

# Good News

exchange.

*Rodney Laughon*

## Creating Space for People & Art

Riverviews Artspace  
brings the community  
together through art

Home for  
the  
Holidays

ISSUE 2 2023

A PUBLICATION OF  
EXCHANGE MEDIA GROUP

SUBMIT A STORY



education that comes  
celebrating Dairy  
his father Steve, his  
and his wife Kara  
family started dairy  
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month is a way to ob-  
behind the scenes,  
agriculture.  
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farmers do a lot of  
in terms of raising  
care of cattle, being  
problems, and wear-  
work goes into dairy  
a. The Nash family  
of 2020. "We'd al-

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Pat and Reggie Pugh  
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LETTER FROM THE EDITOR

## Heartwarming stories at home

Experience the good this holiday season

LIKE THE cozy warmth of a heated blanket, Good News and the holidays are in the air once again. The season of festive lights, crackling fireplaces, and familiar carols is upon us, inviting a sense of togetherness that warms the soul. As the vintage Christmas record spins on the player and marshmallows swirl in steaming hot chocolate, it's a time when family and friends gather to create lasting memories.

Home for the holidays is a special feeling. It's the time when loved ones from far and wide journey back home, coming together to share in the glow of holiday decorations. Volunteers wrap gifts for those in need, schools close their doors, and students anticipate a well-deserved break. Whether or not the snow graces our Christmas Day, the spirit of peace and love is ever-present.

In this holiday season, we want to celebrate those who elevate the holiday experience for everyone. Our community is filled with stories of love, generosity, and second chances, and Good News is here to share them. As you navigate your own traditions this season, we encourage you to share the love, positivity, and good news with our community. It's the best gift we can give one another. Grab the blanket, start the fire, and pour the hot coffee. It's time to go home for the holidays.

From all of us at Good News Magazine and Exchange Media Group, we extend our warmest wishes for a Merry Christmas and Happy Holidays. May your year conclude with joy, and together, let's spread happiness and goodwill throughout the world. GN

  
Wesley Bryant,  
MANAGING EDITOR

From our publishing partner



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# ILLY

# GOOD NEWS

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

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Submit a positive story  
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Photography by Sarah Bussard

◀ Scottie Booker



# home

## is where the heart is

Scottie Booker and Divine Fog Serves  
are changing lives one home at a time.

By Richard Klin // Photography by Sarah Bussard

**S**COTTIE BOOKER is the founder and CEO of Divine Fog Realty, based in Lynchburg but with a presence in Raleigh, North Carolina, and San Diego, California. There is, though, another side to Divine Fog — an elaborate charitable outreach program.

Divine Fog Serves is a 501(c)(3) charitable nonprofit that runs alongside Divine Fog's standard, for-profit realty company. It is almost akin to a foundation. The impetus for Divine Fog Serves came from Booker around four years ago.

"I was looking for a way to bridge the gap between business and community — a ministry part of our company. God had been good to me. I said, 'One day, I'd like to give a house away to someone in need.' It was on my heart," Booker said.

Giving a house away, of course, is far from a simple matter. Booker assembled a team, and they began working to tackle the difficulties. The first step was making contact with some other Lynchburg nonprofits. "We had the nonprofits nominate someone who had been in their program that maybe had aged out. Each of those organizations nominated someone. The nominees put together a video of why they deserved a home," Booker explained. A separate panel narrowed down the candidates to four. It was a tough decision. Candidates needed to be vetted, and protective mechanisms needed to be implemented for the practicalities and legalities of homeownership, which is a huge responsibility.

Finally, there was an eventual recipient — a young lady with a turbulent past. "We

didn't know the fullness of her story," Booker relates. "She'd been in foster care and throughout her whole life, had never really had a home. She had moved around a lot and been sexually abused. She tried to keep her head up. She'd come very close to being sold into sex-trafficking. She got connected to Impact Living Services, a foster care organization, probably in her teens. She stayed with them and graduated high school. She aged out of that program but then got certified as a counselor. The victim became somewhat of a mentor."

She was applying for apartments because she'd aged out of foster care. She didn't have the credit. She had a job, but she couldn't find a livable place within her price range. She got the call that she was the recipient; it was a life-changing call. Homeownership has become progressively more difficult, and for those without adequate resources, it can be an impossible uphill battle. And how can you get your life together without a stable home?

"We raised the money, we built the house, and we gave it to her," Booker said. "And what was really beautiful with this particular story is that this lady is absolutely amazing. She started going to church and blossoming. She's only in her 20s, but she's on the right track. Mission accomplished!"

This specific branch of Divine Fog Serves is aptly called Homes From the Heart. "We'll be rehabbing properties in the city of Lynchburg and Roanoke, and we're going to be building another house and giving it away in 2024. We can effectively build and deliver a house in around six months," explained Booker.

### **HOMES FROM THE HEART'S SCOPE DOES NOT END THERE.**

"We'll take this into different cities. We plan on covering the United States. And honestly, we've had some people that reached out to us about other countries where we could build houses a lot cheaper and a lot quicker. We're going to look at all those things, so we're excited about where this is headed, for sure," added Booker.

And there's more. Divine Fog Serves also works with Carilion Clinic in Roanoke, aiding cancer-afflicted kids. And there's a Christmas toy drive and coat giveaway appropriately called Warm Hugs.

It is too easy to get overwhelmed by the despair around us, but Scottie Booker and Divine Fog Serves are improving things slowly and steadily. They are changing lives one home at a time. **GN**

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*For current info and a more in-depth sense of what the organization does, check out their website: [divinefogserver.org](http://divinefogserver.org).*







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# PROVIDING MEALS *and a* SENSE OF VALUE

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Local couple strives to make a difference  
with Meals on Wheels.

By Gabriel Grant Huff // Photos by Sarah Bussard



Pat and Reggie Pugh

**P**AIN, LONELINESS, house maintenance, and health issues — these are only a few of the problems shouldered by those who are homebound. However, some also face the struggle of obtaining a proper meal.

That's why Reggie and Pat Pugh took on a mission to make a difference in their lives.

"Pat and I lived in this community our whole lives, and we felt the desire to try to help," Reggie said.

The perfect opportunity came to them in a newspaper ad, asking willing hearts to join a mission mobilized by Meals on Wheels of Greater Lynchburg.

Now, once a week, the married couple delivers fresh, hot meals to homebound people in the community.

The program, a concept that initially developed in England after World War II and over time spread into different organizations across the nation and world, helps people who are homebound and need prepared meals due to permanent or temporary disabilities.

Created in 1974, Meals on Wheels of Greater Lynchburg serves any adult who meets their criteria, regardless of age or income, whether for a short period or longer. Reggie and Pat are two of about 650 volunteers who deliver lunches to homes.

"The homebound criteria doesn't mean that they cannot ever leave their house," Communications Director Becky Tweedy said. "It means that they have challenges that prevent them from easily going out and shopping or maybe standing long enough to prepare an appropriate meal for themselves, or they don't have anyone there to help prepare a meal for them."

Meals on Wheels of Greater Lynchburg serves the city and the surrounding counties. The Pughs joined the program in 2020, during the COVID-19 pandemic, when the organization had lost about half of its volunteers and was in dire need of help. People like the Pughs answered the call.

Reggie said many recipients do not have family or friends and lack affection and connection. After meeting the program's clients, the Pughs were driven to continue their endeavor to this very day.

"We try to say something positive to them every time we visit," Pat said.

Each person served has a story.

"Some of it [is] really amazing, and some of it [is] sad," Reggie said. "Some have lost their loved ones. Some have been incarcerated. Some have health issues. And you get to know these people."

The Pughs check on the health of those people. They joke with them like friends and family.

"We're glad to have the opportunity — or continue the opportunity — to meet these people, to learn their stories, and, like I said, be able to give them a regular sense of value," Reggie said.

Because the organization does not accept state or federal funding for meals, Meals on Wheels in Lynchburg can serve people of all ages and incomes. Every day, five days a week, 550-600 meals are served. The oldest recipient is 102 years old, while the youngest is 18.

According to Tweedy, the number of meals served has grown by about 65% over the past three years.

Last October, the organization delivered its three-millionth meal, just in time to celebrate Meals on Wheels' 50th anniversary this March. **GN**

“

*Some of it (is) really amazing, and some of it (is) sad. Some have lost their loved ones. Some have been incarcerated. Some have health issues. And you get to know these people.*

-Reggie Pugh



Once someone receives a meal, the care does not stop there.

If someone lives alone, Meals on Wheels delivery provides a reassuring “check-in.” Unanswered deliveries are reported and investigated. Staff follow up on changes in a client’s health or needs. If deemed appropriate, they will even make referrals to family, physicians, or community service organizations.

Over the past few years, Meals on Wheels has expanded pick-up location options to create closer destinations for pickups, allowing volunteers to spend less time getting started and more time on delivery.

“Every meal is made hot and fresh, daily,” Meals on Wheels Director Kris Shabestar said. “All of our meals are heart and diabetes friendly, but for about

a third of them, we make special accommodations.”

For those wanting to join the mission to serve the community, the process is easy. You can sign up online or by phone, and the organization provides written and visual training materials.

Meals on Wheels also allows people to ride along with volunteers, giving them a taste of the easy experience. Volunteering is flexible as well. People can deliver multiple times a week or once a month, whatever fits their schedule.

In the end, Meals on Wheels does not only nourish the recipients, but it nourishes the volunteers, as well.

“We try to help them, and they’ve helped us,” said Pat. “They make us feel good. They seem very appreciative of what we do. It’s rewarding.” **GN**



# CHRISTMAS ON ROUTE

Thomas Road Baptist Church  
takes you back in time.



By Amanda E. West // Photography by Sarah Bussard

**D**R JERRY Falwell founded Thomas Road Baptist Church (TRBC) in 1956 when he was merely 22 years old. Originally located at 701 Thomas Rd., his congregation began with just 35 members. That young congregation would quickly become one of the fastest-growing churches in the country. In the early 1970s, Falwell saw a church in California host a Christmas production that featured a choir standing inside a giant tree structure. He was mesmerized by this innovation and decided to bring the idea to the East Coast. That was the beginning of a Central Virginia tradition — the Living Christmas Tree.

The original structure that held the choir was crafted from steel and covered with chicken wire and live evergreen branches. In those days, the lights were simply #9 bulbs turned on and off by flipping switches. Over the years, as technology advanced, so did the lighting system of the Living Christmas Tree. The invention of the MidiLite System, created by TRBC

Technical Director Jon Daggett, introduced a new lighting experience for the audience.

As the popularity of this production grew, the number of shows did as well. For the next 30 years, TRBC would host over 12 performances throughout two weekends, attracting nearly 40,000 people annually. In 2006, TRBC moved to its new location with a 5,000-seat auditorium. The decision was made to purchase not one but two new tree structures that towered some 33 feet, holding more than 200 singers. The production would then be known as the Virginia Christmas Spectacular. A few years later, the team decided to go back to one tree as the set expanded across the stage. “Dr Falwell wanted our community and those coming in for the show to really experience Christmas in as much of a Broadway fashion as possible. As always, we continue to pursue excellence with our productions and steward the Gospel of Jesus Christ,” said Executive Producer and Worship Pastor Scott Bullman.



Bullman, who has overseen the production for over a decade, along with creative director Denise Thomas and close to 400 volunteers, are excited to present this year's Christmas on Route 66 production. "We are going back to the late 1950s in a little town in New Mexico called Tannenbaum. That's all the hints you get," said Bullman. This production comes together because of the efforts of a lot of wonderfully talented volunteers. According to Bullman, nearly 400 people make this show possible. "We have people in various roles, from set building to costuming, musicians,

soloists, and choir members — all talented individuals who love the Lord, the church, and love serving with their gifts and talents."

When asked what his favorite year was, Bullman responded, "It's hard to narrow it down to just one, but there are certainly some moments I'll never forget. Like the year the unruly camel fell into the orchestra pit. Or when the Kabuki curtain failed to drop at the beginning of the show. I went on stage to offer some sort of cover-up remarks when suddenly the curtain decided to drop literally inches behind me. That got a response from the audience."

In 2021, TRBC celebrated 50 years of the Virginia Christmas Spectacular. The tradition continues, and you are invited to witness this unforgettable Christmas celebration, Dec. 8-10. "We receive cards, letters, and emails from people who have been blessed by this event," said Bullman. "It's been a joy for me to serve as the executive producer for the past 10-12 years and to serve with such a wonderful team. TRBC would like to invite everyone to come and be a part of this celebration."

"Each year, we tell the Christmas story of the coming of our Savior as a





baby, and this year, the takeaway of our Christmas Spectacular will be that God is sovereign. He has placed us exactly where He wants us to be according to His purpose. We feel this is a timeless truth and one that is going to speak loudly to a lot of folks right now who are finding themselves in an in-between season of their plans versus God's plans." GN

*For more information or to purchase tickets, go to [www.trbc.org/vcs](http://www.trbc.org/vcs)*



# Tasteful traditions

Rekindle the flavors of food and family this holiday season.

**A** LONG WITH December's hustle and bustle, our kitchens come alive with the spirit of the holidays. As friends and families gather, delightful treats take center stage, each dish a connection to cherished traditions. A medley of flavors accompanies these festive celebrations. From rich cocoa by the fireside to the potluck dishes that adorn our tables, these recipes capture the essence of family, love, and togetherness during this special season. GN



## Holiday Ham with Cider Glaze

Submitted by Donna Simmons

5-6 lb. ham, cooked, rump or shank  
2 c. apple cider or apple juice  
1 c. honey  
1/2 c. cider vinegar  
1/4 c. Dijon mustard  
2 t. chili powder  
1 T. butter  
1/2 t. apple pie spice

Score ham with diagonal cuts in a diamond pattern and place on rack in a shallow roasting pan. Bake until it registers 140°, about 1 1/2-2 hours. In a large saucepan, combine cider, honey, vinegar, mustard, and chili powder. Bring to a boil; reduce heat. Boil gently, uncovered, for 15 minutes, stirring often. Remove half of mixture to a small mixing bowl. Stir in butter and 1/4 teaspoon pie spice. Set aside for sauce; use for glaze. Brush ham with glaze the last 20 minutes of cooking. Serve remaining sauce with ham.

## Gingerbread Cookies

Submitted by Donna Simmons

3 c. AP flour  
1/2 t. baking soda  
1 t. baking powder  
1 1/2 t. cinnamon  
1 1/2 t. ginger  
1/2 t. nutmeg  
1/2 c. molasses  
1/2 c. butter, melted  
1/2 c. sugar  
1 egg, lightly beaten  
1 1/4 c. confectioners sugar  
1/4 c. milk

In a large mixing bowl, combine flour, baking soda, baking powder, cinnamon, ginger, and nutmeg. In a small bowl, combine molasses, butter, and sugar. Add to flour mixture. Add egg; mix until smooth dough forms. Divide dough in half. Flatten between wax paper. Refrigerate for several hours. Press dough to 1/4" thickness. Cut into the desired shapes. Bake at 350° on a greased cookie sheet for 8-12 minutes. In a medium mixing bowl, combine confectioners sugar and milk. Spread onto cooled cookies.

## Hot Cocoa

Submitted by Angela Putman

1/3 c. cocoa  
1/3 c. sugar  
1/3 c. water  
5 c. milk  
1/4 t. vanilla  
dash salt  
whipped cream for garnish

In a saucepan, combine cocoa and sugar; add water. Bring to boil and cook 3 minutes, stirring constantly. Lower heat and slowly stir in milk. Heat but do not boil. Stir in vanilla and salt before serving. May top with whipped cream if desired.

*Submit your recipes to be included in Good News Magazine and the Exchange Cookbook: [www.southernaprons.com](http://www.southernaprons.com)*





# Good Stories

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

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Photography by Sarah Bussard

◀ Karin Truitte with Elizabeth Richard



*Home* for  
the  
*Holidays*





**KARIN TRUITTE**

# *The Integral Work of a Volunteer*

By Sara Hook // Photography by Sarah Bussard



## Karin Truitte's Commitment to Underserved Patients



**W**HEN FAMILIES come home for the holidays, they should be both happy and healthy. There are members of every community who avoid healthcare visits due to climbing expenses. But thanks to local volunteers, healthcare doesn't have to be a scary and daunting dollar sign. It can be an opportunity to be happy and healthy for your family, just in time for the holidays. Karin Truitte, a registered nurse (RN), has worked with the clinic for years, constantly using her spare time to give back to the community. Her long career means she is skilled in many areas and has a lot of experience to share with her patients.

"I've worked in so many different fields over the almost 40 years of my professional career," Truitte said. "With nursing, you can wear many different hats — and always do."

Truitte began working at the clinic soon after her family moved to Lynchburg in 1993, jumping in even while taking care of two young children.

"It was immediately after we moved here and whenever I could get a break from the kids," Truitte said. "It was something I could do for a few hours here and there."

She volunteered for several years before taking a break for their fourth child but returned in early 2021 to help distribute vaccines and do other RN work.

The Free Clinic of Central Virginia has a few paid employees, but it functions primarily because of volunteers. Truitte's husband comes in as a cardiologist, and they have many other sub-specialists as well: a neurologist, an OB-GYN, an endocrinologist, and an orthopedic surgeon, are just a few examples. Truitte said the patients who come in often have struggled to afford insurance, let alone healthcare. But the volunteer's hard work means no one gets sub-par care. Everyone who comes in gets a complete check-up.

"I think they're getting some of the best healthcare around, for sure," Truitte said. "It's kind of like you're getting the whole person. They come in with a toothache, but there could be some major other health issues going on, so it's really just providing total care."

The Free Clinic is not the only place Truitte volunteers. She is also involved with Kids' Haven: A Center for Grieving Children.

“

I think the drive to help other people [is] just part of her DNA. It comes so naturally, and you can feel the joy that she feels from doing the work.

- JEN WEBB



▲ Karin Truitte with Elizabeth Richard

She serves on the executive board and is a facilitator for grief support groups for children at family group nights and at schools in the area. She is also part of the Medical Reserve Corps Truitte said volunteering often benefits her more than the people she helps.

“The work you’re doing is so rewarding – not just me – I mean everybody that’s helping people that need help,” Truitte said. “That’s just what fuels me.”

Part of that benefit comes from hearing the stories patients tell and the struggles they have gotten through to make it so far.

“The people are so inspiring,” Truitte said. “Providing services for somebody like that is just to know what they have been through in their lives. It’s an opportunity for me.”

Connecting with people is a talent of Truitte’s, according to Jen Webb, CEO of the Free Clinic of Central Virginia. During the pandemic, the two worked together to provide vaccines for shut-ins, and Webb said she would never forget watching Truitte’s love for human beings.

“Everyone that works with her [trusts] her,” Webb said. “She takes the time to get to know you – who you are and where you come from.”

Since Truitte began working with the clinic again, the options available for patients have grown tremendously. Specialty care is available more often, and more student volunteers from the University of Lynchburg and Liberty University also come in. Webb said Truitte has been a part of that growth by volunteering weekly at the clinic. She was recently elected to the board, taking her involvement to a new level.

“She has improved the free clinic by bringing in new volunteers, talking about us in the community, making sure that staff and patients have everything they need, and just being passionate about what we do,” Webb said. “I think the drive to help other people [is] just part of her DNA. It comes so naturally, and you can feel the joy that she feels from doing the work.”

The praise goes both ways, of course. Truitte said all of the paid employees at the free clinic are superstars to her. The work the clinic has been doing since it began in 1987 is truly remarkable, and it continues to provide high-quality care for the underserved in the area.

“I just hope that people know what an asset the free clinic is to our community,” Truitte said. “It’s just unbelievable what they do.” **GN**

“

The work you’re doing is so rewarding – not just me – I mean everybody that’s helping people that need help. That’s just what fuels me.

**- KARIN TRUITTE**



FreeClinic  
OF CENTRAL VIRGINIA

VOLUNTEER  
Karin Tritte  
RN



**RODNEY LAUGHON**

# *Creating Time and Space For People and Art*

By Belle Butler // Photography by Sarah Bussard

## Riverviews Artspace brings the Lynchburg community together through art.

**A** MAZON WISH lists can go on and on forever. Search, search again, and search again... yet still, the question keeps ringing: What do I get them for Christmas? When your family comes home for Christmas this year, follow Riverviews Artspace's lead.

Riverviews Artspace has been a cornerstone of the Lynchburg community for over two decades. It has played a key role in its downtown renaissance, spearheading revitalization through the power of art. With its diverse exhibitions, programs, and events, Riverviews has given momentum to community cohesion by creating a beautiful, shared space where individuals from all walks of life can come together to interact with art and one another.

Riverviews has evolved into a cultural institution where people of all ages and backgrounds converge. The gallery's commitment to showcasing diverse artistic styles and mediums enriches the community's exposure to talent and fosters dialogue and cohesion among its residents.

By offering a platform for local artists to shine and inviting the public to engage with art in an inviting and accessible manner, Riverviews Artspace has become a powerful agent of unity, bridging divides, and creating a more beautiful and interconnected Lynchburg for all to enjoy ... for free!

Lynchburg has become a vibrant cultural destination through a deliberate effort of collaboration among its area galleries. This transformation hasn't happened by chance; it has required intentional cooperation among local galleries to collectively promote the arts and highlight what makes Lynchburg a unique and special place.



This collaborative spirit has established Lynchburg as a hub of creativity, where the collective efforts of its galleries have led to a thriving and dynamic cultural landscape that welcomes and inspires both residents and visitors alike.

Riverviews Artspace is proud to house permanent artist studios, where the public is invited to explore the diverse talents of its resident painters, photographers, graphic artists, and various other creative individuals. Visitors are encouraged to witness the magic of the artistic process and engage in conversations with the artists. These studios aren't just spaces for creation; they are living laboratories of creative expression whose doors are open to the entire community.

Rodney Laughon, a member of Riverviews Artspace since 2006, embodies the spirit of a local artist deeply connected to his roots in the Lynchburg area. Having grown up in this picturesque region, Laughon's artwork captures the abundant beauty that defines the enchanting rural landscapes of the Blue Ridge. From his Plein Air group, where he and fellow painters "land snorkel" for discoveries to paint, to his dedicated studio space at Riverviews, Laughon serves as an example of an artist whose appreciation for local beauty is not only gently expressed in his work but also generously shared with the community and its visitors.

Laughon believes art has the remarkable power to help us convey insights we might otherwise struggle to express. After closely studying one of Laughon's serene rural Blue Ridge scenes, a little boy visiting Laughon's studio with his mother commented on the profound sense of peace and calm the painting reflected. It's this kind of magic that the Blue Ridge region holds, and Laughon's art captures that and makes it accessible to all.

Laughon and Riverviews Executive Director Tracey Langseth are champions of the arts and the cultivation of opportunities and spaces for established and emerging artists to thrive and showcase their talents. Langseth's passion for bridging the gap between art and the public is evident in her dedication to curating experiences that grant the entire community access to fine art.

Riverviews is excited to launch an Artist in Residence program, offering subsidized rent and studio space for multiple artists. This opportunity will provide artists with a creative haven and immerse them in a community of peers and established artists. This program exemplifies Riverviews' commitment to empowering and promoting artistic talent.

Riverviews Artspace acts as both a bridge and a convener, allowing gallery guests to interpret artwork through their unique perspectives. It is a welcoming and beautiful gallery that facilitates conversations of





▲ Tracey Langseth and Rodney Laughon

our time and brings people together on topics that are difficult to process and, in Langseth's words, "meets the moment."

First Friday exhibits featuring emerging artists' work remain on display in the gallery throughout the month. Riverviews hosts these free events from 5 p.m.-8 p.m. They offer refreshments and live music, creating an engaging space where the community can come together to appreciate exciting new collections.

Riverviews Artspace is an asset to the Lynchburg community, and it welcomes locals and visitors to attend its events and exhibitions free of charge. Not sure what to get your family and friends this Christmas? Make meaningful art. GN

*For more information, please visit their website at <https://riverviews.net/>.*





**TIM KING JR.**

# *A Passion For Serving*

By Sara Hook // Photography by Sarah Bussard





## Regional manager by day, volunteer by night

**W**HILE HE may be an Offix Regional Manager during work hours, Tim King Jr. spends much of his free time serving charity after charity around Lynchburg. In the nearly nine years since he first moved to the area, King has worked with numerous charities, but his true focus is on the children of Lynchburg.

King said the desire to work with kids began at a young age.

"I'm the oldest of four kids [and] was very involved with my younger siblings growing up. I served as a youth minister for a short time while I was in college and just have always had a passion for kids," King said. "Certainly, becoming a father just really amplified that."

Soon after moving to Lynchburg, he heard about Court Appointed Special Advocates (CASA) of Central Virginia and the work they do with children and felt called to serve in some way. He did not have the time to be an advocate, so he became involved with the CASA Board of Directors. Through his work with CASA, King learned about Mustaches 4 Kids, a volunteer-run organization that raises money for local children's charities through an annual mustache-growing event.

"I wanted to do more. I wanted to give back more," King said. "I could touch so many more kid's lives through that one organization."

Mustaches 4 Kids gives to multiple charities each year, including the Boys and Girls Club, Big Brothers Big Sisters, CASA, Miriam's House, the Jubilee Family Development Center, and many more. The organization is now in its 10th year and has been growing tremendously. Now a board member, King has been closely involved with that growth.



The people of Lynchburg and the surrounding communities have a heart to give back and a passion to serve, and they're all finding different ways to plug in and do that.

**- TIM KING JR.**



“The last two years alone, we raised over a million dollars within 30 days each year,” King said. “So, [in] 60 days, we raised over a million dollars that was given back to charities.”

King said that success has been possible because of the community response. There are no hired staff, the overhead costs are covered through sponsors, and the group of ‘growers’ is ever expanding.

That isn’t all that King is a part of. Quite a bit of the work he does is through his company and alongside his team. Each month, King and his team choose a local nonprofit to volunteer with, adding up to countless hours of service. Recently, they also worked to donate 30 backpacks of school supplies to Heritage Elementary School. King said that while he gets a lot of satisfaction from his job, that serving spirit drew him to Offix.

“Part of the reason I partner with them is because they also have a kind heart for community,” King said. “Both my company and local tea are always giving back and looking to give back to local nonprofits.”

King said there is satisfaction in being part of a community of service, and he fell in love with Lynchburg because the people had just that.

“There’s probably more nonprofits in the greater Lynchburg area than I’ve seen in most other big cities I’ve lived in,” King said. “The people of Lynchburg and the surrounding communities have a heart to give back and a passion to serve, and they’re all finding different ways to plug in and do that.”

While his passion is to serve kids, King said everyone should find a cause that means something to them and speaks to their heart. Once they know what that is, all that remains is to find a way to get involved.

“Look on your local community websites, check out your community Facebook pages, and just kind of ask questions,” King said. “Go to leaders in your community and [say], ‘Hey, this is something that I care about. Is there somebody there currently serving this need?’ If there is, find a way to get plugged in. If there’s not, then go to your local chamber of commerce or your local small business development and find a way to get that need met.” **GN**





# 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](http://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 is hard at work crafting stories under themes like “Hometown Healing,” “From The Heart,” and “Charity Spotlight.” We are excited to announce the next theme needing story submissions is **“The Learning Curve.”**

### **Submit local educators online:**

Do you know local educators who have made a significant impact on your life and the community? Whether it's teachers who have overcome challenges to inspire their students or those who promote lifelong learning, we want to spotlight these individuals and their stories in our upcoming “The Learning Curve” issue.

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

Let us know with a submission at [www.GoodNewsMags.com](http://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.

**48** Community Events

**54** Events Calendar

**58** Advertiser Index

Submit a positive story  
on our website:



[goodnewsmags.com](http://goodnewsmags.com)

Photography submitted by  
Lynchburg Parks and Recreation

# Pull for Business - Oct. 13



Photos submitted by  
Lynchburg Regional Business Alliance

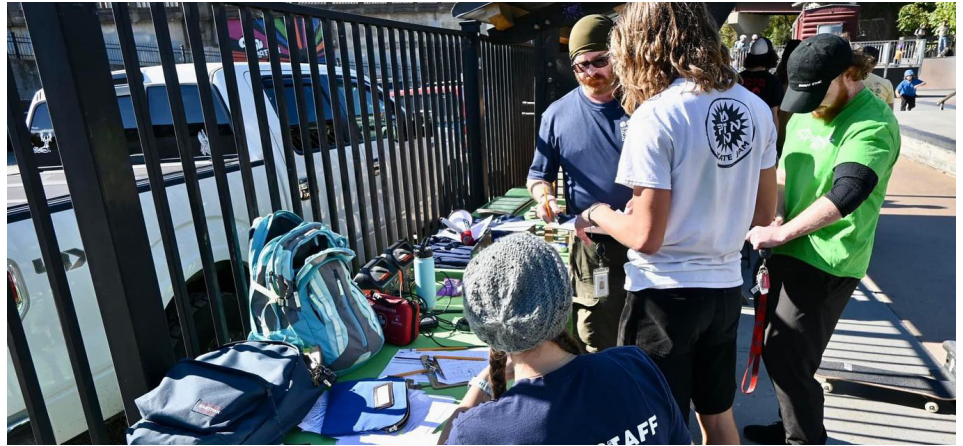
Pull For Business was a great success in Lynchburg on Oct. 13. The sun had been shining, and the weather had been ideal for the skeet and trap event, which included axe throwing as an added bonus. All the participants had been in high spirits and had a fantastic time. When it was all said and done, Team Kubota had secured the Best Overall Team Score.







# Regional Skate Contest - Oct. 21



Photos submitted by  
Lynchburg Parks and Recreation

The Riverfront Skate Contest took place on Oct. 21 and brought in a crowd of skaters of all ages. This was a regional event for all ages and skill levels, featuring street and bowl competitions. The first-place winner received a cash prize, and attendees got to enjoy food and live music.







Rodney Laughon



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.*



# EVENTS CALENDAR

# 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.

## November 19

### 3:00 pm **Bright Nights Festival**

Downtown Lynchburg  
601 Main St.  
Lynchburg

Dazzling lights, festive music, and activities from Nov. 19 to Jan. 14. Learn more at [downtownlynchburg.com/bright-nights](http://downtownlynchburg.com/bright-nights).

## November 23

### 8:00 am **Lynchburg Turkey Trot**

E. C. Glass  
High School  
2111 Memorial Ave.  
Lynchburg

Register to run in person or from anywhere. Receive everything you need to compete and more at [humankind.org](http://humankind.org).

## November 25

### 10:00 am **Holiday Maker's Market 2023**

Warehouse Theatre  
519 Commerce St.  
Lynchburg

Support small businesses at the Holiday Maker's Market. Earlybird shopping is \$8 and begins at 8 a.m. General admission is \$5 at noon. Children can shop for free. For info call (434) 846-8499.

## November 28

### 6:00 pm **Miriam's House Home for the Holidays**

The Virginian  
712 Church St.  
Lynchburg

Join Miriam's House for a night of dinner, dancing, and merriment. Tickets are \$125. Visit [miriamshouseprograms.org/home-for-the-holidays-2023](http://miriamshouseprograms.org/home-for-the-holidays-2023)



## November 30

### 6:30 pm **Holiday Candlelight Tours at Poplar Forest**

Warehouse Theatre  
519 Commerce St.  
Lynchburg

Celebrate the season with a candlelight tour of Poplar Forest. Concludes with refreshments. Reservations required, \$25. Visit [poplarforest.org/event/holiday-candlelight-tours-2023](http://poplarforest.org/event/holiday-candlelight-tours-2023).

## December 9

### 10:30 am **Happy "Pawlidays"**

Miller Center  
301 Grove St.  
Lynchburg

Lynchburg Parks and Recreation's Happy "Pawlidays" features paw ornaments, "Santa Paws" pics, and dog treat recipes. Pups must be leashed. Please register by Dec. 6.

### 9:00 am **Candy Cane Run**

Timbrook Park  
19040 Leesville Rd.  
Lynchburg

Campbell County's Candy Cane Run returns to Timbrook Park just in time for the holidays. Registration is \$25. For more information email [mldodds@co.campbell.va.us](mailto:mldodds@co.campbell.va.us).

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

[www.GoodNewsMags.com/events](http://www.GoodNewsMags.com/events)  
or call (800) 247-7318



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education that comes  
celebrating Dairy  
his father Steve, his  
and his wife Kara  
family started dairy  
been in Tennessee  
month is a way to ob-  
behind the scenes,  
agriculture.  
light on many people  
energy, high-pro-  
farmers do a lot of  
in terms of raising  
care of cattle, being  
problems, and wear-

work goes into dairy  
n. The Nash family  
of 2020. "We'd al-





# Let the good times roll

We want to build stronger communities through positive, local stories. If you have an upcoming event, please submit it online. We will add it to your community's online calendar, and it could be featured in the magazine.



[goodnewsmags.com/events](http://goodnewsmags.com/events)

# 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.

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## 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



## The Learning Curve

ISSUE 3 2024

### Deadlines

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



## Dreams Come True

ISSUE 7 2024

### Deadlines

Sponsored Content.....	6/3/24
Advertising .....	7/3/24
Mailed to Homes.....	7/18/24



## 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.

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Email me at [kevin@goodnewsmags.com](mailto:kevin@goodnewsmags.com)

ation that comes celebrating. Dairy at Lake Berry, his and his wife, Ken, enjoy annual dairy barns in Tennessee with a way to celebrate the season. Life as many people struggle, high-performers do a lot of in terms of raising rates of cattle, being healthy, and more.

It goes into dairy? The Nash family of 2020. "We'd all

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this Christmas  
season or visit*



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