddlers' Jamboree is the glue that holds the community together,” long-time event organizer, Wayne Holladay, shared. Wayne started helping with the Jamboree when he was a seventh-grade student at the school. He is 80. With the exception of a few years following high school, Wayne has been a fixture in the musical event that draws thousands each year to the grounds of the elementary school. Many will recognize him in his overalls or suspenders, ballcap and wide smile as he enjoys the pickin' and grinnin' festival.

The town of Holladay was named after Wayne's family. His great-grandfather and great-uncle settled in the town after the Civil War and opened the Holladay Bros. Store, which became the staple in the rural community.

Wayne recalled how T. Hudson, a former

principal in the community of Sardis, held a fiddlers' contest each year and he brought the musical event to halls of Holladay Elementary. Wayne said the first fiddler to ever win the contest, Charlie Sykes, thought he was a rich man when he took home a coffee pot and \$50 in cash. Fast-forward 64 years and winners in a number of categories take home cash prizes of up to \$200. No advanced registration or entry fees are required to participate in the contest. Those wanting to perform only need to pay the general admission price of \$7 for adults and \$5 for students.

Wayne explained how it takes the whole community to make the Jamboree possible, from Grand Ole Opry performer Rhonda Adams helping with the buck and square-dancing competitions to pitmaster Joey Dale Pierce, who coordinates a team to barbecue pork, chicken and bologna throughout the night on Friday.

He recalled a memorable Jamboree when an electrical storm knocked out power to the school. The emergency lights didn't work and members of the local Rescue Squad positioned lighting for the audience. Most everyone stayed through the two-hour blackout and the event finished around 1 a.m. after power was restored that night.

The two-day celebration of music features jam sessions on the school grounds by

people who may have never met until that weekend and the reuniting of old friends from past Jamborees. Although Wayne does not boast any musical talent, he comes from a long line of musical talent, which was passed onto his son, who builds his own instruments.

A local church parking lot quickly fills up with campers and motorhomes for the weekend festivities. Over the years, a Saturday morning parade and concert the night before has been added to the line-up.

Uniqueness is welcome and encouraged for parade entries. No entry fees are required for the parade. Wayne invites antique tractors, horses, wagons and classic cars for the parade route. Line-up is at Holladay Cemetery on Saturday, April 15. The parade begins at 10:30 a.m.

That Friday, April 14, the school opens its doors for a concert by Double Edge Dancing and local entertainers. Square dancing begins at 6 p.m. while buck dancing for youth ages 8 and under will follow that night. Admission for Friday night's activities is \$5.

After the parade on Saturday, registration for contestants opens at noon at Holladay School. The only electric musical instruments eligible for contest entry are bass guitars. Contests begin at 1 p.m. and include the following categories - guitar, fiddlers (all ages), dobro, banjo, harmonica

and mandolin. Prizes are awarded up to fifth place in each category.

Musical performances shut down around 5 p.m. on Saturday to allow time to set up the stage for a crowd-favorite - Team Square Dancing, which kicks off at 6. Buck dancers and cloggers, ages 8 and under, are later invited to perform on the stage. Bluegrass bands are also encouraged to participate, where they can win up to \$700 in cash prizes. After the group competitions, old-time bluegrass banjo players will compete. Mandolin performers will finish out the competition categories. Semi-professional musicians from different geographic locations will serve as judges.

Contestants will perform two tunes. Judges are looking for rhythm, creativity, taste and authenticity and execution. Adult fiddlers placing first will be asked to participate in the Fiddle-Off contest where the winner earns another \$100 in cash.

The Jamboree does not accept outside vendors, as the Holladay community provides their own. For more information, visit the Old Time Bluegrass and Fiddlers' Jamboree on Facebook or www.holladaybluegrass.com. Email Wayne at wholladay@tds.net. Call 1-731-847-2274 or 731-584-6874 for details. Holladay



Wayne Holladay

Elementary School is located at 148 Stokes Rd., Holladay, Tennessee.

The annual event is made possible through grant funding by the Tennessee River Resort District, donations from local

businesses and contributions by community members. The Old Time Bluegrass and Fiddlers' Jamboree is a fundraiser for the Holladay Elementary School.



find us on Facebook!

For more information (731) 847-2274 or (731) 584-6874
E-mail: wholladay@tds.net

Fri. & Sat., April 14 & 15

\$6,000 in Cash Prizes!

Friday, April 14

Double Edge Dancing & Local Entertainment at 6:30 p.m. • Square Dancing at 6 p.m.
Buck Dancing for ages 8 and under will follow

ADMISSION - \$5

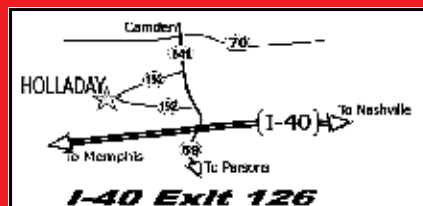
Saturday, April 15

Parade Starts at 10:30 A.M.
Contest Starts 1 p.m. (Registration 12:30 p.m.)
BBQ Served Sat. 11:30 a.m. to 6 p.m.

ADMISSION - Adults \$7 • Students \$5

at Holladay
School,
Holladay, TN

at Exit 126
off Interstate 40





WHAT IS DRY NEEDLING, AND WHY DO WE USE IT?

Guest Writer

Adam Clark, PT, DPT, Cert. DN

Clinic Director for Dynamix Physical Therapy of Dyersburg

A question I get asked almost everyday is, “What does dry needling actually do?” A good question to ask right before letting someone you just met turn your body into a pin cushion. In this blog, I will give you a valid answer to this question.

As physical therapists, we treat a wide variety of conditions ranging from post-operative care and rehab to treatment of joint and muscular pain. Our goal is to find the root or driver of your specific pain, not just the symptom. We do this by assessing your movement, identifying where your movement is lacking and restoring normal motion. In the presence of abnormal motion, tissue (muscles, tendons, fascia) will become stressed and eventually damaged. Restoring normal motion will reduce the stress on the tissue, but now that there is damage, we need to address this area as well.

Muscles that are stressed for prolonged periods of time develop areas of restriction. You may hear us use a bunch of different words to describe these areas, such as tightness, spasm, increased tone or “knots.” Patients will notice that these areas are very tender to palpation and will often times reproduce their specific symptoms. Yes, those spots are hurting because we are pushing on them, but, I assure you, muscles in a healthy state should not be painful to our palpation. We will often make the comparison of the injured side to the non-injured side to demonstrate this. This is where dry needling makes an appearance.

Now that we have identified the area of stress or damage, our goal is to reduce the remaining tightness/tone present. To do that, we take a pre-packaged, sterilized monofilament needle and insert it into the targeted tissue. A common reaction that patients have from

the dry is an ache or a “twitch” once the targeted tissue is hit. Studies indicate that this ache, also known as *durchi* in the acupuncture literature, is associated with optimal results. We then attach an electrical stimulation device (when no contraindications are present) to the needles that creates a rhythmic, low-level twitch to the muscle. In short, the twitch is further reducing the tone or tightness in that particular area of restriction. By doing this, we can help our patients achieve goals, such as reducing pain, restoring range of motion and facilitating tissue healing.

Typically, a needling session will last 15-20 minutes. Afterwards, we will often finish with moist heat to help reduce the soreness that will sometimes come with dry needling. Soreness will typically last no more than 24-48 hours after the session.

We have seen great benefits and results by adding dry needling to our holistic approach of treatment. Dry needling is intended to be an adjunct to our treatment, not just a single entity. Remember, we are trying to identify what’s driving your symptoms, not just the symptoms alone.

I hope this short description gives a basis on why we use dry needling in our treatment and how it may be beneficial to you. Of course, if you have further questions about this topic or if you are a candidate for physical therapy, reach out to your local Dynamix clinic and set up a free consultation with one of our therapists.



**Adam Clark, PT,
DPT, Cert. DN**



DISCOVER JACKSON'S MUSIC SCENE

JacksonHiddenTracks.com

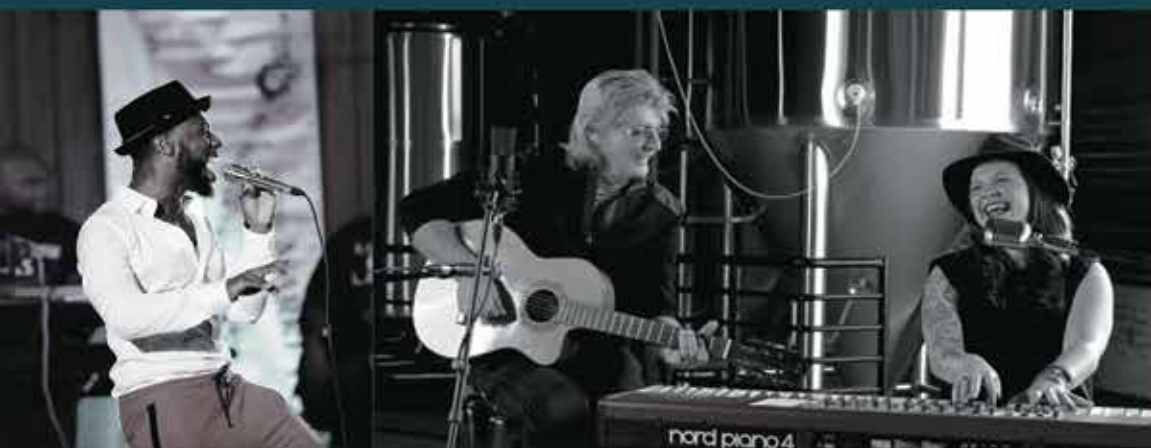


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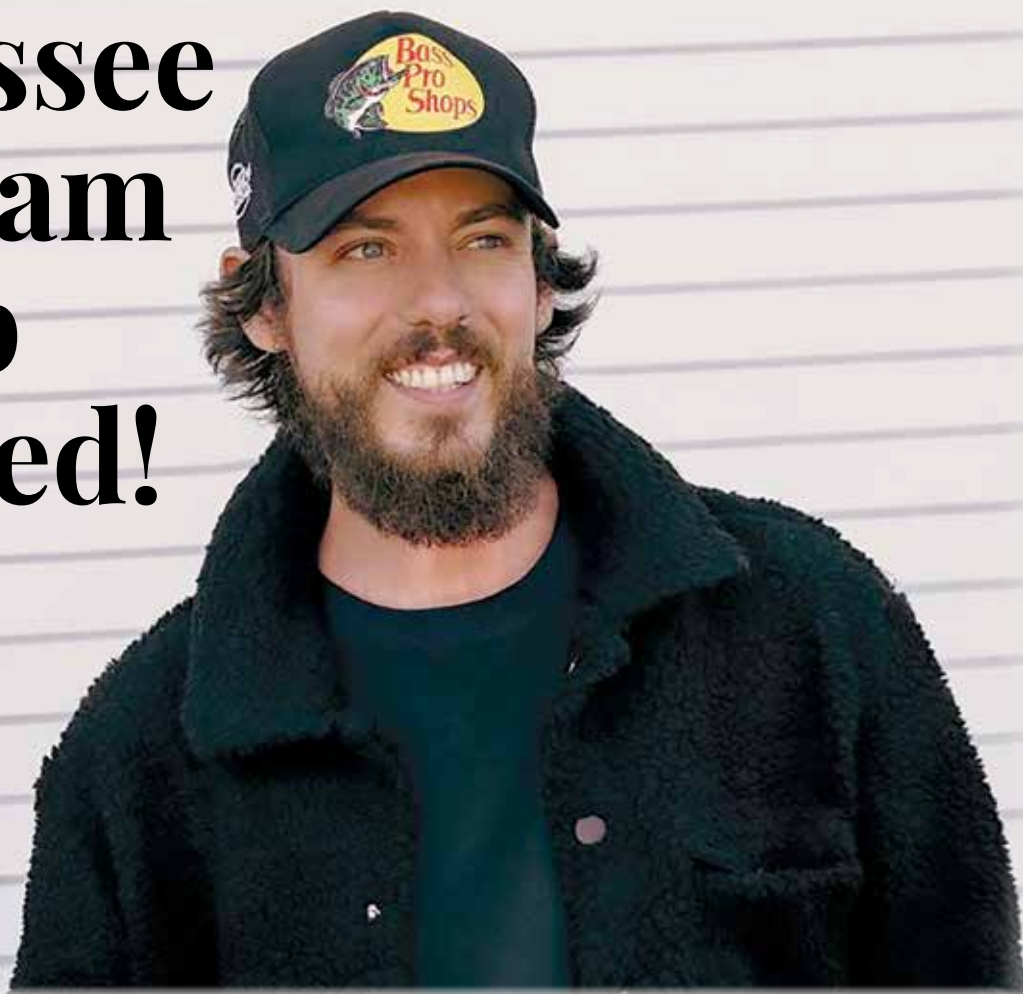


**1 APP
VISIT JACKSON TN**



***HALFWAY BETWEEN MEMPHIS & NASHVILLE
IN THE AMERICANA MUSIC TRIANGLE***

Tennessee River Jam Lineup Released!



The 2023 Tennessee River Jam headliners include Chris Janson, Drake White, Almost Famous and Jason D. Williams.

The Paris-Henry County Chamber of Commerce has teamed up with multiple partners for the annual Tennessee River Jam. The four day music festival takes place Thursday through Sunday, June 1-4, 2023 in Paris and Henry County.

"Trolinger's is stoked to be the presenting sponsor for 2023 Tennessee River Jam. Our family loves food and music, which goes hand-n-hand supporting this event to bring a wide range of acts to the community. We are excited to get out the door and start

jammin'," commented Michael Trolinger, Executive of Trolinger's.

The lineup includes a wide variety of artists ranging from local acts and bands that will be returning to nationally known musicians and newcomers! The artists will perform over the four days at different venues throughout Henry County.

This event would not be possible without the support of Henry County Tourism Authority, City and County Leadership, our Board of Directors, Tourism Committee, and most importantly our sponsors.

Thursday, June 1st you can look forward to a free concert in downtown

Paris, featuring local artist Nikki Bobo, followed by Almost Famous and Jason D. Williams.

This year the main event at Paris Landing State Park will be held on Friday, June 2nd. Johnny Mac will open up for Drake White and Chris Janson. Tickets can be purchased today at www.universe.com/events/tn-river-jam-2023-tickets-SKZL2R

June 3rd-4th is promised to be just as exciting with various artists performing at local venues. A full weekend schedule will be released in the coming weeks.

Visit www.tnriverjam.com for more information.

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ADDITIONAL ARTISTS AND VENUES TO BE ANNOUNCED



West Tennessee Easter Egg Hunting Guide

Did Some-Bunny Say EASTER EGG HUNT? The Easter Bunny's on his way with treats for girls and boys in West Tennessee! We're having an Easter season that will be lots of fun! We'll hunt for eggs and eat good food, now all we are missing is you! Hop on over with family and friends to enjoy these fun and exciting Spring-time events. Children can meet and have their photo taken with the Easter Bunny as well as participate in several activities that are located throughout the area.

Donnell Century Farms

Are you an Easter egg-spert? If so, you should join Donnell Century Farm for their annual Bunny Patch Egg Hunt for ages 2-12. Follow the bunny, he has the chocolate. Once you finish your hunt, visit the Easter bunny to capture a photo so that you remember this Easter forever! Then head over to enjoy Slide Mountain,

the Low Ropes Course, buzz through the Bee-Zipline, play on the playground and swing on the Corn-ado Swing! Before you leave, stop by the Baby Animal Festival, where you can cuddle and feed lots of baby animals! Still all hyped up on the candy from your Easter eggs? Visit the Jumping Pillow and tire those little chickens out for naptime. Whether you are looking for your perfect Easter photo or want to spend time outside with your family, there is something for everyone to enjoy at Donnell Century Farms located at 3720 Hwy 70E., Jackson, Tenn., (731)-424-4526!

Falcon Ridge Farm

It's officially time for the Falcon Ridge Farm annual Easter Egg Hunt and Spring & Easter Field Trips! Let's hop to it. Mark your calendars for April 1, 2 & 5-8, 2023! Some-bunny needs to take a hayride to the Bunny Patch and hunt over 1,000 prize-

filled easter eggs in an organized egg hunt! Don't forget to bring your easter basket to hold all the goodies you're going to find! After you hit the jackpot and fill your basket, go and get your photo taken with the Easter Bunny because of course, you're going to want to visit the petting zoo, playground, enjoy a pony ride and climb Tire Mountain.

Want to get your students buzzing? Plan your end of year trip to Falcon Ridge Farm! These field trips are the perfect mix of learning and fun! All field trips include a hayride, playtime in our country playground and a chance to meet all of the animals on the farm. You can even tour the blackberry patch and apple orchard. Keep that buzz going and visit Observation Beehive and learn all about bees! Once you're ready to have some fun, you can enjoy the Hay Fort, jumping pad, crunchy corn box and more. You can even

snag a souvenir to commemorate your time at FRF at Mary Ellen's Market. End your trip on a high note constructing a Living Necklace that each student can take home OR back to the classroom and observe it as it grows! You can begin booking field trips starting in late March and continuing through the end of the school year.

Visit falconridge.farm/easter for more information on pricing and hours and to purchase your tickets. Falcon Ridge Farms located at 22630 Highway 18 N., Toone, Tenn. (731)-658-5200.

Disabilities Easter Egg Hunt

Saturday, April 1, starts at 11 a.m. for ages 18 & younger, group 1, 25 max. Starting at 1 p.m. for ages 19 & older, group 2, 25 max. Must pre-register by March 30. Located at the marching band field by the Career and Technical Center. The Benton County Public Library along with Friends of the Library and the Benton County Electric System are powering the foundation of our community public power strong! Call 731-584-4772 or stop by the main library to register for this free event.

Free Easter Eggstravaganza Event

Saturday, April 1, from 10 a.m.-12 p.m. Registration Begins at 10 a.m., Hunt Begins at 11 a.m., Ages 3-10, Leeper Lane Park at 560 Leeper Lane, Jackson, TN 38301 (Rain Date: April 8th)

Visit madisoncountyttn.gov/134/Easter-Egg-Hunt for more information.

Northside's Annual Easter Egg Hunt

2571 N. Highland Ave, Jackson, TN, Sunday, April 2, 3 p.m.-5 p.m. All kids through 5th grade. Egg hunt will include petting zoo, animal rides and inflatable jumpers!

Easter Egg Hunt

Saturday, April 8, 1 p.m., First Baptist Church of Bemis, 116 Bemis Ln, Jackson, Tenn. Join FBC Bemis Kids at the Pavilion (located next to the church) for a fun time! Children will play games, listen to the Easter Resurrection Story and hunt lots of eggs! Ages Baby-6th grade.

Visit Fbcbemistn.org for more information.

Easter Bunny Tea Party

Saturday, April 8 from 2 p.m. - 3:30 pm Magnolia Manor and Chapel, 1424 E Main St, Humboldt, TN 38343. Cost: \$25/child

Put on your Spring Time Easter dress & hat, grab your Easter basket and join us for a Easter Bunny Tea Party. Kid's Tea Party Fare, Easter Egg Hunt in the courtyard, plus a photo-op area for pictures with Winston the Bunny! This is a fun activity but we will also go over proper tea etiquette. The preferred age for this event is 4-9 years old. There will be an area set up for parents. One parent per child/family. Visit magnoliamanorandchapel.com for more information.

McKenzie Easter Egg Hunt

Saturday, April 1, 9 a.m.- 11:30 a.m. at McKenzie Recreational Park, McKenzie, Tenn.

Helicopter or Plane Drop of Eggs starts at 9 a.m.. Age groups will have different times. For more information contact McKenzie Chamber of Commerce, 731-415-1404.

15th Annual Apex Easter Egg Hunt

Saturday, April 8, 11 a.m. at Briarwood School Field - 169 Briarwood St., Camden, Tenn., Parking available at First Baptist Church. Children 2-8, bring your own basket, over 10K eggs including 75 prize eggs.

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Family Fun-Days

Bring the Kids and Enjoy Dickson County's Great Outdoors

Rent a cabin or campsite at Montgomery Bell State Park and enjoy all the activities the park has to offer. Go boating or paddling on one of the park's three lakes, fish for bass, bream and catfish in Lake Woodhaven, speed along 23.5 miles of dirt mountain bike trails, swim in Lake Acorn, golf on

the park's spectacular course, and see the 1810 log cabin replica of where the Cumberland Presbyterian Church formed.

Outside the park, kids will have a blast racing indoor electric go-karts, maneuvering through the laser maze, and challenging each other in the game

room at Thunder Alley while mom and dad face off on the bowling lanes.

In October, take the family to Keller's Farm for the Pumpkin Patch and Corn Maze or catch the latest family film at the eight-screen Roxy 8 Movie Theater.





WHAT EXACTLY IS OCCUPATIONAL THERAPY?

You've probably read before that rehabilitation services typically include a combination of therapy types, including physical, speech and occupational therapy. But do you really have a good understanding of what occupational therapy is?

First things first, let's put a definition with this type of therapy. You probably know that physical therapy helps people recover physical abilities after some type of injury or illness or having a surgical procedure. Speech therapy, for example, helps people recover communication abilities and can also help with issues like difficulty swallowing.



Contrary to its name, occupational therapy isn't solely focused on skills and abilities required for an occupation, as in a job. But that can be some of what's involved!

For the purposes of therapy, an "occupation" is any activity that occupies a person's time. So, that may include

work, but also includes many other roles and activities. Occupational therapy helps people relearn or maintain the ability to perform activities involved in daily life, including basics like bathing

or cooking, along with specific skills such as driving or work-related tasks. This type of therapy helps individuals regain or keep their independence even in the face of new circumstances.

Depending on your specific needs, you may also receive other types of therapy, including physical therapy and speech therapy, to help you recover or maintain abilities.

That's what makes this specialty so unique—occupational therapy can help people of all ages, needs and abilities achieve goals, stay healthy and active and maintain or rebuild independence.

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Day Long Ranger Hike will Follow the Route of a Confederate Brigade

Our next ranger hike at Shiloh National Military Park will be a big one. On Saturday, March 25, Ranger Timothy Arnold will trace the footsteps of Brigadier General S.A.M. Wood's Confederate brigade. The hike will cover approximately eight miles in about six hours.

This hike will cover the fighting and experiences of the men of Wood's Brigade while advancing along their

route throughout the fighting on both days of the battle. Hikers will meet the ranger at the Visitor Center at 8:30 a.m. and then caravan to the starting point near Fraley Field.

Hikers should plan on bringing your own lunch and water for the hike. The group will stop for lunch and then continue with the hike. Participants should wear appropriate clothing and footwear for the hike as it will cross

over very rough terrain. Please call the Visitor Center at 731-689-5696 to sign-up in advance.

For more information on this and other park events call the park's visitor center at 731-689-5696, or go to www.nps.gov/shil, find them on Facebook at www.facebook.com/ShilohNMP, or follow them on Twitter @ShilohNPS.



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EVENT DETAILS

- Friday, April 14th @ 12:00 pm - 4:00 pm &
Saturday, April 15th @ 7:30 am - 3:00 pm

(Doors Open to the Public @ 8:00 am on Saturday)

- Early Reservations - **8' Tables** - \$30
Late Reservations - **6' Tables** - \$25

(All tables are reserved at this time please contact us to be put on the waiting list)

GUEST SPEAKER (To Be Announced)

Friday Night April 14th @ 7:30 pm

Note: Authentic North American Relics ONLY.
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SINCE 1905

What's your color?



Since 1905, when we first opened our door on Front Street in Memphis, Farrell-Calhoun Paint has been the favorite of professional painting contractors across the Mid-South. And for good reason - we have been dedicated to working with our customers to give them the quality products they need to ensure a superior paint job. Still family owned and operated, Farrell-Calhoun remains focused on producing superior products.

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