

Good News

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Mr. GoodRoof
continues to
support families
in Hendersonville



Bernie Gallerani
Real Estate
sponsors
therapy dogs
and more

selfless

shining a light on Hendersonville's best

Mac McRae, Jennifer Ramos, and Wendy Gallerani

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celebrating Dairy
his father Steve, his
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The MACC's deep and abiding commitment to military veterans is a driving force behind its Annual Veterans Art Exhibition. Our goal is to advance the message of military honor and sacrifice through the arts.

Monthaven Arts and Cultural Center offers a FREE Healing Arts Program called "Between the Lines" to empower military veterans in Middle Tennessee who are suffering from post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), and major depressive disorder. Our healing arts facilitators work with participants at Veterans Recovery Center in Murfreesboro and other places to find creative ways to overcome depressive and anxious feelings.

Our healing arts projects foster self-awareness. They also encourage self-talk, emotional processing, thought restructuring, personal goal-setting, social skills, and community building through the creation of visual art in a positive group setting.

For more information, contact sarah@monthavenarts.org.



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LETTER FROM THE EDITOR

Selfless

Instinctual sacrifice
for a better world

THE MERRIAM-WEBSTER dictionary defines the word selfless as “someone who has no concern for self, or unselfish.” As the world keeps turning, it may feel like selfless people are few and far between. It can be rewarding to fight with your elbows in a dog-eat-dog world where unapologetic selfishness gets you to the top. Just because a certain type of behavior is more visible and more noticeable doesn’t mean that all hope is lost. In fact, there is so much more to celebrate.

In this issue, I can’t help but think of dolphins going out of their way to help each other. They watch out for other dolphins... and they watch out for other species as well. As reported in the Stanford Encyclopedia of Philosophy, a wide variety of animals have shown something called ‘altruistic behavior.’ Altruistic behavior basically means animals in the wild—even when it could be dangerous—go out of their way to help other animals.

Stanford’s text reads, “Altruistic behavior is common throughout the animal king-

dom, particularly in species with complex social structures. For example, vampire bats regularly regurgitate blood and donate it to other members of their group who have failed to feed that night, ensuring they do not starve” (2003).

That selfless behavior is not a learned behavior. It’s something instilled in them from birth, just like an instinct. Why would it be instilled in species of animals across the globe and skip humans? I believe — even in the darkest of times — that we humans also have a natural instinct for altruistic behavior. There are people who are just simply... good. Just because that’s who they are.

For this issue of Good News, I want to highlight people in our community who show selfless behavior. Even when we don’t notice it, we’re surrounded by people who would sacrifice if it meant that we got to live a better life.

To those selfless people, those we write stories about and those we don’t, we thank you. **GN**

Wesley Bryant,
MANAGING EDITOR

From our
publishing
partner



“As a Navy vet turned business professional, I’m thrilled to bring Good News Magazine to the Hendersonville area. Please join me on this journey of spreading joy and optimism. If you’re passionate about your community or promoting your business, let’s connect!”

Matt Scott

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GOOD NEWS IS PUBLISHED BY Exchange Media Group, Inc.

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Good News

CHAPTER 1 OF 3

This section of the magazine covers local positive stories you may have missed.

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Photography by Steve Zak

◀ Regina Gammon

THE MEANING OF LOCAL



Gammon's Market connects
farmers, artisans, and customers

By Sara Hook // Photography by Steve Zak

FRESH & LOCAL

juice



FRESH VEGET

AND COLD FR

GREEN
Bell peppers
\$2.49/lb

Yellow Peppers
\$3.22/lb

Zucchini
\$2.99/lb



OKRA
\$3.99/lb

Regina Gammon





// LOCAL" MEANS
everything to the people
at Gammon's Market.

It has meant everything since the beginning. When owner Regina Gammon first moved to Hendersonville, she didn't know where to shop to get local food. A seed was planted in her mind, and not long after that, she was starting the store and Hendersonville's own farmers market.

"I love knowing the people behind the food that's grown for you. So if you can't grow your food, which

most of us don't, then it's great to know [you] can get it local," Gammon said. "We have a great market right here."

Gammon established the market in 2006, intending to bring the local farmers and the community together. The result, she said, was a much bigger blessing than she could have imagined.

"We wanted to serve the community with some local food, and it kind of grew from that concept," Gammon said. "We could bring sustainability to our area, support local

farms, and help the people connect with our farmers."

Starting the store came with quite a bit of preparation. Gammon said what she had done in management and leadership roles had prepared her for her new role, but it was still her first business, so she spent a summer working for the Nashville Farmers Market. That experience helped her network with farmers and community members. Then, she said she traveled across Middle Tennessee looking for farmers and artisans to get involved.



“I love knowing the people behind the food that’s grown for you. So if you can’t grow your food, which most of us don’t, then it’s great to know [you] can get it local.”

- REGINA GAMMON



“When we opened, I actually drove around and found farms,” Gammon said. “Everywhere I could find a hint of a farm, I would go and just try to meet them and connect.”

Gammon said there may be between 50 and 75 businesses in the store, each one a local farmer or artisan. But local goods are not the only thing Gammon’s Market provides to the community. They also work hard to support those who need it, holding fundraising events and hosting a drop-off box for donated supplies.

“If we find families that need something, we always wrap them up whatever they need and try to help,” Gammon said.

She said they try to give back, and she can do that, even as a small business, because she looks forward to coming to work, being with customers, and helping her staff grow and bloom.

“I don’t feel like it’s a job. I mean, it feels like it’s more of a service,” Gammon said.

All of those experiences have taught her a lot. She has grown in her compassion toward people — especially other small business owners.

“I didn’t really realize how much [the business] would affect that person’s life,” Gammon said. “We need everybody, so we serve people early, and we serve people late. We try to really accommodate people.”

Gammon said the business has been growing steadily. Last year, Gammon’s Market opened a new location in Nashville’s Wedgewood Houston neighborhood.

“It really took being extremely dedicated and consistent,” Gammon said. “I was pretty determined it would make it, and I believed in it so much. I just knew that eventually it would catch on, and every year it grew just a little.”

Gammon said she is always looking for ways for the store to grow and evolve. One thing she would like to have in the future is a space for moms and kids so families have a place to come and feel comfortable. And that kind of growth is possible because of the community.

“When I was so, so small, they really rallied me and encouraged me because you really have to have that, being a small business,” Gammon said. “Those people that walk in that door — I mean, they really encourage you to keep going.”

Gammon said Hendersonville and Sumner County have been growing as well. As people see that, they see there is something special in the area. Gammon’s Market is undoubtedly a part of that, as they connect locals in the community.

“We are so grateful that we get to serve each [person] from all over this state,” Gammon said. “It’s just an honor to be a part of this area.” GN



ART THAT EDUCATES, ELEVATES, AND ENCOURAGES HENDERSONVILLE

*Art abounds at Monthaven
Arts and Cultural Center*

By Sara Hook // Photography by Steven Zak

THE MONTHAVEN Arts and Cultural Center (MACC) in Hendersonville is renowned for its touring exhibitions. The center hosts six to eight exhibitions annually, often with collections from world-famous artists like Picasso or award-winning artists like photojournalist Nick Ut. Exhibitions, however, are not the only things MACC does.

Monthaven's mission is "to educate, elevate, and encourage our community through the transformative power of the arts," and they

take art education seriously. There are after-school programs, adult classes, summer camps, and veteran and outreach programs, and MACC's 15 teachers work with over 800 enrolled students. Executive Director Cheryl Strichik said there is a lot that Monthaven offers.

"We have wonderful exhibitions, but more than that, we also have the art school and the incredible outreach programs going into the community," Strichik said. "We're just so much more than just an art museum."



Cheryl Strichik



The first outreach program began when Strichik became the executive director nearly six years ago, with some of the teachers offering free art classes to kids at Children Are People in Gallatin. Strichik said they probably worked with 40 or 50 students the first year but have grown quite a bit since then.

“We started implementing the outreach program to go and take our classes to facilities throughout the community,” Strichik said. “We started with one outreach program, and today we serve about 10 outreach programs.”

Free art lessons are now offered at Cottage Cove and Shalom Zone who also work with children and for seniors and veterans at sites such as Traditions of Mill Creek, Veterans of Foreign Wars Post 9851, Grace Place, Hope and Healing at Hillenglade, and Veterans Recovery Center. Although they already taught classes at MACC, Strichik said they found it important to take their outreach programs out into the community.

“We quickly [realized] that a lot of children that maybe would like to do art were not going to be able to be at our art classes,” Strichik said. “It may be hard for them to get here. Maybe they don’t have the transportation or the adults or someone to get them here.”

She said that children will find ways to express themselves, and the arts allow them to do that. They can draw or paint in ways that use a different way of thinking and feeling.

“It’s really wonderful [that] we’re able as a community to allow children to have the opportunity to

use the creative arts,” Strichik said. “The child has the opportunity for growth in their creative skills. We love to be a part of that.”

MACC also focuses on veterans, seniors, and other groups that could benefit heavily from the arts. The veteran program is incredibly unique, focusing less on learning how to create art and more on facilitating that emotional expression.

“One of the visions we had here was to have a healing arts program,” Strichik said. “Between the Lines is a program that’s developed for veterans specifically suffering from PTSD or traumatic brain injury, and they can use the healing arts as a way to possibly express things that they’re not able to say verbally.”

Together, those outreach programs reach several thousand participants, making art education one of the most important and influential things the Monthaven Center does. It will be even more so in the future, as they want to expand their educational opportunities. Strichik said part of that vision is to build a new, free-standing art school.

“We can increase our classes into more by being able to offer more mediums — more pottery and things like that, and metal classes. And then we also want to start our music school and offer music classes.”

A larger art facility means Monthaven will serve more Hendersonville residents. People in all stages of life can find something for themselves at MACC, whether it be an outreach program, a healing arts program, or even a peaceful stroll through their exhibits. GN

Just as you are

By Kali Bates

FOR OVER 30 years, children's television host Mister Rogers came into the homes of millions via our television sets and told us something we should never forget.

"I like you just the way you are."

There are over 900 episodes of "Mister Rogers' Neighborhood," which means he told us he liked us just as we are approximately 905 times.

I was one of these people. I was born in 1983 and can vividly remember watching Mister Rogers on PBS while visiting my grandparents in Nashville.

In my mid-30s, I was reintroduced to "Mister Rogers' Neighborhood" through what seemed to be a national reemergence of popularity for the late children's television host. A movie was made, a documentary was released, and so were a few podcasts, among other things.

Jumping on the trend, I downloaded a podcast called "Finding Fred" that delved into the life, thinking, and work of Rogers. I immediately fell in love with all the things I had felt were so uninteresting to me as a child.

For example, the way he talked. He slowed his cadence to make sure that children could understand him better and feel that they were in a conversation with him and not being talked to.

The puppets he used helped children identify with different emotions and personality traits. He also spoke about adult topics, such as death, assassination, and race. He helped children to be able to process and understand these difficult topics.

Finally came the real tear-jerker. The thing that, even now, makes me tear up just writing it. That fact that Mister Rogers liked us just as we are. We didn't

need to be anything else but ourselves. We were loved and accepted just for being us—such a simple statement with profound meaning.

Imagine, if you will, someone telling you that they like you just as you are—genuinely meaning that you are loved completely through all your pain, suffering, joy, weariness, flaws, and imperfections.

In a world where we are constantly bombarded with the need to be anything but ourselves, Rogers wanted us to know that being ourselves was all we needed to be.

It's important to note that Rogers wasn't the originator of this message, and he wouldn't want to be. As an ordained Presbyterian minister, he learned it from a much higher power who calls us daily to remember that he, too, loves us just as we are. God loves us so much that he sacrificed us through Jesus' death.

What a truly wonderful and humbling feeling that we are loved just as we are, in our brokenness and flaws. We are embraced and reminded that we are fearfully and wonderfully made.

I'd like to think that Mister Rogers knew the seeds of acceptance he was planting. He knew they would grow and bloom long after his work was done.

I am relistening to the podcast now and being reminded of how significant the impact was from his little show on public television. I am also reminded of just how important kindness is and how vital being kind and present in the moment is to the very essence of being human.

We should all take time to remember the power of kindness and accept each other just as we are. And remember that God's love is gracious, and He loves us just the way we are. **GN**







Forget the scales. Get ready to plan your

holiday parties and dinners

By Tina Neeley

THANKSGIVING AND Christmas are getting closer, and it's time to plan for parties and get-togethers. Old standards served alongside new recipes on family buffets with family china, and finger foods and sweet treats on paper plates balanced on our knees are all welcome this time of year. The extra pounds, not so much. It's the closing months before New Year resolutions threaten our diets. Forget the scales and prepare for your next gathering with these seasonal favorites. **GN**



Easy Baked Turkey

Submitted by Martha Hemphill

1 turkey, dressed
salt, to taste
1/4 stick butter, softened
7 c. water
1/4 c. cooking oil

Rub salt over entire turkey inside and outside. Rub butter over entire surface. Place turkey in a roasting pan with water and cooking oil. Cover top with heavy foil and seal edges. Place in cold oven, turn heat to 500° and bake for 1 hour. At the end of the hour, turn heat off and leave turkey in oven overnight. Do not open oven door! By morning the turkey will be tender, and you will have enough broth for gravy and dressing.

Green Bean Casserole

Submitted by Emma Hardin

3 cans French style green beans
1 can water chestnuts
1 can cream of celery soup
1 pkg. sharp cheese, 8 oz., grated
1 can French fried onion rings

In a large mixing bowl, combine green beans, chestnuts, celery soup, and cheese. Pour into a casserole dish. Bake at 350° for 25 minutes. Top with onion rings before serving.

Pumpkin Pie

Submitted by Kristy Adams

3 c. pumpkin, cooked
3 lg. eggs
2 c. sugar
1/2 stick margarine
3/4 t. salt
2 t. nutmeg
1 t. butter flavoring
1 t. vanilla flavoring
2 pie shells, uncooked

In a mixing bowl, combine pumpkin, eggs, sugar, margarine, salt, nutmeg, butter flavoring, and vanilla flavoring; mix well. Pour into pie shells and bake at 350° for 1 hour.

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





Good Stories

CHAPTER 2 OF 3

This section of the magazine covers local people or businesses you need to know about.

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Our stories are based on submissions from local people.

Submit yours here:



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Photography by Sarah Bussard

◀ Wendy Gallerani

Self

leess

stories of local people who are putting others before themselves.

shingle bells and a giving spirit

mr. goodroof continues to support
families in hendersonville

MR. GOODROOF has been a part of the Hendersonville community for years, providing residents with roofs, windows, gutters, and more. Alongside all those services, Mr. GoodRoof has been consistently helping other less fortunate community members. Owner Mac McRae has been in the construction business since 1995, remodeling houses, building houses, and eventually focusing on roofs and windows as Mr. GoodRoof. McRae said the company gives things away year-round to different organizations and families in need.

“We’re a [very] giving, family company,” McRae said.

Mr. GoodRoof was founded by father and son team Mac and Tommy McRae. Since its beginning as McRae Enterprises,

the company has been supporting the Hendersonville community through programs like Habitat for Humanity, as well as through discounts for veterans and seniors and donations to churches. Mr. GoodRoof is also involved with four different chambers of commerce in Hendersonville, Portland, Madison, and Gallatin.

For the past eight years, however, they have added a new way to give back: the Shingle Bells Roof Giveaway. From November to December, eligible residents of Middle Tennessee can submit their stories for a chance to receive a free roof. The recipient is selected by an independent panel and informed around Christmastime.

“A lot of people have a real need for a

roof, and they don’t have any insurance or didn’t have insurance when the catastrophe happened,” McRae said. “We try to take care of them.”

When the Shingle Bells Roof Giveaway first started, anyone in the community could apply. Manager Holly Gugenheim said that last year, the giveaway focused on veterans. This year, the giveaway will focus on first responders, including police officers, firefighters, EMT’s, and nurses.

“We just wanted to give back to our veterans because they are very important to us,” Gugenheim said. “We’re kind of changing it up a little bit again this year.”

The company’s ultimate focus, however, is supporting families battling cancer. McRae said he is especially

mac
mcrae

by sara hook
photography by
steve zak



"a lot of people
have a real need
for a roof. we try to
take care of them."

- mac mcrae



sensitive to those struggling because three of his family members, including his son and business partner, Tommy McRae, have died from cancer. Beyond that, he said it's an issue everywhere.

"We have a lot of people in the area that are hurting with cancer," McRae said. "So some of every dollar we take in, we give back."

Mr. GoodRoof supports families directly, as well as with their roofs. The reasoning behind this giving is straightforward: they love the community, and, as a Christian company, they are motivated to tithe and serve where they can.

"We're old Hendersonville people. I've lived in Hendersonville over 50 years, so I'm really embedded with the community," McRae said. "We want to give back."

Often, McRae said, they just see needs on TV or hear them in passing, and it is in those situations that they try to help.

The company is very successful, and it is that success that allows them to be so generous. Mr. GoodRoof's history of giving has been a blessing to their community in the past, and there is no doubt they will continue to be a blessing in the future.

"In the long run, if we're all happy, and we're all making a good living... that's all we're interested in," McRae said. "We love Hendersonville, and that's the main thing. And we also love all of Nashville, but Hendersonville's been really kind to us." **GN**



mr. goodroof supports families directly, as well as with their roofs and are motivated to tithe and serve where they can in their community.

"we have a lot of people
in the area that are
hurting with cancer, so
some of every dollar we
take in, we give back."

- mac mcrae







wendy
gallerani

by sara hook
photography by
sarah bussard

a mission of support

the gallerani team sponsors
therapy dogs and more

THE BEST businesses are committed to the community and their customers, and Bernie Gallerani Real Estate is no exception. They regularly donate to organizations in Tennessee and beyond and have given thousands of dollars away since they were just The Bernie Gallerani Team, years before they became their own company in 2022. Real estate managing broker Wendy Gallerani said their team started by donating to the Children's Miracle Network, but also wanted to find other opportunities.

"We have always felt it was important to give back to our community, so we have made it our mission to support the causes that are important to us," Gallerani said.

Among the organizations they sponsor is one unique nonprofit: Smoky Mountain Service Dogs (SMSD). As the only accredited service dog organization in Tennessee, SMSD provides a vital resource to veterans in the area. Raising and training a service dog isn't cheap — it takes over \$22,000 to put each dog in their veterans'

hands. The agents of Bernie Gallerani have sponsored four dogs since 2019 and have no intention of stopping.

The first dog they sponsored was Tucker, who, instead of being paired with a veteran, went to serve with the VA Tennessee Valley Healthcare System. Typically, sponsors are a part of the Passing of the Leash ceremony, but the pandemic initially prevented them from seeing Tucker. Fortunately, that only remained the case for a short time, and Gallerani said meeting the dog was an exciting experience.

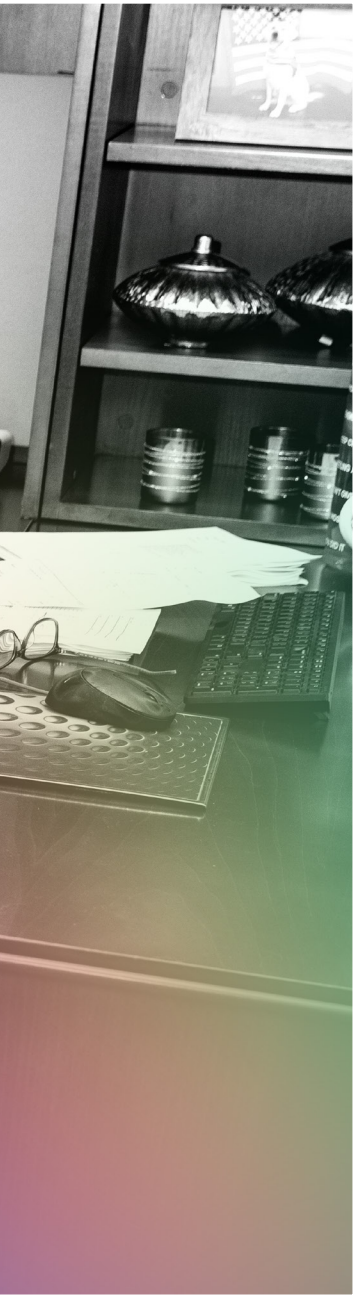
"They had never done that before, where they actually were giving a service dog to basically be the dog for many, many people," Gallerani said. "A representative from the hospital [brought] Tucker to our office, and we were able to meet him and finally see what our charitable organization donations did."

In addition to providing emotional support, service dogs are trained to perform various tasks, including carrying items, retrieving medication,



bernie gallerani real estate is committed to their community by sponsoring numerous nonprofits, such as smoky mountain service dogs and more!





"We have always felt it was important to give back to our community, so we have made it our mission to support the causes that are important to us."

- Wendy Gallerani

and even going for help. The brokerage's other two graduated dogs, Blaze and Halo, have been paired with veterans to do exactly that.

"I think that they form a strong bond," Gallerani said. "They go everywhere with the veteran."

Not every dog will make it through the course, and those that don't will be adopted. The company's fourth sponsored dog, Triscuit, is still training at the facility.

"They have different mile markers that they have to pass in order to move on," Gallerani said. "We've had a couple of changes there, but it looks like Triscuit's gonna make it."

The real estate company's generosity is a direct result of the success of the company and the heart of its staff. Gallerani said everyone in the company can help with funds raised, often with a percentage of their commission. Some chose to donate lump sums instead, and several clients have even gotten involved.

"SMSD really cares about their dogs and the veterans they serve," Gallerani said. "Once the dog gets old enough, it will retire and become the veteran's pet, while the veteran gets a new service dog to continue working."

"They'll monitor that dog for the rest of its life," Gallerani said. "They check in on the veteran and do home visits. They ensure that the dog is being well cared for and serving the veteran's needs. And if there's any fine-tuning that needs to be done, they may bring the dog back to the facility or bring additional training to the veteran. So they really stay on top of the dog, even after he's gone away from the facility."

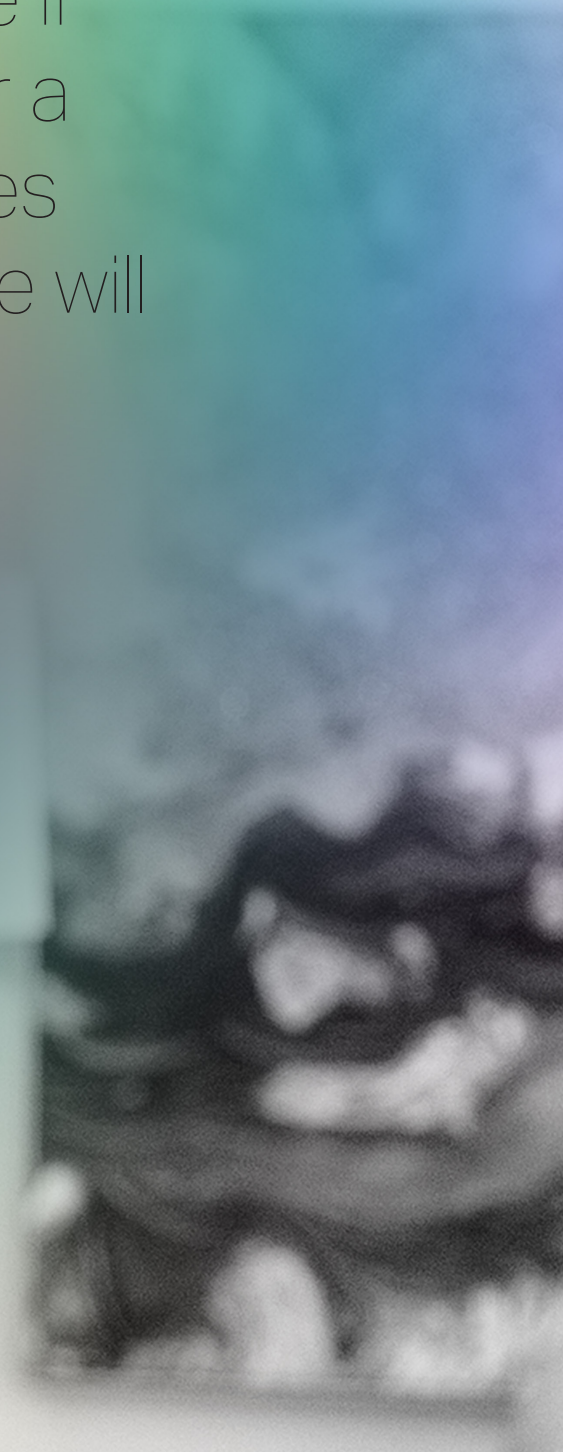
This isn't the only service dog program the brokerage supports. Vanderbilt's Children's Hospital also has a pet therapy program with a service dog named Squid, and the Gallerani's support is helping them expand to get a new dog. Beyond that, they also work with Amazima Ministries in Uganda.

Bernie Gallerani Real Estate's history of giving is incredible, and every one of the organizations they support actively makes the world a better place. The Gallerani's intend to keep making that possible for as long as possible.

"We will continue to support SMSD, Vanderbilt Hospital, and Amazima," Gallerani said. "I am sure if another opportunity for a local organization comes up that speaks to us, we will support them also." **GN**

“We will continue to support SMUSD, Vanderbilt Hospital, and Amazima. I am sure if another opportunity for a local organization comes up that speaks to us, we will support them also.”

- Wendy Gallerani





overcoming obstacles

baker, mother, amputee,
and business owner

MOST PEOPLE know Lili Bella's Cakes and Coffee for their beautiful custom cakes and delicious homemade cinnamon rolls. Since opening their bakery in the cozy historical cottage on Shivel Drive, it has become a fixture in the Hendersonville community. But many may not know the inspiring story behind the bakery's success.

The founder of Lili Bella's Bakery, Jennifer Ramos, has always had a passion for baking. She said that passion was fostered by her grandmother, who was an amazing baker and cook.

"Food has always been a centerpiece at all our family events," Ramos said. "I was always in the kitchen with my grandmother baking."

While growing up, Ramos said she spent many hours watching her grandmother bake culinary masterpieces.

While the bakery has a beautiful storefront now, Lili Bella's began in 2017 in Ramos' home kitchen. She started by making cakes and cupcakes for her children's school events. Neighbors who noticed her work began to request custom birthday and celebration cakes, and it just snowballed from there. The business quickly grew, and soon, she was making tiered wedding cakes and sculpted fondant celebration cakes.

All of those decoration skills were self-taught. She said the artistic nature of her work is a God-given talent, and she has been able to cultivate that gift through time and hard work.

"Being able to make sculptures and other beautiful creations with fondant came naturally to me," Ramos said. "It has been amazing to learn creative techniques and intricate details through videos posted online by pastry chefs, decorators, and other self-taught cake artists."

Talent is not the only thing that has allowed Ramos to succeed. Alongside that is an incredible determination – after all, it isn't easy for an amputee and mother of five to start her own business. Ramos was involved in a nearly catastrophic accident in 2011, right after she graduated with her master's degree in teaching. She lost her right leg below the knee, but she was determined not to let the accident change who she was, going on to become a teacher.

"I had to overcome many obstacles to get where I am today," Ramos said. "We're all going to have things happen in life that will bring us down, but we just have to keep going. We have to think about the things and people in our life that are worth moving forward for and strive to be our best selves."

That drive didn't change when she began to stay at home after her fourth child was born or when they bought, renovated, and opened the bakery's cottage storefront. In fact, many regular customers were surprised when they realized she was an amputee. Her husband, David, said it can be hard to tell because she is always on the go and doesn't let her injury or prosthetic leg slow her down. When she first started Lili Bella's, she even brought the younger kids to work with her every day.

jennifer
ramos

by sara hook
photography by
sarah bussard





"i had to overcome many obstacles to get where i am today. we're all going to have things happen in life that will bring us down, but we just have to keep going."

- jennifer ramos

"Jennifer literally had a baby strapped on, and she was making coffees," David said. "Starting the business, basically with a baby strapped on her back and front."

David and Jennifer renovated the cottage to help people feel at home. Jennifer said many places now don't have a homey feel and, far too often, don't really take the time to know their customers.

"Being a place where our community can come in and know that we want to know them and truly care about who they are is the major focus of our business," Jennifer said. "If we are making a custom cake for someone, or if someone is coming in to have a cup of coffee and a cinnamon roll, we just want people to feel at home at Lili Bella's."

Having their kids there as they work adds to that homey, family atmosphere. Many customers have watched the Ramos children grow up, and the bakery itself was named after their oldest daughter, Isabella Liliana.

"It's so personal, the relationship we have with people," David said. "We are becoming a fixture in the community, and people really feel like they are part of our family."

The children have learned life lessons, too, he said, because they get to see a growing business in action.

"Our children, and now our grandchildren, get to watch us

run a business," David said. "They get to learn how to work hard and see your dreams realized, how to operate a business daily, how to overcome obstacles, and how to work with people."

The success of Lili Bella's Cakes and Coffee is also due in part to the support of the Hendersonville community. Community support is essential for a local business.

"We're a family of faith," David said. "Every day, we see that He has blessed us with this business, our family, and the people that walk through that door."

Jennifer said she couldn't have done it without the support of her family and friends. She said the hard work of creating a business comes on the front end with long days and sleepless nights, and while you can do it if you believe in your dream, you need people to help you persevere.

"We have so much inside of us... so much untapped potential that we don't realize we have," Jennifer said. "There are going to be hard days in life, but surround yourself with people who are your cheerleaders, the people who speak life into you and encourage you to move forward."

The bakery has been steadily growing since it opened, with an outdoor area and gluten-free kitchen being the most recent plans developed. There is no doubt that Lili Bella's Cakes and Coffee will be a staple of Hendersonville for years to come. **GN**



making beautiful custom cakes and more, lili bella's cakes and coffee is a fixture in the hendersonville community.

David and Jennifer Ramos



Scan the QR Code

with your smart phone to see more photos from Good News.

100% of profits from purchased prints are donated back to the community through nonprofits.





Lili
Bella's
BAKERY

How the Good News Magic Happens: From Submission to Print

How does a story get into Good News Magazine?

Nominate someone to be featured in Good News Magazine.

Since Good News launched, we have received hundreds of nominations for people to be covered. Ever wondered how a story finds its way into the pages of our magazine? Well, the answer is simple: it's all thanks to you! Not only are the stories about local people, but they come from other local people, too! Here's a glimpse into the journey of how stories come alive in Good News Magazine.



Step 1: The submission process: goodnewsmags.com

We believe that everyone has a story worth sharing, and we rely on our readers to help us discover these extraordinary individuals. Submissions are made through our website and include the following details:

- A nominee's name
- Contact information (phone and email)
- The reason for the submission, along with why they qualify as a "Good News" story. This may include their contributions to the community, impactful deeds, family life, occupation, and more.
- We're not looking for you to write the story or find a superstar. We believe everyone has a story, and we only need relevant information. Our writers will do the rest!

Step 2: Selection and theme assignment

We tell stories about local people and what they are doing to make a difference. We have told stories about charities, medical staff, volunteers, school staff, and your next-door neighbor. Again, everyone has a story. While we feature six remarkable individuals in each issue, keep in mind that our production schedule is planned months in advance. So, if someone isn't featured in the upcoming issue, there's still a chance they'll be highlighted in the future. We keep all submissions on file for potential use.

Step 3: Interviews and photo shoots

Once a story is selected, our talented writers and photographers swing into action. We continue to be inspired by the stories submitted to us, and we complete the interviews and photo shoots several months before the issue goes to print. Our writers may conduct interviews via phone or video chat, while others prefer in-person meetings with the individuals behind the stories.



What's next in Good News Magazine?

Currently, our dedicated team of magazine writers and editors is hard at work crafting stories under themes like “Home for the Holidays,” “Hometown Healing,” and “From the Heart.” We are excited to announce the next theme needing story submissions is “Charity Spotlight.”

What we seek in Charity Spotlight stories:

Do you know a couple in your community who overcame adversity and decided to extend a helping hand to others facing similar challenges? Perhaps there's a group that stepped up to support local businesses during the pandemic. Or maybe you're aware of countless charities making a positive impact in the community. Behind each of these organizations, there are individuals who drive their mission, founded them, or have been profoundly touched by their work. These are the people and stories we're eager to showcase in our upcoming Charity Spotlight issue.

Do you know someone who deserves to be in Good News Magazine?

Let us know with a submission at www.GoodNewsMags.com or scan the QR code. Share your stories with us, and let's continue spreading the Good News together.







CHAPTER 3 OF 3

This section of the magazine covers local things to do.

52 Community Events

56 Events Calendar

58 Advertiser Index

Submit a positive story
on our website:



goodnewsmags.com

Photography by Clarice McPherson

◀ Carrie Marlin, Laurie Lucas, Katie Venable,
Terri Wood, and Roseanna Huss.

Heroes Day - Sept. 9



Photos obtained from Hendersonville Parks and Rec Facebook

First Responders from Hendersonville and all over Middle Tennessee came together for a day of fun in Hendersonville, known as Heroes Day. The local police department works with staff of the local Hendersonville Officials Association, who donates their time to umpire day-long series of softball games.

Blessing Box Dedication - Aug. 24



Photos submitted by Hendersonville Public Library

The community gathered at the Hendersonville Public Library to witness the dedication of the 23rd Sumner County Blessing Box. Now, located in the front lobby of Hendersonville Public Library sits the first of its kind, and the very first blessing box in the town of Hendersonville.



Eighth Annual Mr. Sumner County Pageant - Sept. 16



Photos submitted by
Clarice McPherson Photography

The Robert Kreider Veterans Residence on South Water Avenue in Gallatin was the beneficiary of the Eighth Annual Mr. Sumner County pageant. They were able to host veterans and had them present their Honor Guard for the event. The six contestants brought in auction items and donations from the community in hopes of winning the title of Mr. Sumner County. The contestant who brought in the most money was Mr. Jordan Williams of Birdie Bros. Runner Up was Mr. Daniel Ervin of the Hendersonville Fire Department, and Mr. Tim Presley of Anytime Fitness walked away with Mr. Congeniality.

1. Special guests from the American Legion Post 17 of Gallatin
2. Danielle and Joe Breezy of News 2



3. Nate Seeley, Tim Cassetty, Daniel Ervin, Julie White Garrett, Tim Presley, Jordan Williams (winner), and Chris Mullican
4. Carrie Marlin, Laurie Lucas, Katie Venable, Terri Wood, and Roseanna Huss

Get a good look



We wish we could publish all the photos we have, but we have too many! Browse our online gallery for free or purchase photos to be mailed to your home. **All proceeds from photos go to local nonprofits.**

Good News
exchange

EVENTS CALENDAR

October 20

6:00 pm Mother Son Bowling
First Baptist Church
Hendersonville
106 Bluegrass Commons
Blvd., Hendersonville

“Hey, preteen moms!
Join us for a fun night of
bowling with your fourth
and fifth grade preteen
sons at Strike & Spare
Hendersonville. \$10
includes bowling, pizza,
and drinks for the family.”

fbchville.com

October 21

9:00 am ESL Training
First Baptist
Hendersonville
106 Bluegrass Commons
Blvd., Hendersonville

“Training is open to
anyone interested in
teaching English to our
international students.
Training will be Friday
and Saturday. If you are
interested, please email
or call Mary Jane Payne
at esl@fbchtn.org or
(615) 447-1395”

fbchville.com

October 23

6:00 pm Park Boards Meeting
Main Meeting Room,
Hendersonville City Hall
101 Maple Dr. N.
Hendersonville

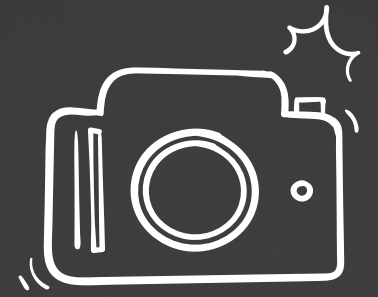
Visit hvilletn.org to
learn more.

October 21

**1:00 pm Monster Mash -
Family Day**
Painting with a Twist
206 Indian Lake Blvd.
Hendersonville

“Most paintings are
suitable for ages 5 and
up. Children under 10
must be accompanied
by an adult. Children
10 and older can be
dropped off.”

paintingwithatwist.com



October 24

**6:15 pm Huckabee Taping
“Live” Studio
Audience**
30 Music Village Blvd.
Hendersonville

Free admission. Register
online in advance.
Call 833-Huckabee for
more information.

October 27

**4:00 pm Storytime with Remi
(Piano)**
140 Saundersville Rd.
Hendersonville

“Listen to stories with
therapy dog, Remi,
every second and fourth
Thursday at 4 p.m. All
ages welcome!”

[youseemore.com/
hendersonville](http://youseemore.com/hendersonville)

October 28

7:30 pm Haunted Hustle 5K
The Streets
of Indian Lake
300 Indian Lake Blvd.
Hendersonville

“The sixth annual
Haunted Hustle will
take place on Saturday,
Oct. 28, 2023 at the
Streets of Indian Lake
in Hendersonville. Join
us for a morning of fun
and help us support
Habitat for Humanity’s
mission to give people
good homes in Sumner
County. The event starts
at 7 a.m. and ends with
an awards ceremony for
the winners of the 5K.”

runsignup.com

**For more events
and to submit
an event visit:**

www.GoodNewsMags.com/events
or call (800) 247-7318



Scan for Photos



goodnewsmags.com/photos

GOOD NEWS SUPPORTERS

We can spread Good News because of our generous advertisers. They help make our world a little brighter. We encourage you to do business with them.

A New Day Horse Rescue.....	60	Mr. Good Roof.....	3
Monthaven Arts and Cultural Center.....	5		

What our readers say

Our readers told us why you should advertise in Good News



“I am exposed to more advertisers in Good News than in any other publication that I have seen in this area.”

“Great magazine for shopping and eating LOCAL! Thank you for publishing useful information on our little community.”

“This magazine allows owners to share what is closest to their hearts while showcasing their products. Plus the customer service Good News offers is outstanding. The magazine is very well put together, well polished, neat, and very inviting. I look forward to each one!”



Increase your Brand Awareness

Advertise in Good News and Plan Your Marketing Budget Wisely!



Home For The Holidays

ISSUE 2 2023

Deadlines

Sponsored Content.....	10/5/23
Advertising.....	11/2/23
Mailed to Homes.....	11/18/23



The Learning Curve

ISSUE 3 2024

Deadlines

Sponsored Content.....	1/29/24
Advertising.....	2/29/24
Mailed to Homes.....	3/14/24



Hometown Healing

ISSUE 3 2023

Deadlines

Sponsored Content.....	11/2/23
Advertising.....	12/7/23
Mailed to Homes.....	12/23/23



Shop Local

ISSUE 4 2024

Deadlines

Sponsored Content.....	3/4/24
Advertising.....	4/4/24
Mailed to Homes.....	4/18/24



From the Heart

ISSUE 1 2024

Deadlines

Sponsored Content.....	12/4/23
Advertising.....	1/4/24
Mailed to Homes.....	1/18/24



Vacation in Hendersonville

ISSUE 5 2024

Deadlines

Sponsored Content.....	4/2/24
Advertising.....	5/2/24
Mailed to Homes.....	5/16/24

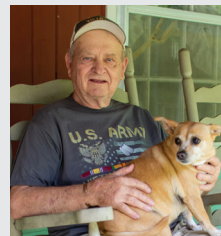


Charity Spotlight

ISSUE 2 2024

Deadlines

Sponsored Content.....	1/1/24
Advertising.....	2/1/24
Mailed to Homes.....	2/15/24



Independence

ISSUE 6 2024

Deadlines

Sponsored Content.....	5/6/24
Advertising.....	6/6/24
Mailed to Homes.....	6/20/24



Matt Scott

Publishing Partner

Join us in building stronger communities through positive, local stories. Reach an engaged audience eager to support your business. It is the perfect time to plan your marketing budget wisely and set up a successful year for your business. Reserve your spot in our magazine today!

Call me at (615) 708-1453

Email me at matt@goodnewsmags.com

ation that comes
celebrating. They
of their lives, his
and his wife Ken
only started duty
been in Tennessee
with in a way to ob-
hatched the screen
fiction.
off on many people
strong, high-pro-
grams do a lot of
in terms of raising
care of cattle, being
robbers, and wear-

A page into duty
The Nash County
of 2020. "We'd al-



**Working today
to change
tomorrow!**

RESCUE, REHABILITATE, REHOME



We are a 501(c)3 nonprofit organization focused on helping make the world around us a better, safer, happier place for abandoned, abused, and neglected equine. With the help of our tireless all volunteer staff, we organize fundraisers, community-building, educational programs, and in-depth training sessions for our volunteers so they can help us help the horses

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veatnhorserescue.com**

