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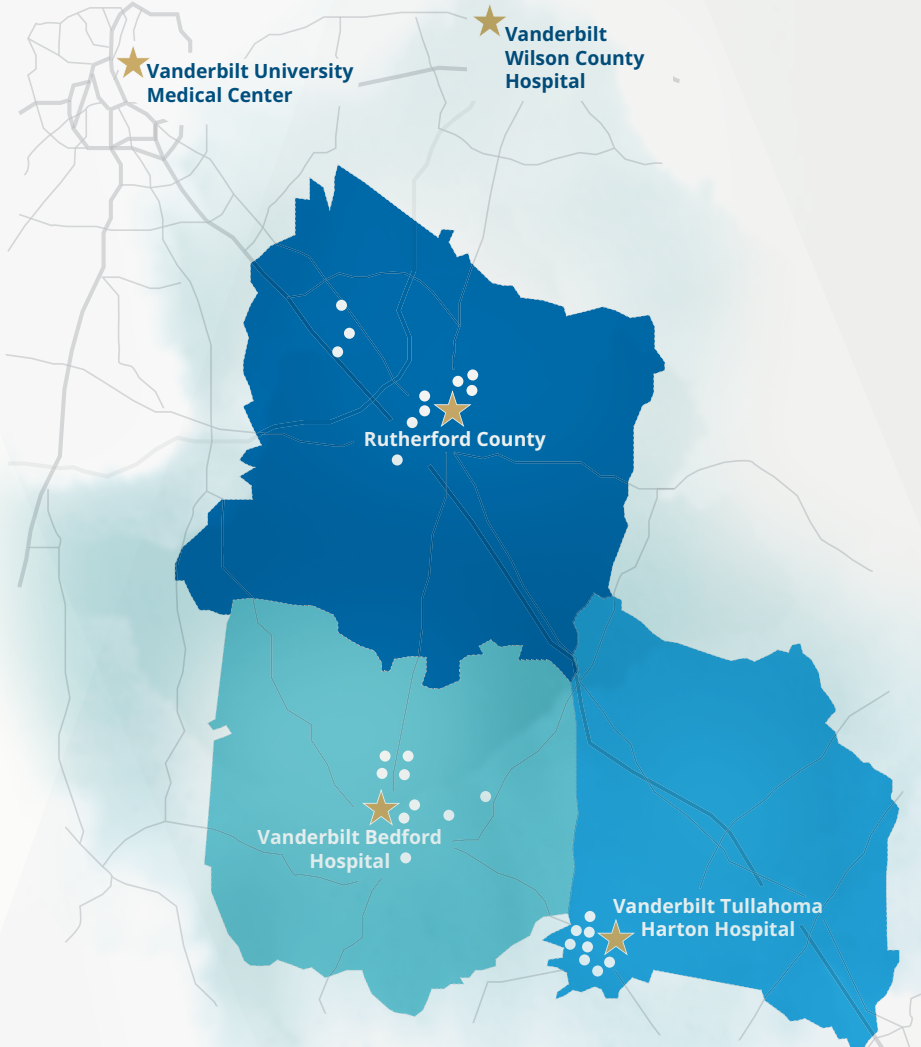
hometown
 *Healing*

ISSUE 12 2023

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- Behavioral Health
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- Optical Center
- Orthopaedics
- Radiology/ Outpatient Imaging
- Surgical Weight Loss
- Women's Health



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

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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
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A Collection of Stories From My Time Working Alongside Women in Recovery
Susan Binkley

A Collection of Stories From My Time Working Alongside Women in Recovery

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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

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PUBLISHING PARTNER Sandra Thomas

MANAGING EDITOR Wesley Bryant

VP OF SALES Ken Holtzinger

LEAD LAYOUT ARTIST Brianna Brubaker

SENIOR LAYOUT ARTIST Melissa Davis

PHOTOGRAPHERS Ashleigh Newnes, Brooke Snyder

FREELANCE PHOTOGRAPHERS Jim Jordan, Brittany Johnson,

Amanda Guy, Tommy Sprouse, Steve Zak, Sarah Bussard

STORY WRITERS Tina Neeley, Jeriah Brumfield

FREELANCE WRITERS Sara McClaran, Gabriel Huff, Paige Cushman,

Amanda West, Kaleob Ashley, Belle Butler, Richard Klin

STORY COORDINATOR Haley Potter

PROOFREADER Michelle Harwell

LEAD PRINT AD DESIGNER Todd Pitts

PRINT AD DESIGNER Ben Adams

JR LAYOUT ARTIST Jane Morrell

BUSINESS DEVELOPMENT Cindy Baldhoff, Faith Cashion,

Amanda Cox, Kevin Hines, Mark Mahagan, Kevin Maples,

Janet Mullins, Matt Scott, Sissy Smith

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SEO CONTENT WRITER Anna Sharp

SOCIAL MEDIA COMMUNITY MANAGER Sarabeth Bray

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CHAPTER 1 OF 3

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

- 14** Kindness, hugs, and smiles
- 20** A taste of hope with Ms. Sandy
- 26** A legacy of care and community connection

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◀ Dr. Scott Holder

KINDNESS,
HUGS, AND

smiles



HEALING THROUGH COMPASSION IS
EMILY HORTON'S PERSONAL MISSION.

BY JERIAH BRUMFIELD // PHOTO SUBMITTED BY EMILY HORTON





▲ Emily Horton

IN OUR lifetime, we all come to that inevitable moment when we find ourselves navigating various online listings, sifting through countless advertisements for long-term skilled care facilities for our cherished parents or grandparents. It's a season in our lives marked by the bittersweet sense of letting go while eagerly believing that we are making the best choice for our aging loved ones. As we all know, life evolves with each passing day, and for many of us, embarking on the quest to find the perfect new home for our loved ones can be an overwhelming journey bound by uncertainty.

Enter Emily Horton, the activities director at Elk River Health and Nursing Center, whose warmth and infectious joy capture you the moment you walk through the door. Her passion and

creativity make this process as seamless as possible for patients and their families. Finally, the angst subsides.

Despite her busy schedule, she dedicates herself to bringing a sense of hometown comfort into the lives of the residents and the wider community.

Emily's journey to her role as activities director is a story of faith and resilience. She began her career in the medical field 17 years ago. After a 10-year-long career in podiatry, working with elderly patients, she realized where her true calling was.

Over the years, her love for interacting with the senior community grew, and she transitioned into various roles in healthcare. Eventually, she became an activities director and earned her certification.

"I always thought it looked really cool. I've always enjoyed interacting with the senior community."



WHEN I STARTED WORKING AS AN ASSISTANT, I WAS STRUGGLING. BUT THE MORE I LOVED ON THOSE RESIDENTS, THE MORE THEY LOVED ON ME, AND THEY HEALED ME.

-EMILY HORTON

For Emily, her work is not just a job; it's a deeply personal mission. Between her transition from working as a podiatrist assistant to becoming the activities director, she served as an assistant at an assisted living facility in Shelbyville for two years. During that time, a lot had transpired in her life, leading her into a deep depression.

"I had gotten divorced, and I was extremely depressed. I had gone from a mother with three kids, a husband, and a full house every day to a full house every other week. When I started working as an assistant, I was struggling. But the more I loved on those residents, the more they loved on me, and they healed me."

She believes in treating others with kindness and strives to create a warm and welcoming environment for everyone. Her philosophy is simple: a smile and a hug can go a long way in brightening someone's day.

Emily's activities at Elk River are thoughtfully designed to cater to the diverse needs and interests of the residents. Activities like chair yoga, themed parties, or even a game of "Name That Tune" barely scratch the surface at Elk River, and they also keep the residents excited.

She listens to the residents, observing their preferences and talents, and tailors the activities accordingly. For instance, when she noticed resident Brad Holden's artistic talents, she encouraged him to express himself through art, which profoundly impacted his well-being. Whatever their passions are, the facility seeks to enhance them even more.

However, Emily's commitment goes beyond structured activities. She understands that some residents may prefer one-on-one interactions or have unique needs. She and her team provide personalized care, whether it's through Bible study, aromatherapy, or simply sitting outside with a resident who craves fresh air and companionship.

"Not only do we have group activities, but we try to connect with the people that don't want to come out of their rooms and are not social butterflies."

Emily seeks to combat the isolation and depression that some residents may experience due to life changes. She believes small acts of kindness and genuine connections can significantly impact their lives.

She welcomes all community members to come and spend time with the residents. Whether sitting and listening to their stories or participating in everyday activities, including their beloved bingo, there is always room for camaraderie and joy at Elk River.

Looking to the future, Emily is excited about upcoming projects at Elk River. One of the most anticipated events is a tailgate party celebrating college football. Residents and staff will proudly wear their favorite sports team attire, play games, and enjoy a grill-out. The festivities aim to create a sense of camaraderie and community involvement.

Additionally, Elk River hosts an Elvis impersonator each year in October, a much-anticipated event for residents who adore the King of Rock 'n' Roll. These initiatives bring joy to the residents and foster a sense of togetherness within the community.

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Sandy Bolin

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A TASTE of HOPE *with Ms. Sandy*

Ms. Sandy's ability to heal the community
with a warm meal and a smile

By Jeriah Brumfield // Photography by Brooke Snyder

BORN AND raised in Monteagle, Sandy Bolin's roots run deep in the Volunteer State. Ms. Sandy started working at Dairy Queen at the tender age of 16, which instilled in her the value of hard work and excellent customer service. It was there that her love for culinary arts began to blossom. Her remarkable journey encompasses healing, love, and the power of a warm meal.

Ms. Sandy's journey took an unexpected turn when her husband fell ill, a battle that led them to spend countless hours at the

Southern Tennessee Medical Center. The care and compassion they showed her planted seeds of inspiration in her heart. It was a chance to give back and offer the same love she and her family had received during their darkest hours. So, her calling in the hospital's culinary department began.

After her husband's passing in 2008, she joined the Southern Tennessee Medical Center. Little did she know that this step would profoundly impact her community's healing journey. Ms. Sandy's role eventually expanded to encompass

event coordination, placing her at the forefront of hospital gatherings and celebrations. Her infectious smile and talent for crafting delectable dishes made her a beloved face to the hospital staff and the community.

"I enjoy what I do. I like creating different things or coming up with a new recipe that somebody might not have ever tried."

A gift inherited from her beloved granny, her culinary skills blossomed. At age 5, Ms. Sandy discovered her passion for creating tasty dishes. Her kitchen became a canvas, where each recipe became a unique work of art. Her culinary abilities grew, eventually touching countless lives.

She said, "My daddy started me at the stove heating chili and stuff. And then we went on to other things. And so I've always been able to cook a lot. I love creating stuff that people love."

Through twists and turns, laughter, and tears, Ms. Sandy found solace in her faith. She developed the belief that a smile can mend even the deepest wounds, motivating her to use her special gift in every interaction.

"God has blessed me with the ability to find good in almost any situation. And sometimes it's not easy, but I'm a firm believer that I can get through it better if I deal with it with a smile."

In her 15 years at the hospital, Ms. Sandy has weathered personal storms. In addition to losing her husband, she lost her mother and niece. Tragically, in 2021, she faced the heart-wrenching loss of her son to suicide. She found the strength to carry on through faith, a supportive church community at Paynes Baptist Church, and her beloved Southern Tennessee Medical co-workers.



▲ Phil Cleek, Connie Gaffin, Misty Peck, Brandy Morris, Tammy Watts, Mindy Morris, Sandy Bolin, Courtney Worley, Dora Stewart, and Heather Gerhart

“God has blessed me with the ability to find good in almost any situation. And sometimes it’s not easy, but I’m a firm believer that I can get through it better if I deal with it with a smile.

-Sandy Bolin



"All of them came out here, and it meant everything because, at that moment, I just needed somebody, anybody that was not the police."

Ms. Sandy's hospital family, a tight-knit group with deep bonds, rallied around her in her time of need. Their support and love showed her the healing power of community. It reinforced her belief that healing transcends the physical, extending to emotional and spiritual well-being.

It's through food that Ms. Sandy believes healing begins. She understands that a well-prepared meal isn't just sustenance; it's a language of love that bridges gaps and creates connections. She also believes it plays a pivotal role in the healing process. It's the nourishment that fuels recovery, the taste that brings comfort, and the memory that lingers after the meal is finished.

Their collective commitment to serving patients goes beyond the confines of their roles. They understand the critical role that food plays in the healing process. From dietary restrictions to personalized birthday celebrations, they ensure every patient receives nourishment and genuine care.

The Southern Tennessee Medical Center is an oasis for healing. The staff shares a commitment to excellence.

"We just have a good hospital team. It's not just one of us."

Their special ritual morning prayers surround the hospital with compassion and hope. The hospital's kitchen has become a sanctuary of healing through food.

Ms. Sandy's story is one of resilience and turning personal pain into a force for good. Through her culinary talents and compassionate spirit, she has become a beacon of hometown healing, reminding us that a simple act of kindness, a shared meal, can be a powerful catalyst for recovery.

Ms. Sandy continues to work her magic in the hospital kitchen, a beacon of hope, love, and healing for all who know her. In her culinary creations, the heart of a community finds solace, strength, and inspiration, proving that sometimes, the most profound healing begins at the table. **GN**

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▲ Dr. Scott Holder

— A legacy of —
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Delivering generations of wellness in Franklin County

By Jeriah Brumfield // Photography by Brooke Snyder

FOR DR. Scott Holder, the journey began in his hometown of Franklin County, where he attended Franklin County High School. Fast forward 44 years, and he's become an integral figure in the community, transforming countless lives one day at a time.

As a board-certified family medicine physician with a particular emphasis in obstetrics, Dr. Holder's practice goes beyond medical expertise; it's about building trust and enduring connections. He reflects on the profound moments of delivering babies whose mothers he once brought into the world themselves. These moments in time bind to create lasting bonds formed in his loving care.

"It's interesting to realize that you delivered this person, and now they're having a baby. Where have the years gone, right?" Dr. Holder said.

"And so we've been doing that now for quite a while. And it's very rewarding – the friendships you have with these folks, the trust they placed in you, and the overall rapport you have with them. And I think the trust they put in us is just amazing."

One notable occurrence he fondly recalls is delivering sisters on the same day, a unique event that reflected the profound beauty of his profession and allowed him to share in special moments. Moments like these define Dr. Holder's professional experiences, turning medical care into cherished family memories.

Dr. Holder's career personifies the nature of family medicine intertwined with obstetrics. His devotion extends from pregnancy to pediatrics, nurturing relationships often lasting for decades. Witnessing children grow into adults he once brought into the world brings a sense of fulfillment that transcends the ordinary.

"The most rewarding aspect is seeing folks during their pregnancy and delivering their babies, but then you continue to see them with their children and take care of them."

While he acknowledges the challenges inherent in the field, Dr. Holder's passion for obstetrics remains unwavering. He appreciates the blend of science and human connection that makes every day unique, even during the inevitable tough times.

"Some days are certainly tougher than others. Most of the time, it's very rewarding. It's your involvement and personal connection with those people that matter."

The evolution of obstetrics over the years has yet to escape Dr. Holder's notice. He marvels at the technological advancements, particularly in early genetic testing and ultrasound technology, which have transformed his practices. The precision and clarity that modern ultrasound machines provide today are a far cry from the early days of his career.

Dr. Holder's core values underscore the importance of the Golden Rule: "Take care of people like you would take care of your own family."



▲ Kathryn and Dr. Scott Holder

“Take care of people like you would take care of your own family.”

- Dr. Scott Holder

Reflecting on his advice for aspiring medical professionals, Dr. Holder emphasizes the importance of genuine interest and commitment. He encourages thorough exposure to the field before diving in, as understanding the demands of the profession is crucial.

“My advice to anybody who wants to pursue a career in medicine is certainly to get as much experience and exposure to the field before they go into it. The aspects of what you do every day and the demands on your life are sometimes hard to encompass until you really see firsthand what’s expected and what you need to do to be successful. And I think you’ll want to find something you really want to do and are happy doing.”

In contemplating the future of obstetrics in Winchester, Dr. Holder sees promise and growth. With a hospital system that has become a cornerstone of the community, he anticipates continued progress in providing top-notch care to his clients in family medicine, leaving behind his career as an obstetrician to dedicate more time to his family.

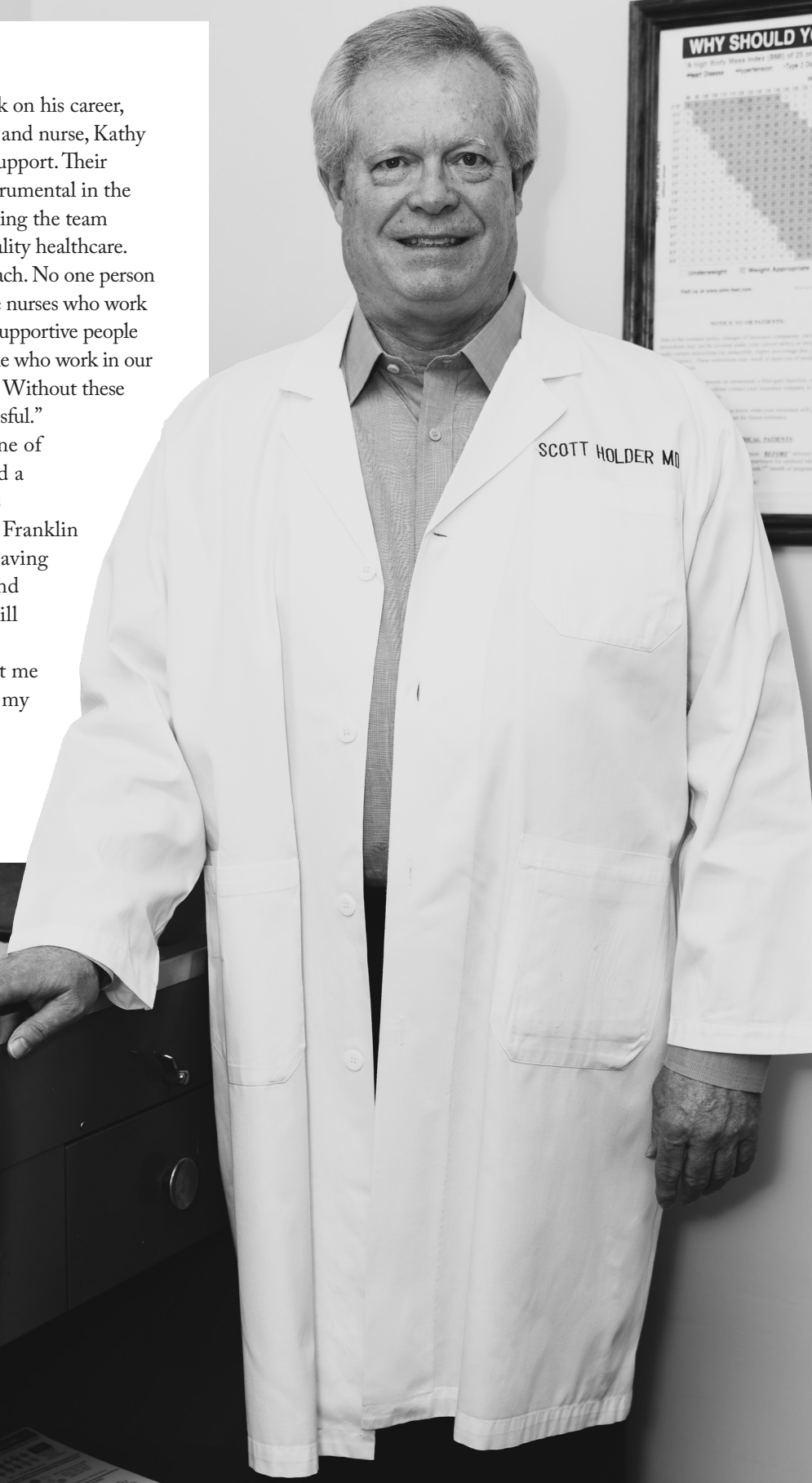


As Dr. Holder looks back on his career, he credits his wife, Kathryn, and nurse, Kathy Gray, for their unwavering support. Their contributions have been instrumental in the success of his practice, inspiring the team approach that underpins quality healthcare.

“It’s always a team approach. No one person accomplishes everything. The nurses who work in labor and delivery, all the supportive people in the hospital, and the people who work in our office are our team approach. Without these people, I would not be successful.”

Dr. Holder’s legacy is one of compassion, dedication, and a profound connection to his community. His impact on Franklin County is immeasurable, leaving a trail of healthy families and cherished memories that will endure for generations.

“That’s part of what kept me in practice every day: I love my patients. My [daily goal] is to provide the medical care people need.” 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.

- 35 Hometown Healing
- 36 “Therapy is for everyone”
- 40 No better time than now
- 44 A healing touch

Our stories are based on submissions from local people.

Submit yours here:



goodnewsmags.com

Photography by Brooke Snyder

◀ Becky Campbell and Maggie Gipson

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6



hometown



Healing



“Therapy is for Everyone”

Franklin County therapist ensures mental health for all.

By Jeriah Brumfield // Photography by Brooke Snyder

WHEN YOU hear the word “therapy,” what comes to mind? It’s encouraging to witness the growing recognition of mental health care’s essential role in our lives today. In a world filled with everyday demands, it’s crucial to prioritize our mental well-being, just as we do with regular check-ups at the doctor’s office. Although there may still be lingering stigmas and disparities surrounding mental health care, it’s great to know that therapists in this community are diligently working to ensure therapy is accessible and inclusive for everyone.

Cindy Janke knew from a young age that she was destined to be a therapist. Becoming a therapist was a natural progression born from her innate empathy and a genuine desire to help others.

“To be honest, I don’t remember not wanting to be a therapist, which I know sounds super cheesy. But that is completely true,” she candidly remarked.

After spending some time in Nashville, Janke returned to her hometown of Winchester, drawn by the warmth of the community and a longing to be closer to her family.



Cindy
Janke



“

We are open,
non-judgmental,
and here to
provide a safe
place for healing.

- Cindy Janke

“Winchester — this is the community that raised me. I grew up here and went to high school here,” she reflected. Returning to her roots sparked the beginning of her therapeutic practice.

Janke opened her practice, Winchester Counseling Center, during the COVID-19 pandemic. It was a leap of faith for the therapist. Yet, it turned out to be one of the most rewarding decisions of her career.

“I realized very quickly that this community was struggling. People were missing connection, they were scared, and they were struggling with the unknown,” she reflected.

The center’s in-person offerings provided a lifeline for those seeking face-to-face support during a challenging time.

Janke’s approach to therapy is led by the belief that genuine connections are the foundation of healing.

She emphasized the significance of community in the recovery process and said, “Research tells us that like connectedness in one’s community, it gives us a sense of belonging and support. And, of course, those things empower us and just overall improve our mental health.”

Recognizing the diverse needs of her clients, Janke leverages the power of technology to make therapy more accessible.

This inclusivity ensures that individuals with various circumstances, such as working late or limited mobility, can receive the support they need.

However, Janke acknowledges that not everyone in Franklin County has reliable internet access. In response, she offers phone sessions, ensuring that mental health support is accessible to everyone, regardless of their connectivity options.

Janke is also on a mission to destigmatize mental health. She has noticed a positive shift in the conversation around mental health but acknowledges that there is still work to be done.

“I try to really use inclusive language and make sure that people know that therapy is for everyone. We are open, non-judgmental, and here to provide a safe place for healing,” she said.

One of Janke’s favorite aspects of her work is witnessing the transformation in her clients. She recounts heartwarming moments when individuals, initially nervous and guarded, leave her office visibly lighter and more at ease, knowing they are not alone in their journey toward healing.

Janke’s journey into therapy hasn’t just been about personal fulfillment; it’s been about creating a vital support system for her community and acknowledging the healing power in a strong community.

“I hear the stories about why they stay or move here. And it’s almost always about community and the kindness of people here and feeling like they finally found somewhere where they fit in or where they belong.”

One heartwarming aspect of Janke’s work is witnessing clients’ transformation. She finds herself invigorated, helping clients shed their initial apprehensions and find relief through therapy.

Janke envisions potential workshops and group sessions to expand the reach of Winchester Counseling Center further, making mental health services even more accessible and affordable for the community.

Janke calls for collective action to reduce the stigma surrounding mental health. She encourages the community to change their language, inspire others to seek help and foster a supportive, non-judgmental environment for those in need.



For those looking to embark on their own healing journey, remember that seeking help is an act of strength, not weakness. It’s a safe place for everyone to come and let your guard down. **GN**

To connect with Cindy Janke and Winchester Counseling Center, visit winchestercounseling.com. Brownie, the center’s beloved feline mascot, is always ready to offer a warm welcome alongside Cindy’s compassionate care.



Lauren
Laurino



No better time than *now*

Lauren Laurino's holistic health mission that transcends borders

By Jeriah Brumfield // Photography by Brooke Snyder

LAUREN LAURINO, a self-proclaimed “hybrid Jersey girl,” embarked on a transformative journey from her urban upbringing in the Northeast to the tranquil landscapes of Tennessee. Her childhood, marked by the proximity to New York City and the memory of the Twin Towers from her bedroom window, was enriched by her maternal grandmother’s Southern roots in Columbus, Georgia, initially introducing her to a holistic approach to life.

“I grew up 6 miles from Newark Airport and could see the Twin Towers out my bedroom window,” she reminisced.

Laurino’s parents, who retired from the state government, made a life-altering decision to retire to Tennessee, drawn there by 30 acres of land and lower property taxes. This pivotal move paved the way for Laurino’s own relocation, driven by her expanding family and the prospect of free babysitting from her parents, aligning with her belief in “go with the flow” - Marcus Aurelius, “following your bliss,” - Joseph Campbell, and the desire to “find out who you are and do it on purpose,” echoing Dolly Parton’s wisdom.

The universe seemed to conspire in her favor when she discovered a charming 400-square-foot A-frame home within walking distance of her parent's residence just as her lease in Seattle ended. As a single mother, the significance of being closer to her parents as her son approached school age wasn't lost on her. Her move to Tennessee marked a new chapter filled with gratitude for the community and the surroundings reminiscent of her hometown.

Affectionately known as America's Holistic Sweetheart, Laurino's deep appreciation for holistic living can be attributed to her paternal grandmother's influence, who instilled in her the concept of "from garden to table" – a philosophy emphasizing natural remedies over pharmaceuticals. This holistic perspective became her guiding force, leading her to pursue a career in holistic health.

A chance encounter with renowned psychic Sylvia Browne catalyzed her journey. After winning a reading with Browne, she was told her career path was in holistic health and healing, sparking her curiosity to discover what that meant. She explored various fields, from liberal arts to criminal justice, before graduating from massage school in 2015.

Laurino's upbringing in the culturally diverse hub of New Jersey exposed her to various backgrounds, languages, and cuisines that shaped her global perspective. Her travels to different countries further broadened her horizons, creating a discerning outlook on global affairs and the importance of individuals in shaping their destinies.

She shared her inaugural collaborative project, "The Chakra Journey," a book she published while volunteering at the renowned New York Open Center, the world's largest Holistic Urban Learning Center. There, she crossed paths with Deepak Chopra and later assisted him on several occasions. On this particular encounter, they chuckled at the uncanny resemblance between their book covers just before he addressed the audience.

Laurino's experiences extended beyond the written word. During a tour in Toronto, she shared a backstage moment with David Wolfe, the Nutribullet spokesperson. Wolfe's focus on the present moment resonated deeply with her.

"I learned through my collaborations that there is no better time than now," she said.



This mindset led Laurino to establish the first holistic chamber of commerce in New Jersey. Her advocacy also extended to the White House, where she championed food label transparency alongside a diverse group of experts, emphasizing the consumers' right to know.

Her dedication continued with a public access TV show on holistic lifestyle approaches, transcending borders and providing a platform to promote alternative health practices.

"I needed to be the change I wish to see in the world," she explained.

"And what I wanted to do with this show was to take the apprehension out of trying alternative health modalities."

Laurino's journey taught her resilience and humility. She has navigated moments of TV stardom and days spent renewing food stamps, learning the true value of earning her success and paying it forward.



Laurino's attentiveness to mind, body, and spirit enabled her to open up Mountain Mobile Massage locally in 2022, and it continues to leave community members feeling rejuvenated, refreshed, and healed.

"I've hand-selected estheticians, and we've got massage therapists. My husband is a paleo chef. He just took a leap of faith, leaving Nashville to come closer to the mountains, offering dietary-friendly options as Chef Jay Hey with Mountain Mobile Meals."

In her eyes, holistic health is not just a personal endeavor; it's a lifestyle approach that starts with self-improvement and ripples outwards. She believes that we are all interconnected, and the healing of individuals extends to the recovery of communities and the planet itself. **GN**

Visit <https://www.mountainmobilemassage.net/> for more information.

“

What I wanted to do with this show was to take the apprehension out of trying alternative health modalities.

- Lauren Laurino



A *Healing* Touch

Becky Campbell's mission is to heal and revitalize her community.

By Jeriah Brumfield // Photography by Brooke Snyder

THERE IS a servant's heart in this community whose mission in life centers around healing and revitalizing their hometown one day at a time. This selflessness has touched many hearts and has opened doors of opportunity for many who thought they would never see the light of day.

Born and raised in Winchester, Becky Campbell's passion for her community strengthens with each day. A deeply personal experience sparked her journey to becoming a physical therapist: her mother's battle with a brain tumor.

At just 10 years old, Campbell witnessed her mother battle this illness and stood by her side, navigating the unfamiliar terrain of medical treatments and rehabilitation. During this time, she saw the incredible impact physical therapy had on her mother's recovery. That experience planted the seeds of her career path. She was determined to make a positive impact on the lives of others in the same way she had witnessed firsthand.

"I remember just sitting there on the side, going, 'Wow, you know, I want to be



Becky
Campbell





There's such joy in making a difference. Being a part of that — not everybody gets that opportunity.

- Becky Campbell

a part of that. I want to do that. I want to impact somebody's life like that," she recalled.

Campbell has spent countless years helping the community in various capacities, and her dedication to the community's well-being is not exclusive to her role as a physical therapist. For her, hometown healing is a daily effort inside and outside of the Southern Tennessee Regional Health System.

When her children began playing sports, she endearingly became the sports teams' mom, nurse, therapist, and athletic trainer.

"I just tried to use something that I've been blessed with, which is the ability to do therapy and the knowledge of how to help someone or to assess them and find out what they need, whether it be to go to a physician or to work on this or work on that. I would bring the first-aid kit for the abrasions or the sprains, and I got my own backpack and started collecting stuff for injuries."

Her tireless efforts to provide top-notch care are recognized with the prestigious LifePoint Mercy Award. Named in honor of Scott Mercy, a devoted individual whose legacy lives on through this award, it recognizes those who exhibit exceptional compassion, service excellence, and a commitment to going above and beyond.

"I feel very honored that my hospital co-workers thought enough of me to nominate me. I come to work every day not to win an award because I'm rewarded every day," Becky said, her humility and dedication shining through.

Recognizing the gaps in accessibility to vital equipment, Becky spearheaded an initiative to repurpose and redistribute medical aids to those in need. She initiated an equipment donation program, ensuring that individuals in need have access to vital resources. Her drive to empower patients is matched only by her desire to educate her community. From instructing balance classes for senior citizens to engaging in various health fairs, Becky's influence ripples through the lives of those she touches.



▲ Haley and Becky Campbell

When asked about the concept of hometown healing, Becky emphasized the personal touch that comes with providing care in a close-knit community.

"You take pride in taking care of your own community. You're invested by the relationships you treat," she explained. In her eyes, each patient isn't just a case; they're family.

Becky acknowledged the challenges inherent in her field, particularly navigating insurance battles and finding ways to provide the best care within limitations. Her approach, however, remains unchanged — open your eyes and be willing to invest the time to understand each individual's needs.

As she reflected on her career, Becky remained resolute in her commitment to her calling.

"I just want to be the best leader, the best co-worker, the best mentor and therapist that I can be," she said. Her legacy is one of heartfelt care, healing, compassion, and community.

In this small town of Franklin County, medical professionals, servants, and leaders like Becky Campbell spend each day spreading hope and healing. Through her dedication to service and hometown healing, she reminds us all that sometimes, the most profound impact can be made in our very own hometown.

"There's such joy in making a difference. Being a part of that — not everybody gets that opportunity. I was blessed to be healthy and be able to learn therapy and learn about the human body and have this opportunity. And I just want to give back." 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

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 Franklin County”**

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 Franklin County” 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.







Good Times

CHAPTER 3 OF 3

This section of the magazine covers local things to do.

52 Community Events

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goodnewsmags.com

Photography by Brooke Snyder

◀ Luke Miller

Bits & Peaces - Nov. 18, 2023



Photos submitted by Hannah McDonald
 The sixth annual Hay Day Fundraiser was held at the facility's new location in Belvidere. It was a chili supper with silent auction, merchandise, and picture options. One hundred people attended, and the event successfully raised \$4,000 in addition to generous donations of hay, feed, and care items.



1. Charlotte Nunley and Marshall 2. Bryleigh Jackson 3. Hannah McDonald 4. Carlee Hill and Voodoo

Donut Saturday - Dec. 2, 2023



1. Abby Jacks 2. Caleb Beiler 3. Victoria Massey 4. Nicole Jayne
5. Jodee and Colt Seals

Photography by Brooke Snyder

The Swiss Pantry celebrated Donut Saturday with a chocolate glazed donut with peppermint sprinkles and a White Holland donut filled with chocolate glaze. Montana Coffee Co. was also on hand to provide hot coffee.

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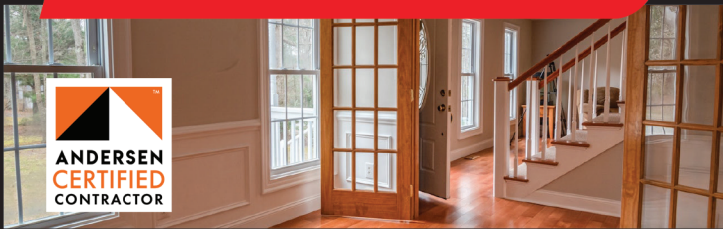
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EVENTS CALENDAR

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.

Good News e×change

December 23

6:00 pm Free Christmas Meal Event

Lu Lu's Cafe
204 S. Main St.
Estill Springs

Lu Lu's Cafe is spreading holiday cheer with a free Christmas meal, and plans to serve 1,000 free meals throughout the evening, aiming to bring joy and happiness to the community.

December 24

9:00 am Shelter Dog Holiday Sleepover

Dec. 24-26
Franklin County
Animal Harbor
56 Nor-Nan Rd.
Winchester

This holiday season, families can foster a shelter dog. If a perfect match is found, the adoption fee is waived. Apply to foster today.

December 27

5:30 pm The Rain Teen Center Kids and Teens Night

Rain Teen Center
1910 Sharp Springs Rd.
Winchester

Every Wednesday, kids from grades 6-12 have the opportunity to come together for dinner, snacks, games and activities. Admission is free.

January 10

10:00 am Storytime at the Franklin County Public Library

Franklin County
Public Library
105 S. Porter St.
Winchester

Each week the public library hosts Storytime for kids of all ages for free.



January 20

2:00 pm Tims Ford Lake Polar Plunge
 Tims Ford State Park
 570 Tims Ford Dr.
 Winchester

Run by the non profit, Friends of Tims Ford, take the Plunge for Tims Ford State Park! Register for the polar plunge and get a beach towel and hot cocoa. Kids 16 and under plunge for free!

January 25

2:00 pm Twin Creeks 5K Polar Plunge
 Twin Creeks Marina and Resort
 91 Slip-A Way
 Winchester

Run the first Twin Creeks 5K and take an optional polar plunge! Entry is \$35 and benefits a family who recently lost their father/husband.

6:00 pm Zumba at the Rain
 Rain Teen Center
 1910 Sharp Springs Rd.
 Winchester

Zumba is a fitness program featuring cardio and Latin-inspired dance. The center offers two classes every week, which are \$2 per visit. Middle and high school students are free.



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

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 or call (800) 247-7318



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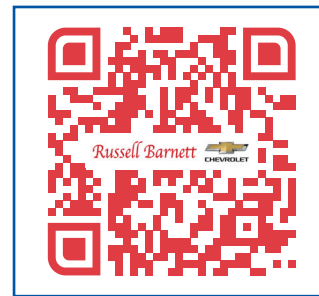


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