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ISSUE 9 2024

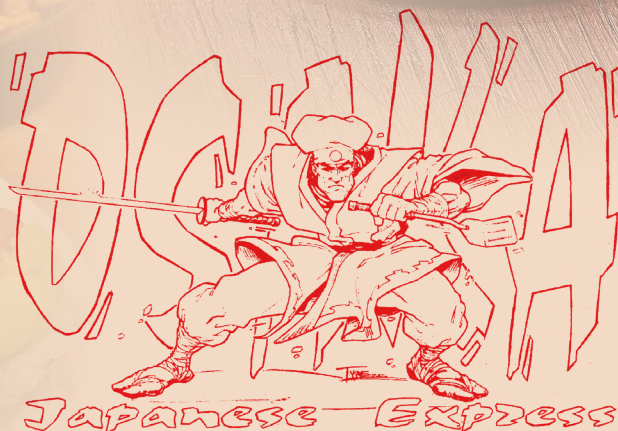
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(Cut into 8 pieces)

- R1. Avocado Roll (avocado) .....\$5.90
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- R2. Avocado & Cucumber Roll (avocado and cucumber).....\$5.90
- R3. California Roll (crabmeat, cucumber and avocado).....\$6.90
- \*R4. Tuna Roll (tuna).....\$6.90
- \*R5. Salmon Roll (salmon).....\$6.90
- \*R6 Spicy Tuna Roll (spicy tuna and cucumber) .....\$6.90
- R7. Philadelphia Roll (smoked salmon, cream cheese).....\$6.90
- R8. Crispy Salmon Roll (salmon, roll fried in tempura).....\$6.90
- R9. Crispy Tuna Roll (tuna, roll fried in tempura).....\$6.90
- R10. Shrimp Tempura Roll (tempura shrimp, eel sauce).....\$6.90
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### Hibachi Entrees

(Comes with fried or white rice, zucchini, onion)

Any substitutions made to an order are subject to an extra charge. No rice, substitute noodles \$1.00  
\*No rice, substitute vegetables \$2.00

- Mixed Vegetable (Zucchini, Onion, Broccoli, Mushroom, Carrots).....\$8.75
- Teriyaki Chicken .....\$9.25
- Ribeye Steak (w. Mushrooms).....\$10.50
- Shrimp (w. Broccoli) .....\$10.50
- Filet Mignon Steak (w. Mushrooms) .....\$13.99
- Salmon (w. Broccoli) .....\$14.50
- Ribeye Steak and Shrimp.....\$14.50
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- Shrimp & Teriyaki Chicken.....\$14.15
- Ribeye Steak & Shrimp & Chicken .....\$18.15
- Filet Mignon Steak & Chicken .....\$18.15
- Filet Mignon Steak & Shrimp.....\$18.15
- Filet Mignon Steak & Shrimp & Chicken .....\$22.15
- Jumbo Shrimp (12 pcs.) (w. broccoli).....\$14.85
- Filet Mignon Steak & Jumbo Shrimp (6 pcs.).....\$19.70
- Filet Mignon Steak & Salmon.....\$19.70
- Jumbo Shrimp (6 pcs.) & Salmon....\$19.70
- Filet Mignon Steak & Scallop .....\$20.85

### Specials

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- Green Pepper Steak/ Black Pepper Steak.....\$10.50
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- Green Pepper Filet Mignon/ Black Pepper Filet Mignon .....\$14.85

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- Beef w. Mixed Vegetables (flank steak).....\$12.85
- Chicken w. Mixed Vegetables (white meat) .....\$12.85
- Shrimp w. Mixed Vegetables .....\$12.85
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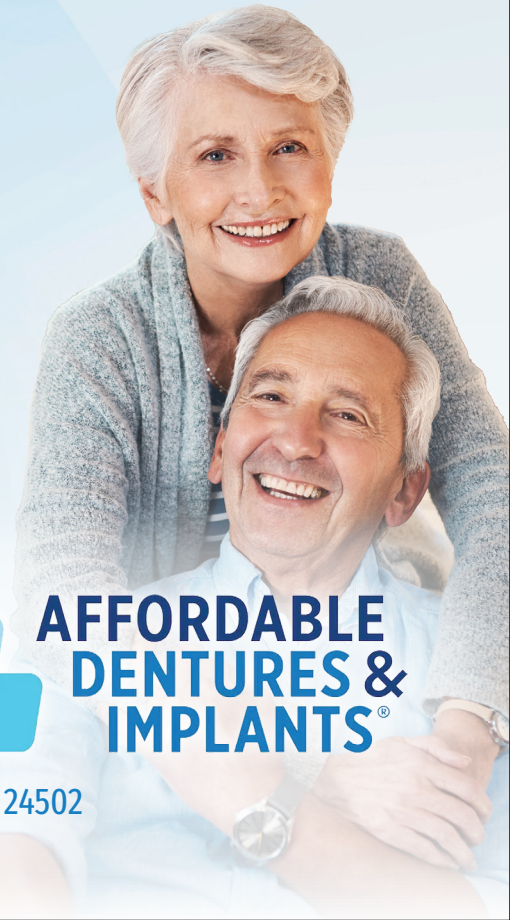
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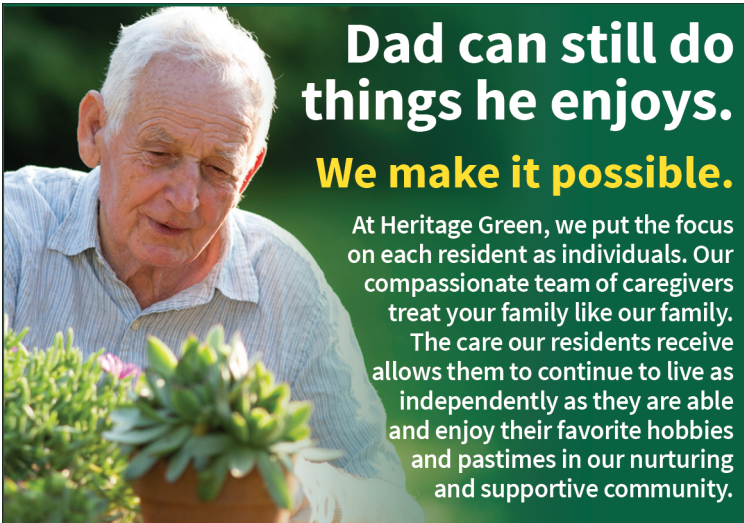
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# TABLE OF CONTENTS

ISSUE 9 2024

**LETTER FROM THE EDITOR:** 10  
Farm-to-Table

## *Good Living*

**DESPERATION LEADS TO INNOVATION** 12  
One man's journey from prescription drug addiction to inventing a potential solution to the crisis

**TURNING COMPASSION INTO ACTION** 16  
Retirement led Monika Price to a calling she couldn't ignore, transforming her life and countless others

**VOLUNTEERING LOCALLY, IMPACTING GLOBALLY** 22  
World Help's innovative volunteer programs bring hope and help to those in need worldwide

**THE TASTE OF PERU** 26  
Lynchburg's latest culinary gem





34



## Good Stories

### 30 TURNING THE TABLES ON FAST FOOD

What Chapel Creek Farms brings to the table makes the best of what you bring to yours

### 34 CULTIVATING COMMUNITY AND SOWING SEEDS OF CHANGE

Clover Hill Farms and Clover Hill Angus adapt to changing consumer preferences with a personal touch

### 38 GROWING BEYOND BARRIERS

Lynchburg Grows' innovative programs make fresh produce accessible while creating meaningful jobs

## Good Times

### 42 COMMUNITY EVENTS

### 44 CHARITY LISTING

### 46 ADVERTISER INDEX

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LETTER FROM THE EDITOR

# Sprouting in the soil, served at supper

Farm-to-table plants seeds generation after generation.

**O**UR FOOD nourishes us, from the soil beneath our feet to the table where we gather with family and friends. The hot sun beams from the sky into the field of sprouting seeds. Farmers rise early, tending to their crops with the same care and dedication that their families have shown for generations. The connection between the land and our plates is a story of hard work, love, and survival — a story growing more vital as we seek healthier, more intentional ways to nourish our bodies.

The beauty of farm-to-table lies in its simplicity. Cooks transform fresh, seasonal ingredients into meals that are delicious and rich in nutrients, just like nature intended. Each dish tells a story of the farmer who harvested the tomatoes, the hands that crafted the cheese, and the cook

who brought it all together like magic. When we eat farm-to-table, we're not just enjoying a meal; we're participating in a movement that values relationships over transactions.

When we focus on farm-to-table, it also reconnects us with the seasons, reminding us that food is more than a commodity — it's a gift from the earth that should be savored. There's a certain joy in eating what's in season, knowing that the flavors are at their peak and that you're supporting local farms that are the backbone of our communities. The people in this issue bring us closer to nature, yes ... but also closer to each other. This issue of Good News is a return to our roots — a celebration of the land, and a recognition of the hands that toil to bring us the freshest, most nourishing foods. **GN**

**Wesley Bryant,**  
EDITOR-IN-CHIEF

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# DESPERATION

leads to

# INNOVATION

One man's journey from prescription drug addiction to inventing a potential solution to the crisis

By Dave Lenehan // Photography by Chris Morris

**W**HEN NEIL Jackson was admitted to the hospital to undergo cancer surgery, he had no idea what life would look like on the other side. He did not realize his journey to recovery would take him to the darkest moments of his life. His surgery ultimately brought him a personal quest that he hopes will one day give freedom to other people facing prescription opioid addiction.

Jackson was diagnosed with a rare cancer. His doctors found an 8 ½-pound tumor wrapped around his spine, pelvis, and hip. Jackson underwent 23 hours of internal surgery at Massachusetts General Hospital in Boston and ended up losing a good portion of his spine and his left leg, along with having his pelvis removed and replaced. Most of us would hear that story and be amazed that Jackson survived. He has a different perspective.

Jackson said about his surgery, "I wouldn't trade it for the world. It was the best thing that ever happened to me." He added that he knew, "If I come out the other side, God will have a mission for me."

Following surgery, Jackson's doctors prescribed him several strong opioid pain relievers. Among his pain medications, it was a prescription-strength fentanyl patch that brought him the most stable pain relief. Jackson noted that, unlike oral drugs, which tend to lose some dosage strength going through one's digestive system, the fentanyl patch administers the drug through the skin directly to the bloodstream and the brain's pain receptors.

Over the seven years following his surgery, Jackson found himself becoming more and more addicted to the fentanyl patch, eventually being prescribed the highest dosage available.





Neil Jackson displays a commendation letter from former President Donald Trump.





▲ Jackson works on his upcoming book.



▲ FenBlock comes in various shapes and sizes.

Jackson said that as the addiction grew, so did his depression, anxiety, and even suicidal thoughts. In the middle of the darkness of his addiction, two things saved him: not wanting to cheat his family by taking his life and a 2017 report from former President Donald Trump regarding opioid addiction.

While Jackson watched the report on TV, he found himself realizing his addiction was out of control and decided he needed to do something to stop it — for him and potentially for others around the nation. The patented FenBlock barrier technology was born.

Jackson is the founder and CEO of N Brereton Medical Technologies LLC. He explained that the FenBlock barrier is designed to gradually reduce the dosage given through a prescribed fentanyl patch by physically blocking a portion that is designed to increase in size proportionate to the total surface area of the fentanyl patch.

As the 2017 Trump administration report explained, addiction to fentanyl and other pain-relieving drugs is a national crisis. About 40% of those who develop opioid addictions do so from prescription drugs, and many find themselves using illicit fentanyl or other narcotics. Jackson believed his situation and others like him needed a seat at the table in communities around Virginia and nationwide where solutions were being discussed.

Jackson explained that if a patient were to ask their doctor to taper off the dosage of a fentanyl patch, the reduction of medication could be as much as 25% in the first round — he warned that it's too much of a change too quickly. The FenBlock barrier design begins its tapering at only 5%, gradually increasing to weaning a patient off the powerful narcotic while minimizing withdrawal symptoms. Jackson put his FenBlock barrier idea to work on himself. He was able to get to the point of eventually eliminating his need and, more critically, his addiction to the drug. FenBlock worked!

His research over the past five years produced his prototype. Jackson partnered with science research and manufacturing giant Solvntum to develop the material from which the FenBlock is





▲ Jackson holds some of the FenBlock strips.

made. Jackson received endorsements from former President Trump, Virginia House of Delegates member Wendell Walker, doctors, and others in the health care industry. He holds three patents for the FenBlock patch and recently completed the book “Self-Cured Addict,” which tells his and FenBlock’s story.

Earlier this year, N Brereton Medical Technologies LLC partnered with

Kymanox, a leading life science solutions partner headquartered in Raleigh, North Carolina, to accelerate the development and commercialization of FenBlock. Jackson is also awaiting review and approval from the Food and Drug Administration so the companies can move ahead with production.

Jackson’s next step is to raise capital, preferably from “local angels” who

recognize the immediate need and extensive market opportunity by solving this large national epidemic. Jackson wants to see FenBlock become a Virginia product and “a win for Virginia!” **GN**

---

*For information about FenBlock, visit [www.fenblockmed.com](http://www.fenblockmed.com).*

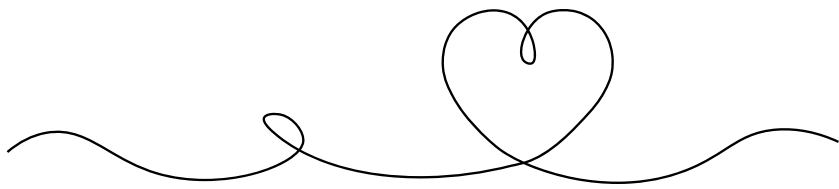




Monika Price



# TURNING



# compassion

# INTO ACTION

Retirement led Monika Price to a calling she couldn't ignore, transforming her life and countless others.

By Dave Lenehan // Photography by Chris Morris

**W**HEN MONIKA Price retired from Framatome, she thought her life would slow down. She admitted she quickly became a “couch potato,” watching a Lifetime series on TV. A significant change came to her one day — it was a calling she couldn't ignore.

“I was sitting on my sofa,” Price recalled, “and I heard God say, ‘Serve me.’ That’s how it got going.”

Price said she wasn't sure where or how God wanted her to serve, so she went to Senior Pastor Mike Dodson at Tree of Life Ministries, where she and her family attended. Price thought she would serve at the church's Greenview Drive main campus, but she added that every time she drove there, she ended up at the church's Midtown campus on 12th Street instead. That's where Price has served the call from God for over 20 years.

Price pointed out that she volunteered first with the ministry's food bank. After two years, Price noticed a pile of boxes stacked in a loft area above the Midtown location's worship center. The loft, Price said, was a mess. Countless boxes of clothes stood neck high. It took Price eight months just to go through and sort what was in place and begin to organize it into the distribution center that stands today.







▲ Angie Cox and Monika Price

While Price started providing clothing for free to neighbors who stopped by the church, she quickly realized people needed more than clothes. Price found that several other churches and ministries also gave away or sold clothes for low cost in Lynchburg. Price knew she needed to do more and do it all for free. That driving thought of meeting more than people’s clothing needs turned Price into what she described as “the best beggar in town.”

Price visited consignment shops, other churches, and even a few retail stores looking to add other items to her giveaways, such as housewares, hygiene products for men and women, and toys. Price said that the JCPenney department store and two local consignment shops, Lulu’s Closet Consignment & Boutique in Forest and Nice as New on Linkhorne Drive, were the first to step up and donate clothes and other items to Tree of Life.

As she talked to more and more of her clients, Price realized she needed to add more items, including jewelry and men’s socks. Her daughter, Bianca Allison, and Allison’s husband took on the task of gathering the two items. The two women also put together hygiene bags to give to clients, some of whom were without housing or access to what most of us find in our medicine cabinets. Some items are not available through donations, so Price also scours yard sales, flea markets, and some local dollar-type stores and purchases small items that she knows her clients need.

Price said she learned a couple of realizations when she began volunteering.

Her pastor’s wife told Price, “People don’t need a ‘let me feel good.’ These people need someone [volunteering] who is going to stay with them, listen to them, and not enable them.”

Price took the advice to heart.



▲ Monika Price and Bianca Allison look over one of the free dresses available



“

*This is not a job.  
It's a mission. When I  
become afraid,  
I'll stop.  
I'm not afraid.*

-Monika Price

“If they want to talk, I'll listen,” she said.

Price emphasized that all items available during the Tuesday food and clothing distribution day at Tree of Life Midtown are free. Allison often spends time helping her mom and said that customers are so impressed with the respect Price shows everyone — with zero judgment.

Customers told Allison, “We love your momma!”

She added, “It's a big deal to them.”

Over the years, Price has seen many volunteers come and go at Midtown. Of course, many people from her church help out when they can. But Price said it has been challenging to find volunteers who are committed to the work for the long haul. Price works at the church five days a week. One or two other consistent volunteers, along with her family, take up the bulk of the rest of the work. Once Tuesday's distributions are done — and most weeks, the loft rooms are completely cleared out — Price said it takes a full week to restock everything.

Price is approaching her 80th birthday this fall, but she promised she's not done yet. Her family is concerned about her safety, especially on the days when Price works alone. She offered some reassuring words.

“This is not a job. It's a mission. When I become afraid, I'll stop. I'm not afraid.”

Price pointed up to heaven and said “My boss is Him.” **GN**











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**Good News**  
echange





**Kelley Heelan**





# Volunteering locally, impacting globally

World Help's innovative volunteer programs bring hope  
and help to those in need worldwide.

By Dave Lenehan // Photography by Chris Morris

**A** QUICK ONLINE search for nonprofit organizations in Lynchburg that serve the residents of our community will bring up several dozen names on your computer screen. But what if you're looking for something in the Hill City where humanitarian efforts reach across the globe in addition to around your neighborhood?

That question is what drove Kelley Heelan to discover the organization World Help. Heelan is a graduate of Liberty University who knew early on that God had called her to help others.

"I always wanted to help people around the world, but I thought I had to be around the world to do it," Heelan explained.

World Help has been headquartered in the Lynchburg area for over 30 years and is a Christian humanitarian aid organization serving the physical and spiritual needs of people in impoverished communities worldwide.

When the job of community engagement coordinator came across Heelan's desk via Indeed, she jumped at it. Her primary role is to coordinate the scores of volunteers who come to World Help's distribution center and sort lifesaving supplies such as clothing, shoes, and medical supplies. She considers World Help a hidden gem, because not many people realize they can volunteer locally and be part of an international impact.

Heelan works with individuals, churches, and business groups who volunteer occasionally or on a regular basis. One local business brings its employees to volunteer once a quarter. Many individuals and families volunteer more frequently. Their main role is to sort shipping containers full of new clothing donated by national clothing companies. World Help does not accept used clothing, Heelan added. The sorting, counting, and boxing by volunteers help the





▲ Barry Hastings, Tanya Paulette, and Kelley Heelan

organization's receiving partners spend less time organizing clothing and more time connecting with and distributing the items to those in need.

"I love this job and the mission that drives it. I love that we get to help people every single day," Heelan pointed out.

When she first took on the coordinator's role, Heelan went through her contacts from Liberty University to recruit volunteers. She said she poured over lists of students, professors, sports teams, and campus community group leaders, asking for volunteers. Once she finished with those contacts, Heelan began browsing the extensive list of churches and businesses in Lynchburg, encouraging more to connect.

Her efforts have paid off. Since taking the job, Heelan has helped grow World Help's volunteer program from a few hundred volunteer hours to over 9,000 hours given by community members this past year. Over time, Heelan has seen the ripple effect of families who volunteer. College students bring their parents, and older parents now bring their young children to volunteer.

Heelan's colleague, Rachel Godwin, proclaimed, "Kelley is one of the friendliest people you will ever meet. She is truly passionate about what she does and loves to help people both locally and globally."

Recently, two local volunteers visited Guatemala to meet and work with one of World Help's partners. Heelan said that

while unloading boxes of clothing, one of the volunteers saw her handwritten labeling on some of the boxes. She got to see firsthand how her work in Lynchburg directly impacted people in need thousands of miles away. Heelan said that World Help is now discussing offering similar trips in the future.

The World Help warehouse also became a second home for students from the Liberty University College of Osteopathic Medicine (LUCOM). Heelan said that when LUCOM students come to volunteer, they can relax and unplug from their typically rigorous schedules and the responsibilities of classes, exams, and practicums.

Heelan noted, "It's a space that is their own."

Since word has spread and volunteer hours have increased, Heelan said she has been able to step back some from direct recruiting and find new ways to bring World Help's mission and needs to others. Heelan and her team also added a new system to manage volunteers that makes the work more efficient for the ministry and the volunteers themselves.



▲ Lee Whitehead and Kelley Heelan





*“I love this job and the mission that drives it. I love that we get to help people every single day.”*

*-Kelley Heelan*

▲ Barry Hastings and Tanya Paulette share a laugh with Kelley Heelan while sorting clothes

World Help’s simple mission of “Help & Hope” goes far beyond recruiting volunteers to sort humanitarian aid. The organization also serves the globe through work with refugees, freedom from the sex work industry, water projects, child sponsorships, church planting, and Bible distribution.

“If you’re passionate about helping others, we want to work with you,” Heelan concluded. GN

*If you would like to volunteer with World Help, please visit [www.worldhelp.net/volunteers](http://www.worldhelp.net/volunteers).*



▲ Volunteers sort and pack flip-flops



# THE TASTE OF PERU

Lynchburg's latest culinary gem

**C**OLCA'S CHICKEN has recently opened its doors across the street from Cornerstone on Greenview Drive. I could see and smell the smoke from the grill before I even entered the parking lot. Don't let the understated exterior fool you — the interior boasts vibrant murals depicting Peruvian art and culture.

At Colca's, you can either build your own burrito bowl or order straight off the menu. We chose the lomo saltado, perfectly grilled beef tenderloin tips served with rice and vegetables, and the pork chausa, Peruvian fried rice with cubed pork belly, green onions, and an egg omelet.

Usually, I can pick a favorite dish, but Colca's made that impossible. Both dishes combined a smoky flavor with an element of freshness that

created a great balance and led my husband and I to trade plates periodically throughout the meal. Neither of the dishes held much spice, so we went in search of some heat.

The sauce bar included a light aioli, a tangy jalapeno sauce, and a savory aji verde. The perfect addition to our meal was the Colca's house hot sauce. If you can imagine a spicy, tomato-based yum yum sauce, that may give you an idea of the liquid heaven that Colca's is serving its patrons.

This self-described "fast-casual Peruvian restaurant" has achieved its goal of providing an authentic dining experience of elevated comfort foods. From the food and fresh juice to the art on the walls, this truly felt like an immersion into Peru's rich culture and history. **GN**



## GOOD NEWS IS COMING TO DINNER!

We will feature a local food critic's thoughts as they dine in Lynchburg. This month Grace Hayes visited Colca's Chicken - Peruvian Charcoal Grill.

## Colca's Chicken — Peruvian Charcoal Grill

1213 Greenview Dr.  
Lynchburg  
(434) 845-0070  
<https://www.colcaschicken.com/>







# FARM TABLE

Farm-to-table is a tribute to the hardworking farmers in small towns who are the backbone of our community and the heart of America. These farmers rise with the sun, nurturing the land with care and dedication, harvesting the fruits of their labor to bring food to our tables. They are the unsung heroes, the ones who keep the world spinning, feeding not just our families but our very souls.

Farming is more than an occupation; it's a legacy, a patriotic duty passed down through generations. We are deeply thankful for these women and men who embody the spirit of resilience and hard work, ensuring that the promise of America endures in every bite we take.









# Bringing Families Back to the Table

What Chapel Creek Farms brings to the table makes the best of what you bring to yours.

By Tina Neeley  
Photography by Mark Calhoun,  
submitted by Melody Driver

**J**UST AFTER World War II, families passed around dishes made from the harvest of their victory garden, eggs gathered from their coops, and meats pastured and butchered locally. Local dairy products and seasonal fruits from local orchards contributed to desserts. It was simple but nourishing food using available ingredients with little waste.

Eight decades later, it's an instant world — instant access to entertainment through streaming services, instant access to friends and family through texts and social media, online shopping with an instant click, and countless instant options answer the age-old question, “What’s for dinner?” The availability of dinner on the doorstep via services like DoorDash and Grubhub redefines “fast

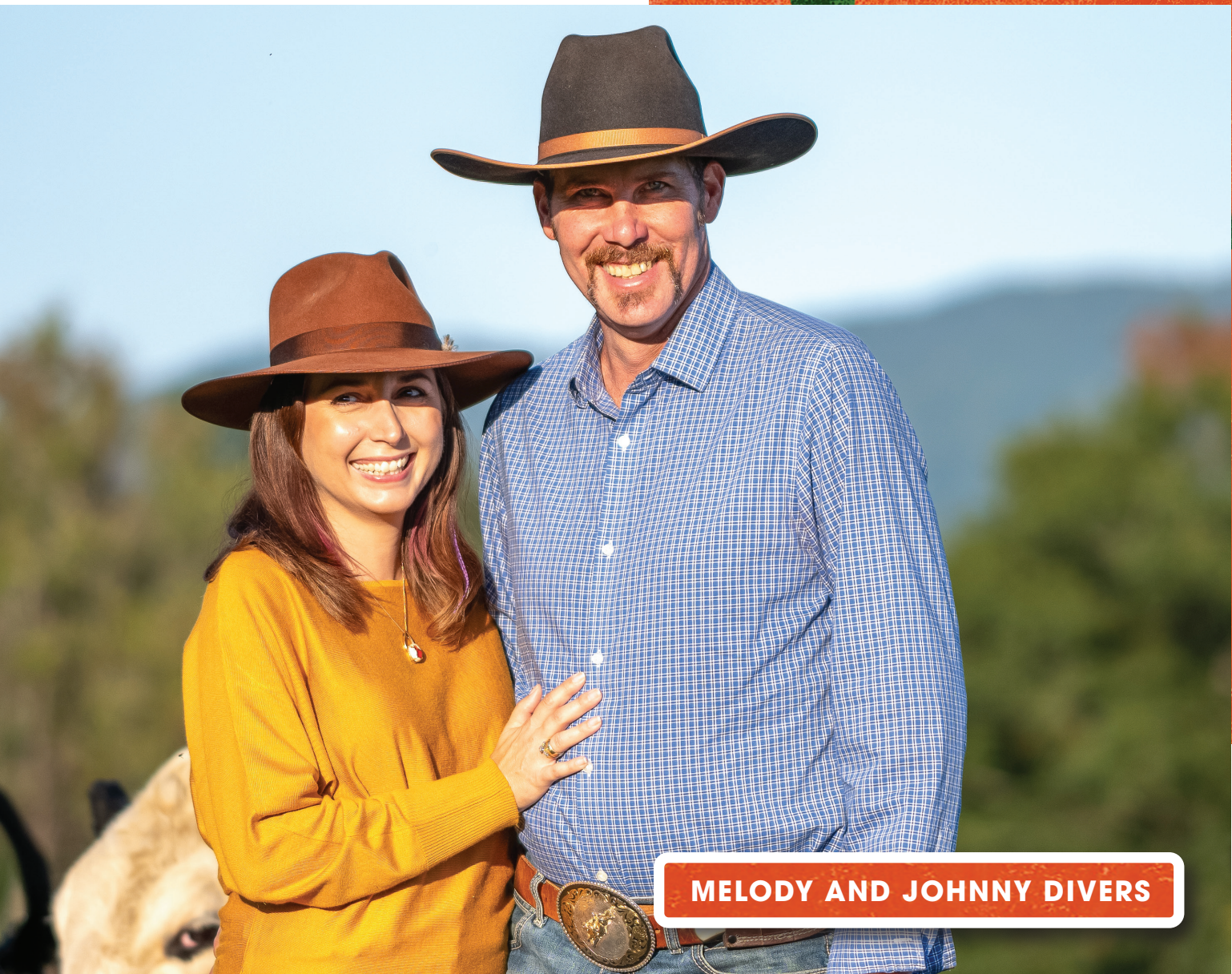
food.” We can even check off our grocery lists without ever leaving home.

The pace of life tends to dictate what we bring to the table. But it doesn't have to. What Johnny and Melody Divers bring to the table at Chapel Creek Farms makes the best of what you bring to yours. What these first-generation, full-time farmers feed their beef cattle enables you to feed your family premium, nutrient-dense beef raised through ethical, sustainable methods.

## FEED AND CARE

Pursuing the highest quality of beef through Johnny's tailored farming practices is a Divers' guiding principle.





**MELODY AND JOHNNY DIVERS**



◀ Johnny and Melody's teenage sons, Chapel and Creek Divers, whom the farm was named after





▲ Johnny, Melody, Chapel, and Creek Divers

Knowing the herd and the land is critical. Johnny cares for and connects with his cattle.

“I could always tell the cows were his love language — something he was comfortable with,” Melody said. “Johnny grew up on a beef farm. The methods we use today are built upon that experience modified to fit our personal goals.”

With a degree in agriculture and a minor in business and biology, Johnny’s farming methods and style produce high-quality grass-fed, grass-finished beef through sustainable practices and a closed-herd model. The operation covers about 2,000 acres of farmland in Bedford County.

“We focus on grazing cattle 300 days out of the year, where a lot of people feed six months out of the year and graze six months out of the year,” he explained. “Cattle was intended to graze. They’re a forage animal that’s intended to

get their own forage. If I’m having to feed them the majority of the year, it means that I’m not doing my job right and growing grasses for them. I can’t control weather, but I can control my stocking rate on farms to adapt to weather.”

All the hay comes from pasture, not hay fields, and Johnny makes every effort to minimize the need to feed hay. Some of the cows graze all through the winter. The beef share cattle herd operates separately and is fed high-protein, fast-growing grasses that produce good-quality meat. It’s the source of good marbling, tender beef, and the best possible flavor.

“You’re not always going to get a perfect marbled animal on grass, and sometimes that’s not what it’s all about. It’s the taste, the tenderness, and the quality. Yes, marbling is part of quality, but it doesn’t mean it’s the best quality just because it’s got marbling in it,” said Johnny.



## BEEF SHARE

The Divers' commitment to quality and transparency is evident in their beef share program, which allows customers to purchase a percentage of an animal's available meat.

"Our animals, whether it's storefront or beef share, are born on our farm and stay with us until it's time to go to the processor," Melody said.

This closed-herd approach ensures complete control over the animals' care from birth to processing.

Melody, who taught for 15 years before becoming a full-time farmer, applies her teaching skills to explain the beef share program, and Johnny shares their farming practices. The beef share process is intentionally personal.

"We have a beef share contract appointment," Melody said. "We help you fill in all your paperwork, what cuts you're getting, thicknesses, how you want it packaged. If you have questions about how to cook it or what something looks like, we'll make sure all your questions are answered."

This blend of modern efficiency and old-fashioned personal service sets Chapel Creek Farms

"We have this really cool thing happening where we're kind of going forward with something new and also helping guide our sons into their path with their farming, too."

**MELODY DIVERS**

apart. While they have a website, Melody insists on face-to-face interactions for beef share contracts, emphasizing the importance of personal connections.

## TEENAGE FARMERS

Forever looking ahead, the Divers are cultivating a legacy. Their teenage sons, Creek and Chapel, have their own separate herd and are learning the ropes of sustainable farming firsthand.

"We have this really cool thing happening where we're kind of going forward with something new and also helping guide our sons into their path with their farming, too," Melody said.

The boys are welcome, but not obligated, to join the family business as adults.

"We tell them, 'If you have another idea for your future, please pursue that. But if you come back, come back with something you can bring to the table,'" Melody shared.

## AND THEN THERE'S MORE

In addition to the beef share program, the farm's storefront, The Cider Barn, is open on Fridays and Saturdays for meat sales. Pick up something for the freezer or dinner. In the fall, you can purchase beef and unpasteurized apple cider pressed onsite from locally sourced apples.

Treat yourself to the "Filet Mignon Table on the Farm Dinner" on Oct. 12. The limited ticket event showcases Chapel Creek Farms' beef while enabling you to view the operations. The cost is \$60 per person.

Mark your calendar for the first Saturday in November and attend the free customer appreciation event in The Cider Barn from 11:00 a.m. to 2:00 p.m. It's the perfect opportunity to sample the cider and beef.

In an era of instant gratification, Chapel Creek Farms offers a refreshing return to a more grounded food source. Yes, it's about quality beef, but it's also about cultivating relationships, educating consumers, and stewarding the land for future generations.

It's what they bring to the table. **GN**

*For more information, visit [chapelcreek-farms.com](http://chapelcreek-farms.com) or follow Chapel Creek Farms on Facebook. The Cider Barn and Farm are located at 4915 Pike Rd. in Montvale, Virginia. Call (540) 529-9527 or email [ourciderbarn@gmail.com](mailto:ourciderbarn@gmail.com).*





## Clover Hill Farms and Clover Hill Angus adapt to changing consumer preferences with a personal touch.

By Tina Neeley  
Photography by Chris Morris

**I**T'S A typical Saturday morning at Tractor Supply Company in Forest. With each *swish* of the automatic sliding doors, carts piled high with feed and supplies roll out while others stride purposefully in to grab the day's necessities before tackling the day's list of chores. Although focused on their mission, one more stop in the parking lot brings home wholesome goodness to feed and fuel them, enabling them to be their best for their families and farms.

A banner with the familiar clover and livestock logo hangs on the red and white vendor truck. The Clover Hill Mobile Farmers Market is back, loaded with a variety of locally sourced items, including its own Clover Hill Angus and other fresh products. Mary Kelly Sink is under the market's canopy, catching up with regular customers and connecting with new ones, sharing cooking tips and stories behind the items offered.

But there's a lot more at work than meets the eye.

# Cultivating community and sowing seeds of change





MARY KELLY SINK



“There’s more to farming than raising fruit, vegetables, and cattle. At the heart of farming are the connections and differences we make with the land and our community,” Sink shared.

## A DIFFERENT TIME

Not so long ago, a weekly run to the neighborhood chain grocery store satisfied consumers. There were few doubts that the meat and produce provided the proper nutrition and best health choices. But with the COVID-19 pandemic came a shift in our thinking. Fewer resources and a new way of life opened the door to a greater understanding and desire for transparency in our food sources.

Sink agreed, “We have seen a shift in people wanting to know where their food comes from. COVID was a turning point for the small farmer. There were limited resources, and neighbors began relying on neighbors more. There have always been those who supported small farmers, and COVID put even more eyes on the benefits of supporting the local community. Additionally, documentaries and social media have significantly raised awareness about the importance of sustainable and ethical food sourcing.”

## MAKING A DIFFERENCE IN THE LAND

Sustainability practices are foundational to delivering the quality consumers seek. At Clover Hill Angus, caring for the cattle by caring for the land and the environment naturally results in caring for the community.

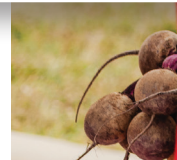
“Our cattle are not just well cared for, but our farming practices also benefit the environment and the community,” said Sink. “Our focus on rotational grazing techniques ensures the health and well-being of our cattle while also promoting soil health and biodiversity. This method allows pastures to recover, reducing soil erosion and improving water retention, contributing to a healthier ecosystem for all.”

Added proteins and minerals from grain further balance steers raised in open pastures where they forage naturally. According to Sink, this diet results in “the marbling of a finished product, ensuring a delicious and nutritious end product.”

“By operating sustainably, we can provide delicious, nutritious food that supports a healthier ecosystem and future for everyone.”

“We strive to create a sense of joy and discovery by bringing farm products and wholesome goodness to our neighbors. We’re neighbors serving neighbors.”

**MARY KELLY SINK**



## MAKING A DIFFERENCE IN THE COMMUNITY

The Sink family further supports local farmers and growers by providing a storefront for their items through Clover Hill Farms. While Clover Hill specializes in steer, it partners with other local farmers to provide chicken, pork, and produce. In addition, it offers jams and preserves, barbecue sauces, spices, and other items to connect consumers with local producers.

“Not everyone wants to or is able to do the marketing. That’s why it’s branded under us. It takes a great deal to do what we do with Clover Hill, and by working with others, we can each specialize and bring the best quality to our neighbors,” Sink explained.

They also bring the best quality to their neighbors with the Clover Hill Mobile Farmers Market. With a mission of bringing the farm-to-fork experience directly to communities,





making it easier for everyone to access nutritious, locally sourced food, they hit the mark and surpass it with the extras they provide.

Sink said, “During our market sales, we not only share tips on how to prepare delicious meals with our fresh products, we also foster a strong sense of community. We believe that this connection between people and farm-fresh foods not only promotes healthier eating habits but also strengthens community. We strive to create a sense of joy and discovery by bringing farm products and wholesome goodness to our neighbors. We’re neighbors serving neighbors.”

It’s a reciprocal relationship. Consumers return the support through their purchases and by continuing the conversation around locally sourced products.

“Community initiatives, such as local farmers markets, farm-to-table events, and the growth of agritour-

ism, also foster a closer connection between consumers and farmers. Increasing further awareness about the farm-to-fork movement happens with neighbors supporting the small farmer. Like their social media pages — share their website or business cards with friends. It’s the little things that matter,” said Sink.

The Sink family’s commitment to sustainable practices and community engagement goes beyond simply selling products. They’re helping reshape the agricultural landscape in their corner of Virginia. Through their mobile market and partnerships, they’re not just adapting to changing consumer preferences but actively shaping a more sustainable and connected future for local agriculture. **GN**

*For more information, visit [cloverhillangus.com](http://cloverhillangus.com), email [cloverhillangus@gmail.com](mailto:cloverhillangus@gmail.com), or call (540) 929-9015.*



# Growing beyond barriers

Lynchburg Grows' innovative programs make fresh produce accessible while creating meaningful jobs.

By Tina Neeley  
Photography by Chris Morris

**W**HEN SHOPPING the aisles of the local grocery store, we share everyday struggles: rising prices, shrinking content, and inconsistent availability. For many, time constraints and budgets overrule the desire to provide healthy meals for their families. Convenience wins, and the bags at the checkout counter bulge with pre-packaged meals and boxed snacks. Shoppers carry the frustration of their choices home with their purchases.

“Next time will be different,” we promise ourselves.

Next time can be different thanks to the resources provided by Lynchburg Grows, an urban farm impacting the lives of consumers from all socioeconomic backgrounds. At the core of its operations is a thriving community-supported agriculture (CSA) program serving 300 families weekly.

“Our model is a little different,” Executive Director Shelley Blades explained. “We supply a ton of the produce, but there are things we just don’t grow because we’re in greenhouses. So we source those from other farmers. We really want







**SHELLEY BLADES**





“We want to make sure we’re working with our farmers to help them work toward their goals, even if it’s not a career goal.”

**SHELLEY BLADES**

▲ Chris Price, Ashleigh Kubik, and Shelley Blades inspect the growing tomato crop

to make sure that we are providing what we can from the farm, supporting other local farms, and getting the word out about the great work they’re doing.”

Collaboration is a core principle. Lynchburg Grows is committed to making healthy food accessible to everyone, offering scholarships and work-trade options for those struggling to afford CSA memberships. It also accepts Supplemental Nutrition Assistance Program (SNAP) benefits and participates in the Virginia Fresh Match program, which allows SNAP recipients to purchase produce at half price.





“All our prices at our store are cheaper than at the grocery store. We’re a nonprofit, so we’re not trying to make money — we’re just trying to help people. A lot of people don’t know there’s lots of options for them,” said Blades.

Lynchburg Grows participates in an innovative health initiative, FreshRx, a local version of a produce prescription program. The organization works with local doctors who treat uninsured or underinsured patients and fills the doctors’ prescriptions by providing a four-week class. Access to healthy food and the proper tools and knowledge for preparing meals is often a barrier, and the program works to overcome as many roadblocks as possible.

“The class meets once a week. They get a bag of free veggies and then a lesson on how to use those veggies, why they’re important for your health, and different ways to incorporate those into your diet,” said Blades. “It’s hard to change your diet. It’s hard to change your habits. But we want to make sure that we are doing our part and helping people have the information if they choose to do that.”

In addition to the CSA and FreshRx programs, the on-site store, a farmers market, is open every Thursday. The store provides another avenue for the community to access fresh, locally-grown produce. The organization also has a robust donation program, partnering with local organizations to distribute fresh produce to those in need. This approach allows Lynchburg Grows to extend its reach and impact, supporting existing community efforts to address food insecurity.

“We donate to organizations who are already doing great work with people who could benefit from some free produce,” Blades shared.

Lynchburg Grows’ mission is two-fold: to work with our community to provide access to healthy food and afford purposeful jobs to individuals with disabilities. Today, the organization employs five people with disabilities who form the backbone of the farm operations. These employees work four days a week, handling crucial tasks from harvesting to distribution.

“We want to make sure we’re working with our farmers to help them work toward their goals, even if it’s not a career goal,” Blades shared.

It’s not just about job skills — it’s about life skills, fostering independence, and personal growth. Whether learning to take the bus or aspiring to lead field trips, Lynchburg Grows tailors its support to each individual’s aspirations.



▲ Mariel Hackman mans the pickup table for CSA pickups

As the seasons change, Lynchburg Grows remains active. At the end of each year, a holiday box program provides meals for families in need, ensuring that families have access to nutritious food even during the holidays.

“It’s not an official program, but it’s something we’ve tried to prioritize,” Blades said.

In a world where convenience often trumps nutrition, Lynchburg Grows fills the gap with accessible, sustainable, and community-focused agriculture.

As shoppers continue to navigate the aisles of local grocery stores, Lynchburg Grows offers a different path. Through its diverse programs, from CSA boxes to FreshRx classes, it addresses the struggles that many face: rising prices, time constraints, and the desire for healthier options. By making fresh produce accessible, providing education, and fostering community connections, Lynchburg Grows is helping rewrite the story of how we feed ourselves and our families. The organization is proving that with the proper support and resources, those promises we make ourselves about eating better can indeed become a reality. GN

*Lynchburg Grows is located at 1339 Englewood St. in Lynchburg. For more information, call (434) 846-5665, visit [lynchburggrows.org](http://lynchburggrows.org), or email [info@lynchburggrows.org](mailto:info@lynchburggrows.org).*



# 2024 PDGA Professional Disc Golf World Championships - Aug. 21-25



Photography by Chris Morris

2024 PDGA Professional Disc Golf World Championships, hosted in Lynchburg and Bedford from Aug. 21-25, was a thrilling showcase of disc golf excellence. The region's scenic courses challenged the world's top players, culminating in unforgettable performances. Eveliina Salonen and Isaac Robinson emerged as champions, demonstrating precision and skill that captivated fans. The event drew enthusiasts and newcomers alike, turning Lynchburg into a hub of excitement and sportsmanship. The championships not only crowned new world champions but also highlighted the growing popularity and competitive spirit of disc golf in the area.



1. Nate Sexton celebrates an ace on hole 4 2. JT and Frances Tompkins 3. Melissa Coleman and Hamniel, Kadmiel, and Abishua Midtlyng 4. Food trucks kept crowds and competitors nourished 5. Pros faced tricky obstacles in the woods of New London



# Bedford County Fair - Aug. 23-25



Photography by Chris Morris

The Bedford County Fair, held on Aug. 23-25, brought together the community in a vibrant celebration of local culture and agriculture. Visitors enjoyed a weekend filled with lively events, from thrilling rides to engaging live-stock shows. Local artisans and farmers proudly displayed their finest products, offering everything from handcrafted goods to farm-fresh produce. The fairgrounds buzzed with excitement, as families and friends gathered to savor the joys of late summer, making memories and supporting the area's rich agricultural history.



1. Farmer Ed presents a magic and agricultural education show 2. Deputies Wilson and Wilcher  
3. Antique tractors and farm equipment were on display 4. "Old MacDonald's Farm" delighted young and old



# 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.

## **Urban Mountain Adventures**

Encourages teens to turn off their cellphones and computers, step out of their comfort zones, and set off on a real adventure by leading them on wilderness experiences, imparting a deeper understanding and respect for the world around them.

(434) 515-0221  
[www.urbanmountainadventures.org](http://www.urbanmountainadventures.org)

## **HumanKind**

Offers programs and services that instill hope and equip people with the tools to build a strong foundation for life, with programs covering everything from financial education to mental health counseling, from early childhood resources to services for adults with developmental disabilities.

(434) 384-3131  
[www.humankind.org](http://www.humankind.org)

## **Girls on the Run of Central Virginia and Blue Ridge**

Offers programs for girls of all abilities to find their inner strength, providing trained coaches who use physical activity and dynamic discussions to build social, emotional, and physical skills — encouraging healthy habits for life.

(434) 528-3767  
[www.girlsontheruncenva.org](http://www.girlsontheruncenva.org)

## **Lynchburg City Schools Education Foundation Inc.**

Enhances educational opportunities for students.

(434) 515-5081  
[www.lcsedu.net/community/education-foundation](http://www.lcsedu.net/community/education-foundation)

## **Rush Homes**

Provides affordable and accessible housing, helping tenant families become more stable. Also offers residential support to help tenant families improve their lives and avoid eviction.

(434) 455-2120  
[www.rushhomes.org](http://www.rushhomes.org)

## **Agape Center Lynchburg**

Serves as a Christ-centered ministry, addresses the needs of the whole person through mentoring, offering a food and clothing pantry, household and cleaning supplies, and much more. Appointments are scheduled every Tuesday, Thursday, and third Saturday from 10 a.m. to 2 p.m.

(434) 846-2783  
[www.agapelyh.org](http://www.agapelyh.org)

## **Charlottesville Ballet**

Partners with Lynchburg arts institutions to create spectacular performances and serves the community with free outreach performances and educational events as the Resident Dance Company at the Academy Center of the Arts.

(434) 973-2555  
[www.charlottesvilleballet.org/lynchburg/](http://www.charlottesvilleballet.org/lynchburg/)





### **Johnson Health Center**

Provides affordable and comprehensive health care, serving the city of Lynchburg and the counties of Amherst, Bedford, and Campbell. All insurances are accepted and reduced fees are offered to those who qualify.

(434) 929-1400  
[www.jhcvirginia.org](http://www.jhcvirginia.org)

### **The Listening Inc.**

Provides a safe place where young people are engaged to use the performing arts to ask questions, develop answers, perform with purpose, and change the world around them.

(434) 515-2103  
[www.welcometothelistening.org](http://www.welcometothelistening.org)

### **IRON Lives Inc.**

Bridges gaps between students and the community by providing positive youth development, committed mentoring, and character-centered athletics.

(866) 358-4766  
[www.ironlives.org](http://www.ironlives.org)

### **Lynchburg Grows**

Works with the community to provide access to healthy food and afford purposeful jobs to people with disabilities.

(434) 846-5665  
[www.lynchburggrows.org](http://www.lynchburggrows.org)

## **This Space Is Reserved For You!**

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Publishing Partner

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.

Contact me today!  
(434) 215-8249  
[Kevin@GoodNewsMags.com](mailto:Kevin@GoodNewsMags.com)

**Good News**  
echange



# GOOD NEWS SUPPORTERS

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

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## 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.





# Making An Impact On The Community

*"I'm so thankful to see Good News Magazine in my mailbox each month because it's the positive news I've been wanting to spur thoughtful conversations with my two teens about deeper issues, current events, and news. We've been reading the articles together as a way to expand their understanding of the world outside of themselves. Any chance to understand different perspectives and those who are different from us, helps them grow into more understanding people. Thank you for bringing this to Lynchburg, and selfishly, these stories and conversations into my home! What you and your staff are doing is making a difference in our community."*

**- Keeley C. Tuggle**

*Director of Corporate and Donor Engagement  
HumanKind*

**Good News**  
exchange  
GoodNewsMags.com





# Let's get this party started

## Individual Breakfast items

Bacon Biscuit  
 Buttered Biscuit  
 Sausage Biscuit  
 Spicy Chicken Biscuit  
 Chick-n-Minis™ Tray  
 8 Oz. Bottle Sauces

## Chicken Trays (Hot or Chilled)

Small Chick-fil-A® Nugget Tray (8 people)  
 Medium Chick-fil-A® Nugget Tray (15 people)  
 Large Chick-fil-A® Nugget Tray (25 people)  
 Small Chick-n-Strips™ Tray (8 people)  
 Medium Chick-n-Strips™ Tray (15 people)  
 Large Chick-n-Strips™ Tray (25 people)

## Grilled Chicken Bundle

Grilled Chicken Sandwiches (10 people)

## Mac & Cheese Tray

Small Mac & Cheese Tray (10 people)  
 Large Mac & Cheese Tray (20 people)

## Cold Trays

Small Chilled Grilled Chicken  
 Sub Sandwich Tray  
 Reg. or Spicy (6 people)  
 Medium Chilled Grilled Chicken  
 Sub Sandwich Tray  
 Reg. or Spicy (12 people)  
 Large Chilled Grilled Chicken  
 Sub Sandwich Tray  
 Reg. or Spicy (16 people)  
 Kale Crunch Side Tray  
 Small (10 people), Large (20 people)  
 Garden Salad Tray  
 Small (5 people), Large (10 people)  
 Fruit Tray  
 Small (12 people), Large (26 people)  
 Small Chick-fil-A® Cool Wrap Tray  
 Reg. or Spicy (6 people)  
 Medium Chick-fil-A® Cool Wrap Tray  
 Reg. or Spicy (10 people)  
 Large Chick-fil-A® Cool Wrap Tray  
 Reg. or Spicy (14 people)

## Individual Lunch Items & Packaged Meals

Chicken Sandwich  
 Spicy Sandwich  
 5 ct Chick-fil-A® Nuggets  
 8 ct Chick-fil-A® Nuggets  
 12 ct Chick-fil-A® Nuggets  
 3 Item Chick-fil-A® Chicken Sandwich  
 Packaged Meal  
 4 Item Chick-fil-A® Chicken Sandwich  
 Packaged Meal  
 3 Item Spicy Chicken Sandwich  
 Packaged Meal  
 4 Item Spicy Chicken Sandwich  
 Packaged Meal  
 3 Item 8 ct Chick-fil-A® Nuggets  
 Packaged Meal  
 4 Item 8 ct Chick-fil-A® Nuggets  
 Packaged Meal  
 3 Item Chilled Grilled Chicken  
 Sub Packaged Meal  
 4 Item Chilled Grilled Chicken  
 Sub Packaged Meal  
 3 Item Spicy Chilled Grilled Chicken  
 Sub Sandwich Packaged Meal  
 4 Item Spicy Chilled Grilled Chicken  
 Sub Sandwich Packaged Meal  
 3 Item Chick-fil-A® Cool Wrap  
 Packaged Meal  
 4 Item Chick-fil-A® Cool Wrap  
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21123 Timberlake Rd., Lynchburg, VA 24502  
 (434) 237-2354 • [www.chick-fil-a.com](http://www.chick-fil-a.com)

Prices vary. See store for details.

