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Inside {local} May'24





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10 **OUTSIDE THE** BOX

Mrs. Tennessee highlights her year with the crown

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24 **THESE IVORIES** ARE MAGIC

Local family cherishes legendary piano

LOCAL FOCUS FAITH PAGE 22 **RECIPE 28 SERVICE DIRECTORY 30**

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MRS. TENNESSEE

JASON ZASKY

The past year has been a whirlwind for Amy Rottero (Ford), who was named Mrs. Tennessee America last spring and has spent a good portion of the past 12 months pursuing the wide range of opportunities that a Mrs. Tennessee enjoys.

"I felt overwhelmed, grateful and honored," she says, when the then-Mrs. Brentwood first learned she had won the honor, which opened the door to a range of rarified experiences.

"It's been amazing. The highlight was getting to speak at the Tennessee State Capitol about education reform, and I have been involved in an array of different outreaches throughout the state. Of course, I also represented Tennessee in the Mrs. America pageant," she adds, which was held at the Westgate Resort in Las Vegas over the course of ten days in the summer of 2023.

"Pageantry can sometimes get a bad rep, but it really is a place to find camaraderie with other women and to edify one another," she says.

That said, it's perhaps not surprising that Rottero spent a good portion of 2023-24 talking to young people about the importance of having a positive self-image, not to mention cultivating one's own personal gifts and strengths.

"My cause has been about women's empowerment and girls"



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< FROM PAGE 8

self-esteem," says the mother of three, who has two daughters and saw being Mrs. Tennessee as a chance to make a difference in the lives of countless young girls. "I think that self-esteem and how women view themselves really determines what kind of choices they make later in life."

That mindset has also made her an ideal champion for Queens Closet (an outreach started by Bernadette McCann, the director of Mrs. Tennessee America), one that provides gowns, makeup and accessories to underprivileged girls, so they can attend proms, homecomings and other events.

"During the course of the past year, we spent a lot of time making connections with local designers and stores like the Clothes Tree in Brentwood, which will donate gowns to inner city kids and kids that are struggling financially," she adds.

Yet for all she accomplished in the past 12 months, Rottero believes it's the ideal time to move on to the next chapter in her life.

"I am going to miss being Mrs. Tennessee, but I am also ready to crown the next Queen," which she will do at the 2024 Mrs. Tennessee America pageant. "I feel like I've been Mrs. Tennessee the perfect amount of time," she says, before highlighting some of what she plans to do in the coming months. "I am currently working on a lifestyle brand called Amy Ford Lifestyle. I'll also be doing pageant consulting and life coaching, and there are a couple other things that are in the works: maybe a new product, maybe a show of some kind featuring Tennessee and what Tennesseans are about," she reveals.

And even if not all of her efforts are fruitful, she insists that won't dissuade her from pushing ahead with whatever she is inspired to do.

In fact, Rottero would never have become Mrs. Tennessee if she hadn't entered the competition a second time.

"The first time I competed I didn't win the title, obviously, and at first I didn't know if I wanted to compete again. But I decided to give it another try, and I won the second time around," she says, beating out contestants from all over the state.

With that in mind, she has a few bits of advice for those who want to maximize their potential.

"Always believe in yourself and be willing to take a chance on yourself. Your mistakes don't define you, it's all about the evolution and the journey," she says.

Above all else, she encourages others to get out of their comfort zone, "where it's really uncomfortable and you don't think you've got it but you do it anyway. That is where the magic happens." For more information on the Mrs. Tennessee America pageant: www.tennpageants.com/



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One way to protect yourself from skin cancer is by protecting your skin from getting too much of the sun's ultraviolet light. It's especially important to avoid getting sunburned as this increases the risk of melanoma. Using sunscreen (at least SPF 30) and wearing UPF protective clothing, including a hat with a brim, are good ways to do this.

While sun protection is important for adults, it's even more important for children. The average American experiences most of their sun exposure before the age of 18. Even one blistering sunburn in childhood or adolescence more than doubles your chances of developing melanoma later in life.

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We bring in a theatrical element other escape games don't have," explained David Miller owner of Extreme Escape Games. Photography by Mchael Tedesco

EXTREME FUN

PAM WINDSOR

The idea behind Extreme Escape Games is to make sure everybody has a good time. With five themed rooms like the Quarantine room, Mad Scientist room, and others, there's something for everyone. Owner David Miller says each room was uniquely designed with Hollywood-type movie sets, high-tech props, and actors in every room.

"We bring in a theatrical element other escape games don't have," he explains. "And two of our rooms have a second actor you get to interact with."

With customized packages available, people can choose their own

experience whether they're coming for birthday parties, corporate meetings, team-building events, or simply making memories with friends or family members.

"People love the adrenaline race against the clock," Miller says. "And we try to take people on a rollercoaster of emotions, so they're going to get some surprises. All of our rooms have trap doors, hidden compartments, and secret passageways."

He says you'll likely feel like a character in your own movie.

There are a couple of rooms that might be a bit scary for small children, so people with kids under the age of 10, would be directed to

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2024 Season Schedule

April 13: Season Opener

April 27: Weekly Racing

May 4: Weekly Racing

May 11: Weekly Racing

<u>May 26</u>: "Memorial Day" Super Late Models

<u>June 8</u>: "Factory Stock Showdown" \$5,000 to win Factory Stocks \$500 to start <u>June 15</u>: Weekly Racing Mid Season Championship

<u>July 7</u>: "Independence Day" Super Late Models

July 20: "Woods/Marlin Memorial"

<u>Aug 2-3</u>: "Deep Fried 75" Super Late Models

Aug 17: Weekly Racing

Aug 24: Weekly Racing

<u>Aug 31</u>: "Sam Pugh Memorial" Super Late Models

<u>Sept 28-29</u>: "The Big Deal" \$10,000 to win 602 Final points race

Oct 19: "Rumble on the River" Kids bike race (helmets required)

Nov 2: 1st Annual Fall Festival

<u>Nov 16</u>: "The Gobbler" Super Late Models

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< FROM PAGE 18

the more age-appropriate rooms during their visit.

Miller is a realtor who was a fan of these type of games long before he decided to create his own escape game business. He also operates the popular Millers Thrillers Halloween attraction.

"We're all about making memories. We're selling laughter and good times with your friends. And from the minute you walk in the door, you'll feel positive energy from our staff about the fun things we offer."

While fun's a top priority at his escape games business, there are additional benefits, especially for people who work together. He says the experience can help gauge teamwork and problem-solving skills.

"We have a dedicated staff person that takes notes during your games. And we do a debrief afterward to recap people's different skills whether it's leadership, teamwork, or their ability to think outside the box. We do it in a fun way that gets the group laughing and helps build a bond with their employees."

To keep things fresh, Miller is getting ready to add a brand-new themed room for summer. It will replace the existing Mad Scientist room. So, if you're curious about what the Mad Scientist has to offer, you have a couple more weeks to check it out before it's gone.

Business at his Extreme Escape Games has been booming. So much so, Miller plans to open a second location in Spring Hill later this summer. He's excited at the opportunity to expand.

"I get a kick out of people saying, 'Wow, that's awesome' or "That was neat how you did this." Miller says. ""I enjoy giving people 'wow factor' moments, stuff they've never seen or experienced anywhere else.

Extreme Escape Games is located in Cool Springs at 1724 Galleria Blvd, Suite 1015, Franklin. For more information, call (615) 332-5535, or see their ad on page 11.



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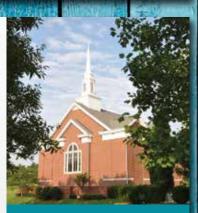
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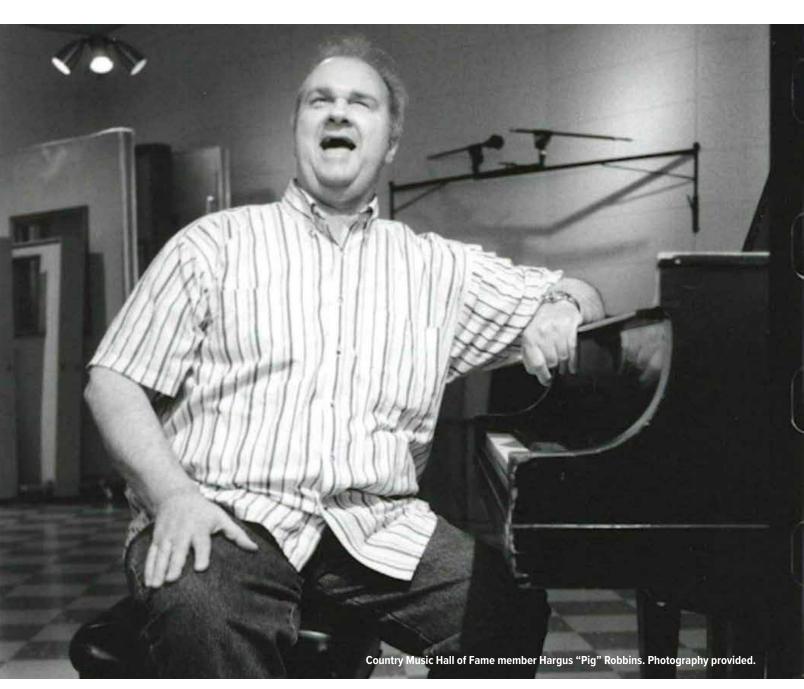
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THE MAGIC OF PIG

PAM WINDSOR

The legendary Hargus "Pig" Robbins played piano on many of the greatest songs in country music. A member of Nashville's "A" team, his first big hit was "White Lightning" by George Jones.

"He's most known for his signature licks on Crystal Gayle's "Don't It Make My Brown Eyes Blue" and "Behind Closed Doors" by Charlie Rich," says his son, David Robbins. "Dad did "Walking After Midnight," "Sweet Dreams," and "She's Got You" with Patsy Cline. He played a lot with Connie Smith, including "Once A Day," her first hit." When Robbins died at the age of 84 in January of 2022, many mourned his loss while reflecting on his incredible musical legacy.

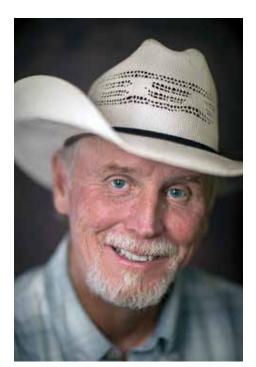
Blinded as a child after a knife accident, Robbins would attend the Tennessee for the Blind. There, he started taking piano lessons at the age of seven. It's also where he got the nickname "Pig." He loved sliding through the building's old metal fire escapes, and when he once returned covered in black soot, a supervisor described him as dirty as a "little pig." The name stuck.

In the late 1950s, Robbins headed to Nashville to pursue a music career. After his break with George Jones, he started getting

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< FROM PAGE 24

more attention on Music Row.

"Then, when Floyd Cramer decided to take his act on the road, my dad became swamped with work," says David. "If he was here, he'd tell you he was in the right place at the right time."

In the following years, Robbins played with some of the biggest names in country music. In 1999, he left the music scene for several years to battle lymphoma but later returned, picking up where he left off.

While he's well-known for his music, Robbins was also a devoted family man with a wonderful sense of humor and a passion for NASCAR. David says although Robbins was blind, he was determined to do everything a dad with sight would do.

"When I was probably five or six years old, old enough to hold a baseball bat, he would go out there and try to pitch to me. And the ball would hit me or go behind me, and I don't think I was ever able to hit one of them." David laughs as he remembers. "But it was that special father/son time, you know? He'd also take me to the movies with his driver.

David's cousin, Sonja Robbins Scales, also has fond memories of her Uncle Hargus.

"He was an amazing example of a human," she recalls. "He cared about people and loved having fun. He and David and my Dad and brother would go to NASCAR races. My uncle couldn't see, but he loved to go."

When Robbins passed away, one of the greatest reminders of the man they loved so much was his piano. "When he wasn't working, which was rare, he would practice on that piano," David says. "He felt if he didn't practice every day, he'd get rusty."

The family could have sold the piano but wanted to keep it in the family. And it's always had a special meaning for Sonja.

"When I would go to their house, instead of greeting them, I would go and look at that piano first," she says. "I told my uncle if he ever wanted to get rid of it, I'd love the opportunity to purchase it."

"It has a lot of sentimentality," says David. "We were offered \$10,000 to put it in the Musicians Hall of Fame, but we declined. It wasn't about the money."

Sonja remembers when she got the news the piano was hers.

"David called me one day and said, 'Do you have room for that piano? And I just buckled."

It's now in her home in Sante Fe, recently tuned.

"I'm going to learn to play it," she says. "It's the most precious piece of furniture in my house. It has my uncle's fingerprint marks on it and warms my heart every time I sit down to it."

David and his wife, Pam, have also donated a couple of his Dad's other smaller instruments to the Tennessee School for the Blind.

While he'll miss the piano, David feels his Dad's presence everywhere.

"My Dad played on 400 No. 1 songs and probably some 15,000 recordings overall. Pam and I listen to Willie's Roadhouse on SiriusXM every day, and Dad's on like every third song we hear. So, he's still with us."

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1/2 CUP NEW MEXICO HATCH GREEN CHILE (ROASTED,
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DIRECTIONS:

• Heat skillet on medium temperature

••••••

- Add ground beef to pan, add salt and pepper (drain fat)
- Add tomatoes, onion, flour, water and beef bullion and simmer until onions become translucent.
- Add New Mexico Hatch Green Chile, more salt & pepper to taste and simmer for 5 minutes.

You can add par-boiled potatoes (cut in small pieces)



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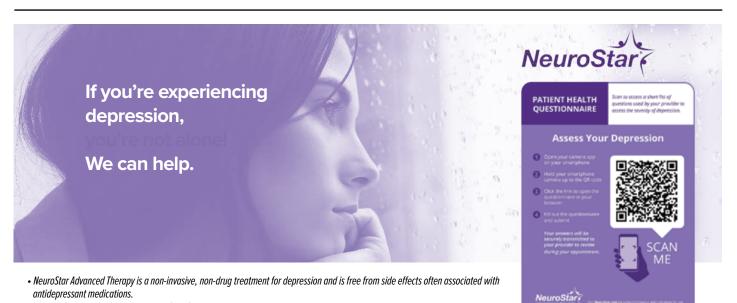


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- It's best for people who have not benefited from prior medicines and want to try a non-systemic treatment.
- Transcranial Magnetic Stimulation (TMS) is a medical procedure that delivers highly focused MRI-strength magnetic pulses to stimulate the brain and treat major depression (MDD) non-invasively.
- NeuroStar has delivered 83% positive response and 62% remission in patients suffering from depression.
- Consider scanning the QR code to take the PHQ-9 depression screening tool. It's quick and can objectively examine your symptoms' severity.
- We offer free consultations and are here to help if you or a loved one is suffering from depression. Call us today to set up a consolation to begin achieving complete remission of your symptoms.

 aetna Image: Strate Strate



tmstennessee.com 615-996-3026

We also accept cash, credit cards, and in-house financing

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