

# Good News

exchange

Dr. Kym Moyer

## Modern Medicine

How one Hendersonville doctor is making primary care personal

### PLUS

Community strength shines as local family receives love and support amidst difficult times.

hometown  
 *Healing*

ISSUE 3 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  
been in Tennessee  
month is a way to ob-  
behind the scenes,  
agriculture.  
right on many people  
energy, high-pro-  
farmers do a lot of  
in terms of raising  
care of cattle, being  
problems, and wear-  
ark goes into dairy  
a. The Nash family  
of 2020. "We'd al-

Tell us  
something  
good 



[goodnewsmags.com/stories](https://goodnewsmags.com/stories)

We want to build stronger communities through positive, local stories. We can't do that without your submissions. Submit a story idea, and it could be featured in the magazine.

**MODERN WINDOWS ADD VALUE TO YOUR HOME!**  
THEY ARE ENERGY EFFICIENT, AND EASY TO MAINTAIN AND CLEAN.

**SALE!**  
**10% OFF**  
**ALL NEW WINDOWS**

Ask About Our No Interest  
Financing Options!

September 1<sup>st</sup> - December 31<sup>st</sup>, 2023



Call for a FREE Estimate  
(615) 824-8100  
[www.mrgoodroof.com](http://www.mrgoodroof.com)  
Licensed & Insured



273 W. Main St.  
Hendersonville, TN



## Our Guarantee

We guarantee that Good News is building a stronger community through Hendersonville's positive stories or you don't pay for your ad.





# Building Stronger Communities

Through positive stories

Consuming angry, sad, and negative news can make readers feel overwhelmed and helpless. We want to remember there are still uplifting people to meet and positive stories to tell.

**There's Good News out there!** We want to shine a light on people, businesses, and events that uplift the community. We are looking for businesses like you that care about our local people.

**Good News is...**

- Exclusively local
- Only positive
- Exceptional quality

# TABLE OF CONTENTS

ISSUE 3 2023

**LETTER FROM THE EDITOR:** 10  
Hometown Healing

## *Good News*

**PIGGIN' OUT** 14  
Reflecting on the fourth annual Pig Fest in October

**STEELE MAGNOLIA SANCTUARY** 18  
A haven of healing and hope for horses and humans

**HEALING HEARTS AND SMILES AROUND THE WORLD** 24  
A Hendersonville dentist on a global mission

**SAVOR THE FLAVOR OF WELL-BEING** 28  
Balance tradition and health with our hometown-inspired recipes for a nourishing start to 2024

**DARE TO FINISH THE RACE** 30  
Unleashing the power of endurance





## Good Living

- 34 HOMETOWN HEALING**
- 36 HEALING POWERS FOR LOCAL BOY BATTLING CANCER**  
Community strength shines as local family receives love and support amidst difficult times
- 40 THE BIRTH CENTER**  
A home away from home for parents in Sumner County
- 44 MODERN MEDICINE DELIVERED THE OLD-FASHIONED WAY**  
How one Hendersonville doctor is making primary care personal

## Good Times

- 52 COMMUNITY EVENTS**
- 56 EVENTS CALENDAR**
- 58 ADVERTISER INDEX**

Give something good ♡♡



...ation that comes celebrating. Dairy is father Steve, his and his wife Kara only started dairy been in Tennessee. Both is a way to ob- behind the scenes, agriculture. shot on many people energy, high-protein farmers do a lot of in terms of raising care of cattle, being robbers, and wear- A goes into dairy is The Nash family of 2020. "Well al-

We want to build stronger communities through positive, local stories. We can't do that without your subscriptions. Sign up your friends and family online for free.



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





Too  
**good**   
to miss

We want to build stronger communities through positive, local stories. Please help us continue the conversation online and follow us on Facebook today.



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



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

From our  
publishing  
partner



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

**Matt Scott**

Publishing Partner

(615) 708-1453

matt@goodnewsmags.com

What do you think  
about the magazine?



Scan with your  
smartphone's camera.

Do you enjoy Good News? Let us know what you think! Follow us and leave a review on Facebook. Search Good News Hendersonville or send a letter to the editor: goodnews@goodnewsmags.com

# Good News<sup>MAGAZINE</sup>

**PUBLISHING PARTNER** Matt Scott

**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, Sissy Smith, Sandra Thomas

Subscribe to Good News on [www.GoodNewsMags.com](http://www.GoodNewsMags.com)  
or call (800) 247-7318

**GOOD NEWS IS PUBLISHED BY** Exchange Media Group, Inc.

**FOUNDER** Bill Thomas (1940-2010)

**PRESIDENT / CEO** Will Thomas

**DIRECTOR OF MAGAZINES** Katie McNabb

**VP OF TALENT** Chase Perryman

**VP OF MARKETING** Gabby Denny

**DIGITAL ASSISTANTS** Ginger Jones, Marisa Thornton

**HUMAN RESOURCES AND FINANCE** Tracey Pollock

**CUSTOMER SERVICE** Shelli Fuller, Barb Hargrove, Tim Weir

**DIGITAL DESIGN DIRECTOR** Clinton George

**WEBSITE DESIGNERS** Crystal Mehlhaff, Ashley McMurry

**SEO CONTENT WRITER** Anna Sharp

**SOCIAL MEDIA COMMUNITY MANAGER** Sarabeth Bray

P.O. Box 490, Fayetteville, TN 37334 | (800) 247-7318 | [exchange-inc.com](http://exchange-inc.com)

Art work or other copy submitted for publication is considered to be the property of the advertiser. Advertising is accepted with the understanding that all liability for copyright violation is the sole responsibility of the advertiser. Exchange Media Group will make every effort to see that advertising copy is correctly printed, but shall not be liable for failure to publish an ad or for typographical errors. The advertiser assumes full liability for his/her advertisements and agrees to hold Exchange Media Group unaccountable for the content of all advertisements authorized for publication and any claims that may be made against the Exchange Media Group. Exchange Media Group will gladly reprint, without charge, that part of an advertisement in which an error occurs, provided a claim is made within three (3) days of the first publication of the ad. Exchange Media Group will not knowingly accept any advertisement that is defamatory, promotes academic dishonesty, violates any federal, state or local laws or encourages discrimination against any individual or group on the basis of race, sex, sexual orientation, color, creed, religion, national origin or disability. Exchange Media Group reserves the right to reject ads considered distasteful or defamatory. All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination. Exchange Media Group will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

© 2023 Exchange Media Group, Inc. All Rights Reserved.

# Be part of something good



98%  
OF OUR READERS  
Say they would purchase a product or visit a local business featured in the magazine.

...ation that comes celebrating Dairy a father Steve, his and his wife Kara only started dairy been in Tennessee th is a way to ob behind the scenes, riculture. ight on many people energy high-pro farmers do a lot of in terms of raising care of cattle, being roblems, and wear- At goes into dairy l. The Nash family of 2020. \*We'd al-

DATA FROM CIVEAIDIT, JANUARY 2023

We want to build stronger communities through positive, local stories. We can't do that without advertisers like you. Reach an engaged audience that wants to support your business.

Call us at (800) 247-7318



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



# GOOD NEWS

## CHAPTER 1 OF 3

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

- 14** Piggin' out
- 18** Steele Magnolia Sanctuary
- 24** Healing hearts and smiles around the world
- 28** Savor the flavor of well-being
- 30** Dare to finish the race

Submit a positive story on our website:



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

Photography by Steve Zak

◀ Dr. Bill Taylor

P I G G I N ' S O U T

Reflecting on  
the fourth  
annual  
Pig Fest in  
October



BY AMANDA E. WEST // PHOTOGRAPHY BY STEVE ZAK



▲ Andy Gilley

**O**LD-FASHIONED PIG racing, toe-tapping performances by local and worldwide entertainers, competitive cornhole tournaments, and college football, all marinated together with the top barbecue cooks in the nation, equals one big event: Pig Fest. With over 3,000 in attendance, this fourth annual event brought people together for two days of fun, food, and, of course, to celebrate all things pig.

While most piglets are birthed in litters of 6-8, Pig Fest was birthed out of the pandemic to continue to provide gifts and once-in-a-lifetime experiences for over 400 underprivileged children through Christmas 4 Kids. According to Andy Gilley, director of parks and recreation for the city of Hendersonville, they partnered with Holiday Fest 501(c)(3) and Live Love Nashville. They raised an astounding \$50,000 in 2020 to ensure Christmas 4 Kids continued as planned. Previously, the event was a dinner party for 200 but has now developed into a massive barbecue competition complete with 50 teams and 250 judges, world-class musicians, food trucks, and vendors that Gilley said will arrive from all over the country.

For the last two years, the Grammy Award-winning Kentucky Headhunters headlined the event, and this year, entertainers included Dillon Carmichael, Ben Chapman, Clint Park, and Charly Reynolds. The lead vocalist of the Headhunters, Doug Phelps, is a local who has performed on the



▲ Dallas Long, Andy Gilley, and Wade Evans

most renowned stages across the world, yet Phelps blocked out these dates on his schedule to attend. Mitchell Tenpenny, Lindsay Ell, Drew Parker, and others previously provided musical entertainment.

“Pig Fest is one of our signature events for our parks and city,” said Gilley. “It allows us the opportunity to come together as a community to help others while enjoying some of the best food, entertain-

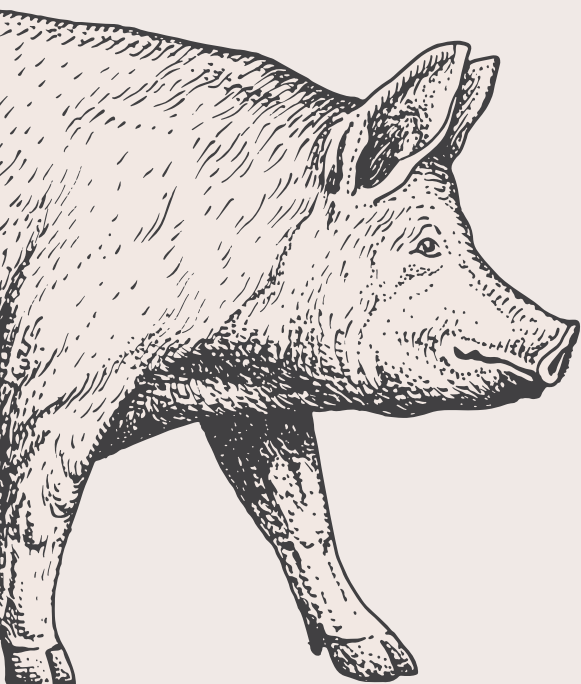
ment, and good times anywhere around. These types of events are what Hendersonville is all about. People from all walks of life come together in a fun and unique way to help others. This is our take on a barbecue competition, and we are hoping to keep growing this event into the biggest and best in Tennessee.”

Proceeds from Pig Fest provide Christmas gifts for children and what is called “the party of a lifetime” for every recipient. Fancy buses whisk the children away to a winter wonderland luncheon hosted by Santa and Mrs. Claus. Dancing, live music, and lots of fun are also on the menu. After the party, the children hop back on the tour buses and join a magical parade that stretches nearly 5 miles, led by the Nashville Trolley, Santa, and Mrs. Claus. Over 70 tour buses make up the processional, which ends at the Super Walmart. The fun isn’t over yet. They give each child a \$150 gift card and send them inside with assigned chaperones to purchase anything they choose. Christmas 4 Kids also provides each child with a brand-new winter coat. “My fondest memory is when we first started this event.

The sole purpose was to save Christmas 4 Kids, and we did that. Now it’s grown and enabled us to help others,” said Gilley.

Funds raised from Pig Fest will also go toward the upkeep and maintenance of Mary’s Magical Place, an all-inclusive playground that welcomes children and people with all abilities. Funds will also support Live Love Nashville, a nonprofit that provides much-needed clothing, food, and school supplies to homeless children and helps families during tragedies. They recently offered over \$100,000 to the family of Master Patrol Officer Spencer Bristol, who was killed in the line of duty. Grace Place Ministries and Hendersonville Samaritan Association will also benefit from the funds raised.

High Lonesome Smokers took home the title of Pig Master Grand Champion. “We were stunned to win,” Steve Potter said. “With over \$60,000 raised and donated, it feels great to serve and connect with the community. The organizers of the contests worked very hard. These things are really difficult to do well, and that group deserves a ton of credit for a tremendous job well done.” GN





# WINNERS INCLUDE:



## **PIG MASTER GRAND CHAMPION/\$750:**

High Lonesome Smokers  
*(competed in pork, ribs, and anything but)*



### **PORK 1ST PLACE/\$500:**

Killer "B" Backyard BBQ

### **RIBS 1ST PLACE/\$500:**

High Lonesome Smokers

### **ANYTHING BUT 1ST PLACE/\$500:**

Hogs B Hatin'

### **PEOPLE'S CHOICE 1ST PLACE/\$350:**

Smokin' Daddies

### **DESSERTS 1ST PLACE/\$350:**

Electro-que-ted



### **PORK 2ND PLACE/\$250:**

The Blazers

### **RIBS 2ND PLACE/\$250:**

Feeding Frenzy BBQ

### **ANYTHING BUT 2ND PLACE/\$250:**

D&G Swine (Kimbro Air)

### **PEOPLE'S CHOICE 2ND PLACE/\$100:**

Bad Company Cookers

*For more information, go to [www.pigfesttn.com](http://www.pigfesttn.com)*

Steele Magnolia Sanctuary

A haven of *healing* and *hope*  
for *horses* and *humans*

By Belle Butler // Photography by Steve Zak



*Bob and Romeo*

---

**S**OME STORIES with a heart-breaking beginning turn into examples of love, grace, and miracles. One of those stories is Steele Magnolia Sanctuary, located in Robertson County, in Cedar Hill. The sanctuary, founded by Julie Scarborough and her husband in July 2019, began as a simple act of compassion toward horses in need. Little did they know that this journey would lead them to create a haven for horses and humans.

The Scarboroughs started their mission by rescuing horses to provide a home for a few in distress. However, their initial encounter with two emaciated horses purchased by a kill buyer shook them to the core. Julie recalls the heartbreaking moment when they unloaded the horses from the truck, their bodies frail, sickly, and seemingly devoid of life. Not knowing the challenges ahead, the Scarboroughs embarked on a rehabilitation journey, nursing the horses back to health and vitality.

The transformation in these horses was not only physical but also emotional. A light returned to their eyes, along with a sense of trust, safety, and life. This profound change sparked the Scarboroughs' realization of the therapeutic potential horses held for humans.

Drawing on her riding instruction background, Julie saw the therapeutic benefits of equine interactions. Witnessing people overcome fear and trauma through bonding with horses during rehabilitation inspired her to extend this healing opportunity to struggling individuals, families, and children for free.

The Scarboroughs decided to open their sanctuary to those in need, establishing a program known as Equine Time, a free-of-charge program designed to provide a variety of non-mounted therapeutic equine-assisted activities for children, youth, and adults in need. This vital initiative allows individuals, families, and veterans to connect with horses through grooming and unhurried time together. In a world where equine events are often a luxury for the affluent, Steele Magnolia Sanctuary offers a unique and free opportunity for those who might not otherwise have access.





What should one expect from Equine Time? Each participant is paired with either a horse or a miniature horse for a one-hour session in the beautiful surroundings of the sanctuary. Referred to as "mini sessions," the interactions with the miniature horses provide the same therapeutic advantages as those with the larger horses, making them accessible for adults who may request a mini session. These sessions include various activities, such as grooming and acquiring fundamental horsemanship skills, engaging in barn and farm chores, playing games, or merely sitting back and observing the horses' natural behavior.

Who is eligible for a session? The sanctuary welcomes individuals confronting various life challenges, including emotional, spiritual, physical, or financial difficulties. Folks navigating high-stress jobs or challenging family situations would benefit, as well as those who have experienced trauma, anxiety, feelings of depression, self-worth concerns, or a sense of loneliness.

Though COVID slowed them down, the sanctuary's commitment to providing therapeutic services remained unwavering. Families, both together and individually, participate in therapy sessions, forming connections with the horses and, in turn, aiding in the animals' ongoing recovery.

Julie explains that Steele Magnolia Sanctuary's horses arrive with diverse backgrounds, including owner surrenders due to various circumstances, seniors with health issues, and those rescued from hoarding, abuse, or neglect. The rehabilitation process is a labor of love. Julie is supported by her husband, father-in-law, and a dedicated team of volunteers who share in the feeding duties and contribute to the overall well-being of the horses.

The sanctuary operates on donations and hosts periodic fundraisers to sustain its mission. Recognizing



the financial challenges of offering therapy at no cost, Julie emphasizes the importance of community support. Donations ensure the care of the horses and contribute to maintaining and expanding the therapeutic programs that have touched the lives of many.

Steele Magnolia Sanctuary is not just a haven for horses; it is a sanctuary for the human spirit. Through love, grace, and miracles, Julie Scarborough and her team create a space where horses and humans find healing, hope, and the promise of a brighter tomorrow. **GN**

*To support their mission or learn more, visit their website at <https://www.steemagnoliasanctuary.com/> and follow them on Instagram at [SteeleMagnoliaRescue](#) and on Facebook at [Steele Magnolia Sanctuary](#). Your donation could be the key to unlocking more stories of transformation and resilience.*





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.*



# Healing hearts and smiles AROUND THE WORLD

A HENDERSONVILLE DENTIST ON A GLOBAL MISSION

*By Paige Cushman // Photography by Steve Zak*

**I**N THE bustling world of modern dentistry, where appointments and procedures fill the days, one Hendersonville dentist stands out for his incredible dedication to making a difference. Dr. Bill Taylor, owner of Invisible Smiles, has been on a remarkable journey for over four decades, providing dental care in underserved communities around the globe.

Dr. Taylor embarked on his global journey in 1979 when he joined a Christian Medical Society project in the Dominican Republic. Then, in 1984, he was invited to work with a North American missionary dentist in Guatemala. Ever since, he has been on an extraordinary path to help those in need.

“For me, [it’s] going and helping other folks and going to a third-world country. I mean, once you do it, you understand how lucky we are in the United States,” Dr. Taylor said. “A friend of mine in Guatemala said, ‘If you were born in the United States, you’ve already won a lottery.’ And so we’re

blessed here in the United States, so I help take care of other people.”

On these trips, he and a team of other health care professionals open clinics in village schools and churches. Hundreds of people line up outside, and doctors work quickly to take care of as many people as possible. Dentists, physicians, optometrists, and nurses work tirelessly, often from early morning until late in the day, fitting eyeglasses, providing medical care, and fixing painful dental issues. Previously, the Taylors teamed with the Hendersonville Rotary Club and served over 1,200 people in one week.

When asked about the most memorable moments from his missions, Dr. Taylor shares heartwarming stories of patients who experienced life-changing transformations. One story was about a 78-year-old man.

“We fit him for glasses. He leaves crying because he had never been able to see that well.”

Some of these patients only have access to health care once a year.





INVISIBLE  
*Smiles*

Dr. Bill Taylor



“

IF THEY GET A TOOTHACHE, THEY DO NOT HAVE ACCESS TO DENTAL CARE AND WILL SOMETIMES JUST HURT AND REMAIN INFECTED FOR A LONG TIME. IN THE U.S., WE WOULD HAVE IT TAKEN CARE OF IN A WEEK.

- Dr. Bill Taylor

“If they get a toothache, they do not have access to dental care and will sometimes just hurt and remain infected for a long time,” he said. “In the U.S., we would have it taken care of in a week.”

International service is a pillar of Rotary, which is “an organization of business and professional leaders united worldwide, who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world,” according to their website. Dr. Taylor has played an integral role in the Hendersonville Rotary Club’s mission efforts, bringing millions of dollars in care to underserved communities in Guatemala.

“We’ve gone from just dentistry to eyecare, physicians, and psychiatric care,” he said.

Dr. Taylor is a member of the American Academy of Pediatric Dentistry, the American Dental Association, the Christian Medical Society, the Southeastern Society of Pediatric Dentistry, and the American Academy of Pediatric Dentistry. Dr. Taylor completed a one-year fellowship in dentistry for those with special needs. He’s also been treating patients with Invisalign for over 22 years. He has no problem staying busy. Still, he goes on a medical mission at least once a year. And he has little sympathy for those who say they can’t serve underprivileged communities.

“You don’t have to do anything. We’ve got supplies. All you’ve got to do is show up and work, and everything goes well,” Dr. Taylor said. “If you can’t go out and physically help do anything, you can at least help financially.”

Dr. Taylor’s work goes beyond improving the health of those he serves. It also helps change perceptions for both patient and doctor. While many people in these underserved communities may

have preconceived notions about the United States based on media portrayals, Dr. Taylor’s selfless efforts paint a more positive picture of Americans.

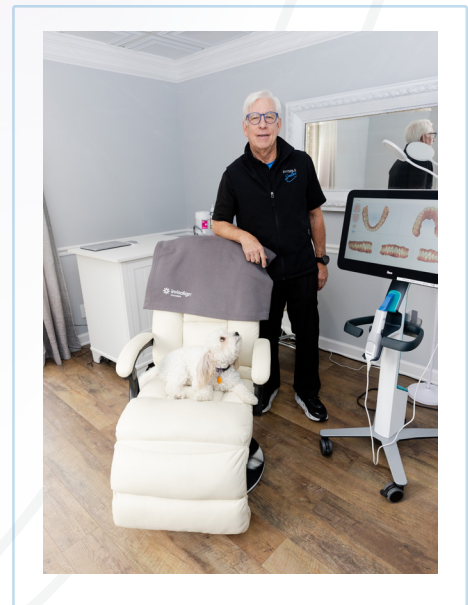
“They see us as wealthy, spoiled people who don’t care about anybody else,” he said. “We come down there, and they see, ‘Not all Americans are wealthy, spoiled, and don’t care about us.’ We do care. So it builds a better relationship with them also.”

While reflecting on his service, Dr. Taylor had this story to tell:

One day, a big storm came in and washed hundreds of starfish onto the shore. If they were left to dry out, they’d die. So, the little boy is taking them and throwing them back into the water, one at a time. A smart aleck, crotchety fisherman approaches the boy to say, “You can’t save ‘em all.” The boy threw another one into the ocean and said, ‘But I saved that one.’

And, after a pause, he said, “There’s some significance to all that.” **GN**

*To get involved with the Hendersonville Rotary Club, visit <https://hendersonvillerotary.org/>.*





# Savor the flavor of well-being

Balance tradition and health with our hometown-inspired recipes for a nourishing start to 2024

AS WE step into the new year, explore the tastes of hometown healing through recipes built around healthy ingredients. A soup loaded with healthy vegetables flavored with your favorite herbs hits the spot on the coldest of days. How about adding something to your morning oatmeal to mix things up a bit? Trying one new dish a week from a low-carb cookbook or experimenting with an ingredient exchange in your favorite recipes are options that aren't overwhelming. Facebook groups offer tips.

Whether you want to maintain a healthier lifestyle or simply enjoy delicious, wholesome meals, these recipes offer a delightful blend of tradition and well-being. Enjoy dishes that celebrate the flavors of home while supporting your goals for a healthier you in 2024. GN

## Vegetable Soup

*Submitted by Annie Mills*

1 whole chicken, cooked, deboned  
3 carrots, chopped, cooked  
1 pt. lima beans  
1 can garden peas, drained  
1 pt. corn, cooked  
1 red pimento, chopped  
1 onion, diced  
several potatoes, cut up, boiled  
black pepper to taste  
crackers for serving

In a large pot, combine meat from chicken, carrots, lima beans, garden peas, corn, and pimentos. Cook together slowly. When thickened, you can freeze this, if desired. Then, add onions, potatoes, and black pepper. Serve with crackers.

## Whole Wheat Bread

*Submitted by Lula Parker*

3 1/2 c. whole wheat flour  
1 pkg. yeast  
1/4 c. sugar  
2 t. oil  
1 1/4 c. whole milk, heated

Mix 1 1/2 cups of flour, yeast, sugar, and oil in a large mixing bowl. Mix thoroughly and stir in milk. Place dough into a greased bowl, cover, and let rise in a warm, dark place until it has doubled in size. Add remaining flour as you knead. Roll in a jelly roll style. Seal each end and turn under to fit loaf pan. Cover loaf pan with a towel, check the dough and let rise to near the top of the loaf pan. Preheat oven to 350° and bake for 25-30 minutes.

## Cheesy Roast Beef Sandwiches

*Submitted by Lawayn Mitchell*

1 c. blue cheese crumbles, mashed  
1/2 c. sour cream  
1/2 c. mayonnaise  
1 t. salt  
1/4 t. black pepper  
6 onion rolls, halved  
1 bunch arugula  
1 lb. deli roast beef

In a medium mixing bowl, combine blue cheese, sour cream, mayonnaise, salt, and pepper. Divide half of the mixture evenly among the onion rolls. Top each with arugula leaves and roast beef. Spread top halves of rolls with the remaining blue cheese mixture and place on sandwich.

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

# Dare to finish the race

Unleashing the power of endurance

By Jeriah Brumfield


STAR OLYMPIAN Usain Bolt is known as the fastest man in the world, and his reputation was cemented when he won the gold medal in the 100-meter race at the 2008 Beijing Olympics and 2012 London Olympics. He set a world record for both races, running 100 meters in 9.69 seconds in Beijing and 9.63 seconds in London, and set a new record at the World Championship in Berlin in 2009, running 100 meters in 9.58 seconds.

Bolt's championship-winning race from Beijing showcased his incredible speed and talent. He got off to a strong

start, immediately taking the lead over his competitors, which he maintained for most of the race. With about 25 meters left, Bolt pulled away even more and looked poised to break a new world record (at the time) as he crossed the finish line first within 9.69 seconds. He held his arms out in celebration while slowing his stride after crossing the finish line, knowing he had just achieved greatness.

His record-high performance was remarkable not only because of his speed and prowess but also because of the endurance and mental fortitude it took





him to achieve greatness in the face of adversity. His success story didn't come without a cost.

Many people don't know that Usain Bolt was born with scoliosis and has experienced some health issues affecting his performance on his road to beating world records. His right leg is half an inch shorter than his left, and his spine curves to the right, but he adjusted his movements to accommodate the effects of his diagnosis.

Bolt understood the power of endurance first-hand. He didn't allow his diagnosis and the issues it caused to interfere with his dreams. Endurance pushes us to keep going when we want to give up on our dreams and aspirations.

Endurance is like a muscle that grows stronger with use. It's not something we're born with, but rather something developed over time through hard work and dedication.

It's the resilience to bounce back from setbacks and continue the race even when we fall down. Endurance is the fire that burns inside, the drive that propels us forward, even when the road ahead seems dark and uncertain.

Endurance is the courage to keep going, even when the odds are against us, and the faith to believe that victory is within reach, even when it seems impossible. It's the determination to push past our limits, reach new heights, and achieve our goals, no matter how challenging they may be.

The Bible has much to say about endurance, a common theme throughout the Old and New Testaments.

One of the most well-known verses on endurance in the Bible is found in the book of James. "Blessed is the man who remains steadfast under trial, for when he has stood the test, he will receive the crown of life, which God has promised to those who love him" (James 1:12).

Endurance is an essential part of life. It is steadfastness and perseverance in the face of adversity and is often associated with faith and hope. So, the next time you find yourself standing face-to-face with adversity, remember Usain Bolt's testimony — keep the faith and run with endurance, the race set before you. **GN**





# Good Stories

## CHAPTER 2 OF 3

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

- 34** Hometown Healing
- 36** Healing powers for local boy battling cancer
- 40** The Birth Center
- 44** Modern medicine delivered the old-fashioned way

Our stories are based on submissions from local people.

Submit yours here:



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

Photography by Steve Zak

◀ Dr. Kym Moyer



hometown



*Healing*





# *Healing powers* for local boy battling cancer

Community strength shines as local family receives love and support amidst difficult times.

By Haley Potter // Photography by Steve Zak

**A** MID LIFE'S ordinary routines, a sudden cancer diagnosis can turn everything upside down. For The Bachman family, this reality hit hard when their 9-year-old son, Liam, was diagnosed with osteosarcoma, a rare and aggressive form of bone cancer.

"He turned 9, and then a week later, we found out," James Bachman, Liam's father, said. "On my birthday, actually."

Liam began complaining of leg pain, which became swollen and more painful in mid-May. So they took him to his

pediatrician, where a pediatric orthopedic surgeon later confirmed that Liam had osteosarcoma of the right femur.

Liam has endured numerous rounds of chemotherapy, medications, and surgeries. Remarkably, he has tackled this challenging journey with an unwaveringly positive attitude. James remarked, "It's been tough, but we've received immense support from our family community."

Throughout this battle, the family has leaned on each other and their unbreakable bond.



Liam  
Bachman



POW MIA  
YOU ARE NOT FORGOTTEN



adapthealth

adapthealth  
615-454-2530





He's a lot stronger than I would be. It is amazing how resilient children are [in the face of] adversity.

- James Bachman

Liam's siblings, parents, grandparents, and extended family stood strong together, supporting one another through the difficult times. They recognized the importance of family and counted their blessings.

In their darkest hour, this family also found hope in their community. Friends, neighbors, and local businesses rallied together to offer their unwavering support. Fundraisers, donations, and even personal connections with neighbors showcased the power of community unity.

James Bachman is a single dad with custody of four young children, ages 9 to 14.

"I am not going to knock on doors and ask for help," James said. "But I didn't have to because the community has come together on their own."

Liam's reading teacher, Miss Schmitzt, initiated a cascade of community support and hometown healing, including a GoFundMe page. Liam received an outpouring of cards and gifts from the Hendersonville community and beyond. The First Baptist Church provided a special prayer room, local businesses like Zaxby's and Brewsters organized fundraisers, and the Hendersonville Police Department, where James had served for 23 years and took a leave of absence when Liam was diagnosed, also held fundraisers and showed support. Numerous other organizations and businesses gave back to the Bachman family.

As a police officer, James has seen the best and worst in people within his own community. He shared, "People usually only call when they need something. But now, people are stepping forward to help us, going out of their way on their own. It is really nice to see this again."

James takes pride in his job, providing second chances to everyone he encounters. He remarked that he has contacts for people from all walks of life, including those struggling with addiction because ultimately, he wants to help them.

"And now, people are extending that help to my family," he said.



▲ Liam and James Bachman

For Liam, the support from his community does not go unnoticed. "When this all started, I was in a lot of pain, and that was really tough. But now, it's like the pain isn't even there anymore," Liam said.

He has been enjoying his time with his siblings, playing games, and listening to his favorite musician, Frank Sinatra.

Indeed, love possesses a remarkable healing power, and Liam has undoubtedly felt this love from his family, friends, and neighbors. Liam said, "I would like to thank them all; I really appreciate it."

Liam has also become pen pals with a woman who battled osteosarcoma during her youth, and their conversations have helped alleviate some of his fears about his diagnosis.

"He's a lot stronger than I would be," James said, with tears in his eyes and a tremble in his voice. "It is amazing how resilient children are [in the face of] adversity."

As his son continues his fight against cancer, he remains hopeful and determined.

James said they've discovered a newfound appreciation for life's simple joys and the significance of cherishing each moment together. With the support of their loving community, they look forward to brighter days ahead.

Their story serves as a reminder that, even in the darkest of times, love and unity can light the path toward a brighter future and help ease the pain of some of the difficult times. **GN**



Jan  
Alexander





# The *Birth* Center

A home away from home for parents in Sumner County

By Amanda E. West // Photography by Steve Zak

**N**EENA SMITH felt hopeless. After losing both of her fallopian tubes following two tubal pregnancies, Smith thought she and her husband, Jonathon, would never birth a child of their own. Neena worked as a nurse at TriStar Skyline Medical Center, and her insurance covered the procedures for in vitro fertilization (IVF). “I was so thankful to be an HCA Healthcare employee because they provide insurance for IVF, and our sweet miracle would not be here without it. Once we conceived, we knew we wanted

to find a place to deliver closer than TriStar Centennial because of the drive and the complexity of our pregnancy. TriStar Hendersonville Medical Center (THMC) offered us the expertise we needed closer to our home in Bethpage,” said Neena.

Just 30 weeks into her pregnancy, Neena had to undergo an emergency delivery. Her miracle baby, Leilani, was born weighing 2 pounds, 13 ounces. “Delivering 10 weeks early was very scary, especially having a nursing background and knowing what I know. But all the



▲ Leslie McClendon, Brandon Riggan, Helen Cavasin, Nicole Oliver, Jan Alexander, Brett Nason, and Jessica Woods

nurses, doctors, nurse practitioners, and everyone at THMC were truly amazing. Each one explained everything to me, making me feel at ease. They made a very stressful experience much easier for our entire family.”

Even though the situation was unexpected, Leilani and her parents could adjust to being a family of three in the privacy of their own neonatal intensive care unit (NICU) suite. Thanks to cameras monitoring Leilani’s room, her parents stayed in constant contact even while away. The Birth Center currently features six NICU suites, but because of a \$21 million expansion that broke ground in August 2023, they will expand to 10, with room for two additional suites. “It will

also include a spacious room for parents to spend the night with their baby before discharge. This helps them adjust to their transition to home the next day,” said the director of The Birth Center, Jan Alexander. “We will also expand to 20 labor/delivery/recovery/ postpartum suites, or LDRP suites, as we call them, and we will also gain a five-bed assessment center.”

Alexander said this additional square footage will utilize a “shelled out space” below The Birth Center to create the NICU and OB assessment center. They will then convert the current NICU suites into additional LDRP suites, plus all existing suites will receive a face-lift. Alexander estimates this expansion and remodel will help them accommodate 500 more births each year. “This expansion will allow us to care for more families in our community. It’s important for us to keep our families close to home. Having a birth experience or a NICU experience can be a stressful time for families, and being a short distance from home helps to relieve that.”

Another exciting development will be the addition of classrooms available to the community for support groups and prenatal education. Alexander said, “Some of the classes we have talked about are prenatal yoga, infant massage, breastfeeding support, newborn care, postpartum support groups, depression groups, and bereavement groups. This expansion will allow us to grow in ways that our community has been asking for.”

The first phase of construction will be the expansion of the NICU, which is expected to be completed by May 2024. They project the LDRP rooms will be completed by August 2024. Architects working alongside THMC thoughtfully designed the new birth center to accommodate the needs of all families. They even included a room called “The Angel Room” for families who experience infant loss.

Dr. Susan Campbell, executive director of the Mother’s Milk Bank of Tennessee, recently recognized The Birth Center as the No. 2 Milk Depot for human milk donated in 2022. They also received the prestigious Tennessee Department of Health and Tennessee Hospital Association Best for Babies Award and the 2022 Human Experience Guardian of Excellence



▲ Ashlan Chamberlain, Sydney Miller, Leslie McClendon, Heather Lekan, Jessica Woods, Caitlyn Agee, Jan Alexander, and Evelyn Hanson

Award recipient for NICU services by Press Ganey. Founded in 1985, Press Ganey is the most widely used patient survey company in the United States.

Celebrated as one of the Top 100 Hospitals in the nation, THMC recently received the Everest Award from Pinc AI. Healthgrades recently gave them seven awards, including being named one of America's 250 Best Hospitals, placing them in the top 5% for consistently delivering quality care. CEO Justin Coury said, "Our colleagues at THMC focus on delivering high-quality, evidence-based care closer to home for Sumner County." GN

*For more information, go to [www.tristarhendersonville.com](http://www.tristarhendersonville.com)*



Our colleagues  
at TriStar  
Hendersonville  
focus on delivering  
high-quality,  
evidence-based  
care closer to home  
for Sumner County.

- Justin Coury



# *Modern medicine* delivered the old- fashioned way.

How one Hendersonville doctor is making primary care personal

By Paige Cushman // Photography by Steve Zak

**W**HILE MANY of her peers finished their residencies and signed lengthy contracts with hospitals across the country, Dr. Kym Moyer chose a different path. The physician at Magnolia Family Medicine has embraced an up-and-coming and unconventional approach to medical practice.

Dr. Moyer is more focused on the sacred patient-doctor relationship than the hassles of health insurance. That's exactly why her practice's model, Direct Primary Care (DPC), is gaining traction across the United States.

"I'll tell you that when most physicians come out of residency, it is the new normal for a physician to sign a contract and become employed with a hospital corporation," Dr. Moyer said. In these settings, physicians are often pressured to see 20-30 patients a day, with administrators focusing on generating revenue. This can lead to rushed appointments, long waiting times, and a gap between the doctor's intentions and corporate goals.

"The physician wants to spend time with the patient usually, but the



Dr. Kym  
Moyer

# MAGNOLIA FAMILY — MEDICINE — DIRECT PRIMARY CARE



“

I enjoy getting to know my patients by name, their job, their families, and how their lifestyle impacts their health.

- Dr. Kym Moyer

administration wants the doctors to see more patients, so they bring in more revenue for the clinic,” Dr. Moyer said. “So it’s kind of conflicting.”

But rather than becoming an employee of a hospital group, Dr. Moyer is offering health care in Hendersonville the way she believes it should be.

“When I was in residency, I decided early on I would take a different route,” she said. “So I did not join a hospital group; I actually opened my practice on my own, and I decided to do everything and take away all the hassles for patients in health care.”

Like any doctor’s office, Dr. Moyer’s practice offers physical exams, blood work, minor procedures, and treatment for mental health issues. But Magnolia Family Medicine, a direct primary care clinic, distinguishes itself in several ways. First, there are no

waiting rooms. Patients are greeted at the door by their doctor, eliminating the wait and anxiety often associated with health care visits.

Magnolia sees significantly fewer patients than the typical family doctor, who may serve 2,000 to 3,000 patients. Dr. Moyer said she will not accept new patients when she thinks it'll interfere with the quality of their care. It allows her to foster strong relationships and maintain personalized care.

"I enjoy getting to know my patients by name, their job, their families, and how their lifestyle impacts their health," she said.

Dr. Moyer's approach also emphasizes open and convenient communication. Patients have her cell phone number and can call, text, or email her anytime. Typically, appointments are available that same day or the next. There are no copays, and her practice offers price transparency. Patients know the cost of services upfront, eliminating the surprises often accompanying traditional health care billing.

"My motivation is just being able to be there for my patients and when they need me the most," she said.

The heart of her model, and what makes it possible, is the monthly membership fee. Adults pay \$85 per month, while children are charged \$35. According to Dr. Moyer, this membership structure allows patients to schedule appointments easily, often on the same or the following day, and ensures that they receive focused, unhurried care. While her approach might initially sound expensive, it surprises many to find out how affordable it is.

"Many people seem surprised when they hear the monthly fee," Dr. Moyer said. "Our online videos have received an overwhelmingly positive response from people across the U.S."

Dr. Moyer's TikTok videos about her practice have had hundreds of thousands of views and several long-distance phone calls to her Hendersonville office.

Dr. Moyer specified that while this seems like the bright and shining future of medicine, it's only a partial aspect of comprehensive health care. This is like having car insurance for your car but still paying out of pocket for regular maintenance. Many of her patients use their health insurance for hospital visits, major surgeries, and more significant health issues but rely on her for their day-to-day care.

"They can come to me for their primary care needs, such as sick visits, blood work, physicals, minor procedures, etc., and then we use their insurance for catastrophic events," she said.

Direct Primary Care is a growing trend among doctors in the U.S. Dr. Moyer said she sought out and learned about the approach from older DPC physicians who were more



established. She was mentored by several other physicians in neighboring states and still goes to DPC conferences every year with peers from across the country.

"It's the happiest group of doctors that you'll find at any conference because they're actually just loving working and taking care of patients the way that we always wanted to," Moyer said. "So it's really cool to be back to that old-school way of doctors teaching doctors."

While this is a new way of visiting the doctor today, the Direct Primary Care health care model is reminiscent of the small-town doctors of yesteryear, who would make house calls and know their patients personally.

"It's almost like taking it back a hundred years ago to how medicine used to be practiced," Dr. Moyer said. "I practice modern medicine but deliver it the old-fashioned way." 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?

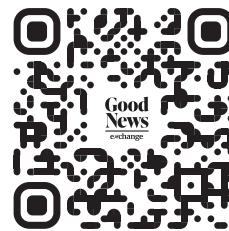
Currently, our dedicated team is hard at work crafting stories under themes like “From The Heart,” “Charity Spotlight,” and “The Learning Curve.” We are excited to announce the next theme needing story submissions is **“Vacation in Hendersonville”**

### 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 Hendersonville” 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.

**52** Community Events

**56** Events Calendar

**58** Advertiser Index

Submit a positive story  
on our website:



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

Photography by Hannah Woodcock

◀ Kasandra Eicher, Ivey Eicher,  
and Alexis Rasha

# “Peter Pan Jr.” - Nov. 17, 2023



Photography by Hannah Woodcock

Nov. 17-19, Brazel Dazzle Studioz put on their production of “Peter Pan Jr.” at New Creation Church in Hendersonville. In addition to their outstanding acting, the young performers also did their own set changes.



1. Davis Linn, Khaleesi Poe, Addison Greer, Neely Wix, Sadie Wilkerson, Morgan Whitener, and IsaBella Tuninetti  
2. Amber Gaca, Lisa Mann, Kinley Sarver, and Tyler Cusson 3. Amber Gaca, Lisa Mann, Kinley Sarver, and Tyler Cusson  
4. Amber Gaca, Khaleesi Poe, Sadie Wilkerson, Davis Linn, Tyler Cusson, and Lisa Mann

5. Kate Ours, Alexandra Collins, Kinley Sarver, Emma Kate Crain, Amber Gaca, Katelyn Newbill, Charlotte Clem, Sophie Cline, Tyler Cusson, and Lisa Mann

# Christmas Tree Elegance - Nov. 18, 2023



Photography by Hannah Woodcock

On Nov. 18, Monthaven Arts and Cultural Center held their annual Christmas Tree Elegance event! Christmas trees, donated by Vickman Company, were decorated by notable local designers. Each displayed a theme and included gifts under the tree. The trees were then judged and sold through a silent auction, which included art pieces by local artists. Proceeds from the silent auction went to Monthaven Arts and Cultural Center's educational and outreach activities.



1. Genma Holmes 2. Marilyn Van Order 3. Morelia Cuevas  
 4. Genma Holmes and Ashante Holmes 5. Tonya Mirtes 6. R.J. McDonald and Cheryl Strichik

# Breakfast with Santa - Nov. 25, 2023



Photography by Hannah Woodcock

On Nov. 25, local children, their parents, and various characters gathered at Bluegrass Country Club for the 17th annual HolidayFest Breakfast with Santa! The annual festivities benefited Community Childcare Services, which is one of two nonprofit childcare centers in Hendersonville. Kids enjoyed a catered breakfast and met Santa, Mrs. Claus, Frost, the Grinch, Spiderman, and Captain America. A toy drive and silent auction benefited local families. High schoolers volunteered to make the event a success.



1. Karlee Ezdell and Addison Greer 2. Stella Cassiday, Brynn Crowson, Natalie Reed, and Ella Ohman  
3. Kasandra Eicher, Ivey Eicher, and Alexis Rasha 4. Deanna Johnson, Jason Anderson, and Stephanie Williams



5. Anthony Poteet and Tom Hicks 6. Lynda Evjen

# 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

GOOD TIMES

## EVENTS CALENDAR

### December 29

**6:00 pm The Infamous Magic Steve**  
Edit Restaurant  
300 Indian Lake Blvd.  
Suite T140  
Hendersonville

Come and enjoy Edit's delicious food and top shelf cocktails while Magic Steve blows your mind with some amazing tableside close-up magic.

### December 31

**2:00 pm "A New Day-Welcome 2024"**  
Painting with a Twist  
206 Indian Lake Blvd. #9  
Hendersonville

Bid farewell to 2023 and welcome 2024 at Painting with a Twist's New Year's Eve event. Create your own soy candles and paint a 16x20 canvas for \$39.

### January 7

**4:00 pm Stained Glass Workshop**  
Painting with a Twist  
206 Indian Lake Blvd. #9  
Hendersonville

Stained Glass Workshop-Dragonfly is happening on Sunday at Painting with a Twist. Cost is \$49.

### January 9

**11:30 am January Chamber Luncheon**  
Bluegrass Yacht & Country Club  
550 Johnny Cash Pkwy.  
Hendersonville

The Hendersonville Chamber of Commerce will host its first luncheon of 2024, featuring guest speaker Chief Scotty Bush.





## January 14

### 5:00 pm **Winter House Concert**

Historic Rock Castle  
139 Rock Castle Ln.  
Hendersonville

Historic Rock Castle invites guests to an exclusive listening room experience featuring heavy hors d'oeuvres, craft beer, and white wine. Tickets are \$60.

## January 20

### 2:00 pm **Winter 2024 Performance Program Show**

Jolly Ollie's Pizza & Pub  
82 New Shackle Island Rd.  
Hendersonville

Our talented performance program show will perform a Fleetwood Mac set on Saturday, Jan. 20. The event is for all ages. Admission is free for all attendees.

## January 31

### 1:00 pm **Sumner County Real Estate Investing Lunch**

Sam's Sports Grill  
300 Indian Lake Blvd.  
Hendersonville

Join us for casual networking on the last Wednesday of every month. Everyone is welcome, including new and experienced investors.

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

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



## Scan for Photos



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

# GOOD NEWS SUPPORTERS

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

Mr. GoodRoof..... 3  
Sumner Regional Medical Center ..... 60

## What our readers say

Our readers told us why you should advertise in Good News



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

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

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



# Increase your Brand Awareness

Advertise in Good News and Plan Your Marketing Budget Wisely!



## From the Heart

ISSUE 1 2024

### Deadlines

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



## Vacation in Hendersonville

ISSUE 5 2024

### Deadlines

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



## Charity Spotlight

ISSUE 2 2024

### Deadlines

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



## Independence

ISSUE 6 2024

### Deadlines

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



## 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



## Shop Local

ISSUE 4 2024

### Deadlines

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



## Where Champions are Made

ISSUE 8 2024

### Deadlines

Sponsored Content.....	7/1/24
Advertising.....	8/1/24
Mailed to Homes.....	8/15/24



## Matt Scott

Publishing Partner

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

Call me at (615) 708-1453

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

ation that comes celebrating Dairy...  
father Steve, his...  
and his wife Kara...  
only named dairy...  
born in Tennessee...  
only in a way to ob...  
tained the name...  
dishes...  
life on many people...  
strong high-pro...  
teins do a lot of...  
in terms of eating...  
com of cattle, being...  
robust, and wear...  
It goes into dairy...  
The Nash family...  
of 2023. "We'd al...

# Donate to Friends, Donate to Families



**A donation to Friends is a donation to patients. Please consider making a contribution to 501c3 Friends of Sumner Regional Medical Center to help our Patient-Focused Projects.**



**As of Nov. 1, we provided:**

**135**

Bags of Food for 323  
people  
Cost: \$2,700

**68**

Rideshare trips for patients  
who have no other way  
home.  
Cost: \$1,800

**92**

Compression Garments for  
patients needing lymphedema  
therapy.  
Cost: \$8,900

## **Patient Focused Projects**

- Food Pantry
- Sleep Sacks for Newborns
- Transportation Assistant Program
- Compression Garments Assistant Program
- Memory Boxes for Infant Loss
- Clothes Closet
- Cancer Support Group

**Scan the QR Code  
to make a donation**



**For more info visit [MySumnerMedical.com/Volunteer-Program](https://www.mysumnermedical.com/volunteer-program)**