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dynamix.life

ON THE COVER -Water skiing on Old Hickory Lake in Gallatin, Tennessee. Copyright: Journal Communications Inc./Nathan Lambrech

DISC VER

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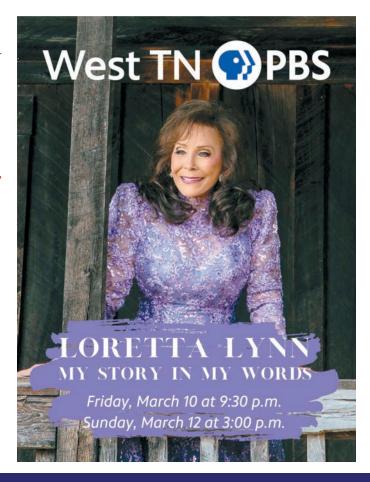
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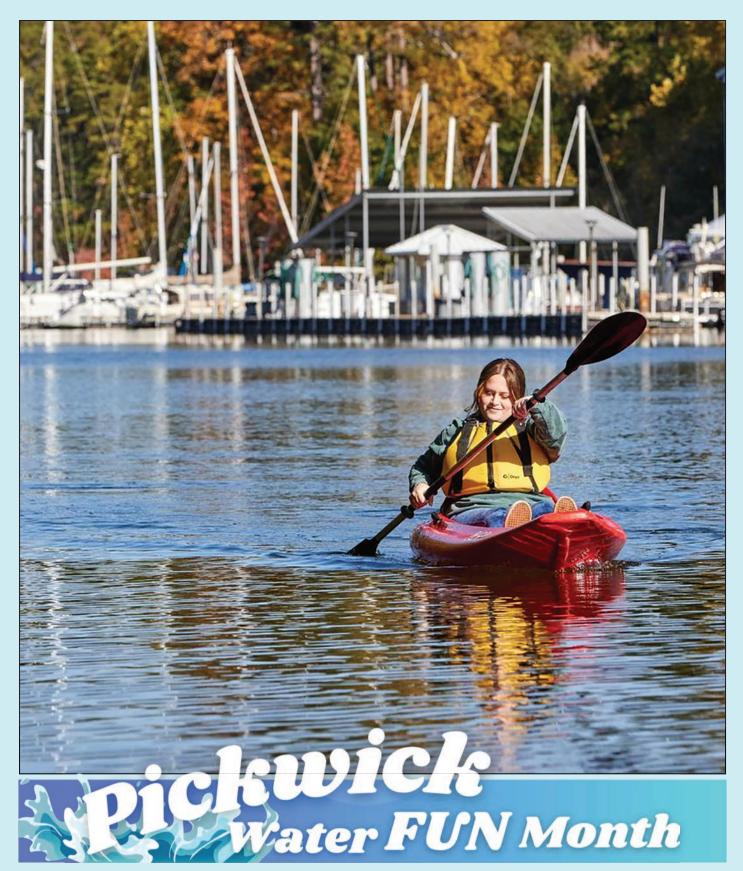
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From kayaks to pontoons to cruisers, there will be lots for the boat enthusiast in your family to do

in Pickwick this spring. The lakeside community invites you to come explore for yourself all that Pickwick has to offer at our Pickwick Water Fun Month! The entire month of March, businesses are celebrating "the Pickwick Lifestyle" by showcasing ...everything Pickwick!

With endless recreational amenities including boating, fishing, swimming, camping, hiking, and relaxing, Pickwick is the year-round spot for your family to enjoy. Filled with attractions, packed with events, bursting with local cuisine that will keep you and your family coming back for more.

"The Pickwick Water Fun Month is all about offering a Pickwick Lifestyle," shared Beth Pippin, Hardin County Tourism Director, "it's for our visitors and those looking to relocate to a second home or make the move. Our restaurants, specialty gift shops and fishing stores will be having specials throughout the month. Our realtors will be open

to show you your dream lake home, cozy cabin, so you can get away from it all by living the Pickwick Lifestyle!"

Throughout March, local Pickwick boat dealers will have their show-rooms overflowing with watercraft, summer fun accessories plus hosting in-house events. Then it's just a short drive down the road to one of the many boat ramps for an in-water test drive aboard your new boat! Get on board and experience the water for yourself!

Local restaurants will be serving up appetizing food and drinks to satisfy any craving. BBQ, catfish, comfort foods, Mexican, pickup on the go or dine in!

Spotted throughout the area, you will find several unique gift shops

and boutiques offering specials and after-hours fun.

Local realtors will be hosting open houses and serving in-office treats.

Pickwick Landing Resort State Park features activities and tons of amenities. Park ranger-led programs, pontoons, kayaks, canoes, paddle boards rentals, a dog park, aviary, hiking trails, 18-hole championship golf course, full- service marina, lodge, restaurant, lounge, and acres and acres of water and woods to explore.

For more information on the Pickwick Water Fun Month, follow Tour Hardin County on Facebook or call Hardin County CVB at 731-925-8181.





History Comes Alive in Hardin County!

The Hardin County Convention and Visitors Bureau is pleased to announce that ticket sales for the 11th Annual Generals Breakfast at Cherry Mansion have begun. The event will be held on Saturday, April 1, beginning at 9 a.m., on the lawn of the historic home in Savannah.

Cherry Mansion came of note during the Civil War when General Ulysses S. Grant made his headquarters at the home during the Battle of Shiloh.

Tickets for the event are \$20 each and include the outdoor breakfast catered by Mollie Monday's featuring hot biscuits, gravy, breakfast casserole, coffee and water and a selection of cherry treats, along with a storytelling program by the attending Generals, and a Q&A presentation by the homeowners of Cherry Mansion. Guests may walk the grounds at the mansion as

touring inside the home is not allowed. The event is for ticket holders only and sold in advance only.

"General U.S. Grant, portrayed by historian Dr. Curt Fields, will be joined at his headquarters by his rival, Confederate General P.G.T. Beauregard, portrayed by historian Larry McCluney, Jr. These first-person living history portrayals are a unique and fun recounting of historical events and famous people, making for some great storytelling!", said Tourism Director Beth Pippin.

Pippin added this event has grown each year over the last decade and there is a limited number of tickets available sold in advance only. The breakfast is an outside venue under a heated tent enclosure.

Please dress appropriately as the grounds may be damp and cool crisp

morning air is typical for spring weather in west Tennessee. Tickets for The Generals Breakfast are available at the Tennessee River Museum in downtown Savannah or on the Tour Hardin County, General's Breakfast Website.

This event is one of many being held during the 161st anniversary of the Battle of Shiloh. The day continues by offering a visit to the Tennessee River Museum in downtown Savannah and then you are encouraged to follow in Grant's footsteps taking the trip across the river to Shiloh National Military Park.

On-your-own-touring by car, hiking, or biking is an area favorite for visitors to the pristine park. There will be Battlefield Hikes presented during the anniversary commemoration led by rangers at Shiloh National Park.



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GENERAL'S BREAKFAST

APRIL 1, 2023

On the Lawn of The Historic Cherry Mansion Savannah, Tennessee



Pre-Ticket Event

SHILOH NPS 161st

APRIL 1, 2023

McAllister's Battery Day

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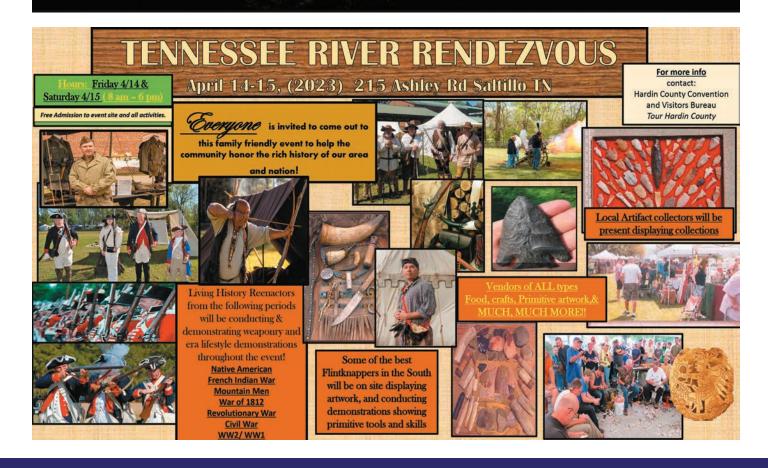
Real Time Hikes

April 15, 2023

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Saltillo, TN



Living History Festival

History comes alive in the river town of Saltillo, Tennessee on April 14-15 at the 3rd Annual Tennessee River Rendezvous-- a primitive art and weaponry/history festival. This fun-filled 2-day free event is packed full of reenactors of Native American, Mountain Men, French and Indian War, Revolutionary War, Civil War, and World War I and II periods.

Hosted by the City of Saltillo at a new location near downtown on Smith Farms, 215 Ashley Road/Hwy 69 Saltillo Tennessee, there will be food and art vendors, music, and reenactor campsites for attendees to enjoy. Times are Friday, April 14 from 8 a.m. to 6pm and again on Saturday, April 15 from 8 a.m. to 6 p.m.

Event organizer Mike Fields said "We will have many demonstrations throughout the weekend!! Cannon firings, flint lock musket firings,

ancestral drums, stories, wood carvings....not to mention the food!!! Plus, many, many vendors and craftsman that will be on site. Make plans to come out and enjoy!!"

During this 2-day time lined event everyone can expect to experience what life was like in each of the represented times. Along with period encampments, spectators will be able to see demonstrations, and can participate in many hands-on activities.

Ranging from Native
American games, bead work,
flint knapping, wood working,
pelt tanning, metal forging,
axe and knife throwing, period
weapons demonstrations,
uniform discussions, "Father
of Tennessee" John Sevier
talks, cooking, soap making,
sutlers...

Period activities include:

- Civil War era music from the Lost Cause Band.
 - 30-minute Civil War re-

enactment on Saturday, April 15 depicting the skirmishes that took place in the area during the war.

- Vintage WWII plane flyovers (weather permitting), several WWII reenactors both American and German with vintage military equipment... Jeeps, motorcycles, etc.
- WWI and WWII era Red Cross medical tents
- Along with the historical sections of the festival there will be a host of area arts and crafts vendors on site for everyone who loves to shop and see the craftsmanship of these talented artisans. Artwork, knives, cups, candy, wreathes, chain saw carvings, leather, clothes, belts, jewelry!
- Food will also be in abundance! Cowboy Chuck wagon cooking, burgers, doughnuts, shaved ice, Tennessee River Pirate Cajun cooking team, BBQ, fried pies, beef jerky, and a drink truck.



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HALFWAY BETWEEN MEMPHIS & NASHVILLE IN THE AMERICANA MUSIC TRIANGLE



(From L to R) Heath Ladd, Brian Smith and Russ Huffstetler met the morning of Jan. 30, 2023 for the first official business day for Dynamix of Martin. Ladd and Huffstetler are co-founders of Dynamix and recently acquired The Sideline Physical Therapy and Fitness, which was owned and operated by Smith. The acquisition makes this the 14th Dynamix clinic in West Tennessee.

Dynamix Physical Therapy Now Serving the Community of Martin with Physical Therapy, Sports Medicine and Fitness Services

Dynamix Physical Therapy announced its acquisition of The Sideline Physical Therapy in Martin, Tenn., back in December 2022, making this the 14th Dynamix location in West Tennessee. Effective immediately, The Sideline is now offering physical therapy, sports medicine and fitness services under the name Dynamix Physical Therapy.

Both Russ Huffstetler and Heath Ladd, co-owners of Dynamix, are in agreement that joining forces with Brian Smith, the previous owner of The Sideline, is a great move.

"We have known Brian for a long time, and we are beyond grateful and excited for Brian and his team to be part of our Dynamix family," said Huffstetler. "With his knowledge, skills and the incredible community involvement, we know he will be a great fit for Dynamix."

Smith joins Dynamix with 25 years of physical therapy and clinic compliance experience. He serves as the VP of Clinical Compliance and remains the clinic director for Dynamix of Martin.

"I would like to express my deepest gratitude to you, our clients and employees, for your loyalty, support and dedication," said Smith. "What started as a dream eventually became a reality and with your support, The Sideline grew into more than I could have ever hoped, dreamed or imagined. Please know in this transition, I am not going anywhere. I will still be here in Martin providing care for our clients and leading this clinic. I will also continue to provide sports medicine outreach services for Martin Middle School and Westview High School. Thank you for 20 years of support, friendship, and loyalty."

The fitness portion of Dynamix will expand under the leadership of Shelley Stout, Director of Fitness Operations for all five Dynamix Fitness locations, including Greenfield, Humboldt, Martin, Milan and Union City. Stout will continue to serve as the group exercise instructor at Dynamix of Martin, as well as work on initiatives to enhance the Dynamix gyms in northwest Tennessee.

Physical therapy clients and gym members will continue to visit the same building, located at 104 Oxford Street in downtown Martin, for physical therapy services and access to the gym.

Dynamix continues to serve the communities of West Tennessee with the most elite physical therapy and sports medicine services. For more information about Dynamix, services offered or to find the closest location near you, visit dynamix.life.

###

About Dynamix Physical Therapy

Dynamix Physical Therapy is West Tennessee's leader in elite physical therapy and sports medicine, and is the recipient of the 2022 Ascend National Practice of the Year Award as well as an Inc. 5000 Company. With the mission of being the bright spot in customers' day while pursuing excellence in healthcare and service, Dynamix offers multiple services, including manual therapy, a hands-on based treatment unique to this area, sports medicine, occupational therapy, fitness, free injury assessments and work conditioning.

Follow Dynamix on Facebook and Instagram for the latest news.





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A Time Travelers Expedition in Dickson, Tennessee

Those who wish they could go back in time to experience a different pace of life have ample opportunities in Dickson County's museums and historic sites. Case in point, the site of the Birthplace of the Cumberland Presbyterian Church is at Montgomery Bell State Park. The church was founded in 1810 in the log cabin home of Reverend Samuel McAdow in an ideological split with the Presbyterian Church. A replica of the cabin and a church are within the park.

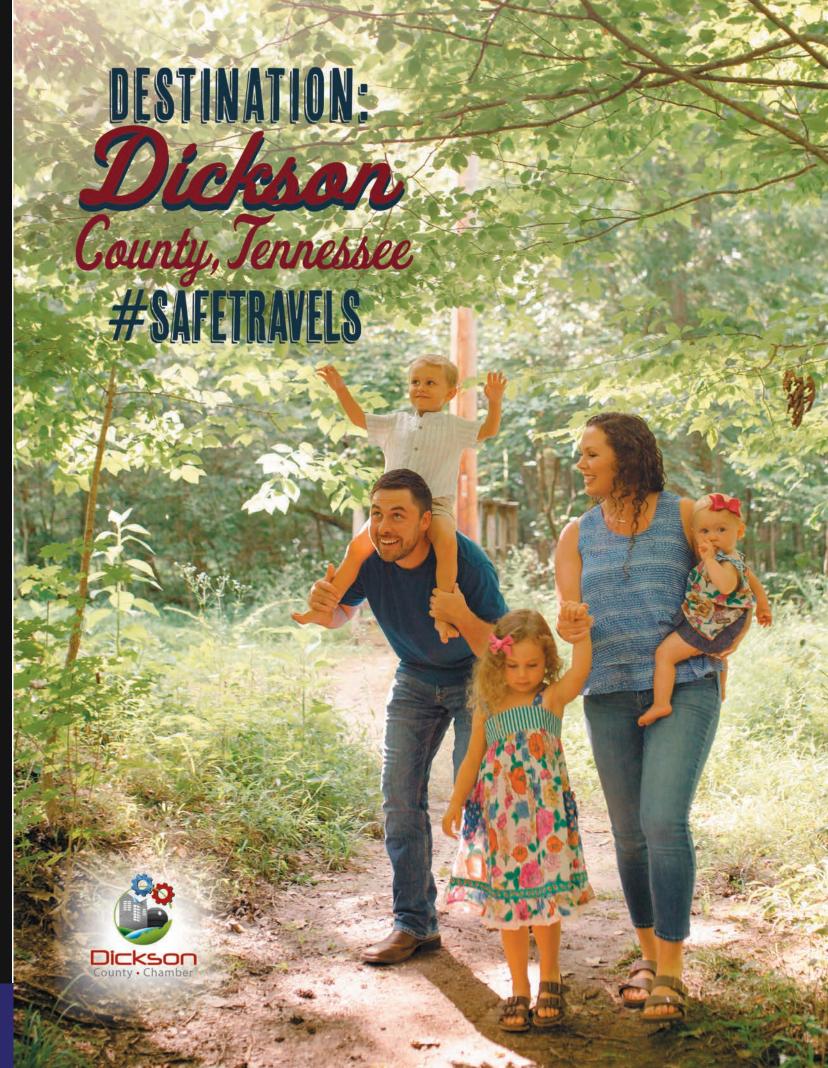
Those interested in our earliest settlers may want to visit Lonesome Historic Site, a Pioneer Park anchored by the oldest dwelling in South Dickson County, historic Lonesome cabin, built in 1821.

The iron industry greatly impacted the area and left behind stories of its own. Start in the Cumberland Furnace Historic District, site of the first ironworks in the Middle Tennessee region. The

village of Cumberland Furnace, with over 30 buildings and sites associated with the iron industry, was listed as a historic district on the National Register of Historic Places in 1988. Learn more at the **Cumberland Iron Works Museum.** From the museum, set out for the Promise Land Community, settled by African Americans during the **Reconstruction Period (1870-1875)** after the emancipation from slavery. Many of the earlier residents were former slaves who worked at the Cumberland Furnace. Today only the St. John Promise Land Church and the old Promise Land School Building remain. Work is currently underway to restore the school as a one-room schoolhouse museum. It currently houses many displays of memorabilia and photographs interpreting the Promise Land Community and life in this African American community. The site includes a Civil War Trails Marker.

The Clement Railroad Hotel and Museum is another historical gem, one of the few remaining examples of a railroad hotel in a small Tennessee town. Built in 1913 in historic downtown Dickson, the hotel features exhibits and programming involving the Civil War, railroading, and local and regional history.

The recent history of country music legend Johnny Cash can be explored at Storytellers Hide-away Farm and Museum. Cash spent more than 30 years in the house and on the land he called "the center of my universe." Now the farm features the 200-year-old farmhouse with Cash family memorabilia, the Car shed with the famous One-Piece-At-A-Time car from Cash's own song of the same name, and the Barn with its renovated stage where scheduled concerts are held.



Your belly isn't feeling so well. You're experiencing abdominal pain, bloating, or gas. Everyone has Gastrointestinal (GI) troubles like these occasionally. That's completely normal. But in some people, these problems suggest more than just an occasional run of annoying symptoms. If you frequently experience GI issues that have no other medical explanation, you may have Irritable Bowel Syndrome (IBS).

Irritable Bowel Syndrome is a common disorder that affects the large intestine, not the stomach, though you may feel pain anywhere on the abdomen. There are three types of IBS: IBS with constipation, IBS with diarrhea and IBS with mixed bowel habits. It is a chronic condition that must be managed over time. IBS doesn't cause changes in bowel tissue or increase your risk of colorectal cancer.

There are some tell tale signs that your stomach troubles may be Irritable Bowel Syndrome and not simply a finicky stomach. Most people with IBS present with at least two of these specific symptoms: diarrhea or constipation, gas, bloating, mucus in the stool, and abdominal pain. Signs and symptoms of Irritable Bowel Syndrome include cramping, abdominal pain, bloating, gas, diarrhea or constipation, or both. Some people can control their symptoms by managing diet, lifestyle and stress. Irritable Bowel Syndrome is a functional disorder, which means that although it affects the way you intestines function, it doesn't cause damage to your intestine. It is a real medical problem that can interfere with your quality of life. IBS is a diagnosis of

IS IT BASIC TUMMY TROUBLES OR IRRITABLE BOWEL SYNDROME?

exclusion, so there's no quick and easy test to confirm the condition. If you are experiencing symptoms, lab tests may be ordered to make sure you don't have other medical problems.

If you're experiencing GI symptoms more than a few times per month, or if they are interfering with your quality of life, a gastroenterologist can help determine the cause of your symptoms and design a treatment strategy that helps you feel better.

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Seven Attractions that Tell the Story of Native Americans in Tennessee

You don't have to look far to see the lasting legacy of Native Americans in Tennessee — in fact, the name "Tennessee" is derived from "Tanasi," a Cherokee village in what is now Monroe County. Today, the state is home to more than 20,000 Native Americans and a rich culture and history waiting to be experienced by travelers. Below, check out seven attractions that tell the story of Tennessee's Native American heritage.

Travel Tip: The Trail of Tears National Historic Trail runs east to west across

Tennessee, carving a tragic story of the removal of Cherokee Indians from their ancestral homelands.

Pinson Mounds State Archaeological Park

Listed on the National Register of Historic Places, Pinson Mounds State Archaeological Park covers more than 1,200 acres and contains at least 15 Native American mounds, which were both burial and ceremonial in purpose. The park's archaeological features and wildlife can be viewed along six miles of interconnecting trails, including paved trails, which are wheelchair/bicycle accessible. The park's Pinson Mounds museum offers further insight into these fascinating structures; it is designed to replicate a Native American mound, offering 4,500 square feet of exhibit space, an archaeological library, an 80-seat theater and a "Discovery Room" for historical exploration.

Mound Bottom State Archaeological Area

(only accessible to the public through hikes led by Harpeth River State Park rangers)

Head to the seven-acre Mound Bottom State Archaeological Area in Kingston Springs (just west of Nashville), where you'll find the largest number of Native American ceremonial mounds in Tennessee more than a dozen. Researchers believe the area was occupied between approximately 1000 and 1300 AD and was an important civic and ceremonial center connected to the Mississippian site of Cahokia, which was located across the river in what is now St. Louis. The Mound Bottom site is only accessible to the public through hikes led by Harpeth River State Park rangers — check the park's events calendar for upcoming experiences.

Audubon Acres

Chattanooga's oldest wildlife sanctuary, Audubon Acres, offers more than five miles of hiking trails over 130 acres on South Chickamauga Creek, along with abundant opportunities for picnicking, wildlife viewing, and photography. It's also a spot steeped in Native American history. The visitor center houses an archeological museum showcasing one of the largest publicly viewable Native artifact collections in Chattanooga, while the Spring Frog Cabin, a Trail of Tears site, is

a wonderfully preserved example of Cherokee architecture from the mid-1700s. Going back even further, Little Owl Village at Audubon Acres is believed to be the site of a 16th century Napochie village that the Spanish Tristan DeLuna expedition encountered during their travels north from Florida.

Cumberland Gap National Historical Park

As the first great gateway to the American west, Cumberland National Historic Park is a must-visit for anyone with an interest in Tennessee's Native American history. Located an hour north of Knoxville where the borders of Tennessee, Kentucky, and Virginia converge, the 24,000acre park features miles of game trails that were originally used by Native Americans, allowing visitors to literally walk in the footsteps of the original stewards of the land. Later, those same trails became the footpaths for more than 300,000 settlers heading west over the Appalachian Mountains.

The Sequoyah Birthplace Museum

With the Eastern Band of the Cherokee Nation at the helm, the Sequoyah Birthplace Museum is Tennessee's only tribally operated historical attraction. The East Tennessee museum telling the amazing story of Sequoyah, creator of the Cherokee writing system. Never before, or since, in the history of the world has one man, not literate in any language, perfected a system for reading and writing a language until Sequoyah. Located in the Great

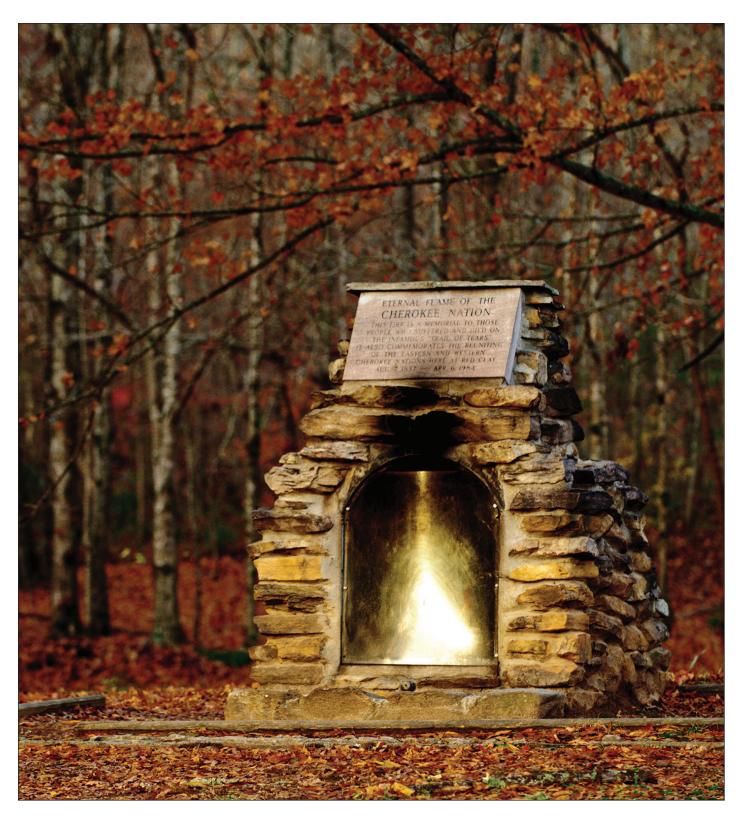
Smoky Mountains on the shores of beautiful Tellico Lake, the museum recently added the Max D. Ramsey Shoreline Trail, with 1.5 miles of walking trail, along the shoreline, bridges and boardwalks through the marshy areas.

Red Clay State Historic Park

The tragic Trail of Tears begins at Red Clay State Historic Park. Encompassing 263-acres of narrow valleys formerly used as cotton and pastureland, the park site was the last seat of Cherokee national government before the Indian Removal Act, which resulted in most of the Cherokee people in the area being forced to emigrate west in the 1830s. It was here that the Cherokee learned that they had lost their mountains, streams and valleys forever. On the 263-acre property, you'll find hiking trails, reconstructed sleeping huts, homesteads, council houses, the Blue Hole Spring, which served as a water supply during council meetings and the Eternal Flame, a memorial for the Cherokee people and those who were lost on the Trail of Tears.

Cherokee Indian Removal Memorial Park and Museum

Cherokee Indian Removal
Memorial, located on the banks of
the Tennessee River in Birchwood,
was one of the main staging areas
for the Trail of Tears. Thousands of
Cherokee Indians camped here before
their infamous trip to the west. Lying
near the center of the ancestral land
of the Cherokee Nation, this area had
nine encampments of thousands of



Cherokees that waited weeks to be sent across the river here at Blythe Ferry. Today, a History Wall feature offers visitors a detailed visual retelling of not only the Trail of Tears, but also the centuries-long saga of the literate and highly civilized Cherokee culture in Tennessee. A Memorial Wall, meanwhile, pays tribute to the people who died during the Trail of Tears — a necessary reminder of this tragic episode in our nation's history.

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Leaders Education Foundation's Collegiate Scholarships Now Open

Foundation to Award \$25,000 In West Tennessee Scholarships

Leaders Education Foundation, a non-profit 501c(3) will award \$25,000 to graduating high school seniors. The Leaders Education Foundation Collegiate Scholarship Program will award scholarships of various amounts and requirements to high school seniors attending an accredited college or university.

"We are proud to support area students by promoting lifelong learning." said Leigh Anne Bentley, President of Leaders Education Foundation. "We believe in making lives better through educational opportunities and helping students on their path to reach their potential." Scholarship applicants must be a graduating senior in a West Tennessee high school. The student, parent and/or a grandparent must be a member of Leaders Education Foundation or a member in good standing of Leaders Credit Union. Applicants must be accepted or enrolled in an accredited four-year bachelor's degree program at a college or university in the United States. For more information about Leaders Education Foundation membership, please visit leadersgives.org. Leaders Education Foundation and Leaders Credit Union directors, officers, and employees are not eligible for this Program. The scholarship offerings will be awarded based on financial need, community service, or academic achievement. All scholarships awarded are given on a one-time basis.

• Financial Wellness Video Scholarship (2): Two scholarships are available for students who provide a video submission providing tips or suggestions on "How to be Financially Fit." Students must submit a video link with their application. Submissions will be posted on Leaders Education Foundation's Facebook page (@leadersgives) and the number of likes and shares gained by each submission will be factored into the scholarship scorecard. The number of likes and shares does not directly determine the winner. First place- \$2,500, runner up- \$2,000.

- Leaders Credit Union- Martha Britt Scholarship (2): These two scholarships will be awarded based on the applicant's financial needs. As a Founding Corporate Charter Sponsor of Leaders Education Foundation, the scholarships are awarded on behalf of Leaders Credit Union which requested the scholarships be given in honor and memory of Martha Britt, a West Tenn. champion for education and educator in the Jackson-Madison County School System for over 30 years. First place-\$2,500, runner up-\$2,000
- Town & Country REALTORS® Scholarship (1) \$1,000: This scholarship will be awarded based on the applicant's community service. As a Sustaining Corporate Charter Sponsor of Leaders Education Foundation, a scholarship to a deserving student in West Tennessee is awarded in honor of Town & Country REALTORS®.
- Ellis Insurance Agency Scholarship (1) \$1,000: This scholarship will be awarded based on the applicant's academic achievement. As a Sustaining Corporate Charter Sponsor of Leaders Education Foundation, a scholarship to a deserving student in West Tennessee is awarded in honor of Ellis Insurance Agency.
- Founders Scholarship (1) \$1,000: These two scholarships honor Leaders Credit Union's founding membership group, Jackson-Madison County Schools. This scholarship is designated for seniors graduating from a high school within the Jackson-Madison County School System.
 - Community Scholarships (13) -

\$1,000 each: Scholarships are designated for at least one student from Obion County, TN (1); Gibson County, TN (1); Dyer County, TN (1); Shelby County, TN (1); and nine (9) additional scholarships for students from all counties in West Tennessee including Madison County, Tenn.

Additional scholarships may be awarded to applicants based on academic achievement, financial need or community involvement. The scholarship money received may be used at the applicant's discretion to help cover costs associated with education, including tuition, books, fees, and various living costs. Applications must be submitted by March 17, 2023. The application may be completed by visiting leadersgives.org/scholarships.

"These scholarships will help students as they step into their next phase of life," said Leaders Education Foundation Board Chair, Ron Hill. "We are honored to be a part of their academic path to success."

Scholarship details and application information can be found at leaders-gives.org.

About Leaders Education Foundation Leaders Education Foundation is a non-profit 501(c)3 organization based in Jackson, Tenn. and established in 2019. The Foundation allows community-minded citizens, members, and organizations to unite to make lives better together. It invests back in its community through scholarships, grants, and additional resources that provide educational opportunities and promote workforce development, lifelong learning, and training for students, teachers, and its community. For more information about Leaders Education Foundation or to become a member and Give Forward, please visit leadersgives.org.



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