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From the Heart

ISSUE 1 2024

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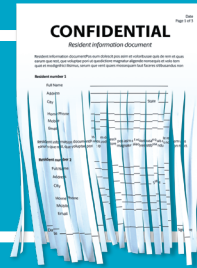
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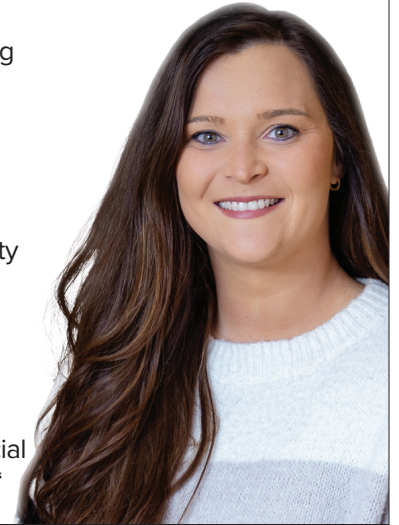
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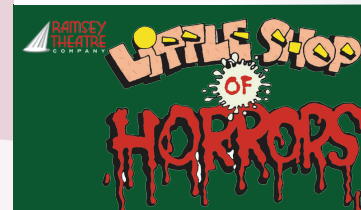
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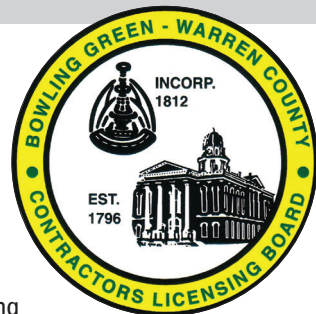
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“The content of the magazine is wholesome and seems to support a good cause. It is much preferable to other advertising sources because it seems to build up the community, rather than solely profit from it.”

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LETTER FROM THE EDITOR

Every Gesture of Love is from The Heart

Celebrating everyday love

IT'S HOLDING the door open for the person behind you. It's sending a sweet text when they cross your mind. It's stopping by to say "hi" when they've had a bad day. Showing up and showing love is like medicine for our souls. It lets us dance, sing, laugh, and cry together. It lets us know that someone is saving us a seat at every table. We know that – while we may be off-key – there is someone to sing backup from the passenger seat. And when we have those really bad days, we know there is a shoulder waiting like a therapeutic tissue. These moments, while they may feel

small, carry a heavy weight. It keeps the world from falling apart when it feels so fragile. It keeps our head above the water in the deepest, darkest oceans.

This issue of Good News is about celebrating our love. We're not just talking about romantic love, either. We're talking about the real love that can only come from the heart. Our community is full of actions that show love in every minute of every day. It can be as simple as a "Luv U" text or as kind as holding a door open.

We're proud to share stories of love to make the community a better place. **GN**

Wesley Bryant,
MANAGING EDITOR

From our
publishing
partner



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Good Living

CHAPTER 1 OF 3

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

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Photography by Amanda Guy

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ER CHECK-IN



Amanda and Dottie

ABOVE *and* BEYOND

Tristar Greenview Regional Hospital takes
compassionate care to the next level.

By Paige Cushman
Photography by Amanda Guy

WHEN WILLIAM Sharp was taken to the Tristar Greenview Regional Hospital Emergency Room (ER) struggling to breathe, his wife, Tammie, was understandably worried. Luckily for Tammie, compassionate care isn't just a buzzword for TriStar Greenview — it's the ethos of their work.

After being examined at the ER, the medical team moved William to the critical care unit for respiratory issues. Tammie was worried sick. After three days of frequent visits with her husband, Tammie fell ill.

She went to the ER a few floors below William's hospital room.

"I was so scared now that my wife was sick," William said. "I told Dr. Chou all my concerns, and she made a special trip to the ER to check on my wife."

Ultimately, Tammie had to be admitted and given a room of her own. While that isn't usually good news, Tristar Greenview gave Tammie a silver lining.

"Once the decision was made to admit me, I was informed that my husband was moving to a regular room, and the team had made arrangements for us to have a room together," Tammie said. "I began to cry."

The separation from her husband had been heart-wrenching, but the compassionate care team at TriStar Greenview found a way to bring them



Tristar  Greenview

“

She just kept assuring me that I was beautiful, I was important, and that I've got this. She loved me back to health.

-Alyse

back together, even if under less-than-ideal circumstances — a gesture that epitomized the hospital's commitment to compassionate care.

“We are so thankful for everything the hospital staff has done for us,” William said.

William and Tammie's anecdote is just one of many success stories from the Bowling Green hospital.

One patient, Alyse, was an active drug user and struggled with addiction. She found herself at Tristar Greenview after suffering a heart attack just after Thanksgiving in 2022.

“I felt worthless and ashamed, and I just wanted to numb the pain,” Alyse told hospital staff.

After being admitted for care, Alyse met one of her nurses, Remi Sexton, who would go on to change her life.

“She just kept assuring me that I was beautiful, I was important, and that I've got this,” Alyse said.

It was a turning point for Alyse. Sexton, a living embodiment of Tristar Greenview's commitment to the care and improvement of their patient's lives, played a pivotal role in Alyse's journey.

Almost a year later, Alyse was not just part of a drug rehab program but thriving,

attributing much of her success to Sexton.

“She loved me back to health,” said Alyse. “I am beautiful, I am important, and I've got this.”

A Healthgrades and Medical Group Management Association study analyzed seven million patient reviews and found that over 52% of patients are looking for compassion, comfort, patience, personality, or bedside manner from their medical providers.

“Patients don't just want to see a doctor; they want to be seen,” Dr. Brad Bowman, Healthgrades' chief medical officer, told Forbes in a report about the findings.

In an era where health care can feel increasingly detached, Tristar Greenview remains a shining example of an institution that recognizes the profound impact compassion can have on a patient's journey to recovery.

The stories of William, Tammie, and Alyse echo as poignant reminders that compassionate care is not just a service but a lifeline. Tristar's commitment to the care and improvement of human life radiates through every success story, reinforcing the belief that, above all else, compassion can transform and elevate the quality of life for every patient who walks through their doors. **GN**





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.

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HOT MESS EXPRESS

A source of aid in times of need

By Richard Klin

HOT MESS Express is a multi-state nonprofit that provides quick, essential household assistance to mothers in varying states of need. Hot Mess Express functions via local chapters. Nicole Young and Kandayce Pollard lead the charge in Bowling Green.

The Bowling Green chapter is relatively new but has sprung into action. Candidates are selected by a process of nomination. “We have a group on Facebook and have close to 500 members,” said Nicole Young. “People will post anonymously, or they will direct-message me or Kandayce with the name of the nominee, a mom they know who needs help — or you can nominate yourself.

“We put them together in a big list and then decide. We set up everything with them; we don’t post their name or personal information. The info’s not open to the public. We don’t post the name of the mom we’re helping or her kids or situation. Only Kandayce and I will know her information, aside from people who come to volunteer.”

The next step in the process is to assemble those groups of volunteers. “We do a public meeting spot. People will volunteer for a specific date we’ve scheduled and however many volunteers will show up at that spot. We carpool from there because not everybody has the address.”

Hot Mess Express performs vital tasks that make an actual impact in their lives. “It’s essentially just going in, doing dishes, laundry, and cleaning. It’s free and anonymous. We do deliver supplies to them. For our latest household, we got all new bed-sheets for the mother and her children. We gave them necessities like a toothbrush, toothpaste, shampoo, body wash, laundry detergent — things that are kind of expensive. They’re donated to us by people in the community. We say, ‘Dig them out and reset the home completely, with all the cleaning duties.’”

The situations do vary. Sometimes, there is extensive interaction with the family, and sometimes it is just the opposite.







“Recently,” Young relates, “The mother and her children left and let us clean. The woman had a friend who was there in the home instead of her and her kids. She was truly anonymous. No one even saw her face.”

The Hot Mess team deals with some harrowing situations. “Our latest mother is a single mom who was left with four children. She had no trash service, no cell phone, and stuff like that. So we talked to people in the community and got her set up with things she needs that she can’t necessarily afford right now.”

How does someone not let the worry follow them home at the end of the day? “It’s very hard. I don’t! Not very well. I worry a lot and hope the mother’s situation is okay. For the last one, we left the mother. It wasn’t too cold, but it was getting there, and her gas heat wasn’t set up. Kandayce and I both hoped it would get fixed for her. We’ve kept in contact with the moms a little bit and just checked in and made sure everything’s good. The last one was crying and saying, ‘I don’t deserve this. You didn’t have to come.’ It’s hard to turn it off. I worry a lot about peoples’ situations.”

Luckily, The Bowling Green chapter has resources. “Slim Chickens, the food chain, has sponsored us. For every cleaning we do, we get free meals to feed the volunteers and gift cards to give to the mothers for free meals for them and their children.”

Nationally, Hot Mess Express is in a period of expansion. Young relates, “There are around 32 chapters currently. They’re more in the South and Southeast, but I think they’re spreading outward more.”

“Hot Mess Express is going to get grants now and send the local chapters care packages.”

-Nicole Young

“Hot Mess Express is going to get grants now and send the local chapters care packages. There will be more resources for us and the chapters at the beginning of next year. We’re going to have a lot more resources and things to help more,” said Young.

Hot Mess Express and the Bowling Green chapter have a set outreach. For example, providing assistance with housing or obtaining a car is not part of the group’s scope. “In essence, we’re there to reset the home, which eases the burden for the mother and aids the entire household,” Young said.

Even with support and resources, maintaining a household and ensuring your kids’ well-being can be daunting. For those without support and resources, it can be dire. Hot Mess Express can reset lives by resetting the home. **GN**





Dr. Shane O'Keeffe

Mission Possible

Train and retain medical professionals

By Amanda E. West // Photo submitted by Sandi Feria

IT HAS often been said that teamwork makes the dream work. In 2018, Med Center Health, The University of Kentucky (UK) College of Medicine in Bowling Green, Western Kentucky University's (WKU) School of Nursing, and the School of Physical Therapy teamed up with a mission not only to train students in health care but to also retain them. According to the program director of the general surgery residency program at Med Center Health, Dr. Shane O'Keeffe, this is the first collaboration of its kind in the entire Commonwealth of Kentucky.

"The partnership was created to educate physicians, nurses, and therapists in Kentucky, for Kentucky — to address the critical shortages across the region. The additional space in the WKU-Health Sciences Complex building has allowed WKU to admit more students into their programs, and the UK campus in Bowling Green has allowed several cohorts of medical students to come through and receive their training right here with our physicians and educators as mentors," said Dr. O'Keeffe.

"This location offers students direct access to a clinical environment where they can work with patients and physicians. The UK College of Medicine offers an MD program and residencies and fellowship programs for physicians who have already completed medical school. The WKU School of Nursing offers a variety of nursing programs and certifications, and the WKU Doctor of Physical Therapy program offers advanced training for therapists. Our mission is to educate as many future doctors, nurses, and therapists as we can."

According to Dr. O'Keeffe, rural areas experience shortages in physicians and medical providers, so this partnership not only helps train graduates for these locations but also improves the probability that graduates will choose to stay.

"Because of the shortage, the idea of this partnership is to train future health care providers to stay in the region to provide care for folks close to home, so they don't have to travel far for their medical care."

Since the program started, they have graduated 116 students from the residency and fellowship training programs. Of those graduates, 45 have moved into further residency training programs, 12 are in fellowship programs, and eight have joined the staff at Med Center Health. Five others have remained within the state.

“Our graduates have sought employment in the private practices and hospital-owned groups,” said Dr. O’Keeffe. “South Central Kentucky is a great place to live and work. The allure of larger cities can be irresistible to some students interested in the medical field. But here, in this growing community, we can do the most good for people who really need it. Our students are getting an exceptional education from expert innovators in their fields of medicine. They get hands-on experience, all while making a difference in our community.

The opportunity exists for them to obtain their undergraduate, graduate, and postgraduate training in medical education right here in Bowling Green.”

The excitement brewing around the future of this program motivates Dr. O’Keeffe and provides him with the strength to overcome challenging times.

“I really thrive when I see patients’ lives being positively changed by the procedures that I and my colleagues perform. Having a residency program has been amazing. It is so inspiring to see individuals starting straight from school and watch them grow to be exceptional surgeons and physicians. It is really very exciting to be a part of that growth and know that I am hopefully playing a small part in changing the health care landscape here and all of Kentucky.

“Med Center Health has been a substantial part of my career, and I have been extremely lucky to have found such an amazing work environment to grow

both professionally and personally. The Med Center is very patient-focused, and I really appreciate the quality of care for our patient population. However, personally, I have found what I enjoy most about the Med Center are the opportunities to continue to learn and grow outside of my profession. Working with various staff throughout the organization, I’ve been fortunate to witness excellent leadership and employee dedication and, in turn, have utilized these ‘life lessons’ in my practice and my personal life. I can also say I am proud to be a part of an organization that is dedicated to making our community a healthier and more inclusive place to live.”

Originally from Ireland, Dr. O’Keeffe and his family consider themselves home in Kentucky. “This has been a place of acceptance, friendship, and joy. Bowling Green is a very special place in which to live.” GN



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South Central Kentucky is a great place to live and work. The allure of larger cities can be irresistible to some students interested in the medical field. But here, in this growing community, we can do the most good for people who really need it. Our students are getting an exceptional education from expert innovators in their fields of medicine.

-Dr. Shane O’Keeffe



Unleashing the champion within: Embracing self-belief and ignoring the critics

The power of believing in yourself and defying the doubters

IN THE vast arena of life, there is a paramount lesson that champions across all disciplines have learned: the significance of believing in oneself and casting aside the weight of others' opinions. Just like in sports, where athletes rise above the naysayers and push through the barriers, in our own lives, self-belief can become our most potent weapon. When we anchor ourselves in unwavering confidence and disregard the detractors, we unleash our true potential, transcending boundaries and achieving greatness.

It is often said that greatness is not solely defined by natural talent or physical prowess, but rather by an unyielding belief in one's abilities. Think of a tennis match where the underdog defies all odds to triumph over a higher-ranked opponent. It is their unwavering self-belief that propels them forward, enabling them to silence the doubters and claim victory. In our own lives, we encounter similar challenges, be it pursuing a career change, embarking on a new venture, or following our passions. The echoes of skepticism may reverberate around us, but it is in those moments that our inner champion must rise and drown out the noise.

Just as a sprinter on the track tunes out the crowd's roar, so too must we tune out the judgments and criticisms of others. External opinions are fleeting and subjective, often rooted in their own fears and limitations. It is vital to remember that the only person who truly knows our potential is ourselves. When we believe in our dreams, our capabilities, and our unique talents, we cultivate a resilient spirit that propels us forward, regardless of the obstacles that lie ahead.

The path to self-belief is not without its challenges. The road may be filled with setbacks, failures, and moments of self-doubt. However, it is in these moments of adversity that we must draw upon our

inner strength and summon the courage to persevere. Just like a basketball player who misses a shot but maintains their belief in their skills, we too must learn from our failures and use them as stepping stones toward growth. The journey to self-belief requires patience, self-reflection, and an unwavering commitment to personal development. It is through this process that we shed the shackles of external validation and find solace in our own intrinsic worth.

In the arena of life, we have a choice: to succumb to the pressures of conformity and the fear of judgment or to embrace our uniqueness and believe in our own worth. The champions we admire in sports have overcome immense obstacles by remaining steadfast in their self-belief. They have shown us that success is not solely defined by victory but by the strength of character and unwavering belief in oneself.

So, let us ignite the fire within and silence the doubts that linger. Let us cultivate an unshakable faith in our abilities, trusting that our dreams are worthy and attainable. As we rise above the noise of criticism and forge our own paths, we become beacons of inspiration for others, reminding them that they too possess the power to believe in themselves.

In the arena of life, the journey to self-belief is the ultimate victory. It is a testament to our resilience, determination, and unwavering spirit. When we refuse to be swayed by external judgment, we unlock the door to our full potential and pave the way for extraordinary achievements. So, stand tall, believe in yourself, and let the world bear witness to the brilliance that lies within.

As we step into the arena of life with unwavering self-belief, we become the champions of our own destiny, shaping a world where dreams know no limits. **GN**

Savor the

Sweetness
of *Love*



Discover cozy and delicious recipes to brighten your day

By Tina Neeley

IT'S TIME for embracing warmth, love, and the joy of sharing delicious meals with those closest to our hearts. As we endure the lingering winter days, here's a selection of recipes filled with heartfelt comfort. From delightful treats perfect for celebrating Valentine's Day to nourishing dishes that evoke feelings of love and togetherness, indulge in the flavors that bring people together and create lasting memories. Join us as we celebrate from the heart. **GN**



Turtle Cheesecake

Submitted by Tammie Thorpe

1 1/2 c. chocolate wafer cookies, crushed
3 T. butter, melted
2 pkgs. cream cheese, 8 oz., softened
1/2 c. sugar
1 t. vanilla
2 eggs, room temperature
1/2 c. chocolate chips
1/2 c. pecans, chopped
1/2 c. caramel ice cream topping

In a medium mixing bowl, mix wafers and butter. Press into the bottom of a 9" pie pan. In a large mixing bowl, stir cream cheese until smooth. Stir in sugar and vanilla. Add eggs one at a time. Mix until batter is smooth. Pour mix into pie crust. Bake at 325° for 40 minutes or until slightly brown. Let cheesecake cool. While cake is baking, combine chocolate chips, pecans, and caramel topping in a medium bowl. When cake has baked, gently spread mixture over top of cake. Place in refrigerator until cool.

Death by Chocolate

Submitted by Lisa Scott

2 pkgs. chocolate mousse mix
1 lg. pkg. whipped topping
1 pan baked brownies
1/4 c. Kahlua®
8 Heath® bars, crushed
1 c. pecans, chopped

Prepare chocolate mousse as directed. Fold whipped topping into mousse and set aside. Crumble 1/2 of the brownies into a 9x13 baking dish. Sprinkle Kahlua® over brownies. Sprinkle 1/2 of the Heath® bars and the pecans over the brownies. Spread 1/2 chocolate mousse on top. Layer remaining brownies, Heath® bars, and mousse. Chill before serving.

The Ultimate Chocolate Chip Cookies

Submitted by Rose Hamner

1 1/2 c. shortening
2 1/2 c. brown sugar
4 T. milk
2 t. vanilla
2 eggs
3 1/2 c. AP flour
2 t. salt
1 1/2 t. baking soda
1 bag chocolate chips
2 c. pecan pieces

In a large mixing bowl, beat shortening and brown sugar. Add milk, vanilla, and eggs. In a medium mixing bowl, sift together flour, salt, and baking soda. Add to the creamed mixture. Stir in chocolate chips and pecan pieces. Drop by spoonfuls onto a greased cookie sheet. Bake at 350° for 8-10 minutes.

*Submit your recipes to be included in Good News Magazine and the Exchange Cookbook:
www.southernaprons.com*





CHAPTER 2 OF 3

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

- 34 From the Heart
- 36 A lifetime of love
- 40 True love's lifesaving gift
- 44 Southern Kentucky's 'birth bestie'

Our stories are based on submissions from local people.

Submit yours here:



goodnewsmags.com

Photography by Amanda Guy

From the Heart

THE CONNECTION between humans — we call it love — is a profoundly beautiful thing. Our Creator built us to have different types of love. The Greek words for the three types are eros, agape, and philio.

Eros is the passionate and romantic love we often think of when picturing two people sharing an intimate bond. It's full of emotion, desire, and longing, and people find it every day.

Agape love is a love that is unconditional and selfless. It's love without expectation or demand, often seen among family members and friends who care deeply for one another.

Philio love is the love of friendship and community. It's about shared experiences and mutual understanding. We often see this type of love in close-knit groups of people who have a deep connection — just like Bowling Green.

No matter what type of love you experience, it's an essential part of the human experience. Love and connection bring us closer together, allowing us to share life's highs and lows with those we care about most. Good News is happy to share these one-of-a-kind stories from the heart. **GN**





Karl and Sarah Hussung

A Lifetime of Love

The timeless love story of
Karl and Sarah Hussung

By Haley Potter
Photography by Amanda Guy

AT ALMOST 93 years old, his weathered hands hold a lifetime of memories. Each line etched on his face tells a chapter of a love that surpassed time itself. Meet Karl Hussung, a man whose unwavering love story continues to inspire even after his beloved Sarah passed away three years ago.

Their extraordinary journey, spanning over seven decades, is a remarkable tale

that resonates with the very essence of true love and lasting companionship.

The love story of Karl and Sarah began in the hallowed halls of Murray State Teachers College. Karl reminisces, “I met Sarah on the campus, and we fell in love pretty early during our relationship.”

The serendipitous meeting would set the stage for a love story that would endure the trials and tribulations of time.



▲ Karl Hussung

Sarah worked on a farm throughout her childhood.

“She came from a farm, and her parents were raising nine kids, and she was working hard to raise every dollar she needed for her college education,” Karl said.

Karl reflects on the depth of their love, saying, “We were married for 67 years and three months [when] Sarah passed away.” Their journey was a love story that endured and thrived, standing strong against the passage of time.

What was the secret to their enduring love? Karl was quick to share, “We were very active in our church life from the get-go. It’s a bond that will hold you together.”

Their shared faith was a cornerstone of their relationship and a source of strength and unity.

Their love story, however, was not without its share of hardships. Karl opened up about the loss they faced.

“Sarah gave birth to five children. The second little one was a boy born prematurely. He passed away after three days.”

This heart-wrenching experience tested their love but, ultimately, only served to strengthen their bond.

In the face of adversity, their family blossomed. Four children brought the couple 14 grandchildren and an astounding 16 great-grandchildren, creating a legacy of love that spans generations.

“Our oldest son is a school teacher at St. Louis University High School, and our youngest son is the chairman of the music department at Carson Newman College and a music minister at a Southern Baptist church in Tennessee,” Karl proudly shares, highlighting the successes of their children.

“My daughter is a special education teacher at Jackson Academy in Bowling Green,” he said.

“My other son has been a pastor of several churches, including one on an [American] Indian Reservation, throughout the years and currently a pastor at Rich Pond Baptist Church in Warren County and has been for 26 years, which is very unique and remarkable.”

As Karl delves into their cherished memories, his love for Sarah radiates in every word.

“I never dated another girl once I met Sarah. I knew she was the one for me from

“I never dated another girl once I met Sarah. I knew she was the one for me from the get-go. What we had will always be very special to me.”

- Karl Hussung

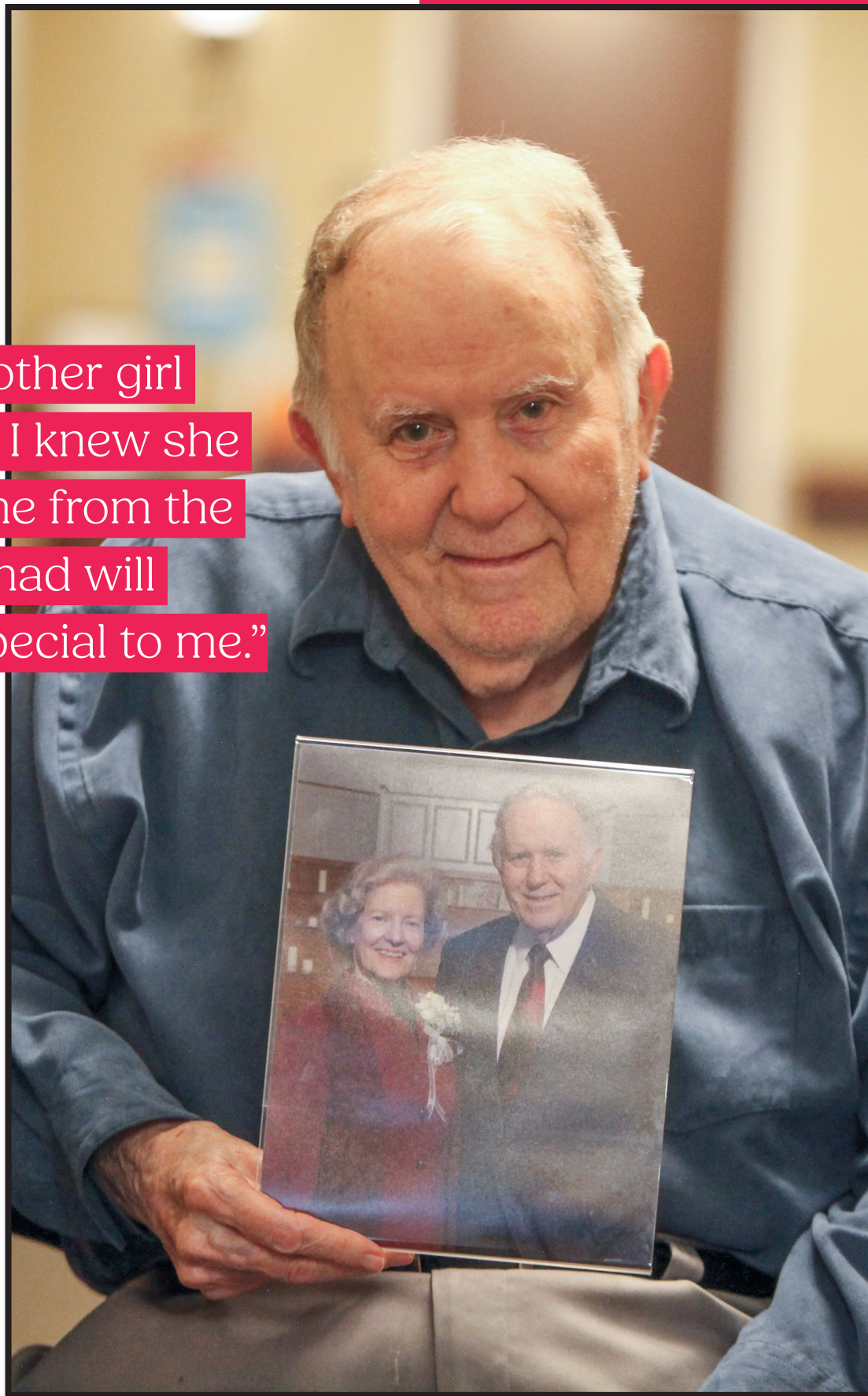
the get-go,” Karl said.

Karl is a resident at Arcadia Senior Living in Bowling Green, where he spends much of his time reflecting on his profound love story with Sarah.

Their story is a testament to their profound connection from the beginning.

“What we had will always be very special to me,” Karl said.

The timeless love story of Karl and Sarah Hussung serves as a beacon, reminding us that true love withstands the tests of time and leaves a mark on our hearts. It’s a love story that continues to inspire and warm the hearts of all who hear it, proving that love knows no bounds and true love is timeless. **GN**





Bill and Julie Moore

True love's Lifesaving Gift

Julie Moore's
extraordinary
act of love,
sacrifice, and
selflessness

By Haley Potter
Photos submitted by Julie Moore

IN APRIL 2022, Bill and Julie Moore tied the knot, celebrating the union of their hearts as they embarked on the journey of marriage. Little did they know that their love would be tested in the most profound and unexpected way just three weeks later. Bill had long battled kidney disease, a silent threat lurking in the background of their lives, and now, it had come to the forefront, manifesting as renal failure.

"We knew he had kidney disease, but we didn't know how advanced it was," Julie said.

Bill found himself tethered to dialysis machines, enduring multiple surgeries to prepare for this life-sustaining treatment. Their world had been turned upside down, but their unwavering love remained a constant source of strength.

Despite his struggles, Bill was determined to shield his wife and children from testing for a potential kidney match. He couldn't bear the thought of them going through the pain and uncertainty of the process, believing that

Julie needed to focus on caring for him rather than embarking on her own medical journey.

"He didn't want us going through that," Julie said. "If I was his caregiver, how would I take care of him if I was recovering?"

Little did he know that Julie had a different plan.

Julie's love for Bill ran deeper than words could express. She couldn't stand by and watch her husband suffer without taking action. In a remarkable act of love, she secretly went behind Bill's back to get tested. What followed was a testament to the power of love and selflessness.

In May 2023, the phone call came, bringing news that would forever change their lives. Julie was not just a match; she was considered an exceptional match, a perfect match. It was a divine alignment of fate, a testament to the extraordinary bond they shared.

"Even though Bill didn't want me to get tested, he was super excited about the news," Julie said.



But their journey was far from over. Julie had to undergo testing at Vanderbilt to ensure her own health and readiness for the transplant surgery.

Fast forward to Sept. 14, 2023, a day etched in their hearts forever. The couple underwent the life-saving surgery, an act of love that transcends all boundaries. Their shared experience was nothing short of awe-inspiring, a true statement of the depth of their love.

Today, Julie is fully recovered. Bill is expected to be fully healed by April and is back to work. Life is gradually returning to normal, but the scars of their surgeries serve as a strong reminder of their unwavering commitment to one another.

Her voice filled with gratitude, Julie reflects on their journey, saying, "Even though Bill didn't want me to get tested, he was super glad I went through with it. I

wasn't sure if he would, you know, because, like I said, he really didn't want me to have to go through that."

Bill echoes her sentiment, emphasizing how their love story was guided by a higher power.

"Bill has said the same thing; he can look back and see how God had a hand in this from the beginning, you know. So it's just — everything just kind of lined up to fall right into place when it was supposed to," Julie explained.

Julie's decision to get tested without Bill's knowledge was driven by a deep love. She recalled, "I didn't think twice about getting tested to see if I was a match. When he first told me no, I didn't. And then one day I was just sitting thinking about how dialysis takes up so much time. We would work all day and then spend three to four hours in the evening doing it five days a week," Julie said.

She thought she was just wasting precious time if she was a match and wasn't getting tested. However, she had a good feeling all along.

"I had told the girls I work with that I'm going to be a match," she said. "I just somehow knew I would be a match."

Julie's health was a crucial factor; fortunately, she was in excellent shape for the surgery. "Luckily, I'm very healthy. There wasn't really anything that held me back at all because all my tests came back really good," she explained.

Julie's unwavering support for organ donation is evident. She emphasized, "I'm a hundred percent for getting tested for organ donation. It's easy."

Julie encourages anyone to get tested to see if they are a match to become a life-saving donor like she was.

"I think the concern for a lot of people is the financial side of it, but all of that is paid for by the recipient's insurance," she said. "There was no out-of-pocket for me."

Though challenging, Bill and Julie's journey brought them closer together, as Julie concluded, "It's wonderful knowing that you're doing something for somebody. This was just kind of like something bigger. It just made me feel good that I could do that for him."

In the face of adversity, Bill and Julie Moore's love shines as a beacon of hope and inspiration, reminding us all of the incredible power of love, sacrifice, and selflessness. Their story serves as a reminder that true love knows no bounds and is willing to go to extraordinary lengths to protect and cherish the ones we hold closest to our hearts. **GN**





Amanda Poteet-Woolen

Southern Kentucky's 'birth bestie'

The inspiring journey of
Amanda Poteet-Woolen

By Amanda E. West
Photos submitted by Kevin Woolen

AMANDA POTEET-WOOLEN has become a household name to thousands of families across Southern Kentucky. She is the longest-working and most experienced birth doula and a lactation counselor, childbirth and lactation educator, and placenta encapsulation specialist. She has also helped countless expectant families walk through loss. To sum it up, she's every expectant parent's "birth bestie."

Mostly raised by her maternal grandparents, who were deeply rooted in Appalachia, Poteet-Woolen said, "My childhood was rich because these two chose to stand in

a space for me. Looking back, that really made all the difference. They encouraged me in ways they weren't, such as regularly buying books for me that they couldn't even read."

When Poteet-Woolen was in the fourth grade, she learned she was going to have a little brother. As her mother progressed through each trimester, she grew more and more fascinated with her mother's expanding belly. She consumed every book on the subject at the library. When asked what career she would choose for a class assignment, she told her class that she was going to deliver babies.



Amanda Poteet-Woolen and a client's baby

“You can imagine how that went over. Everyone thought it was a massive joke. My English teacher told me I should write about becoming something achievable like a teacher. I was embarrassed but agreed to change from delivering babies to teaching. I tucked away the birth idea, but it never fully left me.”

After Poteet-Woolen married and gave birth to their first child, the longing to help other women through the process resurfaced even stronger. “My husband and I left the hospital feeling like something was missing. It was then that I dove into working as a birth doula. Through facing my own struggles, my passion found me again.”

Poteet-Woolen fought hard to achieve her dreams. While opportunity was not always abundant for her family, she wants to leave a legacy like never before.

“Every trial and tribulation has led me to a life of serving women and children in my community with an open heart and open arms. I turn no one away who seeks me out. I hold a seat and space for anyone who needs it. That’s how you love women. You hold an unbiased space for them to move and share without fear. Through my own experiences in unsafe spaces, I discovered how to become a safe space myself, so no woman or child has to seek that alone.

“I do a lot of reading and continuing education classes. I’m constantly evaluating resources, reading articles, keeping up to date on statistics, connecting with other professionals in town, and working together to find better ways to serve families. As a doula and lactation counselor, I’m an active cog constantly moving in the machine that is working to transition women from pregnant to parent.”

Poteet-Woolen also works tirelessly to ensure a new generation of birthing doulas is ready to meet the needs of future generations. In chasing that goal, she has expanded the classes she offers to expectant and postpartum families.

“I teach a variety of in-home and in-person classes. I offer breastfeeding education, childbirth and home birth education classes to support breastfeeding families going back to work, feeding solids, weaning, newborn care, babywearing, cloth diapering, batch cooking, postpartum meal prep, new parenting education, birth planning, and a comfort measures course. Over the years, I’ve diversified my skills and education, so I’m able to provide a variety of courses for the birth and baby community.”

In April 2020, when 40% of the top-selling infant formulas were out of stock, the panic faced by families resounded loudly across the nation. Poteet-Woolen sprang into action with “Every Scoop Counts.” Her online network provided 1,000 cans of formula to local families.

“Many nights I laid in bed and wondered how many full bellies went to sleep that night because our community and country worked together to love each other a little deeper.”

Her “Pass the Pump” initiative redistributes gently used pumps back into the breastfeeding community. She also created a donor program that connects mothers with an abundance of human milk to infants who are especially fragile, such as those in the neonatal intensive care unit.

WBKO News 13 named Poteet-Woolen a “hometown hero,” and VIP Magazine recently recognized her as one of the “40 Under 40.” GN

For more information, go to www.gratefulmomsdoula.com

“All of my trials and tribulations have led me to a life of serving women and children in my community with an open heart and arms.”

- Amanda Poteet-Woolen



▲ Amanda Poteet-Woolen and her client

How the Good News Magic Happens: From Submission to Print

How does a story get into Good News Magazine?

Nominate someone to be featured in Good News Magazine.

Since Good News launched, we have received hundreds of nominations for people to be covered. Ever wondered how a story finds its way into the pages of our magazine? Well, the answer is simple: it's all thanks to you! Not only are the stories about local people, but they come from other local people, too! Here's a glimpse into the journey of how stories come alive in Good News Magazine.



Step 1: The submission process: goodnewsmags.com

We believe that everyone has a story worth sharing, and we rely on our readers to help us discover these extraordinary individuals. Submissions are made through our website and include the following details:

- A nominee's name
- Contact information (phone and email)
- The reason for the submission, along with why they qualify as a "Good News" story. This may include their contributions to the community, impactful deeds, family life, occupation, and more.
- We're not looking for you to write the story or find a superstar. We believe everyone has a story, and we only need relevant information. Our writers will do the rest!

Step 2: Selection and theme assignment

We tell stories about local people and what they are doing to make a difference. We have told stories about charities, medical staff, volunteers, school staff, and your next-door neighbor. Again, everyone has a story. While we feature six remarkable individuals in each issue, keep in mind that our production schedule is planned months in advance. So, if someone isn't featured in the upcoming issue, there's still a chance they'll be highlighted in the future. We keep all submissions on file for potential use.

Step 3: Interviews and photo shoots

Once a story is selected, our talented writers and photographers swing into action. We continue to be inspired by the stories submitted to us, and we complete the interviews and photo shoots several months before the issue goes to print. Our writers may conduct interviews via phone or video chat, while others prefer in-person meetings with the individuals behind the stories.



What's next in Good News Magazine?

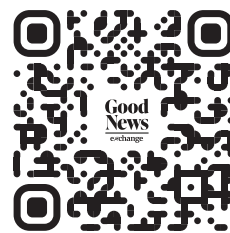
Currently, our dedicated team of magazine writers and editors is hard at work crafting stories under themes like “Charity Spotlight,” “The Learning Curve,” and “Shop Local.” We are excited to announce the next theme needing story submissions is **“Independence.”**

What we seek in Independence stories:

We are looking for local veterans in our community who are willing to share their stories. Do you know a veteran in your community who faced and overcame challenges? Or veterans who now use their experience to assist others? Or, you might know of charities led by veterans that positively impact the community. We're looking to highlight such veterans and their inspiring stories in our upcoming Independence 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.







GoodTimes

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

Photography by Gretchen Clark

◀ Skip Cleavinger, John Skelton, Rebecca Baumbach, Jil Chambless, Randy Clepper, and Joey Hayes

A Charlie Brown Christmas - Dec. 7, 2023



Photography by Gretchen Clark

Legacy Christian School's stage sparked with youthful energy as students transformed into the beloved Peanuts gang, bringing "A Charlie Brown Christmas" to life. Parents and friends gathered to witness the timeless message of friendship and faith, reminding everyone that the true joy of Christmas lies in loved ones and the humble beginnings of the holiday.



1. Sarai Figgins 2. Carter Roach 3. Sophia Clark, Lily Fogle, and Gavin Sanford 4. Cole Martin
5. Lexi Neil, Jerry Yang, Elisabeth Pope, Vanya Bassette, Sarai Figgins, Sophia Clark, Lily Fogle, Joshua Thoma, and Cole Martin

Ancient Celtic Music and the Winter Solstice - Dec. 21, 2023



Photography by Gretchen Clark

In Bowling Green's Capitol Theater, ancient Celtic melodies wove a mesmerizing winter solstice tapestry, transporting the audience to a bygone era with traditional instruments and ethereal echoes. As the final notes faded, the timeless power of music to connect us to the past lingered in the air, leaving an indelible mark on all who journeyed through sound.



1. John Skelton 2. Rebecca Baumbach and Jil Chambless
3. Skip Cleavinger, John Skelton, and Rebecca Baumbach 4. Randy Clepper and Joey Hayes

Christmas Giveaway - Dec. 23, 2023



Photography by Gretchen Clark

Led by Pastor Apostle Chad Collins, the Miracle Life Center church extended a loving hand to individuals across the city, providing warm meals to those on foot or bike during a special Christmas food giveaway. The outreach not only met physical needs but also offered powerful spiritual moments, with heartfelt prayers creating a spirit-filled atmosphere of fellowship and care.



1. Bonnie Parker 2. Mary Puckett 3. Sheteka Winston
4. Daylan Hargrove and Joyce Mastovich 5. Denise Winston, Bonnie Parker, and Janice Galloway



6. Shiry Rae and Melanie Windom 7. Denise Winston
8. Pastor Lonnie Winston 9. Debora Wright, Courtney Turney, Lariah Stockton, and Chad Winston

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
exchange

GOOD TIMES

EVENTS CALENDAR

January 27

9:00 pm **BG Puck Classic-Pond Hockey Tournament**
SoKY Ice Rink
636 Center St.
Bowling Green

Hockey lovers, join the exciting event! Form a 3-5 member team, but register individually. No goalies or slapshots. Proceeds benefit Warren County Humane Society; email brown-tony-mac@yahoo.com for info.

February 1

7:30 pm **Clay Walker Country Side Tour**
Southern Kentucky Performing Arts Center
601 College St.
Bowling Green

Country artist Clay Walker presents his latest album, "Texas to Tennessee." Get tickets for his SKyPAC performance online, by phone at (270) 904-1880, or in person.

February 8

6:00 pm **Wild Ones Seed Starting Workshop**
Lost River Cave
2818 Nashville Rd.
Bowling Green

The Bowling Green community is invited to attend a workshop on starting seeds, hosted in Lost River Cave's River Birch Room.

February 9

4:00 pm **Romance at the RailPark 2024**
The Historic Railpark Train Museum
401 Kentucky St.
Bowling Green

You are invited to celebrate Mardi Gras with dinner, music, and movie magic. Includes a four-course dinner, live music, and a special movie screening.



February 16

4:00 pm Showbiz 2024
Sloan Convention Center
1021 Wilkinson Trace
Bowling Green

Join us for a showbiz tradition of excellence, featuring professional judging, well-organized events, and free photos/video packages at all regional competitions. The weekend event ends Feb. 18.

February 21

7:00 am Kentucky Rural Water Association's 2024 Management Conference
Sloan Convention Center
1021 Wilkinson Trace
Bowling Green

This is a special conference for water and wastewater professionals, featuring educational sessions and an exhibit hall. Runs until Feb. 22.

February 27

6:00 pm Small Business Saturday Chef Table Sale
Hickory and Oak
705 State St.
Bowling Green

This is a special event for chefs in the Bowling Green community.



For more events and to submit an event visit:

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



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GOOD NEWS SUPPORTERS

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

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BGWC Contractor's Licensing Board	8	Morgantown Bank & Trust	7, 8
Blossman Gas Inc.	8	SKyPAC	8
Bluegrass Medical Care	5	Southern Lanes	5
Charter Senior Living of Bowling Green	3	The Mint Gaming Hall at Kentucky Downs.....	3
Firehouse Subs - Bowling Green	60	UPS Store Tony Brown	4

The Value of Good News

Good News Magazine not only lets you reach your audience directly, it's also a way to build brand recognition and positive associations over time. Placing your ad alongside engaging, positive stories means it's much more likely to be seen and well received.

Our beautiful design and community focus result in a premium publication that readers keep in their home for long periods of time — leading to more views of your ad.



LOCAL AUDIENCES

Your message reaches fans of the magazine. Local readers suggest more than 90% of the stories we tell.



LONG SHELF LIFE

Readers look at your ad over and over again. 60% of readers keep every issue for more than 60 days.



POWER OF PRINT

Social media is drowning in negativity. Readers notice your ad as they crave the good ol' days.



POSITIVE ASSOCIATION

Your ad lives with positive and 'viral' content. Readers fall in love with their town and your business.

Increase your Brand Awareness

Advertise in Good News and Plan Your Marketing Budget Wisely!



Charity Spotlight

ISSUE 2 2024

Deadlines

Sponsored Content..... 1/1/24
 Advertising..... 2/1/24
 Mailed to Homes..... 2/17/24



Independence

ISSUE 6 2024

Deadlines

Sponsored Content..... 5/6/24
 Advertising..... 6/6/24
 Mailed to Homes..... 6/22/24



The Learning Curve

ISSUE 3 2024

Deadlines

Sponsored Content..... 1/29/24
 Advertising..... 2/29/24
 Mailed to Homes..... 3/16/24



Dreams Come True

ISSUE 7 2024

Deadlines

Sponsored Content..... 6/3/24
 Advertising..... 7/3/24
 Mailed to Homes..... 7/20/24



Shop Local

ISSUE 4 2024

Deadlines

Sponsored Content..... 3/4/24
 Advertising..... 4/4/24
 Mailed to Homes..... 4/20/24



Where Champions are Made

ISSUE 8 2024

Deadlines

Sponsored Content..... 7/1/24
 Advertising..... 8/1/24
 Mailed to Homes..... 8/17/24



Vacation in Bowling Green

ISSUE 5 2024

Deadlines

Sponsored Content..... 4/2/24
 Advertising..... 5/2/24
 Mailed to Homes..... 5/18/24



From Farm to Table

ISSUE 9 2024

Deadlines

Sponsored Content..... 8/5/24
 Advertising..... 9/5/24
 Mailed to Homes..... 9/21/24



Mark Mahagan

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 (270) 526-1350

Email me at mark@goodnewsmags.com

...ation that comes
 celebrating. Dairy
 21 dairy farms, he
 and his wife Kim
 only started dairy
 business in Tennessee
 with a way to ob-
 tain the best
 products.
 All on many people
 manage high-pro-
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 in terms of raising
 care of cattle, being
 robust, and work-
 ing into dairy
 The Nick Gandy
 of 2020. "We'd al-



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HOT SPECIALTY SUBS

HOOK & LADDER®

S \$6.29 | M \$9.09 | L \$12.79

Smoked turkey breast and honey ham smothered with Monterey Jack, served Fully Involved® (mayo, lettuce, tomato, onion, deli mustard, and a pickle spear on the side).

TURKEY BACON RANCH™

S \$6.79 | M \$9.59 | L \$13.19

Smoked turkey breast, pepper bacon, sharp cheddar cheese topped with peppercorn ranch, mayo, lettuce, tomato, and onion.

FIREHOUSE MEATBALL®

S \$6.19 | M \$9.19 | L \$12.89

Italian meatballs, melted provolone, zesty marinara, and Italian seasonings. Best meatballs guaranteed! *Contains gluten

CLUB ON A SUB™

S \$6.79 | M \$9.59 | L \$13.19

Smoked turkey breast, Virginia honey ham, crispy pepper bacon, and melted Monterey Jack, served Fully Involved® (mayo, lettuce, tomato, onion, deli mustard, and a pickle spear on the side).

ITALIAN™

S \$6.19 | M \$9.19 | L \$12.69

Genoa salami, pepperoni, Virginia Honey Ham, melted provolone, Italian dressing, and seasonings, served Fully Involved® (mayo, lettuce, tomato, onion, deli mustard, and a pickle spear on the side).

FIREHOUSE STEAK & CHEESE®

S \$6.59 | M \$9.19 | L \$13.69

Sautéed steak with Provolone, topped with sautéed onions, bell peppers, mayo, mustard and a dill spear on the side.

ENGINEER®

S \$6.09 | M \$9.19 | L \$12.99

Smoked Turkey Breast with sautéed Mushrooms and melted Open-Eyed Swiss, served Fully Involved® (mayo, lettuce, tomato, onion, deli mustard, and a pickle spear on the side).

FIREHOUSE HERO®

S \$6.19 | M \$9.29 | L \$13.19

Premium roast beef, smoked turkey breast, Virginia honey ham, and melted provolone, served Fully Involved® (mayo, lettuce, tomato, onion, deli mustard, and a pickle spear on the side).

NEW YORK STEAMER®

S \$6.19 | M \$9.29 | L \$13.29

Corned beef brisket, pastrami, melted provolone, mustard, mayo, and Italian dressing.

SMOKEHOUSE BEEF & CHEDDAR BRISKET®

S \$6.99 | M \$10.99 | L \$13.99

Smoked beef brisket, melted cheddar, BBQ sauce & mayo with a dill pickle spear served on the side.

SPICY CAJUN CHICKEN

S \$6.39 | M \$9.29 | L \$12.99

Grilled, Cajun-seasoned chicken breast, jalapeños, melted pepper jack cheese, lettuce, onions, deli mustard, and our housemade Cajun mayo.

JAMAICAN JERK TURKEY

S \$6.09 | M \$9.09 | L \$12.89

Smoked Turkey Breast Topped with Jamaican Jerk seasoning, Pepper Jack Cheese, Mayo, lettuce, tomato, onion, and Jamaican Jerk sweet mustard sauce

BUILD YOUR OWN SUB

Served hot, or make it cold.

Choose your protein, bread, cheese, veggies, and condiments.

Try it Fully Involved® with lettuce, tomato, onion, mayo and deli mustard

SMOKED TURKEY BREAD M \$8.99

VIRGINIA HONEY HAM \$8.99

GRILLED CHICKEN BREAD S \$6.29 | M \$9.19 | L \$12.99

PASTRAMI S \$6.29 | M \$9.09 | L \$12.79

ROAST BEEF S \$6.09 | M \$9.09 | L \$12.79

CORNED BEEF S \$6.09 | M \$9.09 | L \$12.79

TUNA SALAD S \$5.99 | M \$8.99 | L \$12.19

A blend of tuna, relish, mayo and black pepper with provolone. Served cold.

VEGGIE \$8.89

Caramelized onions and green bell peppers savory mushrooms, Provolone, cheddar, Monterey Jack, lettuce, tomato, onion, mayo, deli mustard, and Italian dressed

All subs and extras also available in small and large sizes.

EXTRAS

Extra Cheese 95¢

Add Bacon \$1.50

Add savory mushrooms 90¢

Gluten-free roll \$2.49

KIDS' COMBOS

Choose Meatball, Smoked Turkey Breast, or Virginia Honey Ham with Provolone, or Grilled Cheddar Cheese \$5.99

Served with 12 oz AHA! flavored water, dessert, and a kid-sized fire hat

SALADS

All salads start with Romaine; diced tomato, green bell pepper, and cucumber, Mozzarella; and choice of dressing

HOOK & LADDER SALAD® \$9.99

Smoked turkey breast and Virginia honey ham

ITALIAN WITH GRILLED CHICKEN SALAD® \$9.99

Grilled chicken breast and Genoa salami

FIREHOUSE SALAD® \$9.99

Smoked turkey breast, Virginia honey ham, or grilled chicken breast

NO MEAT \$7.99



ALL NEW SUB!
CHICKEN PARM MEATBALL
S \$6.59 | M \$9.99 | L \$13.99

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Local Owner Operator

