

# Good News

exchange

**Greg Armstrong**

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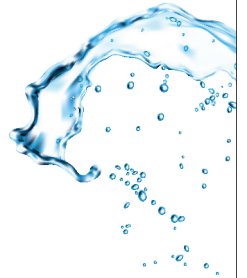


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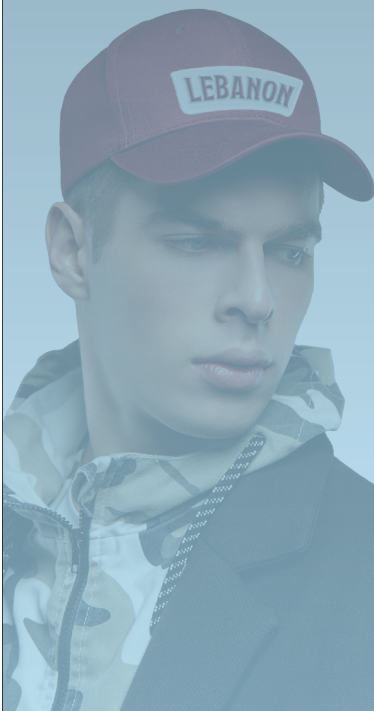
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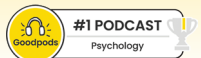
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LETTER FROM THE EDITOR

## Ahead of the Curve

The thrill of the learning curve coaster makes the ride to the future worth it.

THE METAL beams *tick, tick, tick* with every inch the cart climbs to the top of the hill. The experienced thrill-seekers in the front cart raise their hands as the coaster inches toward the climax of the ride. Experienced or not, every heart on the ride starts beating faster. *Click.* And the cart takes a dive. The winds move fast, but your stomach drops faster. The speed reaches new levels, then slows with a squeaking halt. The heart rate may still be elevated, but it will come down in due time. The curve may be scary, but mastering it is worth it.

Like turning in a test, the scary part is over. Now all you can do is wait.


“Please raise your hands,” the conductor in uniform announces over the ride’s speaker system.

Our educators are the conductors of this exhilarating ride, guiding our children over the peaks and through the valleys with wisdom, patience, and an unwavering commitment to progress. To be “ahead of the curve” is to lead, to innovate, to blaze trails where others will follow. It’s a place where our local educators stand not just by profession but by calling. With each lesson they teach and every question they encourage, they’re not only transferring knowledge — they’re transforming the future, one curious mind at a time.

In this issue, we celebrate the torchbearers of the classroom, who keep the flame of enlightenment dancing even in the strongest winds of change. They map the topography of young minds and chart courses that will navigate them through life’s myriad complexities. These are the mentors who recognize that the steepest part of the curve is often where the most learning takes place, where character is built, and where perseverance is learned.

Thank you, educators, for every moment spent drafting the blueprint of intellect and character within the halls of learning. You are the architects who draw out the talents within our youth, nurturing not just scholars, but citizens of the world. Your classrooms are incubators for innovation, where “ahead of the curve” isn’t just a measure of academic pace, but a holistic approach to fostering leaders, thinkers, and dreamers.

With gratitude and admiration, we dedicate this issue to you — may you always lead the charge, and may your students always be inspired to stay ahead of the curve. **GN**

  
Wesley Bryant,  
EDITOR-IN-CHIEF

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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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Submit a positive story on our website:



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Photography by Hannah Woodcock

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Leslyne Watkins, Alex Scott, and Shené Scott

# A full circle of health

**Vine Branch Fellowship brings fresh produce to the classroom and the community.**

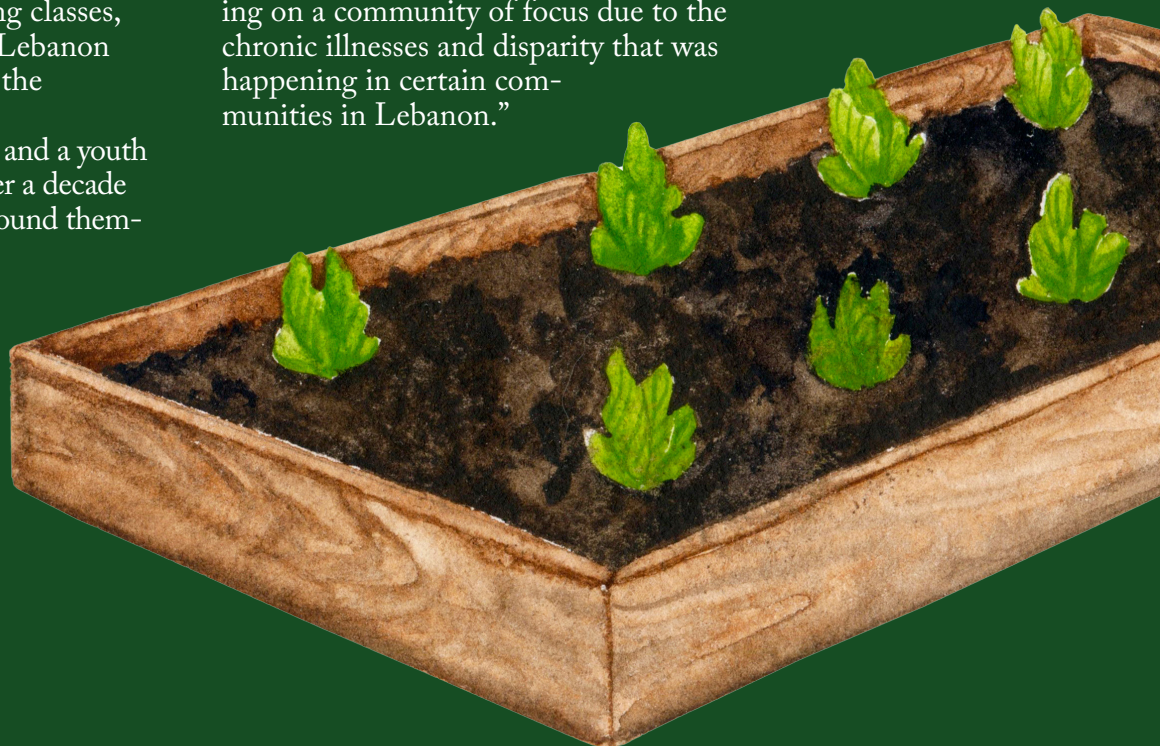
*By Sara Hook // Photography by Steve Zak*

**I**F YOU'VE driven by one of the community gardens on Coles Ferry Pike or East Market Street, or if your child has brought fresh produce home from their elementary school classroom, you've seen the work of Vine Branch Fellowship and its founders, Alex and Shené Scott. Their ministry has been offering fresh food, gardening classes, and nutrition classes to the Lebanon community since 2019, and the community is better for it.

Alex works as a firefighter and a youth minister, and Shené spent over a decade teaching before their family found themselves dealing with a host of food-related challenges.

The allergies, hypoglycemia, and Type 1 diabetes that the Scotts and their children had to work with prompted them to learn more about healthy eating. Their drive to serve made them want to share that knowledge.

"In 2019, we started primarily focusing on ministry," Alex said. "As we formed the team, we kind of transitioned into focusing on a community of focus due to the chronic illnesses and disparity that was happening in certain communities in Lebanon."





**We've been welcomed into the school system and have been able to install a number of gardens — a number of community gardens.**

*— Alex Scott*

While Vine Branch Fellowship works mainly in Lebanon, Wilson County has become its focal point. Alex said it was because of the community's welcoming spirit.

"We've been welcomed into the school system and have been able to install a number of gardens — a number of community gardens," Alex said. "We can help others with their battles with whatever illness it is, or health disparity, they may be facing."

The schools have welcomed the organization. Vine Branch Fellowship is in partnership with the Lebanon Special School District, with the goal of having a garden at every elementary school in the area. Three schools have them, and Shené said they hope to put in a fourth one this spring. The decision to build gardens in schools in addition to the community was intentional.

"Health affects everyone at every grade level, at every age level," Shené said. "We want it to be a complete community learning experience."

For that complete experience, Shené goes into the classrooms to teach kids where their food comes from, what it looks like, and how to grow it on their own — but it doesn't stop there. Lessons are given on nutrition. Older students basic knife, kitchen, and cooking skills, all led by nutritional director Leslyne Watkins.

"We kind of like to think of it like a full circle," Watkins said. "[We are] showing the kids different ways that they can incorporate these foods that they're either taking part in growing or that they're seeing growing in their gardens, and showing them what that would look like in real life







and how to build a healthy plate off of those things.”

Watkins also works with the University of Tennessee as a nutrition educator and said she often collaborates with her programs. Watkins said they have partnered on community gardens and bringing nutrition education to other limited-resource audiences. She and Shené teach adult classes on many of the same topics as the schools: cooking, nutrition education, and gardening.

“We want everyone to be healthy, so it’s not just specific to the kids,” Shené explained.

Already, the Scotts feel like Vine Branch Fellowship has made a difference. They have heard stories of kids trying vegetables for the first

time, finding comfort in sensory herbs, and even taking control of their family’s home gardens. Teachers take fresh produce home from their school gardens over the summer, and families can supplement their grocery runs with homegrown fresh produce.

“I think everyone’s mindset on eating the healthier foods has changed,” Alex said. “We’ve had those conversations constantly through meetings with different organizations, with individuals coming up to us within the community talking about enjoying the garden.”

During the summer, the organization puts on a camp for children who want to learn more. The camp curriculum expands on gardening and nutrition and delves into farms,

farm animals, and other topics enhancing health education. In the future, Vine Branch Fellowship will install many more gardens, continuing the indoor aeroponics gardens in the classroom and adding pollinator gardens outside.

Alex said the Lebanon Special School District, the City of Lebanon, the Wilson County Civic League, and the Wilson County Master Gardeners have been vital to Vine Branch Fellowship’s success.

“If we can install other community gardens out in the community, then we’re all for that,” Alex said. “Anything we can do [with] health initiatives within the community, that’s what we strive to do to make it easier and more affordable and provide people with assets.” **GN**

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Cornerstone Christian Academy

# Orchestrating an oasis of opportunity

By Amanda E. West // Photography by Steve Zak

**M**ARY BESSE craved opportunities for her four home-schooled children to delve deeper into a wider variety of subjects that interested them. Ten years ago, she founded the home-school tutorial Cornerstone Christian Academy (CCA), which offers weekly classes at The Journey Church. Although she appreciated their previous home-school cooperative program, where parents divided up the teaching responsibilities, she instead chose to follow the model of a tutorial program where qualified teachers get compensated for their time.

“When we were involved in the co-op, I wished I could sign my early elementary kids up for more specific classes that offered a stronger academic foundation,”

explained Besse. “Upon searching for such a program, I realized one did not exist at that time. I love thinking outside the box and creating new things. Coming up with new ideas to meet a need that isn’t being met is my idea of a fun time.”

A lot was happening in Besse’s family during that time, including the declining health of her father and the international adoption of her then 5-year-old daughter, Rebecca, who didn’t speak English.

With so much on her plate, Besse took solace in having a co-director for CCA, and the location where the group would meet was secured. Registration of new families exceeded her expectations, and 74 students signed up. But then, something tragic happened. The co-director and the venue canceled, leaving CCA homeless



▲ Shannon Stinson, Tiffany Bevis, Joann Marlow, Mary Besse, Hilarie Eskew, Amber Woods, Mindy Longo, and Vickie Fry

and Besse scrounging for another location. All the while, the deadline for the first day of class loomed over her.

“At the time, my husband, John, was out of town. I was going to call him that evening to fill him in when I felt like the Lord wanted me to sit with Him in prayer for a bit. So I thought to myself, ‘What specifically am I asking the Lord for?’ The answer came to me in a word — ‘rooms.’ I didn’t need anything fancy or even a huge building.

“I just needed a building with seven empty rooms in which we could hold the classes we had planned. So, I asked the Lord to give us seven rooms somewhere in Lebanon. Before I picked up my

phone to call John, I opened my Bible, and it literally fell open to John 14:2-3, which read, ‘In my Father’s house are many rooms.’”

One week later, Besse received a call from a local church that wanted to host the group, answering her prayer. The group has since grown to an enrollment of over 400.

“The root of CCA is a sense of family and community anchored in the love of Jesus. We offer opportunities that our students can’t do at home, like archery, Taekwondo, dance, art with mixed media, STEM, and super science classes. We also offer lots of hands-on learning and experiments, theatre classes, crafting,

sewing, and a variety of Bible classes, plus literature classes where students can discuss literary works with their peers. Some of our more unique class offerings are meteorology, marine biology, learning to build, music classes, and classes on all the possible career paths students may be interested in when they are older.

For junior high and high school, we offer many of the same enrichment classes, but we add some age-appropriate options like cooking, life skills and home maintenance, hobby farming and gardening, sewing, typing, how to create documents and spreadsheets, website design, and woodworking. For older grades, we also offer core classes like

*“The root of Cornerstone Christian Academy is a sense of family and community anchored in the love of Jesus. We offer opportunities that our students can’t do at home.”*

*-Mary Besse, founder*

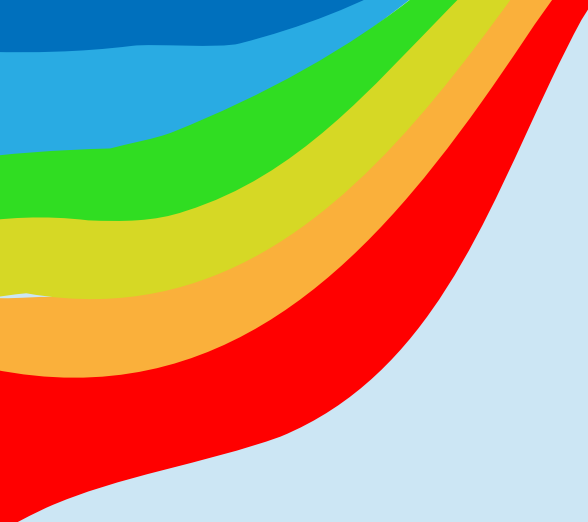
algebra, geometry, biology and chemistry, English, research and writing, American history, and world history. Aside from academics, our students get the joy of participating in holiday parties, grade-level social gatherings outside of school, planned educational field trips, student council, out-of-town trips, and we offer a prom for our high school students.”

Besse now has 15 years of home-schooling under her belt, three of her children have graduated, and Rebecca is a thriving high school student. Besse’s oldest son, Aaron, obtained a business degree from Cumberland University. Her daughter, Sara, is a freshman at Union University. Her son, Jacob, serves in the U.S. Navy.

“We teach our children to think outside the box, to do different things, and to see all the endless possibilities. Life is not formulaic. Our goal is to help our children pave their own way to their goals in life, not to look for a path that’s already paved; I feel that home-schooling has helped them to do that.” GN

*For more information, visit [www.cornerstoneoflebanon.com](http://www.cornerstoneoflebanon.com).*





# Following the READING RAINBOW

Diagnosing and nurturing young minds  
for a brighter future

*By Richard Klin // Photography by Hannah Woodcock*



**C**HERRY ROBERTSON is the principal of Byars Dowdy Elementary School in Lebanon, a school that ranges from pre-K to fifth grade. Her background in education is extensive and varied. Her career began as a teacher of first and third grade, and she quickly fell in love with her vocation. While teaching first grade, Robertson's then principal approached her and asked if she wanted to become a literacy leader.

Childhood literacy was the main plank that drew her to teaching.

"Teaching kids how to read was my thing. That was my passion."

She readily agreed and was a literacy leader for three years. That was followed by another principal who approached her and, praising her skills, suggested

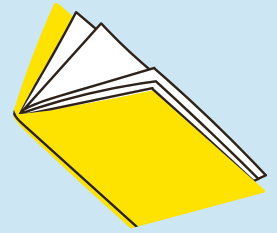
she might consider the administrative track. That was something she had to carefully consider, as administration was not something she'd thought of as a career option. She decided, Robertson recalls, "to give it a shot."

Child literacy and the need for children to truly learn are prime motivators in her work as principal. One thing that distinguishes Robertson from other principals is that she does the work along with the teachers. It's not about telling teachers, "This is your data. What are we going to do about this data?" For Cherry Robertson, it's all about taking the team approach. If the team sees some hot spots, they need to act as a team to ensure kids are learning. Those issues continue to fuel Robertson's passion for making sure all kids are learning, constantly driving her forward.





CHERRYE ROBERTSON



There are many hot spots for a principal, and they are constantly shifting.

“At the beginning of the year,” Robertson said, “everywhere is a hot spot — making sure everybody has what they need.”

And kindergarten, that vital introduction to the scholastic world, is always a hot spot. The school must ensure they’re giving kindergartners the foundational pieces they need. If the school provides all its resources and ensures kids understand, comprehend, and learn in kindergarten, some of the issues moving forward will be eliminated.”

Robertson makes the interesting analogy that teachers are akin to doctors. Teachers, like doctors, have to give an assessment to see where the problem is. If there is internal bleeding, it must be ascertained where it is coming from. Once that is determined, the school can get in

there and apply the exact procedure to fix it. Nobody wants their doctor to just look at the outside of them and say, “Oh, this patient looks great!” You want your doctor to care and see exactly where that problem is coming from.

And you want your doctor to follow up. At the end of the year, Robertson and her team go back to all of the grade levels and make sure they know that every child has truly made progress. And if that isn’t the case, what is the best approach?

“And that’s my job. It’s that cycle of assessing, diagnosing, and giving the intervention. Did it work? If not, now what?”

These are turbulent times for public schools, but the job has been relatively simple to Robertson. COVID notwithstanding, she feels the mission remains the same: ensuring kids are learning and making progress.

“That’s really the bare bones of what I do. It’s not harder; we just have to be more intentional with our time, which is what I tell my staff.”

Being a principal is an exercise in never-ending complexity. “I’ve just been doing it for so long, and so I actually get a little antsy if I don’t have several things on my plate to juggle in one day. Then it’s like, ‘Okay, I must be missing something!’”

It’s all a matter of prioritizing. The foundation of everything she does is supporting her staff and, quite simply, nurturing and guiding the students.

“If I accomplish both of those things in one day, or I’m doing work related to those things, that’s why I’m here. It’s just a balancing act.”

It is a balancing act that Cherrye Robertson undertakes with skill and enthusiasm. Teaching children to “unlock their potential” is a term that gets discussed quite often. But in reality, there’s nothing as important. **GN**





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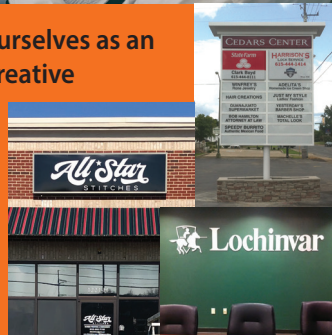
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## Yogurt Parfait

*Submitted by Rosina Eicher*

1 pkg. cream cheese, 8 oz., softened  
1/2 c. powdered sugar  
1 box white chocolate pudding mix, 4 oz.  
1 c. milk  
32 oz. plain yogurt  
1 tub whipped topping, 8 oz.  
fresh fruit, strawberries, blueberries, etc.  
granola, desired amount

In a bowl, beat cream cheese and powdered sugar. Add pudding and milk; mix well. Add yogurt and whipped topping. Layer with fresh fruit and granola in individual clear cups or in 9x13" pan.

## Breakfast Pizza

*Submitted by Freddie Stewart*

1 pkg. crescent rolls, 8 oz.  
1 lb. sausage, cooked, crumbled, drained  
6 eggs, beaten  
1/4 c. milk  
2 c. Cheddar cheese, shredded  
salt to taste  
pepper to taste

Line a pizza pan with crescent rolls. Sprinkle sausage on the dough. In a small mixing bowl, combine eggs and milk. Pour on top of sausage. Top with cheese. Add salt and pepper. Bake at 400° for 18-20 minutes.

## Orange Smoothie

*Submitted by Mary Mastin*

1 c. plain or vanilla yogurt  
1/2 c. orange juice  
2 T. honey  
1 c. fresh fruit, sliced  
1/2 c. crushed ice

Place yogurt in a blender. Add orange juice, honey, fruit, and ice. Blend until mixture is smooth. Pour into a tall glass garnished with an orange slice and serve.

*Submit your recipes to be included in Good News Magazine  
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# Good Stories

## CHAPTER 2 OF 3

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

- 38 Learning from a soul in the community
- 42 Self-defense for everyone
- 46 Running, Teaching, Giving

Our stories are based on submissions from local people.

Submit yours here:



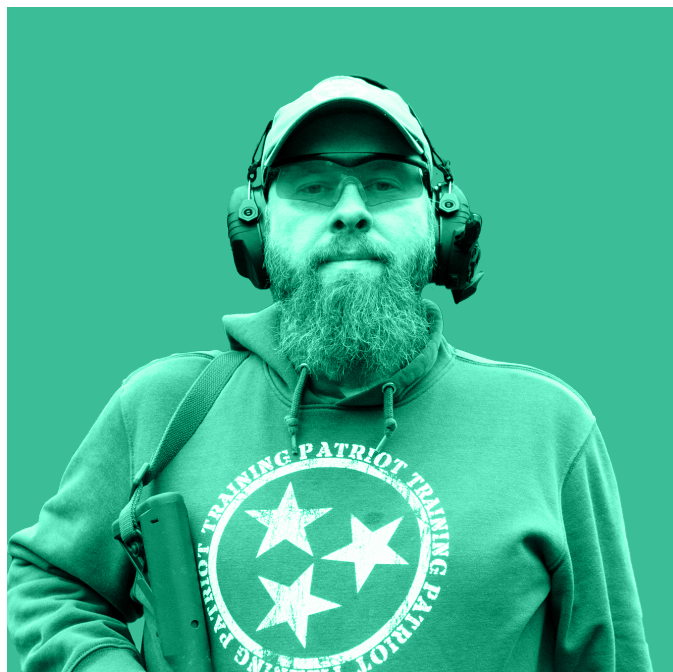
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Photography by Hannah Woodcock

◀ Daryl Crouch and Tim Bryant



# LEARNING curve





# LEARNING FROM A SOUL IN THE COMMUNITY

## EVERYONE'S WILSON CHAMPIONS MENTAL HEALTH AND EDUCATION

By Amanda E. West // Photography by Hannah Woodcock

**W**HILE THE political climate at the national level was rife with racial violence and division in 2016, the situation in Wilson County was relatively calm and even prosperous. Yet pastors Daryl Crouch and Tim Bryant shared a burden for the brokenness of their neighbors and the division among churches. At that time, Crouch pastored Green Hill Church in Mt. Juliet, and Bryant pastored Grace Fellowship Ministries and served as the director of the Wilson County Fellowship of Christian Athletes.

A kinship blossomed between Crouch and Bryant, and their conversations deepened until they were dissecting difficult topics such as racial reconciliation and church unity. The two pastors combined their congregations

for a special “one hope” worship service and included time for everyone to have their own conversations so they, too, could build bridges. Word spread and other pastors joined in forging a stronger Wilson County.

Crouch and Bryant hosted meetings with community leaders, and after six weeks of survey work, “four pockets of vulnerability” were identified: hunger, addiction, safety, and education.

“At that point, the group of pastors developed language to describe this effort to see ‘everyone fed, everyone free, everyone safe, and everyone ready’ to live the life they were created to live,” said Crouch. “We want Wilson County to be a place where everyone can thrive. So, the name, ‘Everyone’s Wilson,’ emerged. All the



**Daryl Crouch and Tim Bryant**

resources this community needs to see everyone thrive are already here. It's our job to harness them and put them to work."

The Everyone's Wilson network includes 70 churches, 40 businesses, and 30 nonprofits. With the goal of community transformation, Crouch stepped into the role of full-time executive director of Everyone's Wilson in 2021.

"We are a network that helps the church bring people from every sphere of influence together to create initiatives for spiritual and social transformation. Through prayer, service, evangelism, and collaboration, our partners work together to show and share the Gospel as we trust God to build a community where everyone can thrive.

**66**

**We want Wilson County to be a place where everyone can thrive. So, the name, 'Everyone's Wilson,' emerged. All the resources this community needs to see everyone thrive are already here.**

**– Daryl Crouch**

Too many of our neighbors are buckling under the weight of personal and spiritual brokenness. It's a steward of trust to help the local church live like a missionary and offer help and hope. We are unique in two primary ways. We are a development organization working to create long-term, structural solutions in the community so that this generation and the generations that follow can thrive. Second, we are motivated by the Gospel, knowing that our partners can deliver practical help and lasting hope when we follow Jesus well."

According to Crouch, the best way to connect with Everyone's Wilson is through your church, business, or nonprofit. Volunteers work in various areas of areas, including in local schools, where they serve students, educators, or their families. Others may join the Prayer Partner initiative or volunteer for their annual Serve Day, and others may partner financially.

With that in mind, Crouch said that Everyone's Wilson aspires to:

- Engage with 1,000 prayer partners per month
- Train and mobilize 750 volunteers to go into our schools and give 27,000 hours of service each year over the next three years
- See 1% of residents connect to Jesus and a local church each year
- Encourage families and churches to step into foster care, along with family and youth mentoring
- Work with local educators, public sector leaders, and businesses to develop a robust workforce development pipeline
- Equip marketplace leaders to join a Jesus' Kingdom activity every day through their work.
- Strengthen pastors and pastors' families toward health and fruitfulness
- Work with partners to help neighbors face their mental health challenges with courage so they can live the life they were created to live

Everyone's Wilson is spreading beyond the county lines, and others are taking note.

Wade Criswell, the county executive of Roane County, said, "When I was running for office, I prayed for the opportunity to unite churches and others to serve this county together. Everyone's Wilson has a model that has inspired and is equipping us to do that through 'Roane for All.'"



ADOBE STOCK

The mayor of Wilson County, Randall Hutto, said, "Everyone's Wilson and The Everyone's Welcome Network represent our faith in humanity, our hope for the future, and our love of Christ."

John Foster, the president of Wilson Bank & Trust, said, "Our partnership has allowed us to be involved with the local students and schools in a different way than we might have otherwise been able to. We believe this partnership is meaningful and impactful to Wilson County and the local community." GN

*For more information, visit [www.everyoneswilson.org](http://www.everyoneswilson.org)*





# SELF-DEFENSE FOR EVERYONE

## WILSON COUNTY'S CIVILIAN FIREARMS TRAINING ACADEMY PREPARES CITIZENS FOR PERSONAL AND HOMELAND DEFENSE.

By Sara Hook // Photography by Robin Holcomb

**L**EARNING NEVER truly stops, and that is doubly true in the arena of self-defense. For Clay Howell, founder and owner of Patriot Training, firearms are an integral part of that. Since 2016, Howell has worked hard to make Patriot Training an institution everyone can learn from, whether they have been in the military or law enforcement or have never picked up a gun. Patriot Training is there for everyone no matter who they are or what they think.

“I firmly believe that, regardless of my personal beliefs, everyone has a right to personal protection and self-defense,” Howell expressed. “At the end of the day, that’s what we teach.”

Patriot Training offers four rifle classes and three pistol classes, as well as medical training. Each class focuses on firearm handling and self-defense, whether you find yourself alone or in a team, in a neighborhood, or in a place of worship.

“No matter where that is, everyone who carries a firearm should have some medical training,” Howell said.

After all, every situation where it is legal to draw a firearm is inherently dangerous.

“The things that cause us to legitimately fear for our lives or grave bodily injury — those things are necessarily hazardous, dangerous,” Howell said. “It has been discovered that the number one most preventable reason that people have died has been catastrophic bleeding, and that’s just not good because the key there is the most preventable. [So] our medical classes are designed around preventing unnecessary death in a situation like that.”

Patriot Training “Rifleman Medical” classes are helpful in many situations beyond simple self-defense, which has been reflected in the students.

“Thankfully, we’ve not had many — just a small handful — that have ever had to use their skills,” Howell said. “We’ve had many more



Clay Howell

66

**I firmly believe that, regardless of my personal beliefs, everyone has a right to personal protection and self-defense. At the end of the day, that's what we teach.**

– Clay Howell

students that have taken medical classes and used those skills than we have firearms classes students, and that's how we want it to be.”

Classes are typically over weekends, for one or two days, and cap out at 16 participants for pistol and 12 for rifle. For those who want to train specifically with their friends, small group classes are offered as well. Nearly all classes are built for beginners as well as experienced marksmen.

“We have designed the course curriculum from the ground up for the beginner, but also with enough — shall we say, leeway. Such that a veteran military man or a law enforcement officer that has experience — we can make the exercises challenging for them as well,” Howell said. “[The] age-old saying is that, ‘You don't know what you don't know,’ and so we fill in those gaps.”

Patriot Training is so effective because Howell and his assistant trainers are constantly refining their instruction. No single class curriculum is set in stone.

“God has blessed us to have some really good assistant instructors in the program,” Howell said. “I really trust their judgment.”

Howell said he is always looking for “even a 1% improvement” in his work, and the library of exercises he has allows him to adjust classes to the needs of the students. He is especially committed to satisfying his



students, with a 100% guarantee for new marksmen if they feel like the class isn't for them, or veteran shooters if they don't learn something new. It is rarely utilized, as most responses have been overwhelmingly positive. The number of students returning for more classes or bringing friends reinforces that.

“If you like something, you share it — that's what we as people do,” Howell said. “I will rest contently knowing that people



continue to not only come back for more, but they share it with friends and family.”

It is a comfort to many to have the option of self-defense, and such training is not limited to those in careers that require it. The purpose of Patriot Training is “to help people become mentally, physically, and legally prepared to defend their loved ones.” Should calamity befall the academy’s students, they will be ready to stand tall in the face of adversity. **GN**



# RUNNING, TEACHING, GIVING

## COACH AND BIOLOGY TEACHER MAKES THE WORLD A BETTER PLACE

By Amanda E. West // Photography by Steve Zak

**P**LENTY OF us take clean water for granted, yet about 1 billion people across the world have zero access to it. Most Americans never give it a second thought, as it flows abundantly from our lakes, streams, rivers, faucets, and garden hoses. But according to Run4Water, a nonprofit that provides potable drinking water to those without access, 4,000 children die every day from waterborne illnesses, and 3,575,000 people die each year.

In places like sub-Saharan Africa, Southeast Asia, and Latin America, water supplies drastically affect health, education, and poverty. Women and children spend up to three hours daily going to the closest swamp, pond, or trickle of muddy water to fill a 40-pound jug and haul it home. They must do this multiple times, so this chore replaces education as a priority. This unfiltered water, gathered where animals graze and bathe, is riddled with disease and makes entire villages ill. That's why Run4Water "runs" to help.





Greg Armstrong

Run4Water currently has outreach programs in Uganda, Nicaragua, Honduras, Haiti, Kenya, and East Tennessee near our border with Virginia. According to the 2020 census, Sneedville, Tennessee has a population of about 1,200 and has one of the lowest per capita incomes in the entire country. Since 2010, Run4Water has provided thousands of Thanksgiving meals, repaired dilapidated homes, and volunteers installed gutters to catch rain for residents to purify for drinking and cooking. Volunteers have also installed well pumps, ensuring fellow Tennesseans have access to drinking water. The organization even provided a summer camp that ministered to 100 local children.

Greg Armstrong is a teacher and cross-country coach at Friendship Christian School (FCS). Greg lives on a Century Farm that has been in his family since the Revolutionary War, located alongside the Cumberland River. This generational access to an abundance of wildlife and clean water provided the foundation for Greg's love of nature. While growing up, Greg's father was an avid runner, passing the passion on to his son. Merging his love of nature and the desire to be the "hands and feet of Jesus," Greg officially began Run4Water in 2015 after competing in his first U.S. ultramarathon. He has since qualified and competed in both 2015 and 2019.

"I enjoy running long distances as a way to test my body and mind," said Greg. "I use running as a spiritual discipline and means to meditate, pray, and to raise awareness for those lacking clean water in our world. I strive to run for a greater purpose than self. My faith and my desire to be more of a contributor to the world than a consumer of it motivated me to start Run4Water. Using my talents and passion to help another soul is where I found my true and genuine purpose."

As a cross-country coach and biology teacher of 20 years, Greg says his greatest achievements aren't the marathons. They are the relationships he's formed, starting with his wife of 27 years, Shelley, and his two grown daughters, Anna Kate and Lily Grace. Additionally, Greg highly values the students who have sat in his classroom or joined him on the track and the friends he's made all over the world.

"I try to exemplify strong mental character and fortitude as a running coach and outdoor guide. I encourage my students to be servant leaders through various volunteering opportunities. Recognizing the

66

**Using my talents and passion to help another soul is where I found my true and genuine purpose.**

**– Greg Armstrong**

unique qualities of others helps me to motivate and guide others into a life of service and contribution."

In October 2016, Greg took a team from Run4Water to Uganda and Kenya on a scouting trip to see if they could make a difference in the water crisis. While there, they visited a colony of lepers. Later, Greg worked with the shoe company Teva to provide sandals to this forgotten community.

"These are the most rejected, neglected, and desperate souls in the world. Most refrain from visiting and helping them because of the stigma of leprosy. I think of them often, and my heart breaks," expressed Greg.

After he returned from Africa, Greg and his daughters were presented with another need to fill. Together, they formed 84 Days, a new ministry of Run4Water.

"I'm equally passionate about this organization. 84 Days [represents] the number of days a girl misses school when she lacks feminine hygiene products. My students at FCS lead this organization by raising awareness and funds, then travel to other countries providing reusable, sustainable products to help girls stay in school." GN

*For more information, go to [www.Run4water.net](http://www.Run4water.net) and [www.84days.net](http://www.84days.net).*





Subject Name

# How the Good News Magic Happens: From Submission to Print

## *How does a story get into Good News Magazine?*

Nominate someone to be featured in Good News Magazine.

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



### Step 1: The submission process: [goodnewsmags.com](http://goodnewsmags.com)

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

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

### Step 2: Selection and theme assignment

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

### Step 3: Interviews and photo shoots

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



## *What's next in Good News Magazine?*

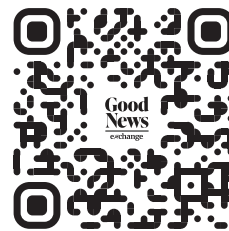
Currently, our dedicated team of magazine writers and editors is hard at work crafting stories under themes like “Shop Local,” “Independence,” and “Dreams Come True.” We are excited to announce the next theme needing story submissions is **“Where Champions are Made.”**

### **What we seek in “Where Champions are Made” stories:**

We are looking for local athletes with inspiring stories. Do you have a family member or friend who shines on the court or field? We want to tell your story! Our next sports issue will include players, coaches, and those who lift our athletes to new heights.

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

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







# Local Good News

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

Photos provided by Lebanon Wilson County Chamber of Commerce Facebook Page

# Business After Hours - March 1



Photos provided by Lebanon Wilson County Chamber of Commerce Facebook Page

The Lebanon Wilson County Chamber of Commerce put on another successful Business After Hours with an exceptional turnout, hosted at Working Man Winery. Nestled at 402 E. Main St., Working Man Winery is a gem, offering a unique tasting experience. The winery is known for its vibrant weekly events, including live music, sip and paint events, bingo, and various other games. It also provides an option to rent the space for special occasions. Excitement was in the air as the Chamber Pot reached \$600! The chamber invites the community for another "Business After Hours," scheduled for March 14 at 5 p.m., set to take place at Wilsons Outdoor Center.



# Two Bronze Dogs Grand Opening - March 1



Photos provided by Lebanon Wilson County Chamber of Commerce Facebook Page

Two Bronze Dogs celebrated its grand opening with a vibrant ribbon-cutting ceremony on March 1. The event, hosted by Two Bronze Dogs, was conducted by the Lebanon Wilson County Chamber of Commerce. This unique gift shop, catering to pets and their owners, opened its doors to showcase its offerings. Owners Greg and Derry Malson were joined by friends, family, several chamber ambassadors, and the community. Located at 104 S. College St., Two Bronze Dogs now serves local pet enthusiasts and shoppers, inviting everyone to explore its collection.



# INSPIRE MORE GOOD

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Join inspiring local charities and become a part of a movement that embodies the true essence of compassion. Not only will you have the opportunity to connect with readers on a deep and meaningful level, but you will also have the chance to uplift your brand in an impactful way.

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[www.leadershipwilson.com](http://www.leadershipwilson.com)

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<https://pickettchapel.com/wcbhc/>

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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.



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



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## Shop Local

ISSUE 2 2024

### Deadlines

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



## Where Champions are Made

ISSUE 6 2024

### Deadlines

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



## Vacation in Lebanon

ISSUE 3 2024

### Deadlines

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



## From Farm to Table

ISSUE 7 2024

### Deadlines

Sponsored Content.....	8/5/24
Advertising.....	9/5/24
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## Independence

ISSUE 4 2024

### Deadlines

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



## Our Heroes

ISSUE 8 2024

### Deadlines

Sponsored Content.....	9/3/24
Advertising.....	10/3/24
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## Dreams Come True

ISSUE 5 2024

### Deadlines

Sponsored Content.....	6/3/24
Advertising.....	7/3/24
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## Hearts of Gold

ISSUE 9 2024

### Deadlines

Sponsored Content.....	10/1/24
Advertising.....	10/31/24
Mailed to Homes.....	11/16/24



## Cindy Baldhoff

Publishing Partner

Call me at (615) 708-8197



## Kevin Hines

Publishing Partner

Call me at (615) 708-8019

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!



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