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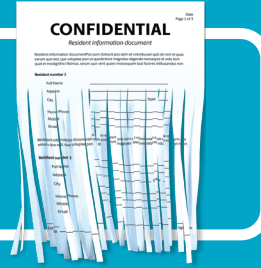
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LETTER FROM THE EDITOR

Heartbeats of Our Hometown

We celebrate the silent heroes among us.

IN THE quiet corners around us, away from negativity, thrive the true heartbeats of our community — the local charities and the selfless individuals who support them. It's in these spaces, often unnoticed, where the most profound acts of kindness blossom, nurturing the soul of our town the way gentle rain nourishes our earth.

These charities are the sturdy bridges over turbulent waters for many among us. Behind each food drive, each fundraiser, and each helping hand are people like those featured in this issue. They are the pillars of our community, often foregoing recognition and reward, driven by a simple yet powerful desire to make a difference. These are our neighbors, our friends, perhaps even strangers, who embody the purest form of love — giving without expecting anything in return.

The beneficiaries of these charities are not just faceless names on a list. They are people with hopes and dreams, often finding themselves in situations beyond their control. The support they receive is more than just material aid; it's a message that they are not forgotten. Their community stands with them in hours of need.

This cycle of giving and receiving creates a harmony that resonates through our streets, echoing in the laughter of children at a community center or the grateful smiles at a food pantry. It's a reminder that, in the hustle of everyday life, the most impactful moments are often the quiet acts of kindness.

Good News Magazine thanks you for keeping our hometown's heart beating. GN

Wesley Bryant,
MANAGING EDITOR

From our publishing partner



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GOOD NEWS IS PUBLISHED BY Exchange Media Group, Inc.

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GOOD NEWS

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

◀ Anthony McAdoo



Brittany Griffith



BEYOND THE CHAIR



Brittany Griffith combines
business and social outreach.

By Richard Klin & Wesley Bryant // Photography by Amanda Guy

BRITTANY GRIFFITH is the spirited owner of Addiction's Salon and Spa, a thriving local business with a staff of three hair stylists and one barber. But Griffith's business is unique. It also functions as an outpost of community aid. There is a large box on the outside that's filled with various provisions — mostly food — and the salon's interior has a food pantry.

“The reason why I started doing all that was because I had several clients over the years say that they had to choose to either get their hair done or worry about toiletries or worry about groceries,” explains Griffith.

Not everyone would be so responsive, but Griffith knows all about the struggle to stay afloat.

In college, she didn't always have money for the things she needed — and, at times, didn't have enough money for food. In desperation, she would sometimes settle with stealing, resulting in a criminal charge after shoplifting at Walmart. Now, as a business owner, Griffith uses the darker chapters of that story to help write a new one.

“I used my testimony to tell my clients that I didn't want them to do the same thing. I said, ‘If y'all need anything — if you need a ride, if you need detergent





▲ Brittany with Marika Stanley



— call me, and I’ll make sure you have what you need.’ It started off with me just bringing stuff from my house. I brought stuff in little by little. And then it kind of blew up within six months.”

The outside box and indoor pantry have been around for over a year and a half.

“The Farmers National Bank sponsored the box outside, and they brought food. The pantry featured shelving that clients donated from their own businesses. Other clients brought in food. We started off with a cardboard box and went to a bookshelf, and now I have three metal shelves where I have stuff available for people to come in and get it.”

As time goes on, more people need assistance. The more mouths she feeds, the more word can spread through the

community. Griffith was the first domino in a chain reaction of needs being met. As needs and demand increase, so does love and support from Griffith, her clients, and her business.

Information on her assistance comes from many sources, she said.

“Word of mouth, social media, and the box is outside. There’s a lot of foot traffic on Old Morgantown Road, where the salon is located.”

There are different ways to get help.

Griffith continues, “Some people who need these services come into the salon, some email me. Some people just walk up to the actual box or ask for stuff personally. If they need help, I’ll fix them a box. It’s just random people. Some people I know, some people I don’t know.”

“We started off with a cardboard box and went to a bookshelf, and now I have three metal shelves where I have stuff available for people to come in and get it.”

-Brittany Griffith

While donating to any pantry or food box is noble, it is important to follow some broad guidelines and keep in mind what’s useful and practical. Canned food lasts a long time. Nuts, pasta, peanut butter, and granola bars are always practical items. Canned goods with a pull tab are preferred, as not everyone has access to can openers. It’s best to avoid things in glass, which can easily be broken.

Griffith’s full-time endeavor is, obviously, her business. How does she balance that with her food outreach?

“I’m the type of person to push through it all. I feel like I have a purpose. There’s more than just doing hair. I’m not saying I’ll stop doing hair, but something’s pushing me to do this,” she concludes. GN

Information on the salon can be found on Facebook: www.facebook.com/addictionssalonandspabg.







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‘Our mission is simple: feed families, spread kindness, and strengthen communities.’

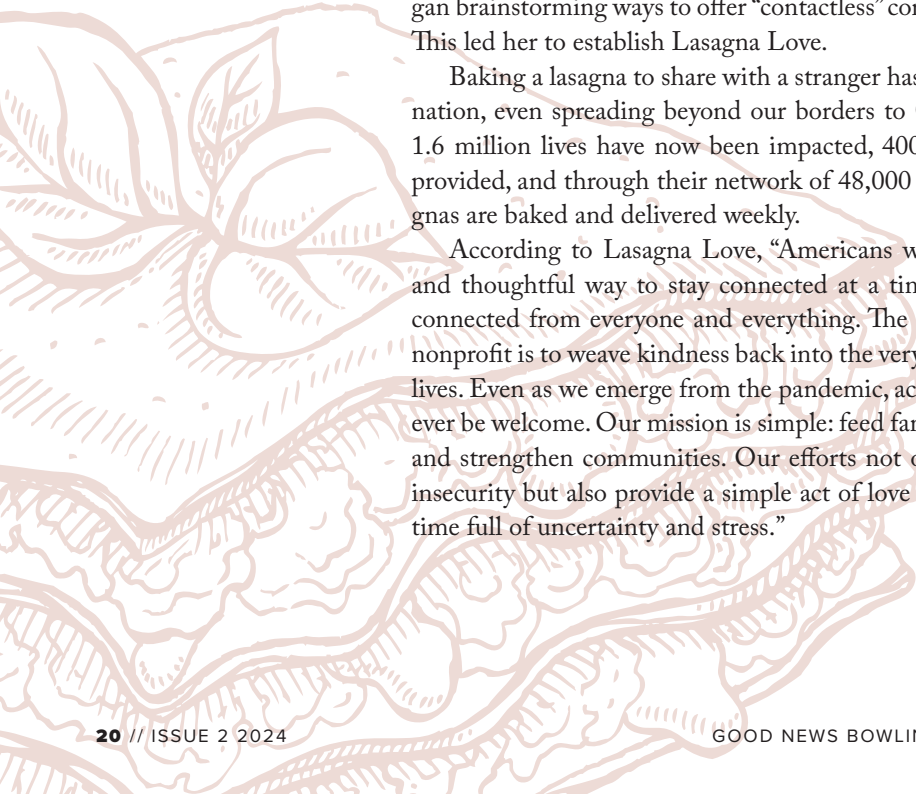
By Amanda E. West // Photography by Adin Parks

WE ALL have a comfort food — a dish we continually seek out that can save any bad day and even bring groups of people together. Take, for example, any dish consisting of pasta, tomato sauce, and cheese — lots of ooey-goey melted cheese.

During 2020, amid COVID, Rhiannon Menn of San Diego began brainstorming ways to offer “contactless” comfort to her neighbors. This led her to establish Lasagna Love.

Baking a lasagna to share with a stranger has caught on all over the nation, even spreading beyond our borders to Canada and Australia. 1.6 million lives have now been impacted, 400,000 meals have been provided, and through their network of 48,000 volunteers, 3,500 lasagnas are baked and delivered weekly.

According to Lasagna Love, “Americans were looking for a safe and thoughtful way to stay connected at a time when we were disconnected from everyone and everything. The ultimate vision of this nonprofit is to weave kindness back into the very fabric of our everyday lives. Even as we emerge from the pandemic, acts of kindness will forever be welcome. Our mission is simple: feed families, spread kindness, and strengthen communities. Our efforts not only help address food insecurity but also provide a simple act of love and kindness during a time full of uncertainty and stress.”





▲ Nikitra Bennett, Sarah Warren, and Vicki Latham





Anyone can receive a lasagna simply by going to the Lasagna Love website and signing up. During the next step, they will match you with a volunteer who will note any dietary restrictions, such as gluten allergies, and how many people are in your household. The volunteer will then schedule a delivery day and time for your lasagna.

For those whose love language is baking, Lasagna Love provides the perfect outlet. Interested participants sign up through the website and then complete brief online training associated with safe food preparation. Volunteer chefs stay in control of how often they wish to take part.

Niki Bennett joined Lasagna Love as a volunteer during the summer of 2022 and quickly earned a promotion. She now serves as the local leader for Western Kentucky. As a mother of three, a recent empty nester, and a soon-to-be grandmother who works full time and will soon return to school part time, Bennett's plate is full. However, she still manages to make time for Lasagna Love.

"I have found volunteering and serving others to be really fulfilling, and it gave me a purpose again. I know having a good meal in front of me always made me forget for a second what I was going through."

- NIKI BENNETT

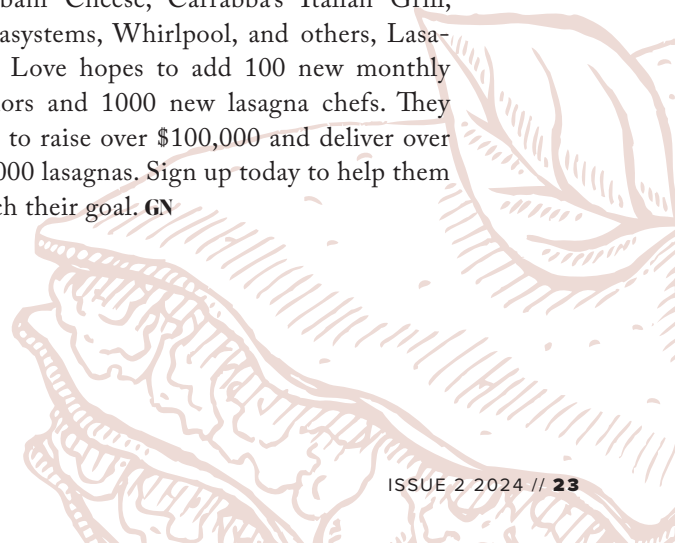
"I've had many traumas and losses in the last four years that made me feel like I was missing out on my purpose in life. I needed a reason to smile, and a Facebook ad led me to Lasagna Love. I signed up in August of last year to be a chef but then became the local leader of my region because I wanted to bring more awareness to the Western Kentucky/Bowling Green area. In the months since I began volunteering with Lasagna Love, the community has really taken hold of the program. I plan on doing some outreach and recruitment in Bowling Green later this summer."

Bennett continues, "I have found volunteering and serving others to be really fulfilling, and it gave me a purpose again. I know having a good meal in front of me always made me forget for a second what I was going through. If I can give that type of comfort to others, it makes my soul smile. I love cooking, and I love to feed others. It's a win-win for me."

According to the regional director, Maureen Feuti, Lasagna Love is also an excellent idea for an upcoming service opportunity.

"We recently had a sorority in Bowling Green choose us as their charity for a service project. They made and delivered lasagnas to local families who were on our waiting list. We are also a great choice for church groups, scouts, businesses, professional organizations, and even student groups like the National Honor Society. We would love to talk to you about how you can do good in your own community with us."

July 29 marks the celebration of National Lasagna Day! After partnering with Ragú, Galbani Cheese, Carrabba's Italian Grill, Pegasystems, Whirlpool, and others, Lasagna Love hopes to add 100 new monthly donors and 1000 new lasagna chefs. They aim to raise over \$100,000 and deliver over 10,000 lasagnas. Sign up today to help them reach their goal. **GN**



WVU

ALUMNI HELPING ALUMNI

By Amanda E. West // Photography by Amanda Guy

“WE ARE stronger together” has become a motto used to encourage individuals to band together to accomplish a greater good for the entire community. In keeping with this growing momentum across the nation, Western Kentucky University (WKU) is expanding its mission to connect its alumni with opportunities to pay it forward, especially with other alumni.

“One of our board members, Toby Crafton, experienced firsthand a fellow alumnus in need after the tornadoes in December 2021. While there are resources available in times of disaster, they are not always going to cover everything, so Toby brought forward the idea of creating an Alumni Assistance program. We are excited to be launching this program in conjunction with

A man with a goatee, wearing a grey suit jacket, a dark sweater, a white shirt, and a red and white striped tie, stands smiling in front of a brick building. A large red 'U' with a white outline is on the left. A black metal fence is in the foreground.

U

“Our strength is determined by the size of our community of alumni and friends connected to our cause and invested as volunteers, members, and donors.”

- Anthony McAdoo



our member-funded scholarship program so we can not only support students but also help alumni. We talk about the lifelong relationship you have as part of the WKU Alumni family, so this program will show that we mean it when we call ourselves a family,” said Executive Director Anthony McAdoo.

According to McAdoo, the WKU Alumni Association has existed since the early days of Western Kentucky’s history, dating back to its founding as Western Kentucky State Normal School in 1906. Seven years later, the Alumni Association was chartered and has been working to involve all members of the WKU family in the life of the institution ever since. Though the programs and services offered have evolved, their core purpose in connecting alumni and friends to WKU and to build a stronger community has remained the same. The addition of this new endeavor of Alumni Helping Alumni guarantees graduates will always have a support system in place when they need it most.

“Not having grown up in this region or attended WKU, I was unaware of how special this institution and community were until I visited for a job interview. I immediately saw a community of compassionate, caring individuals who were committed to helping others and living by the motto, ‘The spirit makes the master.’ Now, I get the honor of working every day to build a community of individuals who help serve as the guardians of that spirit and are constantly looking for new ways to welcome new ‘hilltoppers’ to our community and support them during their climb to the top of the hill and beyond.”

In 2018, the official census of Warren County showed a 75% population increase from 2000, with the city reporting a steady 2% increase annually. Much of the growth can be attributed to WKU’s high rate of student retention and the career opportunities its fostered within the community.





“The growth of the Bowling Green area is impressive and to see how WKU and Warren County benefit each other is exciting to witness,” said McAdoo. “There is such a diverse community of individuals who call this area home, and everyone takes pride in being a part of this community. We want to see WKU continue to grow and to introduce students to the opportunities that exist right here for them beyond graduation, so they call it their ‘forever home’ as well. WKU provides access to education and opportunity to build a better living and life. Becoming a ‘hilltopper’ is not just about completing the degree, but it’s about becoming part of a community

of individuals who support each other during their climb to the top. Throughout the year, we have a number of events and programs to bring alumni and friends together to strengthen our community, pursue lifelong learning and growth, and to pay it forward. Our strength is determined by the size of our community of alumni and friends connected to our cause and invested as volunteers, members, and donors.”

Membership contributions help support the Alumni Association, and provide funding for scholarships and assistance grants such as the Alumni Helping Alumni initiative. Membership is open to anyone who believes in their mission and is not limited to alumni of WKU.

“If we were able to grow the size of our community and those invested in our mission, we will be able to pay it forward at greater levels. Our goals are to continue to build this community and strengthen its bond so that WKU and its alumni are successful in the future. When alumni apply for an assistance grant, a committee reviews the request and will make a decision depending on the funding available. The funding comes directly from a designated portion of membership contributions, so we are only limited by the size of our membership.” **GN**

To learn more about their work, visit alumni.wku.edu or find them on Facebook, Instagram, X, or LinkedIn.



Share the love

Nourishing communities, one casserole at a time

THE ACT of preparing a homemade meal transcends the boundaries of sustenance; it becomes a gesture of empathy, a tangible expression of care that resonates deeply with those facing adversity. Amidst the chaos of life's struggles, a warm, home-cooked dish can offer solace and a brief respite, reminding recipients that they are not alone. The significance lies not only in the nourishment provided but also in the emotional sustenance offered through the time and effort dedicated to creating something heartfelt. In sharing the simple yet profound act of cooking, individuals forge connections, cultivate understanding, and sow the seeds of resilience, fostering a sense of communal support that can uplift spirits and inspire hope in the midst of life's trials. **GN**

Golden Potato Casserole

Submitted by Donna Simmons

6 med. potatoes, peeled and sliced
2 med. white onions, peeled and sliced
1 can mushroom soup
1 soup can milk
1/2 stick butter
salt and pepper, to taste

Arrange potatoes and onions in layers in a 1 1/2 qt. casserole dish. Add soup and milk to casserole. Slice butter and place over the top of mixture. Add salt and pepper. Bake in 350° oven for 1 hour and 30 minutes or until potatoes are fork-tender.

Sunday Morning Casserole

Submitted by Doris Kiddey

2 slices white bread, cubed
1 lb. ground mild sausage, cooked, drained
6 eggs, beaten
2 c. milk
1 t. dry mustard
1/2 t. salt
pinch of pepper
1 1/2 c. red potatoes, unpeeled, cooked
1 1/2 c. cheddar and Monterey Jack
cheese, grated

Place bread in a 8x11 inch casserole dish. Add sausage. In a medium mixing bowl, combine eggs, milk, mustard, salt, and pepper. Pour over sausage. Layer potatoes and cheese over mixture. Cover and refrigerate overnight. In the morning, bake casserole at 350° for 30 minutes, or until set.

Broccoli and Cheese Casserole

Submitted by Martha McDaniel

2 boxes frozen chopped broccoli, cooked and drained
1 stick butter
1/2 lb. Velveeta® cheese
1/2 pkg. butter flavored crackers, crushed

Place cooked broccoli into a greased casserole dish. Chop 1/2 stick of butter and the cheese into small pieces. Stir these into the broccoli. In a small bowl melt remaining butter and mix with cracker crumbs. Place on top of broccoli mixture. Bake 25 to 30 minutes at 350°.

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

**BOWLING GREEN'S
CULINARY GEM:**

India Oven



SOME OF the best restaurants you will ever eat at can be found in the most unexpected places, and Bowling Green's India Oven is no exception. India Oven gained widespread recognition when TikTok creator Luke Collins, hailing from Cave City, recently shared a glowing review of the restaurant. His infectious enthusiasm quickly caught fire on social media, and it's safe to say that Collins was spot-on — India Oven truly lives up to the hype.

India Oven exudes an unpretentious charm. While the restaurant maintains impeccable cleanliness, with tables adorned in white tablecloths, it unmistakably carries an air of familiarity that sets it apart from anything deemed overly fancy — except, of course, when it comes to the extraordinary quality of its food. Lucky for us here in Bowling Green because if this restaurant were located in Nashville or Cincinnati, you'd never be able to get a table.

My companions and I dined on lamb samosas, chicken vindaloo, chicken tikka masala, and butter chicken. The menu is extensive, with heat choices that range from 'mild' to 'Indian hot.' Your meal comes with complimentary papadums served with mint sauce and mango chutney. If you had your

sights set on pairing your dinner with a classic gin and tonic — a libation originating from India — here's a whimsical heads-up: India Oven amusingly doesn't stock tonic water. Fear not, though, as they graciously permit patrons to bring their own.

The samosas were flaky and well-seasoned, served with a delicious tamarind sauce. The vindaloo is a deliciously spicy aromatic curry with a complex combination of heat, tanginess, and savory undertones. The chicken tikka masala has a slightly charred flavor, which offsets the creaminess of the tomato-based sauce nicely, and you can really taste the garlic and ginger in the dish. It's fantastic.

You couldn't think of a better dish than butter chicken for all you parents out there wanting to expose your kids to a palate that goes beyond McNuggets.

Do yourself a favor and order the garlic naan. And then order another. You can thank me later.

India Oven is one of the finest Indian culinary experiences this critic has ever encountered. The fact that this authentic and delectable restaurant is right here in Bowling Green is undoubtedly a stroke of luck for discerning diners. **GN**

GOOD NEWS IS COMING TO DINNER!

We will feature a local food critic's thoughts as they dine in Bowling Green. This month Eve Vawter visited India Oven.

India Oven

1755 Scottsville Rd.
Bowling Green, KY
(270) 843-9939

Questions, comments, tips, or review requests: Email Eve Vawter at FoodCriticBowlingGreen@gmail.com





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





CHAPTER 2 OF 3

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

- 38 Charity car show drives change
- 42 Presley Nash
- 46 Rebuilding hope

Our stories are based on submissions from local people.

Submit yours here:



goodnewsmags.com

Photography by Amanda Guy

◀ Kevin Kirby

CHA

S P  T

Donor

RITTY LIGHT

**"It's not how much we give, but how
much love we put into giving."**

- Mother Teresa



CHARITY CAR SHOW DRIVES CHANGE

CRUSIN' FOR A CURE BRINGS HOPE
TO THE BOWLING GREEN COMMUNITY.

*By Kali Bradford
Photography by Amanda Guy*

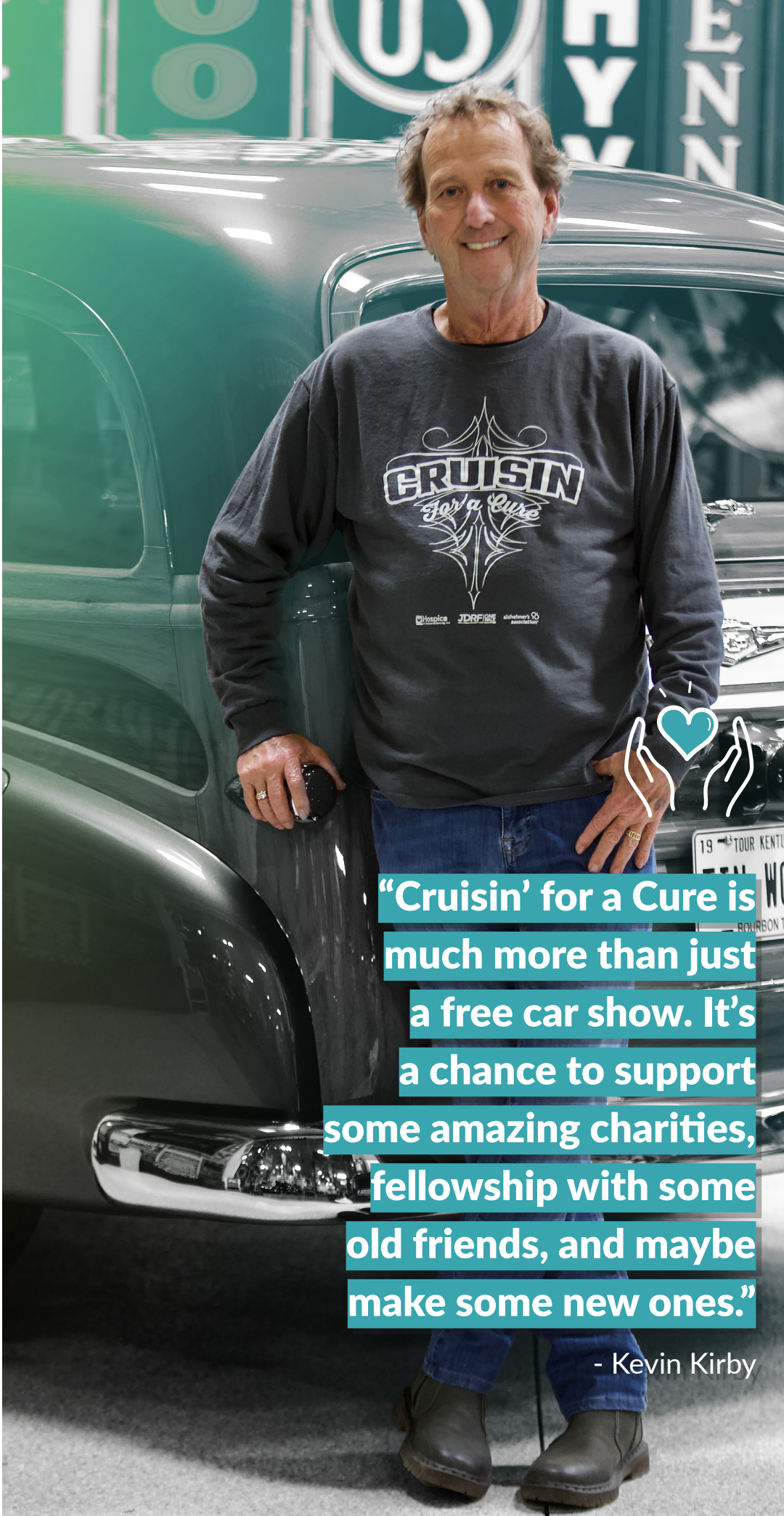
CAR CRUISE-INS epitomize the sheer awesomeness of automotive culture. These community events manifest as a vibrant celebration of horsepower, design, and individuality, where enthusiasts proudly showcase their beloved vehicles.

The diverse array of cars, from vintage classics to modern marvels, creates a dynamic spectacle. Attendees revel in the beauty of meticulous detailing, roaring engines, and the unmistakable aura of automotive passion.

Cruise-ins rally passion that spreads through the community. Whether sharing restoration stories or admiring each other's rides, participants form connections based on a shared love. The infectious enthusiasm nurtures friendships forged over a mutual appreciation for four-wheeled masterpieces.

Cruise-ins are not just about showcasing vehicles. It's about creating memorable experiences, fostering a sense of belonging, and reveling in the world of cars.





“Cruisin’ for a Cure is much more than just a free car show. It’s a chance to support some amazing charities, fellowship with some old friends, and maybe make some new ones.”

- Kevin Kirby

Bowling Green native Kevin Kirby is well aware of the unity these events bring to a community. For the last 15 years, Kirby and a group of dedicated individuals have hosted “Cruisin’ for a Cure.”

Each Tuesday from April to October, a free car show is held in the parking lot of Bruster’s Real Ice Cream Shop and Southern Lanes Bowling.

“This year will be our 15th year. It started with a couple of families here in Bowling Green who had children who were diagnosed with juvenile diabetes. They wanted to raise money that would go to support finding a cure for children who were affected by diabetes. They sold tickets for a truck they had meticulously remodeled that they were going to give away. I gave them \$1,000 to start that program.

“From that, they took that \$1,000 and raised over \$100,000 that year. That was given to the Juvenile Diabetic Research Foundation. After about two or three years of having the event, we then incorporated other nonprofits that benefit from the show, such as Hospice of Southern Kentucky, the Alzheimer’s Association, and the Kelly Autism Center,” explained Kirby.



The events have raised over \$1 million, with 100% of the funds contributed to nonprofits.

Well-known in the community as the Warren County Coroner and owner of J.C. Kirby & Son Funeral Chapels & Crematory, Kirby is proud to be able to give back and create an opportunity for the community to come together.

“Cruisin’ for a Cure is much more than just a free car show. It’s a chance to support some amazing charities, fellowship with some old friends, and maybe make some new ones. It’s just a good clean event that resonates with young and old,” he said.

The show has welcomed car enthusiasts from all over the world.

“We’ve had people from as far as Australia to come and participate in the show. Bowling Green is a hot rod city, so we have a lot of car events here. When people visit Bowling Green, they’ll come out, stop, and see us on Tuesday night before a big car event on the weekend,” he enthused.

Folks travel far and wide to attend the beloved show. Locals consider the event a fond memory and look forward to it annually. For many, it has become a tradition that marks another year of growth and community.

“We’ve seen a lot of children grow up over 15 years, and we enjoy having them out. We like to see young people involved and enjoying these classic cars. Because, you know, there’s a lot of us baby boomers out there that like old



stuff like this, and we want to see young people get involved and then want to carry it on.”

When asked why he feels the event has resonated so strongly with the public, Kirby stated that it’s because giving back is one of the things Bowling Green does best.

“Bowling Green is a very caring and giving community, along with surrounding areas. We also paired with an event in Russellville called ‘Summer Nights Cruise.’ They do one show a month, along with one big event at the end of the season in their downtown area. We also combine

those funds that support our nonprofits. Additionally, the towns around us are filled with people who care.”

With globe-trotters and local generations keeping strong in attendance, Kirby said the future for the show looks bright. **GN**

PRESLEY NASH

A BEACON OF HOPE IN BOWLING GREEN



“The Bowling Green community rallied around my parents and my family to help pay hospital bills and even the mortgage. That made me want to give back to the same community.”

- Presley Nash

By Haley Potter
Photography by Amanda Guy

IN BOWLING Green, through the everyday hustle and bustle, there's a young woman whose heart beats to a different rhythm. 25-year-old Presley Nash, with her compassionate spirit and determination, has been quietly weaving a tapestry of hope and kindness in her community. At just 16 years old, a simple yet profound Christmas wish led her to embark on a journey of giving. This laid the foundation for the creation of Presley's Promise, a beacon of hope for those less fortunate.

Nash's story isn't just about starting a nonprofit; it's a narrative of personal growth, empathy, and a desire to give back to a community that once rallied around her family. As a child grappling with a rare disease, Nash experienced firsthand the warmth and support of her community. This life-changing experience planted seeds of gratitude and empathy that would only continue to grow.

Her journey began in the company of her mother, volunteering at 'Room in the Inn,' a local initiative for homeless people. Here, Nash was confronted with the harsh realities of life. It was so starkly different from her own that this exposure stirred something within her — a desire to help and to make a difference.

"I have been lucky in that way," she reflected, acknowledging her privileged upbringing and the desire it sparked to help those less fortunate.



"I get what I want, but I know it's not the same for everyone," she admitted.

That Christmas, about 10 years ago, Nash's wish was not for gadgets or clothes. It was to bring light into the lives of others. She asked for money to donate to those in need.

"I told my parents I wanted money for Christmas. But this money wasn't for me. My parents made me think about it for a few weeks, and if that is still what I wanted, they said I could have it," Nash explained.

Initially met with hesitancy by her parents, the request soon became the foundation of her life's work.

"It started as what we called a 'Christmas wish,'" she said, her eyes lighting up at the memory.

What started as a ripple soon turned into a wave of generosity and support. Nash's Christmas wish caught the attention of her community, bringing forth a surge of donations.

"I started just doing donations and monetary gifts," she said, recalling the early days of her mission.

She received donations from all over. “My dad had friends in places like Indiana who were just sending me money in the mail.”

When COVID-19 struck, Presley wasn’t able to work due to her medical history, leaving her more time to dedicate to her nonprofit. She turned to her love for art, intertwining it with her mission. Crafting T-shirts and stickers, she found a creative avenue to support her cause, with all proceeds aiding people without housing.

Presley said all the money she makes goes to people who need a home, which is a testament to her selfless dedication and innovative spirit.

But Nash’s impact extends far beyond financial aid. She has built strong connections with local organizations like Hotel Inc., providing essential items to those in need.

“Sometimes I donate money, and other times it is toiletries like soap and shampoo,” she explained, highlighting her multifaceted approach to aiding homeless people. This hands-on involvement speaks volumes of her commitment to making a real, tangible difference in people’s lives.

Her efforts could not be done alone. The community’s involvement, as she noted, is a significant part of her mission’s success.

“A lot of people in the community bring me old shampoo and soap bottles from hotels,” Nash said, showcasing how her initiative has turned into a collective effort, embraced and supported by the Bowling Green community.

Nash’s humility shines through as she reflects on the impact of her decade-long journey.

“I would probably say, over the last 10 years, I have been able to help quite a bit,” she stated, downplaying her efforts.

Yet, the reality is that she has touched countless lives, bringing hope and assistance to those who needed it the most.

The support and involvement of her family have been a cornerstone of her success.

“My mom and my dad take part in helping me,” she acknowledged, highlighting the crucial role her family has played in bringing Presley’s Promise to where it is today. Whether it’s setting up at vendor fairs or providing moral support, their presence has been a constant source of strength and encouragement.

At the heart of Nash’s work is a profound personal connection to her community, driven by her own experiences.

“One of the main reasons why I do what I do is, when I was little, I was born with a very rare disease. And the Bowling Green community rallied around my parents and my family to help pay hospital bills and even the mortgage,” she shared, revealing the deep roots of her commitment to giving back.

“That made me want to give back to the same community.”

Her choice to focus on supporting homeless people also stems from a keen sense of awareness and empathy.

Presley chooses to support homeless people because she feels they do not get enough support.

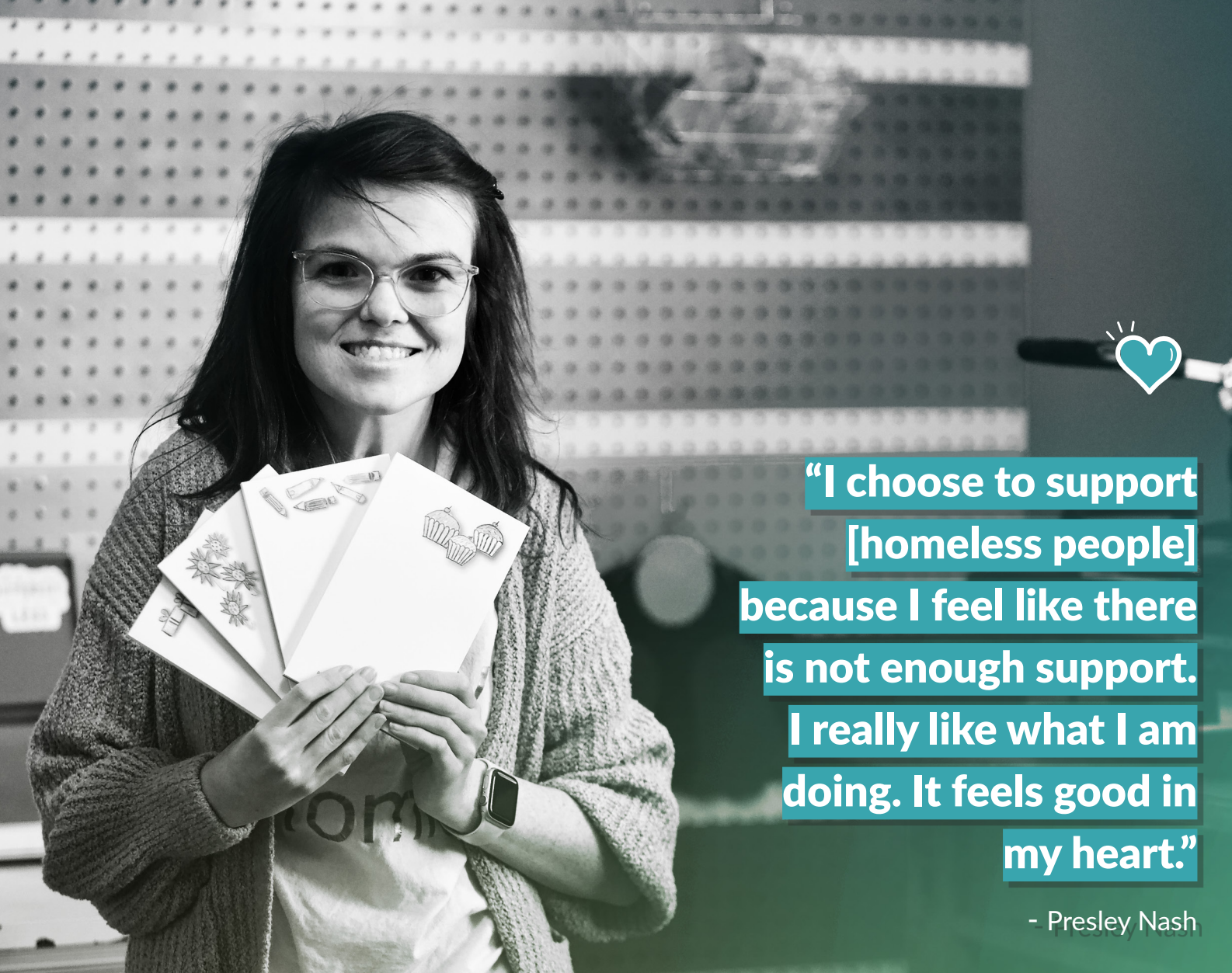
It’s a choice driven by a desire to fill a gap, to offer help where it’s most needed.

As Nash looks to the future, her passion for her work remains as strong as ever.

“I really like what I am doing. It feels good in my heart,” she said, her words resonating with the joy and satisfaction of making a positive impact in the lives of others.

Nash continues to be a symbol of hope in the Bowling Green community. Her story





**“I choose to support
[homeless people]
because I feel like there
is not enough support.
I really like what I am
doing. It feels good in
my heart.”**

- Presley Nash

is a powerful reminder of the impact one person can have when intentions are fueled by compassion, dedication, and community support. Through Presley’s Promise, she has provided aid and inspired others to look beyond themselves and contribute to the greater good. Her journey, rooted in a Christmas wish, has blossomed into a lifetime of giving, touching hearts, and changing lives. GN





**“We’re volunteering.
We’re not getting paid for
what we’re doing. We all
need to work together for
the common goal.”**

- Rebecca Coursey

REBUILDING HOPE

NAMI PRESIDENT REBECCA COURSEY'S JOURNEY OF HEALING AND ADVOCACY

By Haley Potter

Photography by Adin Parks

IN THE dimly lit room of a small community center in Bowling Green, Rebecca Coursey sat surrounded by a circle of individuals who shared an unspoken bond. Each face carries the weight of mental health struggles, but in this space, they find solace and understanding. Coursey, the president of Bowling Green's chapter of the National Alliance on Mental Illness (NAMI), has turned her struggles into a beacon of hope for others.

"I live with bipolar disorder," she shared, her voice carrying both vulnerability and strength.

"I needed to be around those who understood what I was dealing with."

Little did she know that this decision would lead her on a path of profound transformation and advocacy.

Coursey's connection to NAMI goes beyond personal struggles. Over a decade ago, she lost her sister to suicide — an experience that left a mark on the lives of so many.

"My sister passed away in 2010. She overdosed intentionally. Nobody likes to say the 'S' word. That's something we need to change. We need to be able to talk about suicide," she asserted.





“It just really changes you when you lose someone close to you in that way,” Coursey admitted as she explained that far too many have experienced the heart-wrenching reality.

Coursey speaks openly about the health care system regarding her sister.

“The whole mental health system, community, and all the resources need to get together and try to help people that don’t maybe know they need it,” Coursey said.

As the president of NAMI Bowling Green, Coursey took it upon herself to revamp the local affiliate. While sitting in her support group years ago, she didn’t know that she would one day become the president of an organization so near and dear to her.

“I didn’t want the organization to fizzle, you know, fall apart,” she confessed.

With a renewed sense of purpose, she made NAMI more accessible through technology, ensuring that anyone could participate in their programs regardless of financial constraints.

One such program is the in-person support group at Western Kentucky University, a cause close to Coursey’s heart. Having experienced mental health struggles as a student at the university, she understands the fragility of that time for college students. She thinks having a NAMI chapter on campus will raise awareness and show students it is okay to seek help and resources.

The students will learn how to speak openly about mental health, host fundraisers, and be a support system on campus.

“They will get to do fun things instead of it being completely serious all the time,” Coursey said, with a hint of enthusiasm cutting through the gravity of the topic.

Coursey’s commitment extends beyond support groups. She’s involved in advocating for mental health courts as an alternative to incarceration for those whose actions are rooted in mental health issues.

“I’m really passionate about that. And then we’re doing a lot of outreach

to veterans as well,” she shared, her dedication evident.

Coursey certainly doesn’t stand alone. She’s part of a coalition, a network of community partners working toward a common goal. There are 16 members in NAMI Bowling Green.

“We’re volunteering. We’re not getting paid for what we’re doing. We all need to work together for the common goal.”

In her journey, Coursey has faced challenges, including the revelation that a 16-year-old can decide whether or not to seek therapy without parental consent — a fact that surprised and saddened her. However, she has always remained passionate, fueled by the belief that awareness and resources can make a difference. She is one of the many community members who constantly show up to advocate and supply those resources.

“I don’t think the community knew NAMI existed until we started attending different events with our table and all our materials,” Coursey admitted.

“Even the [Veterans Association] said they didn’t know who we were before, but now we are actively helping our veterans.”

The organization’s efforts to raise awareness through a new website and active social media presence have made a difference. The community can donate to Bowling Green NAMI by visiting their website, bowlinggreennami.org, where all donations are tax deductible.

“We’re doing this because it means something to us, and we just encourage people to reach out if they need it,” she said, her voice resonating with a sincerity that cuts through the silence surrounding mental health.

Coursey’s journey is one of resilience, compassion, and advocacy. Through NAMI, she has not only found healing for herself but has become a guiding light for those grappling with the darkness of mental illness. In a world that often shies away from discussions about suicide and mental illnesses, Coursey stands as a testament to the power of courage and conversation in rebuilding hope. Her work with NAMI is a testament to the positive impact local organizations can make in communities like Bowling Green. GN

If you or someone you know is experiencing a mental health, suicide, or substance use crisis, or emotional distress, reach out 24/7 to the 988 Suicide and Crisis Lifeline by dialing or texting 988 or using chat services at suicidepreventionlifeline.org.



“We’re doing this because it means something to us, and we just encourage people to reach out if they need it.”

- Rebecca Coursey



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 “The Learning Curve,” “Shop Local,” and “Independence.” We are excited to announce the next theme needing story submissions is “**Dreams Come True.**”

What we seek in Dreams Come True stories:

Do you have a neighbor who's chasing big dreams? Maybe someone is starting their own business, or a local musician is lighting up the stage? We're looking for hometown heroes making their mark. If you know someone turning dreams into reality right here in our community, we'd love to hear about it. Share their story with us!

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

Let us know with a submission at www.GoodNewsMags.com or scan the QR code. Share your stories with us, and let's continue spreading the Good News together.







CHAPTER 3 OF 3

This section of the magazine covers local things to do.

54 Community Events

56 Charity Listings

58 Advertiser Index

Submit a positive story
on our website:



goodnewsmags.com

Photography by Gretchen Clark

◀ Jordan and Christopher Spinks

The Reptile Show - Jan. 6



Photography by Gretchen Clark

Entering the lit hall, guests found themselves surrounded by a kaleidoscope of scales and hissing wonders. The Reptile Exotic Show was a mesmerizing journey into the enigmatic world of lizards and creatures beyond our imagination. Vividly colored like the living rainbow, majestic pythons coiled up, capturing the audience's fascination. Every moment was a brushstroke painting an unforgettable canvas of awe and appreciation for the mesmerizing reptilian marvels. The show was hosted by John and Melody Mayo as they tour the land with these extraordinary creatures. It was fun for the entire family!



1. Charlie Wease 2. John Mayo



3. Susie Taylor 4. Melody Mayo 5. Christopher Spinks

INSPIRE MORE GOOD

Donate or volunteer at your local charities and nonprofits.

Good News Magazine's mission is to build stronger communities through positive stories. We encourage you to donate and volunteer at local nonprofits to spread more good in your community.

The Bridge to Recovery

A transformational residential program specializing in healing individuals by addressing the core causes of anxiety, depression, and compulsive behaviors.

(270) 777-1094
www.thebridgetorecovery.com

Centers for Hope

Providing information on pregnancy, motherhood, and overall health as a Biblical counseling center.

(270) 202-2808
www.centersforhope.org

Alzheimer's Association

Working to eliminate Alzheimer's disease through research advancement, providing care and support, and promoting brain health to reduce dementia risk.

(800) 272-3900
www.alz.org/kyin

Barren River Area Safe Space Inc.

Offering shelter and programs for victims of domestic violence.

(270) 781-9334
www.brassinc.org

Hospice Of Southern Kentucky Inc.

Provides compassionate end-of-life care and support for patients and their families.

(270) 746-9300
www.hospicesoky.org

American Legion Post 23

Conducting monthly visits to veterans, organizing dinner meetings, and providing support to veterans in need.

(270) 781-4046
www.legionpost23.com

Aviation Heritage Park and Museum

Ensuring that the stories of South Central Kentucky aviators are never forgotten.

(270) 421-4885
www.aviationheritagepark.com

Barren River Area Child Advocacy Center

Providing support and services to victims of child sexual abuse and their families in a child-friendly environment.

(270) 783-4357
www.bracac.org

American Red Cross of South Central Kentucky

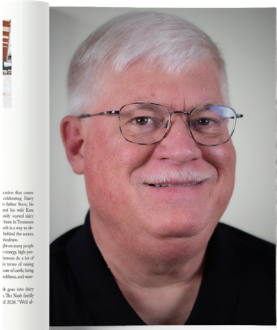
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