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exchange

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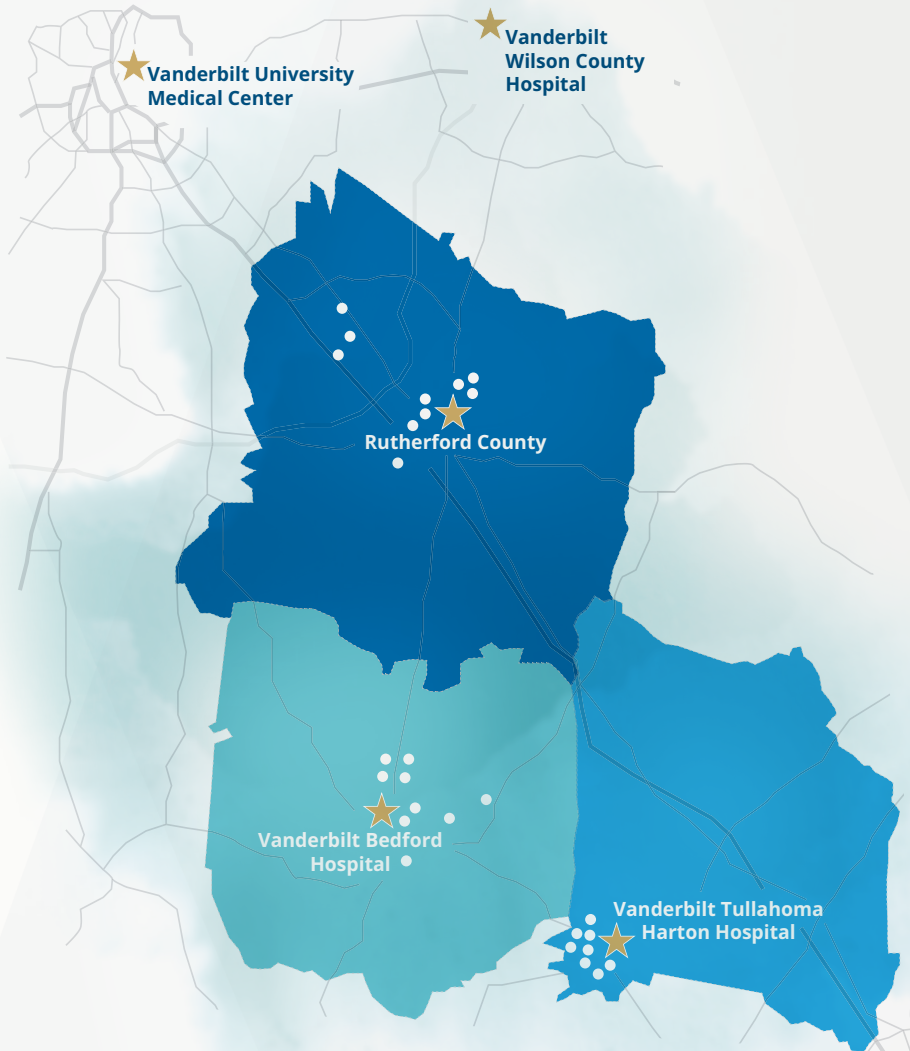
hometown  Healing

ISSUE 12 2023

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Scan the QR codes *for* more information about our hospital *and* clinic locations.



Rutherford County



Adult

- Behavioral Health
- Cardiology
- Eye Institute
- High-Risk Prenatal Care
- Optical Center
- Orthopaedics
- Radiology/
Outpatient Imaging
- Surgical Weight Loss
- Women's Health

Vanderbilt Health Clinic at Walgreens

- La Vergne
- Murfreesboro
- Smyrna

Pediatrics

- After-Hours
- Allergy and Immunology
- Cardiology
- Diabetes
- Endocrinology
- Gastroenterology
- General Surgery
- Genetics
- Nephrology
- Neurology
- Ophthalmology
- Orthopaedics
- Otolaryngology (ENT)
- Plastic Surgery
- Primary Care
- Pulmonology
- Radiology/Outpatient Imaging
- Rheumatology
- Urgent Care
- Urology

Coffee County



Adult

- Cardiac Rehabilitation
- Cardiovascular/
Interventional Cardiology
- Emergency Care
- General Surgery
- Hematology
- Internal Medicine/
Primary Care
- Obstetrics/Level II NICU
- Ophthalmology
- Orthopaedics
- Physical, Occupational
and Speech Therapy
- Podiatry
- Pulmonology

- Radiology/
Outpatient Imaging
- Sleep Disorders Center
- Spine (new)
- Sports Medicine
- Urology (new)
- Women's Health
and OB/GYN
- Wound Care



Pediatrics

- Cardiology
- Endocrinology
- Primary Care

Bedford County



Adult

- Cardiology
- Dermatology
- Emergency Care
- General Surgery
- Infusion Clinic
- Laboratory Services
- Orthopaedics

- Physical, Occupational
and Speech Therapy
- Plastic Surgery (new)
- Podiatry
- Primary Care
- Radiology/
Outpatient Imaging

- Respiratory Therapy
- Sleep Disorders Center
- Urgent Care Clinic
- Weight Loss Center (new)
- Women's Health
- Wound Care

Some clinics are designated as hospital-based. To learn more, go to VanderbiltHealth.com/hbc.

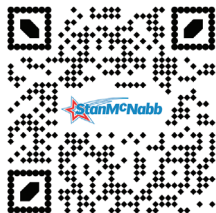
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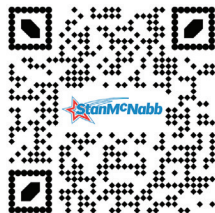
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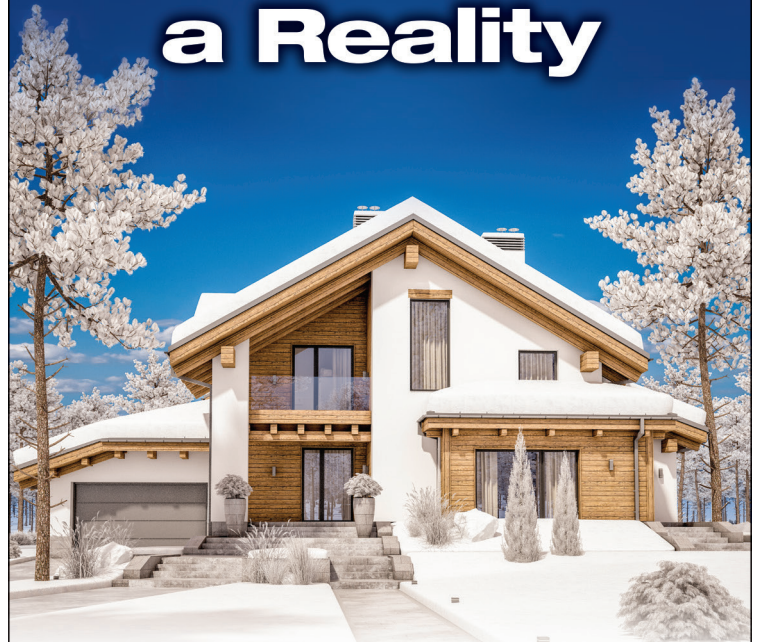
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LETTER FROM THE EDITOR

First, do no harm.

Thank you to the people who swear to heal our hometown.

THE FIRST sounds of life are screams and cries of joy. Oxygen fills little lungs for the first time. The lights above are bright. And the beeping machines from every corner of the room can be overwhelming. None of us remember, but I imagine it's quite jarring to go from the warm womb of safety to the cold room with tile floors and gray curtains. The heroes hold close and wrap the screaming new life in a blanket, then place the happy but confused soul into the mother's arms.

And generations later, back in the same building with the same tile floors and curtains, we walk the same halls again. The overhead buzzing is just as bright as ever. Just like the beginning of life — not always, but often — we're back in that room. This time, surrounded by the next generation of heroes who took the same oath and covenant.

From the minute we open our eyes until they're closed forever, we're guided by angels wearing scrubs and stethoscopes. Healthcare providers know that their work is never over and never easy. Long days and sad tragedies are

typical for our healthcare providers. What keeps them going is the love in their hearts. Not just for their family and friends but for the strangers they help every day. I know this because I've watched my mom, the best superhero nurse on the planet. (Sure, I'm biased.) People like my mom are good at what they do because they are love. They don't do it for money. That's just who they are. They have a warm embrace for their patients that can not be matched. Healthcare professionals in our hometown prove it to us every day — they show the "I'm-here-for-you-unconditionally" kind of love. The best way I can describe it is a mother holding her newborn baby. The same way Mom held me on May 9, almost 30 years ago.

We encounter healthcare providers at the beginning, the middle, and the end of our lives. And without them, this journey would be much shorter. We only get one journey with each other, and they help us make sure it counts.

This issue of Good News is for healthcare professionals. Thank you for fulfilling this covenant to the best of your ability and judgment. GN


Wesley Bryant,
MANAGING EDITOR

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GOOD LIVING

CHAPTER 1 OF 3

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

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- 20 First-day fashion
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CHELE

By Gabriel Huff and Haley Potter
Photography by Ashleigh Newnes

THE MUSIC with Michele music studio is making waves in Tullahoma, offering a unique approach to music education, teaching that healing power can come with teaching and learning music.

A musical odyssey that began in the sixth grade with piano lessons has now evolved into a thriving career for Michele Gibson, owner of Music with Michele.

“I was the youngest of 12 kids in my family, so that’s always a fun, unique thing,” she shared.

Michele pursued a music education degree with a vocal emphasis at Brigham Young University in Idaho. Her journey took an unexpected turn when she met her husband in a choir during college, leading them to various locations before settling in Tullahoma just last year.

With five children of her own, ranging in age from 3 to 11, Michele’s passion for music and education is deeply ingrained. Her husband, a choir teacher at East Middle School, played a pivotal role in bringing the family to Tullahoma.

“We love small towns; we really, really like Tullahoma,” Michele expressed, emphasizing their appreciation for the town’s charm and natural beauty.

Michele’s teaching career took root well before she officially entered college. However, the birth of her first child sparked her interest in teaching piano to young children. Recognizing the challenges in traditional teaching methods, Michele sought innovative ways to engage and educate her young learners.

Her search led her to the Let’s Play Music curriculum. Becoming a licensed teacher for Let’s Play Music classes and their Sound Beginnings classes, Michele found a fresh and practical approach to teaching music to children.

“We’ve kind of changed the way we teach young children because they don’t have the attention span, and they don’t always have the finger strength,” Michele explained.

The curriculum’s emphasis on group classes and research-based methods resonated with her, prompting her to take the plunge into a new teaching adventure.



MICHELE

Describing her initial hesitation, Michele admitted, “I’ll be honest. I’ve never seen a Let’s Play Music class at all.” It was a suggestion from her sister-in-law that sparked her interest. Overcoming concerns about the financial investment and the group class format, Michele dove into her training three years ago and began teaching her first class in 2020, right in the midst of the pandemic.

According to Michele, what sets Let’s Play Music apart is its focus on the music-learning window.

“Your typical private piano lessons work really well for older students but not so well for young kids,” she said.

Drawing on research from renowned figures in the field, the curriculum targets the optimal age range for musical learning, between 0 and 9. Michele emphasized, “The brain learns music best between ages 0 and 9, and learning music uses the same part of the brain as learning a language.”

Michele delved deeper into the challenges young children face when starting music education.

“They pick up music a lot faster than adults, but the big problem with young children is they lack finger dexterity and strength, and they don’t know how to read,” she explained.

Let’s Play Music addresses these challenges through a three-year program designed for ages 4 to 6. Michele said these are all group classes.

“That’s really helpful at this age because they kind of feed off each other,” she said. “It creates this energy in the class.”

One of the unique aspects of Let’s Play Music is the emphasis on play-based learning.

“Children learn best through play. That’s what research showed us. So that’s how we teach them.

We play a lot more classes, and if you come to the class, you’re gonna see us jumping, laughing, storytelling, singing lots of songs, putting on puppet shows, [and creating] lots of imaginative play,” Michele described.



Children learn best through play. That’s what research showed us. So that’s how we teach them.

— MICHELE GIBSON

This approach engages young learners and helps them develop foundational skills in a fun and interactive way.

“It’s a good way to trick them,” she said. “They come, and they’re excited for class.”

Let’s Play Music goes beyond just teaching piano skills.

“Another thing that’s very different is we don’t just teach piano, but we’re teaching all the skills needed to create the complete musician,” Michele said. “We call it the complete musician, but basically, they’re gonna have all the building blocks of music.”

The program covers a range of musical skills, including sight reading, harmony, melody, chord theory, classical music, and rhythm, all presented in an engaging and playful manner.

“I just started a YouTube channel, and I hope that it will help other people that are gonna bless families to find ways to connect with their kids,” Michele said.

As Michele continues to contribute to the musical and educational landscape of Tullahoma, her commitment to fostering a love for music and learning remains unwavering. **GN**





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KIDS

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Bottomless Fountain Beverages - \$3.00

Sundrop, RC Cola, Sunkist, 7up, Sweet and Unsweet Tea, Orange Juice, Chocolate Milk

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Stewart's Root Beer served over vanilla ice cream topped with fresh whipped cream.

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Fountain Sunkist Orange soda served over our exclusively made Sunkist Gelato topped with fresh whipped cream and a gummy candy orange slice.

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Kacey Day

First-day *fashion*

Outreach brightens the first day of school
for area students.

By Tina Neeley // Photography by Ashleigh Newnes

SHE PACKED her school supplies days earlier. After the shopping trip with her mom, she carefully picked out her favorite colors and the latest styles, her thoughts racing between which teachers she'd get and which friends would be in her classes. Finally deciding on the perfect outfit, she laid everything out the night before the big day. She was ready.

Kacey Day holds fond memories of the first days of school, especially the joy of choosing a new outfit. These memories flooded her mind as she drove through her community, praying for a way to be a difference-maker in the lives of those around her. An idea began to come into focus — an outfit for the first day of school for students in need.

“Growing up, the first day of school was always a big deal for me,” said Day, a 2023 college graduate. “I thought about a way to provide a first day of school outfit for those who didn’t have the means to do so to provide additional excitement for their first day of school.”

She was excited by the idea but was a bit nervous. Having graduated college in the spring and started her own small business, she worried if there was enough time in her schedule for such a large project. Could she put the effort into it? How big might it grow?

“But in general, I was excited because I knew that serving my hometown would leave an influence whether it turned out big or small,” she said.

And so the planning began.

Day put her business management degree to work, pulled out her phone, and brainstormed the steps to blessing Tullahoma students. She made a post in a Tullahoma Facebook group that included a confidential application for those needing assistance for children from 3 to 17 years old and shared how others in the community could help.

The applications came pouring in, and so did the donations. As more and more people shared Day’s post, even folks from

surrounding counties who received the sizes and needs (but not names or personal information) of an area child contributed donations of shirts, pants, skirts, dresses, and shoes.

As the time for distribution grew closer, Day got to work packaging the outfits for delivery.

“I organized 115 outfits out of my bedroom. The week before, I put together bags of information on the children and youth ministries at our church, New Life United Pentecostal, so I had 115 bags spread out between my bedroom and my living room. It got a little crazy at our house at the end,” she said. “When it came to distributing the bags, I had help from lots of friends and family to ensure that it went smoothly.”

Day’s worries that she might not have enough to meet the need were unfounded.

She said, “We actually had more clothes donated than requests. I really wasn’t expecting such a big number of requests, and I was worried that we wouldn’t have enough clothes. But we had way more clothes donated than people signed up to receive them, so that was good. I was even able to donate more to those who needed extra.”

The response from the students and their families affirmed she’d followed her heart correctly.



PHOTO SUBMITTED BY KACEY DAY

“

I know I'm young, but God can use whomever He chooses. And so I was praying one day, asking God to give me something, whether big or small and then I will be obedient to it. So that's what God gave me.

-Kacey Day

“Of course, the students said thank you, but you could tell how happy and excited they were once they got the outfit. But, for the most part, the parents were overall grateful,” said Day. “I did it for the students, but I also did it for the parents because I know some parents have a difficult time and different situations and seasons of life where they're trying their hardest for their kids, but life events make it troublesome. So there were good responses from both students and parents.”

But Day isn't just following her heart. She's living out her calling.

“I grew up in church. My family always served wherever there was a need in my church. I'm a local minister at my church, and we talk a lot about doing in-reach and outreach. I know I'm young, but God can use whomever He chooses. And so I was praying one day, asking God to give me something, whether big or small and then I will be obedient to it. So that's what God gave me. I feel like it not only touched the community and influenced them, but it also was a growing process for me to serve others just as Christ served us,” Day said.

Clothing students meets more than basic needs; it reaches others as the hands and feet of Jesus who said, “For I was an hungred, and ye gave me meat: I was thirsty, and ye gave me drink: I was a stranger, and ye took me in.” Matthew 25:35 **GN**



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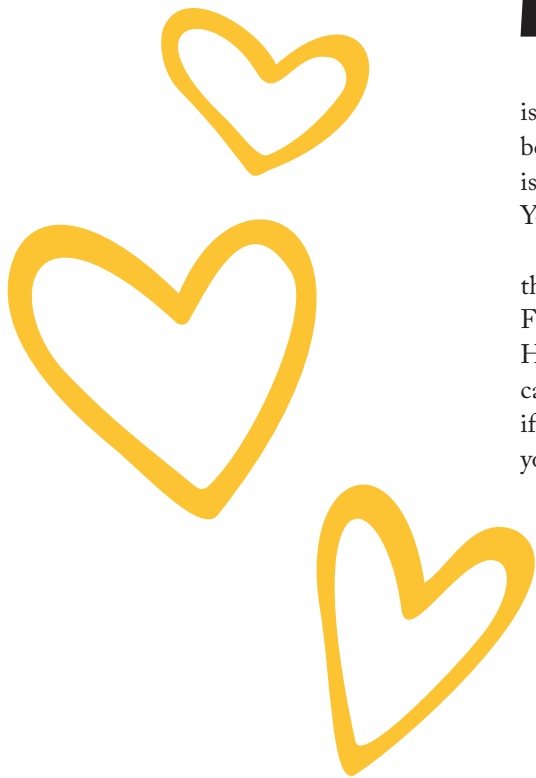
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Queen Inia rocks



Vanderbilt Tullahoma-Harton Hospital employee celebrates 25 years of blessings.

By Tina Neeley // Photography by Ashleigh Newnes



THE ALARM goes off, but you can't stand the thought of getting ready for work yet. You snooze it, and 15 minutes later, the only thing that has changed is the time. You know you face a day filled with unhappy people, both the nameless and those you know well. Your only motivation is the stack of bills on the counter with fast-approaching due dates. You force yourself to get up and out the door one more time.

And what if you work at a hospital? No one enjoys walking through a hospital's doors unless it's to peek at a newborn baby. For all those other times, a visit to Vanderbilt Tullahoma-Harton Hospital may bring anxiety and confusion as you attempt to locate your patient or as you arrive for an outpatient procedure. But if you encounter Inia Arnold at the front desk, you'll get the help you need with a dose of authentic enthusiasm and care.

**Inia
Arnold**





“You will never know how a smile feels to somebody coming in scared and nervous. Just your presence makes them feel better. When people have problems and they leave feeling better, it touches your heart.”

-Inia Arnold



Arnold's done everything but surgery, she likes to say. She started in environmental services and later worked as a patient transporter for radiology and surgery and was a mental health tech. She's worked in the lab, filed electrocardiograms, and performed secretarial tasks. She now operates the switchboard and welcomes you at the front door.

And while we often think it's people that irritate us the most, people are what fuels Arnold's energy for her work.

“I love my job, and I love people. I'm drawn to people,” she said. “Being able to help people, whether cleaning or talking, you're still helping that person. You're still meeting that person's need,” she said.

Arnold cares for more than the needs of the patients and their friends and families; she cares for her coworkers and everyone coming and going through the hospital, like vendors. As a people-person, if they're people, she's their person — the one committed to making their day brighter by doing anything she can to assist them or encourage them.

“I've been here so long. I love the employees, and it feels like we're family,” she said. “Then the families that come in, they're just beside themselves. I've been the patient, too, and I know how that feels. And I've been the worried and concerned family member, so I know how that feels.”

Whether it's sharing a prayer with someone whose loved one is facing a life-threatening situation or helping you find the room number of the patient you're seeking, Arnold is there.

“You will never know how a smile feels to somebody coming in scared and nervous. Just your presence makes them feel better. When people have problems and they leave feeling better, it touches your heart. You just talk to them. Your smile may be the only one they see that day,” said Arnold.



▲ Yolanda Clark, Inia Arnold, and Margaret Hevener

Arnold's personality shines brightly, and she quickly tells you the source of her light.

She said, "God blessed me when He put me at Vanderbilt Hospital. I think my faith has grown with my job. Both my faith in people and my faith in God have grown."

It's a cycle of blessings.

"It's hard, but the people I touch, they touch me. And it's just a reward," said Arnold. "I get blessings every day from people, whether it be their big smile or a thank you. I know everyone has bad days or bad problems, but there's always a blessing even though we may not see it."

Her blessings continued when she was given a rocking chair for her 25th work anniversary.

"I have the most beautiful rocking chair. They let you choose what to engrave on the little gold plate, and I put 'Queen Inia Rocks' on it. The first thing I thought

of was, 'I'm going to rock my grandchildren.' And I have," Arnold said.

Queen Inia's journey to her rocking chair throne began in September 1997 when her sister, Joann "Jo Jo" Painter, drove her to Tullahoma Harton Hospital to apply for a job. It's a day she'll never forget.

"She died the same day. She's my angel, and I wouldn't let her down by doing something foolish with my job. She's part of it," said Arnold.

The teenage kid who walked in and asked for a job matured during her years at the hospital.

"I have more integrity since I worked here," said Arnold. "I have seen the integrity here — it's all around," she said. "I'm really blessed and fortunate that I've been placed here at the hospital. I feel there's a reason I'm here, and I love it."

Whatever the reason she's there, the world is a little brighter because of it. **GN**

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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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- 44** Closer than you think

Our stories are based on submissions from local people.

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Photography by Ashleigh Newnes

◀ Donna and William Bradford



hometown



Healing





Managing It All

Donald Cooper is a relationship manager powered by faith.

By Tina Neeley // Photography by Ashleigh Newnes

IN THE heart of Vanderbilt Tullahoma-Harton Hospital, technology and healthcare converge. Here, Donald Cooper's faith guides his life and career. Cooper manages calls involving the information technology (IT) systems in the hospital's network when direct communication with a servicer is necessary. While juggling it all, he stays plugged into his life's programmer. But where does a career in hospital IT management start?

"It was just a passion. I started messing with computers at home for fun and

worked on a government contract in Oak Ridge, Tennessee, as a computer operator following college graduation in the '80s. I just learned from there," Cooper said.

He worked for Covenant Health in Knoxville, Goody's Family Clothing, and the Home Shopping Network before transferring back to Tennessee as Jamestown Regional Medical Center's director of informational services. The Bedford and Wilson County hospitals were added to his coverage area, and he became the information services regional director.

Donald
Cooper





▲ Penny and Donald Cooper

“

God is everything to me, so I try to make sure that it comes out in everything I do.

- Donald Cooper

Ultimately, the Jamestown hospital closed, and Vanderbilt Hospital acquired the Tullahoma, Bedford County, and Wilson County hospitals, and they operate under a different informational services plan. Cooper now works as a relationship manager covering the hospitals and 74 facilities in Vanderbilt’s network.

If the facility’s central help desk can’t resolve an issue, the technician opens a ticket and forwards it to the appropriate team. Cooper can then escalate the ticket and work with the service provider directly if a situation requires it.

But his work is more than just managing systems; it’s about facilitating the delivery of care to those in need.

“I don’t work directly with patients because we’re behind the scenes. But when the systems are running well and they can care for the patient, it’s a good day,” he said. “If you come in and the system isn’t working right, it slows everything down, and that’s

not a good day. The most rewarding part of my job is ensuring that when you enter the emergency room, you're worked right through because all the systems work."

Cooper's journey from his hometown of Knoxville to Tullahoma was just ahead of another's steps — the love of his life, Penny. They attended the same high school in Knoxville, and she later moved to Tullahoma but moved back to Knoxville in 2007, three or four months before Cooper moved to Tullahoma. Cooper's Facebook post during COVID of a photo from the Tullahoma Greenway changed his life forever.

"I was walking on the Tullahoma Greenway and just happened to take a picture and posted, 'Look guys, I'm outside. Where am I?' I was just being funny because the pandemic made us all stay inside. She was COVID-scrolling on Facebook and commented, 'Oh, you're on the Tullahoma Greenway.' I wondered how she'd know that since she lived in Knoxville, and we started talking on April 10 and got married a year later. We've been married for over two years now," said Cooper.

The couple was always a few steps away from crossing paths on multiple occasions, finally finding each other like a Hallmark movie plot.

He said, "We talked about things we've done in life, and I'd say, 'I was there.' And she'd say, 'Well, I was there.' We always barely missed each other. It's kind of crazy. It just wasn't God's plan yet."

They've lived with more purpose together in two short years than in their combined lifetimes.

"Penny has a passion for helping broken women. We're one of the marketing directors for Deborah's Safe Haven, a home for abused women and children sponsored by our church, Calvary Apostolic Church. The project is just starting, and we're getting a house in Winchester," he said. Cooper knows it's a step but not a final solution. "We've got to figure out a way to help broken men so we can stop the broken women."

But his faith is central to all he does, whether at work or home.

"God is everything to me, so I try to make sure that it comes out in everything I do. Even though my job is with computers, the Bible still says I'm supposed to do my due diligence. I'm supposed to do my best for what I do, so I've got to do my best in my work, and I've got to do my best for my family and my church. My faith is everything," he said.

In the ever-evolving world of healthcare and technology, the most significant innovations aren't always powered by servers and algorithms. Sometimes, they're fueled by unwavering faith, nurtured by love, and guided by the belief that each day



holds the potential for service. In the intricate tapestry of life, Cooper and his wife, Penny, are weaving together faith, love, and a commitment to making a difference — one life at a time. GN

To support Deborah's Safe Haven at Calvary, visit deborahssafehaven.com and follow the organization on Facebook.



David
Heinrich

David
Heinrich



Not Hocus- Pocus

Chiropractic care is a healing lifestyle.

By Tina Neeley // Photography by Ashleigh Newnes

SHE SUFFERED from migraines. The relentless pain, sensitivity to light, and nausea tried to steal her quality of life. Medical doctors had little to offer her besides drugs, but she found someone who helped. She discovered something that not everyone understood, especially her husband, who believed that what she found was the work of a snake oil salesman. So she sneaked out for chiropractic adjustments and found additional relief in the hands of her grandson, David Heinrich.

“I was really good at giving shoulder rubs, so chiropractic made sense. I didn’t grow up in an allopathic home with traditional medicine. It just made sense to me that if she could leave and feel better, it sounded like fun,” said Heinrich. “I wanted to be a chiropractor since third grade, even though I had no idea what it was. So throughout school, I would do research projects [about it], and career day for me was always about chiropractic. The more I learned, the more it made sense to me that this is what people want.”

For Heinrich, chiropractic care isn't just about adjusting spines; it's about helping people feel better and improving their lives. "A lot of medical doctors, and I'm not knocking them at all, don't like to treat back pain. It's really frustrating," he explained. "They're going to throw pills and injections at it, and then when none of that works, [they'll prescribe] physical therapy. By the time you get put through the wringer, you've been dealing with this for six months when all you need to do is see me, and it's over. I'll get you feeling better. I promise I'll try my hardest to make you feel as good as I can."

Heinrich describes himself as a "functional-based chiropractor" who focuses on improving his patients' lives. "I'm not really about the structure [of treatment]. I don't care what it looks like; I care how it works. If I can get it working properly or working good enough for you, then, hopefully, you'll get out of pain," he said. "Chiropractic to me is a lifestyle. It's not a miracle."

One common misconception about chiropractors that Heinrich encounters is that people think it's a questionable practice. "I guess people still think this is some kind of hocus-pocus. They don't understand that we go through rigorous training. We go through 10 trimesters of graduate school with 34 credit hours per trimester. So it's the equivalent of five years of school," he clarified. "We're smart, and we get it."

Heinrich emphasizes that chiropractic care is grounded in science and profoundly impacts the nervous system. "The nervous system controls everything in your body, not just your brain and spinal cord," he said. "You can send the right signals to the right parts of the body at the right time, and things stop hurting and start working better."

He also highlights the widespread use of chiropractic care among professional athletes. "There are a lot of professional athletes who have chiropractic as a regular part of their routine," he said. "You look at the research and see that athletes who regularly receive chiropractic care perform better."

Heinrich is passionate about helping people of all ages. "I adjust pregnant women. The relaxin hormone makes



▲ David Heinrich and Lindsay Sharpton

you miserable when you're pregnant, and your body just hurts," he said. "I help with that and colicky babies, babies with torticollis, constipated babies, and babies that just cry all the time. Kids are free till they're 12 in my office."

While Heinrich's chiropractic skills are undeniable, his warm and humorous personality truly sets him apart. "I like to have fun with people. There's no point in me being serious. Back pain is awful, so let's joke about it," he laughed. "What's the worst I'm going to do? You think I'm going to hurt you? You already hurt, so give me a try."

For Heinrich, chiropractic care is not just a profession; it's a lifestyle. "It's a lifestyle thing. Sometimes you just want to feel good," he said. "We're in stressful times right now. Stress wears heavily on the body. Excess cortisol is awful, and it can make you



▲ Lindsay Sharpton, Ed Lawson, David Heinrich, and Jennifer Willis

hurt. It increases many different hormones and sends different signals. Chiropractic care can help alleviate that.”

During life’s many seasons, Heinrich remains steadfast in his mission to make people feel better and bring a smile to their faces. “I’m here. I love dogs; I love people,” he said. “I’m not really an extrovert, but I’m happy here helping people. It makes me feel good. Come on in, and we’ll figure out what treatment option is right for you!”

And he wants you to feel happy and good, too. If you’re in pain or just want to feel better, a visit to Heinrich Chiropractic might be just what the doctor ordered. **GN**

Heinrich Chiropractic is located at 509 NW Atlantic St., Tullahoma. For more information, call (931) 454-0544, visit heinrichchiro.com, or follow the office on Facebook

“

I guess people still think this is some kind of hocus-pocus. They don’t understand that we go through rigorous training.

- David Heinrich



Closer Than You *Think*

Radiation and imaging services in Tullahoma give you more.

By Tina Neeley // Photography by Ashleigh Newnes

WHEN WE think about the heart of a community, it's often the people and places rallying together in times of need, offering support, care, and a sense of belonging. Among those places are Cumberland Radiation Associates and Tullahoma Imaging, pillars of strength in Southern Middle Tennessee and Northern Alabama.

Dr. William Bradford, a radiation oncologist, established Cumberland Radiation Associates, formerly Community Cancer Care, in 2000. The center provides

radiation treatment and serves seven rural counties, holding the unique distinction of being the only radiation therapy center within this expansive region.

Donna Bradford, Dr. Bradford's wife and the office manager and marketing director for the centers, said, "With radiation therapy, you must have a certificate of need from the state. Due to our local size, the state will not grant another one in this area." This rarity showcases their commitment to offering essential services where they're needed most.

A portrait of Dr. William Bradford, a middle-aged man with short dark hair, wearing a white lab coat over a white shirt and a blue and yellow striped tie. He is looking directly at the camera with a slight smile. The background is a plain, light-colored wall. There are two green circular graphic elements: one on the left containing the text 'Dr. William Bradford' and another larger one at the bottom left.

Dr. William
Bradford

*Wm. B. Bradford, M.D.
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He's very honest with the patients. He does not and will never hide the facts from them.

- Donna Bradford



▲ Donna Bradford

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Donna experienced the center's dedication to providing compassionate care when her father received treatment there before she met and married Dr. Bradford.

"My dad was diagnosed several years ago with mucosal melanoma," she recalls. "We chose to go to Cumberland Radiation because it was local, and we could be part of his treatment process. Being local made a world of difference."

Local healthcare in rural communities has been hard to find through the years. The Bradfords stepped up their commitment to local patients by adding imaging services through Tullahoma Imaging. The imaging center houses state-of-the-art diagnostic equipment.

Donna said, "When we started diagnostic mammograms, I wanted to make sure we had ultrasound in the office as well. If a woman gets something negative on her mammogram, she can automatically get an ultrasound that day and not wait as long as the ultrasonographer is in the office. I think it's very important that a woman doesn't have to go a couple of weeks wondering what's going on."

The services available at both centers are a testament to the power of community-focused healthcare. Their commitment to improving the lives of those they serve, coupled with cutting-edge technology and a compassionate approach, makes them an invaluable asset.

"We have to remember that everybody who walks through our door is either going into the screening diagnostic side of it, and they're going to get a diagnosis, good or bad. And hopefully, all of them are good, but a lot of times, they're not. And a lot of those convert into cancer patients with the option of being treated in the office if they choose to do radiation locally.

Not everyone understands they have a voice in where they receive treatment or go for imaging or cancer treatment.

Donna said, "A lot of them don't know. They don't understand that we have something very valuable here or near home when gas is almost \$4 a gallon, and you're spending hours on the road for just a short time for your treatment or imaging. Staying local for healthcare keeps our tax dollars in the community and ensures that we receive the same, if not a better, level of care. It's a win-win for everyone."

Dr. Bradford's straightforward but compassionate approach to his patients' care allows them to actively participate in their healthcare decisions.

"He's very honest with the patients. He does not and will never hide the facts from them because they deserve the right to know what we're dealing with, how he's going to treat them, and what the outcome is to expect," said Donna. "Patients bring their family, and he sits down with every patient on Wednesday and talks to them about how they're feeling and how far they've gone, the progress that's being made, and any treatment plans that need to be adjusted."

Their connection to patients is an emotional and rewarding experience.

"When we have a patient that passes, it makes it hard — very, very hard. Some are curable. But every day we see that patient, we have to know they've made it one more day, and we're doing something in their life and buying them time," she said.

In the heart of Southern Middle Tennessee and Northern Alabama, Cumberland Radiation Associates and Tullahoma Imaging shine brightly as a symbol of hope, unity, and unwavering support for those facing cancer and other medical challenges. **GN**

For more information about imaging services, visit tullahomaimaging.net or call (931) 454-9849. For information about radiation services, visit cumberlandradiation.net or call (931) 454-9002.

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 is hard at work crafting stories under themes like “From The Heart,” “Charity Spotlight,” and “The Learning Curve.” We are excited to announce the next theme needing story submissions is **“Vacation in Tullahoma”**

Submit people who provide local activities:

Do you know local people who have made a significant impact on local fun? Whether it's tourism leaders who provide opportunities or those who promote large events, we want to spotlight these individuals and their stories in our upcoming “Vacation in Tullahoma” 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.

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Submit a positive story
on our website:



goodnewsmags.com

Photography by Brooke Snyder

◀ Tullahoma Christmas Parade 2023

Fourth Annual Wobble Gobble - Nov. 18, 2023



Photography by Brooke Snyder

The fourth annual Tullahoma Area Chamber of Commerce Wobble Gobble took place on Nov. 18. More than 400 participants took part in this year's race. The opening ceremony was at 7:45 a.m., and the race ended at approximately 9:30 a.m.



1. Brayden Johnson 2. Emilie Sisk and Bertha Smith 3. Kevin Sherrill and Kaycee Edwards
4. Brad Hayes and Carter Hayes 5. Ceri and Carissa Edgecomb



Tullahoma Christmas Parade - Dec. 1, 2023



Photography by Brooke Snyder

The 67th annual Tullahoma Christmas Parade, sponsored by Stan McNabb Automotive, was held on Dec. 1 starting at 7 p.m. There were 118 floats that cruised down the main strip this year. Children's faces were lit with Christmas lights and pure joy as they waited on Santa to wrap up the parade.





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GOOD TIMES

EVENTS CALENDAR

December 19

11:00 am Monthly Chamber Coffee
Lakewood Golf & Country Club
1900 Country Club Dr.
Tullahoma

Every month, the chamber hosts a networking event for members to take advantage of making connections within the community.

7:00 pm "It's a Wonderful Life" at South Jackson
South Jackson
Performing Arts Center
404 S. Jackson St.
Tullahoma

Experience the holiday spirit with a screening of "It's a Wonderful Life." Tickets are \$10/\$12 and include popcorn and a drink.

December 24

10:00 am Christmas Eve Brunch
Gospel Tabernacle Baptist Church
965 Gourneck Rd. NW
Tullahoma

Instead of our usual monthly fellowship lunch, we are hosting a brunch! We'll provide some brunch staples, but you are welcome to bring a dish to contribute.

December 30

3:00 pm Free Soup Kitchen for Community Members
The Church of Jesus Christ
519 E. Moore St.
Tullahoma

The Church of Jesus Christ hosts a monthly soup kitchen on the last Saturday of every month, from 3-5 p.m. Join them for a warm meal and community spirit.



December 31

8:00 pm New Year's Eve Masquerade Ball with Andy Walker and Friends
 VFW Tullahoma
 707 S. Polk St.
 Tullahoma

Celebrate in your chosen era and ring in 2024 with door prizes, champagne and more. Guests can bring finger foods. Limited tickets: \$15 advance, \$20 door. Reserved seating \$10 group (up to 6).

January 19

9:00 am Chamber Connect:
 Tullahoma Area Chamber of Commerce
 135 W. Lincoln St.
 Tullahoma

A free monthly class to introduce the chamber and promote community connections. For more information, contact tullahomachamber@tullahoma.org or call (931) 455-5497.

January 20

5:00 pm 2024 Tennessee State Guard Annual Banquet:
 Holiday Inn Express
 111 Hospitality Blvd.
 Manchester

This exclusive event offers TNSG volunteers, friends, and family a chance to celebrate accomplishments and look ahead to supporting the Tennessee National Guard in the coming year.

For more events and to submit an event visit:

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



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Welcome

Kay Fearing, FNP-BC

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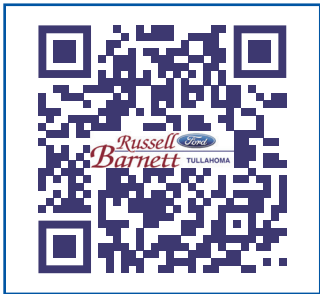
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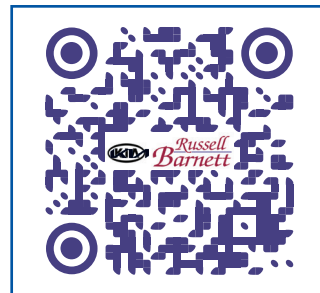
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