

Good News

exchange

Branden Gard leads drug and alcohol recovery program, helping thousands of men.



A taste of South India with a side of generosity

selfless

shining a light on Lynchburg's best

Branden Gard, Larry Bassett, and Gary Witt

ISSUE 1 2023

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celebrating Dairy
is father Steve, his
and his wife Kara
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The Nash family
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education that comes with celebrating Dairy as father Steve, his and his wife Kara family started dairy when they moved to Tennessee. It's a way to get behind the scenes, and support local agriculture.

It might not be the first thought on many people's minds, but high-protein farmers do a lot of work in terms of raising and caring for cattle, being on the ground with the problems, and wear-

work goes into dairy farming. The Nash family started in 2020. "We'd al-



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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

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publishing
partner



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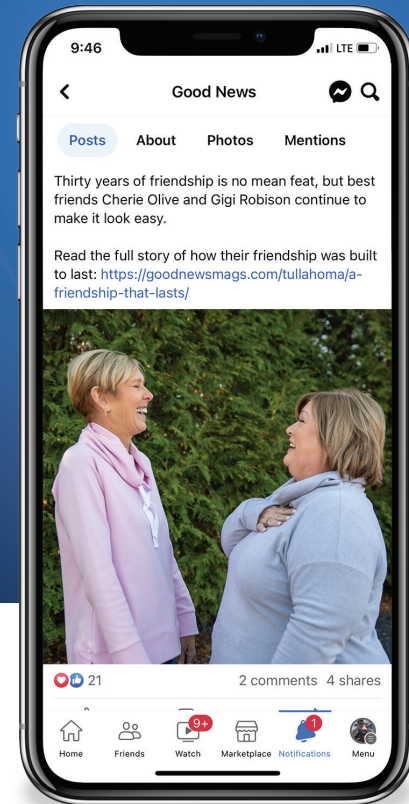
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CHAPTER 1 OF 3

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Photography by Sarah Bussard

◀ Dr. Prince Arvind



A RECIPE FOR **SUCC**

A taste of South India
with a side of generosity

By Sara Hook // Photography by Sarah Bussard



ESS

▲ Dr. Prince and Annie Arvind

WHILE THE food at Annie's Indian Kitchen is authentic and exceptional, it isn't the only good thing about the restaurant or its owners, Dr. Prince Arvind and his wife, Annie. Since the restaurant's opening, it has been committed to serving the needs of the community. Many of the profits go to support Prince's nonprofit, Jermi Foundation Inc., and the programs of his church, Speaking Life Again Church.

Before they immigrated to the United States from India, Prince and Annie had always been involved in ministry and the restaurant business. After they moved to Lynchburg, Prince said they felt it was important to introduce South Indian cuisine to this new community.

"God reminded us that the cooking gift was trained for a purpose," Prince said. "We realized it is a new approach in the kingdom of God."

When the restaurant first started, they worked to help the community, even though people told them it would be difficult until the business was established. Now, the restaurant and the Jermi Foundation want to give to multiple causes in Lynchburg, including supporting children's education, young entrepreneurs, addiction centers, caregivers, senior citizens, and nonprofits working in other countries.

"Sales raised through this kitchen will be invested back into the local communities," Prince



“

God reminded us that the cooking gift was trained for a purpose. We realized it is a new approach in the kingdom of God.

- Dr. Prince Arvind

said. “This year, we are working closely to support de-addiction projects for young people in Kenya, Africa, [and] educational support in Lynchburg and Forest, Virginia, [and] India.”

While the restaurant was started to support the community directly, the owners are determined to make their business as welcoming and authentic as possible. Everyone who enters the restaurant is treated as a member of the family, and Prince said they were able to encourage many of his guests.

“The hospitality we miss in our family needs to be fulfilled in Annie’s Indian Kitchen,” Prince said. “We speak to their emotions first, then talk about food.”

Maintaining that hospitality is not the only necessity in a successful restaurant.

“We have to maintain quality of the kitchen in areas like cleanliness, timely delivery for take-out and dine-in, consistency in the taste, investing in quality products, and selling with affordable prices,” Prince said. “Restaurant business is not [as] easy as people say.”

Annie’s Indian Kitchen has also helped the family connect to various ethnic groups and understand their new culture.

“In Indian culture, people are very hospitable and friendly. We always talk to each other, laugh loudly, share food, and visit our neighborhood to see if they need any help,” Prince said. “When we moved to the United States, the huge challenge we faced was [that] people are not talking to each other.”

Now, they feel the States have become a sweet home.

Prince and his family came to the United States intending to minister to their community. Although immigration was a challenging process, and there were many



uncertainties, the couple feels that God has equipped them to be successful in their efforts so far. In the future, his restaurant and nonprofit plan to continue to fund community projects, identify new needs, and help develop systems to cater to them.

“The Lord chose me to be a missionary pastor to the United States,” Prince said. “In the last two years, we have seen immeasurable testimonies [of] people getting blessed by the unseen power of God.”

The South Indian dishes are exceptional, but what’s even more incredible is how much a small business has done for those in need. Annie’s Indian Kitchen intends to have a positive impact on Lynchburg for years to come. **GN**

Lynchburg Newcomers' CLUB



Still making new friends at 66 years young

By Amanda E. West // Photography by Sarah Bussard





CHILDREN MAKE friends instantly. After just a few minutes on the swing, a brief word of introduction, or chasing each other around the slide, they share the title of best friends. If only friendship came as quickly for adults. Well, it can. Since 1957, the Lynchburg Area Newcomers' Club has provided ladies 18 years and older with book clubs, coffee get-togethers, day-trip excursions, craft projects, games, and so much more. The club motto is: "Where there are no strangers, only friends we haven't met."

Club President Rhonda Perrett said, "We welcome ladies who are brand new to the area, as well as those who have lived here for many years and are looking to make friendships and connections. We have members from all over the United States with various backgrounds and interests. Our club members find a sense of belonging and become an integral part of a diverse group. This platform is where meaningful connections blossom, making every activity they join richer and more memorable. As

president, I feel like every month is filled with a unique kind of magic for us. It's a joy and privilege to work among such incredible people on the board and those who serve behind the scenes. From president to hostess, we are all volunteers. It is the dedicated individuals who make our club so vibrant and inviting."

When the Newcomers' Club receives inquiries from prospective members, current members invite them to a luncheon or coffee outing to welcome them. "You only have one first impression," said Perrett, "And we strive to make any prospective members feel glad they reached out to us." Yearly membership fees are \$15, and we offer a half-price discount for anyone joining after June 30. Members have access to a private Facebook page and periodic newsletters where upcoming events are posted.

Perrett, who originally lived in New York for 31 years, retired to Lynchburg with her husband five years ago. "We could've gone anywhere in the United States, but we basically moved here not knowing anyone or anything. This is a very special place, and we feel very blessed to call this 'home.' The people here have a sort of undeniable charm. Even though there are a lot of transplants here from other states, you still feel the Southern hospitality. Living in the heart of Virginia is genuinely something special. But what truly sets us apart isn't just the picture-perfect landscape nestled among the mountains. It's the sense of camaraderie and tight-knit community that blossoms here. Neighbors aren't just fellow residents who happen to live next door; they are an integral part of my daily life, embodying the spirit of friendship and mutual support. The friendly waves as we walk through our neighborhood, the shared laughter, community gatherings, and the ready-to-help-when-needed mentality give a sense of belonging and warmth that forms the true essence of living here."

Members herald the praises of being representatives of the club, along with the slower-paced lifestyle, down-to-earth hospitality, and serene beauty that Lynchburg offers. "The views of the Blue Ridge [Mountains] are spectacular," said Vice President

”

We welcome ladies who are brand new to the area, as well as those who have lived here for many years and are looking to make friendships and connections.

-Club President Rhonda Perrett



Cindy Calhoun. “We are a little over an hour from Charlottesville and Thomas Jefferson’s Monticello, but we have his summer home right here. We have a historic downtown, the Academy Theater, and many colleges that provide sports and theatrical entertainment. Our location at the foot of the Blue Ridge Mountains provides the most beautiful views! And I love that we experience all four seasons. I like that things move a bit slower here than in a larger city.”

Jo Ann Moore, who serves as the club secretary, said, “I moved here in 2014 and didn’t know anyone. It didn’t take long to make new friends. The church, neighbors, waitstaff, and even strangers on the street are all eager to help newcomers feel welcome. There are

many activities, such as plays, concerts, and wonderful outdoor activities for the whole family, like rafting on the James River or Smith Mountain Lake. There are several churches, parks, hiking trails, and historical sites to visit. There are many activities for all ages, and Lynchburg will welcome you with a friendly smile and open arms. The holidays are exciting for our club members because there are so many activities to attend. Christmas lights go up early, and you feel the excitement in the air.” **GN**

If you’re looking for a group of forever friends this holiday season, go to www.lynchburgareanewcomersclub.weebly.com.

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:
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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.

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Self

leess

stories of local people who are putting others before themselves.

the road to recovery

local man leads drug and alcohol recovery program, helping thousands of men.

THIRTY-FIVE-YEAR-OLD Branden Gard is in a happy, loving marriage, and his wife has a baby on the way in February. He was full of emotion as he admitted that 15 years ago, he never would have expected to be here, let alone starting a family, because of his crippling addiction to drugs and alcohol.

“My whole life, I’ve always said I was gonna be a husband and a father,” he said. “The only thing standing in my way was my addiction to opiates and alcohol. It was harder than it seemed just to change absolutely everything in my life, but I never gave up hope.”

That hope, combined with a recovery program about an hour and a half away in Floyd, Virginia, is what got him back on his feet.

Robbie Maddox leads the faith-based Eagles Nest recovery program that originated in Floyd.

“We are a Christ-centered ministry, working with adult males between 18 and 80,” Maddox said.

Gard was just one of the thousands of men Maddox helped through the nine-month program.

“The guys go to classes in the mornings and work during the day,” he said. “We have various work sites where the guys go out and learn how to do a good day’s work with a good attitude, and we know this work helps us provide them a place to stay.”

Gard was one of the men who stood out in a positive way during his program, so he was asked to join the staff to lead other men during their fight against addiction. After five years on staff, the opportunity arose for him to move a little north to Lynchburg to replicate the program here.

“He had all the goods and all the training, and that has always been a treasure. So we sat him down and told him we think this would be a good step to take in this role, and we gave him a chance to pray about it,” Maddox said.

Gard came back and said he knew in his heart that this was what he was supposed to do.

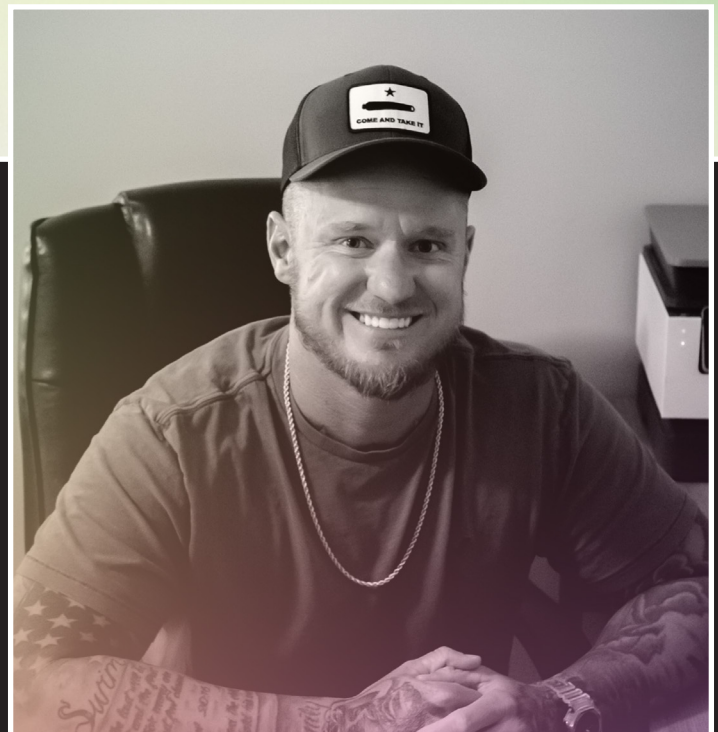


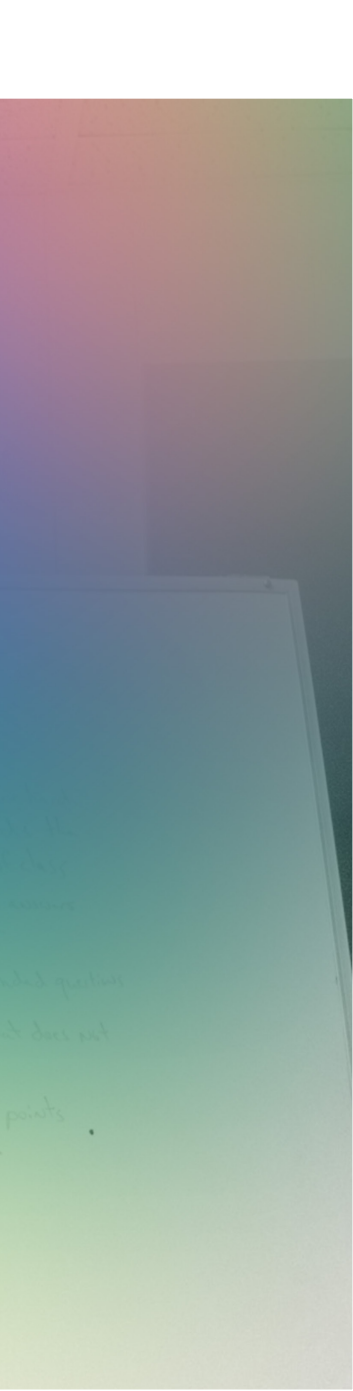
branden
gard

by haley potter
photography by
sarah bussard



close to a thousand men have benefited from branden gard's hard work and the eagles nest recovery program.





"I can use my testimony to help other people who struggle with the same things. We all make mistakes. That doesn't make you a mistake."

- Branden Gard

Now, he doesn't look back.

"That's what brought me to Lynchburg. They thought that I would be the best candidate to be the program director here to run the paint sites and the program," Gard said.

They partner with Thomas Road Baptist Church, who donated their recovery ministry to the Eagle's Nest program under contract. They also run a paint company to give the men jobs to fill and raise funds to allow the program to continue.

This recovery program has been helping men in Lynchburg since August of 2021, and Gard said there are probably close to a thousand men who have benefited from his hard work and the program.

"There is really no number because you help one person, and that person helps two people, then four, so there is really no telling how many have benefited from this. But it is a lot of guys," he said.

He felt grateful when he said there is really no better feeling than giving back to others who

may have been facing the same thing you went through in your own life.

"We are helping the community with addiction, with our paint company, and also helping to share the gospel," Gard said.

He hopes this program will continue to help people in his community for a long time to come.

"Now that I have learned from my mistakes, I can use my testimony to help other people who struggle with the same things," he said.

His advice to others who may have lost hope is to know they are truly loved and that his program is here for them.

"We all make mistakes," he said. "That doesn't make you a mistake. Realistically, I think anybody would be good for this program."

He wants to see other men who have struggled with addiction look forward to something as fulfilling as a baby on the way, just as he is. At the end of the day, that is why he chose to lead this program. He said it is easy to feel hopeless, but recovery from addiction is possible, and he stands as the living proof. **GN**



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D PANTRY



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A black and white photograph of an elderly man with a long, full white beard and hair. He is wearing a patterned headband and a dark, intricately patterned shirt. He is sitting in a chair, looking directly at the camera with a slight smile. The background is a soft, multi-colored gradient.

larry
bassett

by sara hook
photography by
sarah bussard

art on the walls

a contribution to
lynchburg's cultural scene

"ANY VACANT wall is an opportunity to put up art," collector Larry Bassett said. And while his home's walls are full of paintings, he has not stopped there. The results of his work can be seen throughout Lynchburg.

It all started when he moved into Riverviews Artspace 20 years ago. Living next to artists and art studios prompted him to wonder what he could do to support the artist community.

"I saw some things, and I liked some things, and I thought, well, to the extent that I could afford it, I would buy some of the art from the local artists," Bassett said. "Then I just sort of got the urge. I was looking at things, and every time I looked at something, I would be shopping."

Bassett said his whole collection easily numbers in the hundreds, and he likes every one of them. Almost all of them have involved a relationship with an artist and often a memory that goes with the painting.

"Every painting has a story," Bassett said. "I have 600 stories of all this art."

Bassett became known as someone who would buy from local artists, and eventually, his collection was exhibited for a month in the art gallery at Riverview. Bassett said the experience of having people come and look at it prompted him to ask the gallery's curator about hanging the art in human service organizations around town.

"It looked terrific. I mean, it was really exciting to me to have people come and look at it," Bassett said. "I did some work with human services. I was kind of a community organizer, and I said, 'Maybe we can talk to these places and see if they would like to display some of this art collection.'"

Now, pieces of Bassett's local art collection can be found at Rush Homes, Roads to Recovery, Lynchburg Human Services, and Lynchburg's courthouse, as well as many other locations across the city — but it doesn't stop there.

Much of Bassett's remaining local collection has been promised to Heritage High School, and Bassett wanted to



"it makes life more interesting and makes the world a more intriguing and interesting place to see. it's just part of how we operate in the world, by putting up our signs of life."

- larry bassett

replace some of the art that would be going out. However, the local art was not taken as quickly as he had expected, and he ended up with several replica pieces on top of his local collection.

Bassett said he didn't want to have a closet full of art, so he decided to start giving it away.

"There's no point in having art stacked up where people can't see it," Bassett said. "I had probably 50 or 60 people come and take away some."

Bassett said the pay was for artists to know they sold something because someone liked it, and for people to be happy to get a painting when they thought they'd never have one. Before, he had given art out to be hung in public spaces, but giving to individuals was different.

"Giving away stuff is a lot of fun, especially if it's art," Bassett said. "I was really handing somebody something and saying, 'Take this home, this is yours forever, no strings attached,' and that was a marvelous experience."

Despite his love for art and his support of the artist community, Bassett said he is not an artist and doesn't even understand how artists go about filling a blank

canvas. He said all he does is buy art and put it out in the community where it can be seen by people who may not usually get that experience.

"It makes life more interesting and makes the world a more intriguing and interesting place to see," Bassett said. "It's just part of how we operate in the world, by putting up our signs of life."

There is a direct benefit for artists, as well.

"They have put out something that people are seeing," Bassett said. "People are seeing it and maybe wondering what it means. Or maybe they're just marveling at the ability of somebody else doing that, and appreciating the effort of an artist whether you understand art or you don't, and appreciating the beauty and dynamic presence of something in the world."

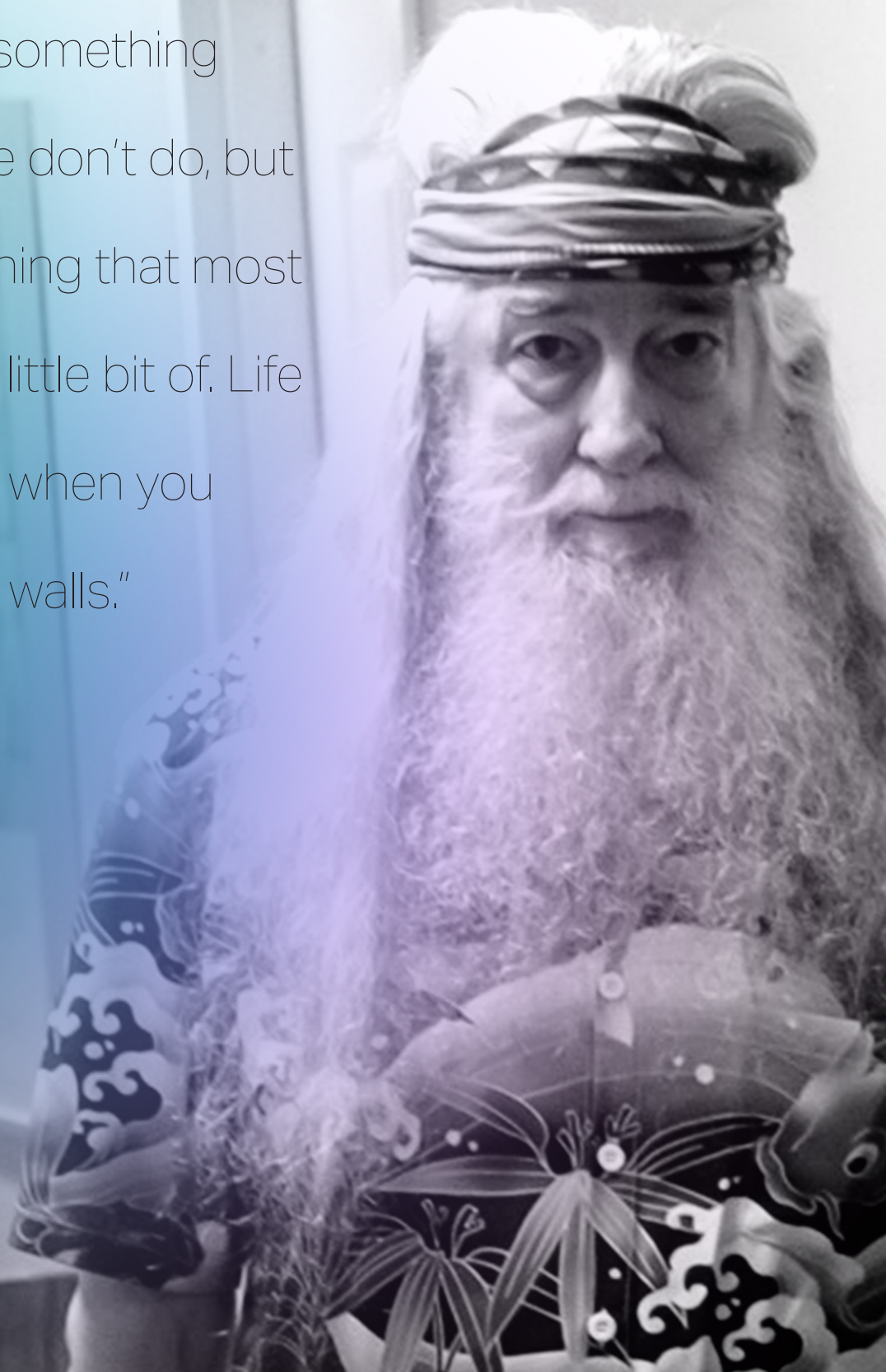
Bassett said he thinks he is done buying, but he hopes others will think about supporting local artists and enjoy learning about art.

"I think I've done something that most people don't do, but I've done something that most people can do a little bit of," Bassett said. "Life is pretty exciting when you have art on your walls." GN



"I think I've done something that most people don't do, but I've done something that most people can do a little bit of. Life is pretty exciting when you have art on your walls."

- larry bassett





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





gary
witt

by sara hook
photos submitted by
Gary Witt

establishing a purple heart community

veteran gary witt creates a better
place for veterans in virginia

MANY VETERANS call Lynchburg home, partly due to the tremendous support they can find in the community. With an active Veterans Council, an active Military Order of the Purple Heart (MOPH), and Veteran Valor Farms less than 20 miles away, Lynchburg does its best to take care of those veterans who settle down nearby. The community's success can be significantly attributed to MOPH national sergeant-at-arms Gary Witt's determination to serve veterans.

While Witt was just the commander of the Lynchburg MOPH chapter, he led the organization to be recognized as fifth within the nation. He led Lynchburg to join the National Purple Heart Trail, with several universities and the surrounding counties of Appomattox, Amherst, Bedford, and Campbell, making a "Purple Heart Community."

"I worked with Liberty University to become the first Purple Heart University in the state of Virginia, which was a great distinction," Witt said. "Later on, the University of Lynchburg also became a Purple Heart University."

The Purple Heart Trail is a system of universities, cities, communities, and roads that pays tribute to Purple Heart recipients — those

veterans wounded or killed in action. Witt said the local MOPH chapter also does its best to take care of veterans in the area, which he feels he has to do as a retired Marine.

"Being a veteran myself and being a combat-wounded veteran on top of that, I just feel obligated to do what I can to help any veteran that comes through us and try to make sure they are taken care of," Witt said. "We need to look out for our own."

Aside from his involvement with MOPH, Witt is also a board member for the Lynchburg Area Veterans Council and has volunteered with Veterans Valor Farms, building tiny homes. While he has worked with them, the council has renovated Medal of Honor winner Desmond Doss's house, using it to house veterans in need. The council often supports those looking for help, even putting them up in hotels for a few days while they figure out what would help them best. Witt said the veteran often won't come for help until he's lost hope.

"Do they need to go to Valor Farms or move into the Desmond Doss house, or is there some kind of way that we can help them in the Lynchburg area?" Witt said. "The only thing we can do is try to help him any way we can."

"i just feel obligated to do what i can to help any veteran that comes through us and try to make sure they are taken care of."

- sergeant-at-arms gary witt

The council, the local Department of Veterans Affairs, and the American Legion help veterans with benefits claims, overdue bills, and financial advisement when needed. Witt said the residents of Lynchburg are very active in this, coming to the council's monthly meetings to see what they can do.

"We'll have 40 or 50 people there from all around the community and from every kind of organization you can think of. They come to find out what they can do to help support the veterans," Witt said. "We have a very active and helpful veteran community in Lynchburg, and I'm very proud of what we've done."

The veteran community always gathers at the Monument Terrace Troop Rally every week and has for the last 21 years. Witt said everyone who is a veteran or wants to support veterans is welcome.

"We try to make the community aware that we are active," Witt said. "If they want to know what's going on in the veteran community, they can find out there."

He has received multiple awards for his service both in the military and after, including MOPH Patriot of the Year and the George Rogers Champion of Freedom. Witt remains dedicated to helping other veterans find their feet in life. Lynchburg and Campbell County are certainly better for it. GN



▲ Gary Witt with Virginia Governor Glenn Youngkin





*because of sergeant-at-arms
gary witt's determination to serve
veterans , many can call lynchburg
home and are met with tremendous
support from the community*





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?

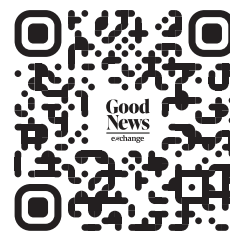
Currently, our dedicated team of magazine writers and editors is hard at work crafting stories under themes like “Home for the Holidays,” “Hometown Healing,” and “From the Heart.” We are excited to announce the next theme needing story submissions is “Charity Spotlight.”

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

Photo submitted by Lynchburg Regional Business Alliance

Achieve 60 Years in Business - Oct. 6



Photos submitted by Lynchburg Regional Business Alliance

The Lynchburg Regional Business Alliance helped Achieve Central Virginia celebrate 60 years in business. Achieve is manufacturing with a mission. They run a successful “AbilityOne” business that manufactures and distributes a selection of corrugated cardboard products nationwide, as well as extended employment in light assembling, mail handling, and product packaging and installation.

Wellness Ribbon Cutting - Oct. 6



Photos submitted by Lynchburg Regional Business Alliance

It was a momentous day as InMotion Wellness Studio celebrated its official ribbon-cutting ceremony. This significant event marked the introduction of their pioneering assisted motion recovery therapy services, which focus on stretch therapy and have already started making a remarkable impact on the community.



“Putt-her perfection” event at Ivy Hill - Sept. 27



Photos submitted by Lynchburg Regional Business Alliance

Local women gathered at Ivy Hill Golf Club as golf enthusiasts teed off for the memorable “Putt-her Perfection” event. The event showcased the undeniable potential of golf as a valuable tool for business development, exemplifying how it can seamlessly blend business and leisure for a fun and impactful experience.





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.**

EVENTS CALENDAR

October 20

**7:00 pm Sooktakular
Glow Ride**
Riverside Park
2238 Rivermont Ave.
Lynchburg

Gear up for a hauntingly delightful free adventure, where the spook factor is minimal, and scares are kept at bay, making it a family-friendly event for all ages.

For more information please visit lynchburgparksandrec.com

**7:30 pm 2023 Education and
Workforce Summit**
Lynchburg Regional
Business Alliance
300 Lucado Place
Lynchburg

“Bringing together employers and educators to address key topics affecting our region’s workforce and education pipelines, this is a must-attend if you’re in the people business.”

October 21

11:00 am For Keeps Area Meet
Firehouse 4 Venue
1210 Rivermont Ave.
Lynchburg

“Connect with friends, learn, shop, and enjoy discovering the For Keeps opportunity with home office, including owners Cory & Lindsey Kunz!”

eventbrite.com

October 25

**10:30 am Preschool Cupcake
Decorating**
Miller Center Lynchburg
301 Grove St.
Lynchburg

From mixing icing colors to decorating, this interactive class will give participants the opportunity to express their creativity.

For more information please visit lynchburgparksandrec.com



October 26

7:30 pm Cinderella-Theater
 Tower Theater
 1971 University Blvd.
 Lynchburg

“If you’ve attended a “Cinderella - The Musical” event before, you know the excitement and energy of the crowd makes for a truly unforgettable experience.”

vividseats.com

October 29

5:00 pm Movie Night
 Leggett Hall #537
 at Randolph College
 2500 Rivermont Ave.
 Lynchburg

“Movie projection with English subtitles. “A Bout de Souffle” (1960), directed by Jean-Luc Godard.”

aflynchburg.org

November 4

9:00 am Ninth Annual CASA Superhero Run
 Percival’s Island Trail
 1600 Concord Turnpike
 Lynchburg

“Calling all superheroes! You can run, walk, or raise money for CASA and be a real-life superhero to some very special children right here in Central Virginia.”

cvcasa.org

For more events and to submit an event visit:
www.GoodNewsMags.com/events
 or call (800) 247-7318



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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.

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Freedom 424	60	The Estate & Elder Law Center of Southside Virginia	5
Randall Trost, Attorney at Law.....	3		

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 Lynchburg

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



Kevin Maples

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 (434) 215-8249

Email me at kevin@goodnewsmags.com

...ation that comes
celebrating. Dorey
of Dallas, Texas, has
and his wife Ken
only started dairy
business in Tennessee
with a way to ob-
tained the names,
recipes.
All on many people
strong, high-pro-
teins do a lot of
in terms of eating
can of carbs, being
obese, and wear-

A year into dairy
The Nash County
of 2020. "We'd al-



Together,
**WE BRING
FREEDOM**

Freedom 424 seeks to prevent and end sexual exploitation and trafficking locally and globally. We raise awareness, provide prevention education, and expand the restoration work of our partners.

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- **2 WEEKS OF COUNSELING**
- **3 WEEKS OF HOUSING**
- **4 WEEKS OF FOOD**

Beyond this, \$24 provides hope, freedom, and justice. Invest in prevention and restoration so women and children can be free from exploitation.



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Become a Freedom 424
Ally Today!
www.freedom424.org

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GOOD NEWS LYNCHBURG