e×change

**Jameson Wharton** 

Scoring Big
Off the Field

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**Bridging the Gap** 

Hendersonville's Samaritan Center supports locals in financial distress.

# SPOTE GHT

**ISSUE 2 2024** 

A PUBLICATION OF EXCHANGE MEDIA GROUP



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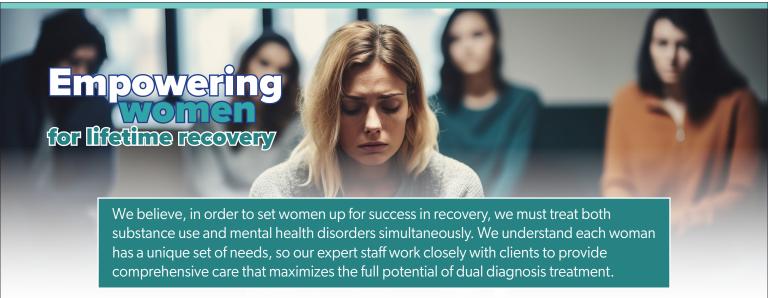






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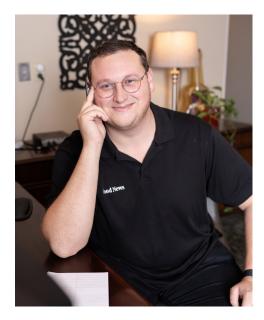


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LETTER FROM THE EDITOR

## Heartbeats of Our hometown

We celebrate the silent heroes among us.

N 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

In our last issue, the first sentence on page 27 should have read, "Kirkland's journey reminds her of the significance of female friendships during challenging times." We have changed the story on our website and the digital edition to reflect this correction.

## From our publishing partner



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

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#### CHAPTER 1 OF 3

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

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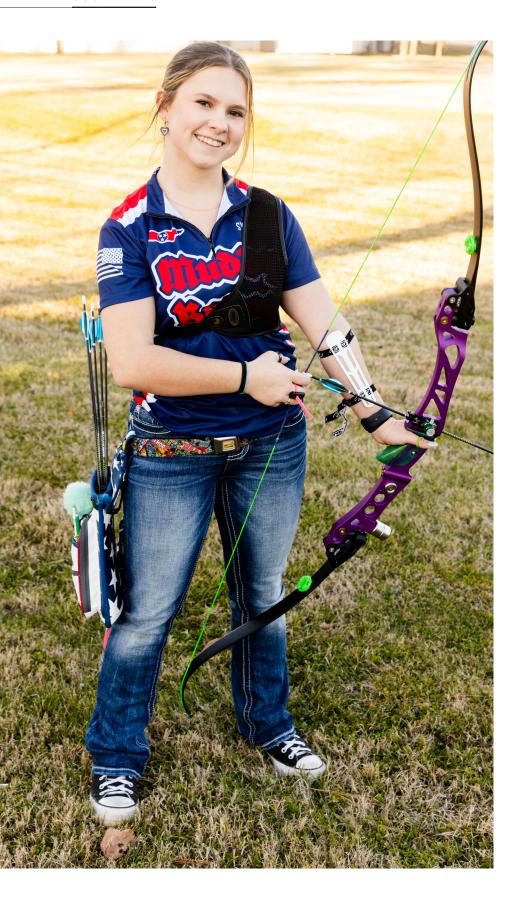
Photography by Steve Zak

✓ Katie Venable



By Richard Klin // Photography by Steve Zak





YDNEY CLARDY is a high school sophomore who saw her shot at something great and decided to take it. Now, she holds fifth place in the USA Archery team's national rankings. To Clardy, her involvement with archery seemed like a logical progression.

"My family has always been very outdoorsy. I had a [child-sized] bow when I was really little that I played around with when we were camping. But I didn't do that very much," she explained.

That changed when Clardy entered the seventh grade.

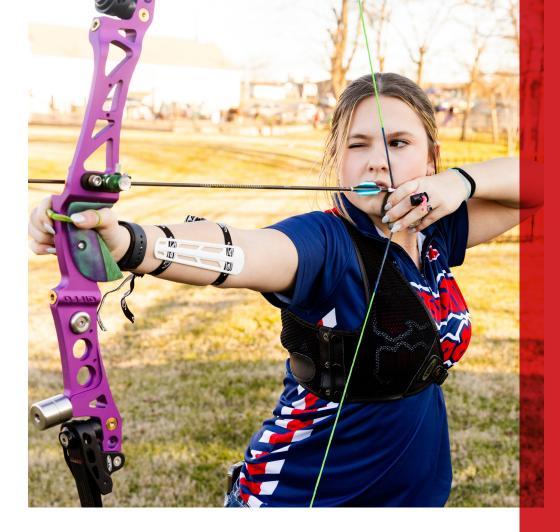
"There was the option of an archery sports program. I saw that and thought it would be interesting. I shot for school that year. The coach told us if we wanted to get any extra lessons, there was a nearby team in Gallatin. I went there just to get some extra practice in. The coach of that team saw me shooting and immediately wanted to put me in a barebow as soon as possible and get me shooting out of school."

A barebow is a traditional type of bow that is typically more difficult to shoot because of its simplicity and lack of accessories to aid in aiming.

"After a few months, I started shooting for Scholastic 3-D Archery, a scholastic archery program that runs all across the country. Each state has its own. I started shooting outside of school and fell in love with it. Through Scholastic 3-D Archery, I've met lots of amazing people. And it's grown from there."

And grown it has, by leaps and bounds. Clardy's dedication is evident.

"Right now, I'm practicing two to three times a week. When I go to my team's archery shop, I usually spend at least an hour and a half practicing. I'm also doing tournaments on the weekends, which can last about three or four hours. I don't shoot the whole time; we get some breaks. If I'm staying at home, then I'll usually shoot for around the same time."



"

It's definitely
challenging. I
have to manage
my time really
well. Luckily,
most of my
teachers are very
understanding.
I miss a lot of
school going to
these national
tournaments.

-Sydney Clardy

There is also an intensive national and regional tournament schedule.

"There's a Southeastern one that happens in Kentucky. I've been to Des Moines, Iowa; I've been to Arizona; I went to Florida. I'll be going to Michigan for a national this upcoming year. I went to Pennsylvania for a really big tournament in Lancaster. I'm also going to Las Vegas, which has a huge national tournament."

Clardy maintains a scholastic average that hovers in the 3.9-4.0 range. This is a remarkable achievement for any high school student, especially for one with such an arduous training schedule.

"It's definitely challenging. I have to manage my time really well. Luckily, most of my teachers are very understanding. I miss a lot of school going to these national tournaments. A lot of times, I have to leave before the end of the week. My teachers are really great about working

with me when it comes to stuff like that. A lot of my family time is spent at archery tournaments. Sometimes, other family members can come and watch. I can spend time with my family on the holidays when we're not doing anything. There are also slow times in archery when we get a little break between seasons."

Despite long hours spent training and traveling, Clardy still makes time to feel like a "regular teenager" outside of school and sports.

"Luckily, my practice schedule is pretty flexible. I don't have to practice on certain days every week. I can switch practice days around and work it in to get some time with my friends. I'm lucky that I do get some time to spend with my friends outside of archery. When I'm doing archery — as far as tournaments go — I'm seeing a lot of my archery friends. It doesn't take too much of a toll on me."

Clardy's ability to attend tournaments comes partially in the form of community involvement and sponsorships from local businesses.

"Going to these tournaments — especially the ones that are really far away — there are not only travel expenses but also entry fees and paying for equipment. It's a lot of money," she explains.

Clardy is already anticipating a rewarding college career. Archery is something she loves, and the dedication comes naturally. There are some exciting times ahead for her as her talent and determination propel her toward the future, like an arrow in the bow of life. Bull's-eye! **GN** 



# Too good to miss

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# Woomen of Service

The Junior Service League of Hendersonville serves local charities.

By Sara Hook // Photography by Steve Zak







HE JUNIOR Service League (JSL) is proud to be one of many organizations that serve the Hendersonville community. While the league is only eight years old, its contribution to charities in Sumner County tallies up to hundreds of thousands of dollars.

In 2015, a group of ladies formed a service organization for women in the Hendersonville community. They wanted to "fill a hole in philanthropy," said founding member and three-time president Katie Venable. For her, the league offered a way to give back.

"Hendersonville raised me and gave me such a wonderful and meaningful childhood and into adulthood, and it's the least I could do to give back. I'm able to do that through JSL," Venable explained.

The Junior Service League of Hendersonville puts on one annual main event: the Mr. Sumner County Pageant, which is supported by fundraisers. Each year, members of JSL choose a local charity to benefit from the proceeds.

In their first year, the pageant raised \$30,000, while its latest raised \$82,000 for the American Legion Robert Kreider's Veterans Residence. The charities are carefully selected as JSL looks at how donations would improve the charity's work and affect the community.

"We go out into the community, and we hunt for needs. Members bring nominations for beneficiaries, and then the membership votes on which beneficiary they would like to sponsor for the year."

A lot goes into hosting a pageant. Planning usually starts in February. The event itself won't take place until late summer or early fall.

"We enjoy putting it on, but it makes it worth every ounce of blood, sweat, and tears knowing that it's going toward a beneficiary we all have loved and believe in."

Other beneficiaries of the Mr. Sumner County Pageant include the Edison School, the Humane Society of Sumner County, Mary's Magical Place, Homebound Meals of Hendersonville, Grace Place Ministry, Community Child

Care Services Inc., The Salvus Center, and Parker Strong for Suicide Prevention.

During the rest of the year, JSL members participate in smaller events. The organization may purchase tables at nonprofit events, collect items for charities, or pay for girls to go to prom.

JSL's mission statement is "to provide help, whenever possible, to those in need within our community; to promote friendships both within and outside of our circle; and to sustain a positive and healthy environment in which we grow together through serving others."

"We are making waves along the way," Venable said. The founders of the Junior Service League wanted to give women an outlet to contribute to the community. Since there wasn't a local option, they made their own.

"We [didn't] want to be tied to a national organization. We just really wanted to find something that worked for us and allowed us to socialize and have fun but at the same time better our community."

The organization's membership has grown steadily, and the league is always looking to recruit more. Members can join at any time. Every year, in January, the group puts on a showcase for potential recruits. Women of all backgrounds are welcome to become part of the JSL, and the league is working to become more visible in the community.

"If you have a heart for our community as we do, and if you have the itch to give back in any capacity, we would love to have you join us as a member. We have just such a good variety of women of all ages that get together once a month to plan and strategize how to make Hendersonville a better place — even though it's already pretty awesome," gushed Venable. **GN** 

To get involved, check out the Junior Service League of Hendersonville on Facebook or email jslofhendersonville@gmail.com.



## HARMONY

Remembering Samson, the beloved shelter dog, with a heartwarming legacy

By Amanda E. West // Photography by Steve Zak

INGER-SONGWRITER AND multi-instrumentalist Donna Frost is busily promoting her 10th CD and wholeheartedly promoting the Humane Society of Sumner County (HSSC). Although Frost adores all animals, a Siberian Husky named Samson, with one blue eye and one brown eye, wrapped a leash around her heart and tugged.

"Samson lived at the shelter for 12 years. They adopted him out unsuccessfully several times. The last time, he ran away and came back to the shelter on his own. After that, people [stopped] by to see him and take pictures with him. He was always there in the lobby, waiting. I first became involved with the HSSC around 2013. Samson and I became friends right away, and I would go back to see him. He was a big part of my weekly Facebook Lives. Together, we raised awareness of the animals available for adoption at the HSSC. Samson had fans all over the country and beyond. He loved everybody, and everyone loved him."





According to the HSSC, it spends an astounding \$3,000-\$5,000 for veterinarian care each month and, as a nonprofit, have survived on private donations since 1974. With a "no-kill" policy, the organization successfully adopted out 537 abandoned dogs and cats in 2022.

The HSSC understands the positive mental health benefits of owning a pet, such as the comfort and companionship they offer. For the last six years, the HSSC has provided low income people with pet food and access to have their beloved pets spayed and neutered.

"In 2014, I adopted my precious dog, Eddie, and he has been my heart for nine years," said Frost. "My involvement with the HSSC became bigger and more far-reaching when the pandemic began. Like all businesses, it affected them as well. All of my gigs were canceled because of COVID, so I went live on Facebook from my house for 62 consecutive weeks. I thought it would be great to do an online show featuring [my music] and introducing some dogs and cats available for adoption. This show has been one of the greatest blessings in my life. We have raised money and have had adoptions because of the show. We even have people watch from other cities and states. Of course, Samson was our show closer. He was a true star."

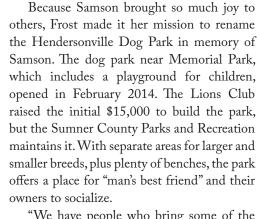


He was a very special dog who brought a lot of love and joy to everyone he met. He touched many hearts everywhere!

- Donna Frost

Sadly, on May 26, 2023, Samson crossed the "rainbow bridge" and now greets others in a much bigger and brighter lobby.

"I was absolutely heartbroken, as were all of Samson's family at HSSC and his fans all over the country. He was a very special dog who brought a lot of love and joy to everyone he met. He touched many hearts everywhere! The outpouring of love for him on my pages and those of the HSSC speaks volumes about him. My life is better because Samson was a beautiful part of it. He is forever in our hearts. It will not be the same without him. Run free, Samson. I will see you again one day," said Frost.



"We have people who bring some of the dogs from the shelter over there to walk. I have always loved the park. In fact, when my precious mother died in 2021, I had a special tree planted with a plaque in memory of her. It is right outside the dog park. It's important for Samson to be remembered because he was so special and touched many people's hearts. He was loving and sweet. He was the most famous dog in Hendersonville, and he helped bring awareness to our shelter."

If you'd like to adopt a new best friend, HSSC says, "Adopt. Don't shop." With thousands of abandoned animals in shelters across our nation, the HSCC can help you locate any breed not on its website. **GN** 

For more information, go to www. sumnerhumane.org or follow their Facebook to find the newest member of your family with the help of Donna Frost (www.donnafrost.com).







## Nourishing communities, one casserole at a time

HE 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 11/2 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

## ELTROAII TACO SHI

HIS LAID-BACK Mexican restaurant is a hidden gem in the heart of Hendersonville. Located in a small strip mall on Walton Ferry Road, its unassuming exterior gives way to a bright and lively main dining area. The chalk wall, complete with signatures and notes from locals and visitors alike, adds a welcoming sense of community to the space.

We started with the ceviche mix, adding diced jalapenos because who doesn't like a little spice in their life? This visually appealing plate looks almost too good to eat and is one of the best ceviches I've had since moving to Hendersonville. It is piled high with succulent diced shrimp and fish tossed with fresh tomatoes, jalapenos, cilantro, sliced avocado, and tangy lime. We drizzled the ceviche with "Chef Sauce," one of their many delicious homemade hot sauces, and washed it down with a signature Cantarito Margarita. The orange added a delightful touch of sweetness, and chamoy and tajin artfully rimmed the cup.

Menudo is a new addition to their menu and does not disappoint! This traditional hearty soup is served with cilantro, oregano, lime, onion, and red chili peppers. It hits every flavor profile with perfect balance, and the heat from the red chili peppers is the warmth I needed to battle a cold January afternoon. The lime adds just the right amount of acidity, balanced by the earthy, umami flavors of the tender, well-prepared tripe.

The Trompo Burrito includes a generous portion of Al Pastor wrapped inside an extra-large flour tortilla topped with house-made Trompo Sauce, shredded cheese, cilantro, red onions, and grilled pineapple. The salty-sweet combo of this dish is a win!

I had the pleasure of speaking with the owner, Cristina Salazar, who was nearly brought to tears when she talked about how grateful she and her husband, Sam Ceballos-Caballero, are for the support







this community has shown them over the years. She was too humble to mention how generous they have been to the Hendersonville community.

El Trompo donates to numerous charities and fundraisers throughout the year. The restaurant even served free meals via their food truck during clean up from the tornado that devastated our community in 2023.

From modest beginnings as a small taco shop with limited seating to the full sit-down restaurant they are today, it is evident that this family-run business intends to be a staple of the Hendersonville community for years to come. **GN** 

This month Samantha Caloz Giglio visited **El Trompo Taco Shop.** 

#### **EL TROMPO TACO SHOP**

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#### CHAPTER 2 OF 3

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Our stories are based on submissions from local people.
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Photography by Steve Zak

◀ Jameson Wharton





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



- Mother Teresa

# SCORING BIG OFF THE FIELD

VANDERBILT'S JAMESON WHARTON TACKLES CANCER WITH CHARITY FOOTBALL GAME

By Haley Potter Photography by Steve Zak

AMESON WHARTON, a standout player for the Vanderbilt football team, is making an impact not just on the field but also in the lives of people battling cancer with his annual event, "Football for the Cure." His philanthropy journey began at the tender age of 9, inspired by a loss that struck close to home.

"I started when I was 9 years old, and really, my Aunt Susie had passed away from ovarian cancer, so I went to my grandma's house and just started thinking up the idea," Wharton said.

He described how he initially came up with the idea: "I drew pictures of jerseys and of the event on some paper plates, and my mom saw them. She said, 'We need to get you a notebook; these are like really good ideas.' So my mom's the one who said, 'We gotta make this a real thing,' and that's how it all began in 2013."





Wharton, who played football at Hendersonville High School, now plays for an NCAA Division in college. He still returns to his hometown every year to host the event that started it all.

He explained his motivation, saying, "I'm just right around the corner, so just to be able to go back to Hendersonville and do something that's fun for the kids and gives back to the community is a great feeling. I'm also fortunate enough to attend Vanderbilt, where we have a hospital, so I can give back there as well."

This year's event, which took place at the end of October, was a massive success. Wharton shared, "This year's event was the biggest to date, with about a hundred and five kids participating, possibly more with late sign-ups. It was the biggest it's ever been, and it was amazing to see everybody coming out, excited, with parents in attendance, a DJ providing music, and a great atmosphere." For the event's 10th Anniversary, Wharton was able to raise over \$7,000.



When asked about whom the funds would benefit this year, Wharton mentioned a change from previous years.

"Until this year, all the proceeds have gone to the American Cancer Society, but this year, we're giving money to the Vanderbilt Ingram Cancer Center and American Cancer Society Hope [Lodge]."

Wharton's message to the community was clear.

"It's a good cause, and participating only costs \$5 out of your pocket. It goes to a good cause, and it's so much fun. So, for anyone who wants to come next year, know that you're always welcome. And [to] anyone who wants to donate, you're really making a difference."

Wharton expressed his hope to continue this tradition for years to come, making a lasting impact on the lives of those battling cancer.

No matter where he ends up in his football career, he wants to continue to give back to his hometown. Wharton's incredible efforts remind us that local heroes can make a big difference in their communities, one football game at a time. **GN** 



# FROM DESPAIR TO HOPE

GRACE PLACE PROVIDES HELP FOR MOTHERS AND CHILDREN EXPERIENCING HOMELESSNESS.



#### By Amanda E. West Photography by Steve Zak

OME SINGLE mothers work multiple jobs to keep their families afloat, but with housing and utility prices at an all-time high, child care costs mounting, and grocery prices steadily rising, many are still struggling. One missed paycheck can equal homelessness. That's where Grace Place steps in.

"Since we began operating in 2015, Grace Place has helped restore the lives of hundreds of women and children who were experiencing the despair of homelessness. Eighty-seven percent of our graduate families are still independent and leading restored, sustainable lives. These women and children are thriving now and give back to this community in countless ways. They've changed the trajectory of the generations who will come after we're all long gone," shared founder Desneige VanCleve.

Previously focused on marketing for small businesses, VanCleve felt the nudge to invest in others. In 2013, she decided to pursue her dream of making a difference.

"I went back to college for ministry and organizational leadership and began working in the Benevolence Ministry of a local church. Through this position, I realized the enormous need for a long-





term life restoration program and a home for mothers and children. Our mission statement is to empower single mothers in need and their children toward developing healthy, safe, and independent lives in the local community," she explained.

Grace Place can serve up to eight families between its Crisis to Stability program and its Graduate program. But in 2022, they received an astounding 392 requests for assistance, and in 2023, that number increased. VanCleve said that Grace Place is not an emergency shelter and cannot offer emergency placements. It focuses on equipping mothers, helping them eliminate risks and barriers, and securing sustainable housing.

In August of 2022, Grace Place purchased 4.5 acres and plans to build 43 cottage-style homes, an education building, outdoor courtyards and gathering areas, and sports courts and playgrounds.

"We will be able to serve more than five times the number of families we [can now serve] annually. And our evidence-based programs will be even more impactful on this scale than they've proven to be over the last eight years. We're very excited about the impact we know this organization is going to make and also the impact our families are going to make with this opportunity! It's an enormous burden to carry when you know the need and what these families are up against with the cost of housing here.

"It's hard to put into words the way it feels when our families first come to Grace Place completely shattered and then leave completely equipped with so much hope and confidence for their futures. We have kids who have lived here who are adults now, and they want to show their gratitude for the huge turning point in their lives that happened when their mother brought them to Grace Place's."

VanCleve hopes this much-needed expansion will serve as an example for other communities and said the orgnization's success has opened up a meaningful dialogue about the homeless epidemic and attainable housing crisis.

"We are no longer turning a blind eye to suffering. When we wake up each day and make sure we're loving others in the absolute best way possible, that has to [make] the future better in ways we will never really know, right? Isn't that hope in its purest, most visible form?"

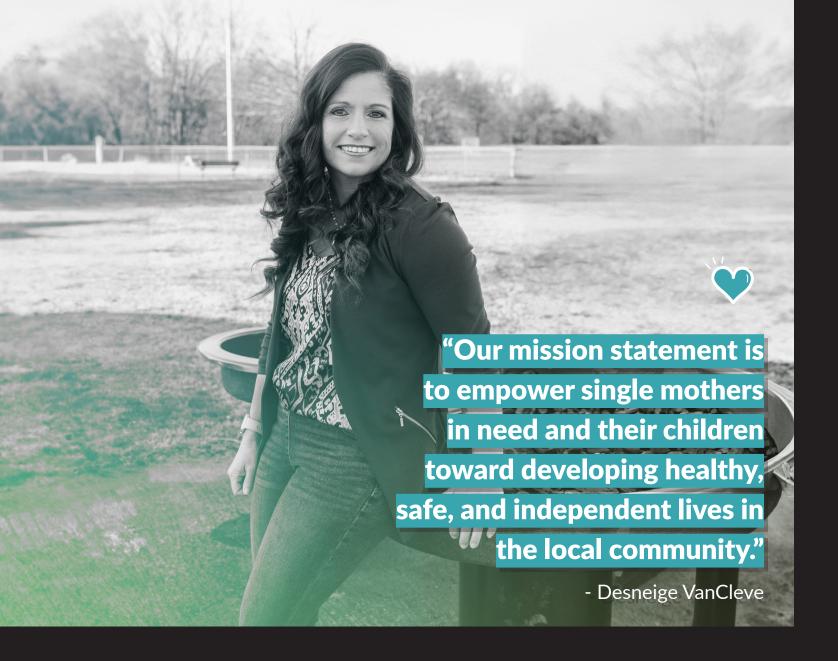
Though not originally from Middle Tennessee, VanCleve believes that the success of Grace Place and each mother who has come through the doors is because of the support they've received from Sumner County.

"Thank you — all of you. You took a big chance on a young, wild Yankee transplant and believed in the vision God put in my heart. I hope you're proud of this beautiful love letter you've been writing to single moms and children experiencing homelessness for eight years now!"

VanCleve also attributes the success of Grace Place to the mothers themselves.

"Our families are the heroes here. It's far from easy. It's the hardest stage of their lives, and they're achieving seemingly impossible things. Whenever I'm facing any kind of challenge, I think of these women and children. I think of what





they've faced and continue to face. I think of their stories. It gives me strength and courage."

Grace Place will host its annual luncheon on April 18 from 11:30 a.m. to 1 p.m. at Long Hollow Church. This is a free event open to the community, but reservations must be made in advance. Donations will be accepted and appreciated. **GN** 

To RSVP, call (615) 881-3976 or visit www.graceplaceministriesinc.org.





# BRIDGING THE GAP

HENDERSONVILLE'S SAMARITAN CENTER SUPPORTS LOCALS IN FINANCIAL DISTRESS.

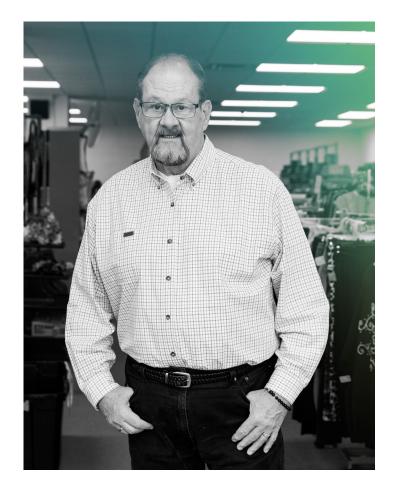
By Richard Klin Photography by Steve Zak

HE HENDERSONVILLE
Samaritan Center, part of the
Samaritan Association, is a multipronged assistance center serving the
community for six decades. The center offers
crucial services to those in need.

According to Executive Director Steve Brown, employed individuals facing immediate financial issues compose the center's primary demographic.

"An employee who is bringing a wage home to pay for rent, pay for a mortgage, buy gasoline, a car payment — whatever — can suddenly be faced with unexpected financial strains, like immediate car or home repairs, or a sudden job loss or family crisis. And [if] you don't have savings, you don't have a company that understands, you don't have sick leave, you don't have whatever that is — you're hurting pretty quickly.

"That's where we can step in. We can replace that money that pays your





rent or electric bill or buy you some medication. We're kind of a stopgap for folks who just have a need. And with inflation the way it's been, [the price of] gasoline is up, and folks making \$15-\$16 an hour are living paycheck to paycheck to begin with. They need someone to fill the hole. And that's what we do. We fill that hole."

The coronavirus only added to the strain. "We spent a lot of money during COVID just trying to fill the holes when people had to stay home."

Brown said the immediate issue now is rent increases. This national crisis hits closer to home than one might expect. "It costs a little more to live in Hendersonville than some places. The wages and salaries are still about the same. We fill some holes there, too."

Even essential workers are not exempt from falling victim to financial scarcity.

"We still want servers, [and] we still want folks to change our tires. We still want those folks to help us. And we have to have them, but their salaries don't add up for rentals. In the past year or two, we have found ourselves subsidizing rents. [That] is fine; we can do that, but that in itself is a crisis."

The center's large thrift store brings in about 60% of its revenue. Those in need

may also be directed to a food bank or a soup kitchen.

"Through a church, two or three times a month, people in need can get a hot meal. We're not really hard on who you are or how much you make to get that. If you say you're hungry, then you're hungry."

The Samaritan Center's reach extends even further; it also prepares care packages for elementary and middle school children. Teachers and counselors indicate which children may be experiencing food insecurity or scarcity during the weekends, and the center drops off around 200 packages every Friday.

The Samaritan Center makes asking for help easy, aware that it takes courage to set pride aside and ignore the stigma often attached to seeking public assistance.

"We've been here for over 60 years in some form. We own the building we're in. It's the old Hendersonville Library, which sits in the middle of town. Most of our clients come from recommendations, or they know to call the Samaritan Center. Or they hear about it through a church. They come through various sources throughout the community."

The Samaritan Center works exclusively within Hendersonville and is the only agency in the community providing such services, making it paramount to assist without discrimination.

"I have helped some people you would have thought were doing very well — and [they] were. But they lost their business, they lost a spouse, went into a depression — things happened in their lives that broke them down to where they needed some financial help."

While economic fragility is sobering, Hendersonville is fortunate to have this caring resource combatting financial crises in times of instability. **GN** 

Visit http://www.tnhsa.org for more information.



# 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 Hannah Woodcock

✓ Rachel Mecker and Demma West

### Valentine Gnome - Jan. 2







Photography by Hannah Woodcock

On Saturday, Jan. 2, 2024, Painting With A Twist held its Valentine Gnome paint class, led by artist Lara Riley. Designed for any skill level, Lara says, "It is fun art, not fine art." Samantha May and Cody Burch came for a fun date night, where they also participated in a candlemaking class earlier in the day. Friends Marisa Righi, Nicole Stacy, and Amber Duffey, and duo Rachel Meeker and Demma West, made a "girl's day" out of it. Painting With a Twist is located at 206 Indian Lake Blvd. in Hendersonville, where the company recently offering stained glass crafting classes.





Carly Stutts
 Rachel Mecker, Demma West, Cody Burch, Samantha May, Lara Riley, Carly Stutts, Marisa Righi, Nicole Stacy, and Amber Duffey
 Lara Riley
 Rachel Mecker and Cody Burch
 Marisa Righi, Nicole Stacy, and Amber Duffey





6. Samantha May and Cody Burch
7. Lara Riley, Carly Stutts, Marisa Righi, Nicole Stacy, and Amber Duffey



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.

#### HolidayFest of Sumner County Corp.

This organization has been actively involved in supporting charities for the past five years. Organizes events and initiatives to benefit the communit.

(256) 924-1848 www.holidayfesttn.org

# Twin Branch Foundation Inc.

Creates a more tolerant, equitable, and compassionate society by raising funds for various organizations and programs.

(615) 933-6720

# Vietnam Veterans of America Sumner County Foundation

Focuses on providing services and support to veterans.

(888) 548-0085 www.vva240.com

#### Hendersonville Samaritan Association

Provides emergency assistance to individuals and families in need.

(615) 824-7105 www.tnhsa.org

# **United Way of Sumner County**

Collaborates with local nonprofits to address community needs.

(615) 461-8371 www.unitedwaysumner.org

#### Humane Society of Sumner County

Aims to improve the lives of animals through adoption, education, and advocacy.

(615) 822-0061 www.sumnerhumane.org

#### Sumner County Anti-Drug Coalition Inc.

Committed to preventing substance abuse and promoting healthy lifestyles.

(615) 461-8243 www.sumnercoalition.org

#### Sumner County Cancer Support Group

Provides emotional and practical support to cancer patients and their families through Volunteer Friends of Sumner Regional Medical Center Inc.

(615) 328-5517 www.mysumnermedical.com/ event/611

#### Senior Citizens of Hendersonville Inc.

Enhances the quality of life for seniors through programs and services.

(615) 822-8758 www.hvilleseniorcitizens.org



## **Sumner Spay Neuter Alliance** Dedicated to reducing pet overpopulation

through spaying and neutering services.

(615) 452-2233 www.sumnerspayneuteralliance.org

#### **NAMI Sumner and Wilson Counties**

Advocates for mental health awareness and resources.

(615) 442-6617 www.namisumnerandwilsoncounties.org info@namisumnerandwilsoncounties.org

#### Jae and Zeke Foundation

Assists families with financial, spiritual, and emotional support.

(615) 400-7943 www.jzfoundation.com

#### See more options or add your organization to the listing:

Scan the QR code



# 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.



goodnewsmags.com/photos

# GOOD NEWS SUPPORTERS

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

Community Life Bridge	. 4
Grace Place Ministry, Inc	
Mr. GoodRoof	
The Next Door Recovery	. 4
TriStar Hendersonville Medical Center	. 3
United Way of Sumner County	

## 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!



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

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



#### Vacation in Hendersonville

ISSUF 5 2024

Deadlines

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



#### From Farm to Table

ISSUF 9 2024

**Deadlines** 

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



Independence

ISSUE 6 2024

Deadlines

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



Our Heroes

ISSUE 10 2024

**Deadlines** 

Sponsored Content	9/3/24
Advertising	10/3/24
Mailed to Homes	10/17/24



#### **Matt Scott Publishing Partner**

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

Call me at (615) 708-1453

Email me at matt@goodnewsmags.com



It's **good** to know people 💯

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