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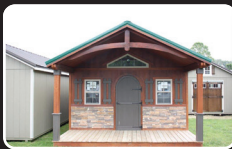
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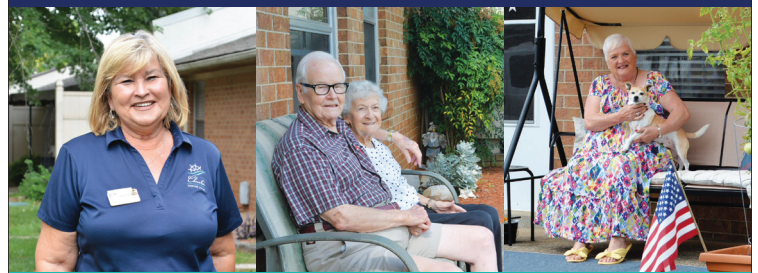
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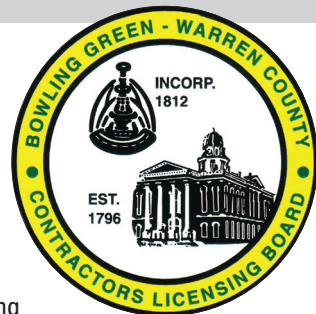
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LETTER FROM THE EDITOR

# Running toward danger

Celebrating our local heroes

SHE FLASHES her lights and pushes the gas pedal a little harder. The walkie-talkie is too quiet, so she spins the dial and makes her bulletproof vest a little more comfortable. She worked hard to wear that badge. She joined the force to give people comfort and safety — a luxury her mother didn't have. A few people may think she joined law enforcement for pride, power, or influence, but the truth is that she just wants to help people.

He puts on a yellow helmet — the real one — not the play one he wore when he was younger. Decades ago, he watched his dad go to work every morning to go save the day. Sure, some of the days were not as exhilarating, like climbing a tree to get a cat home. But other days were scary. He

thought of his dad every time he ran into a burning house.

And she shops at Bath & Body Works for the new deals they're offering. Her favorite lotion scent is "Into The Night." She is sometimes self-conscious about her cracked, itching hands. When she worked long 16-hour days during the COVID-19 pandemic, she had to wash her hands triple what she used to... because she had to save triple the lives she used to. Only a hero like her could help give a family several more years with their loved ones.

Our first responders are heroes. And this issue of Good News shines a light on the life, happiness, and joy they help us keep. When we scream for help, they run toward danger. We thank you, now and forever. **GN**

Wesley Bryant,  
EDITOR-IN-CHIEF

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publishing  
partner



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**GLENN  
SKAGGS**

# TAKING CARE OF THEIR OWN

## Bowling Green's American Legion Post 23 makes community outreach their priority.



By Kali Bradford  
Photography by Amanda Guy

**B**OWLING GREEN is known for many things. Thanks to companies such as General Motors Assembly Plant and Bowling Green Metalforming, it is most widely recognized as a manufacturing city. The city is home to the Hilltoppers of Western Kentucky University and a minor league baseball team, the Bowling Green Hot Rods. It's internationally known for a 7-mile cave system called Lost River Cave and is home to America's favorite car, the Corvette. It also boasts a rich and proud history dating back to the Revolutionary War.

But all of the above merely scratches the surface of Bowling Green's true heartbeat because when you look further, you will see that the city's true gem is its people.

A town of around 70,000, the folks of Bowling Green have a deep devotion to their community. While they roll out the welcome mat for visitors, their first priority is and always will be taking care of their own.

Glenn Skaggs knows this firsthand. Skaggs, an Army veteran, is a member of the American Legion Post 23 (AL Post 23) and the Veterans of Foreign Wars (VFW) Post 98. He has participated in numerous community outreach projects during his time with both organizations. Skaggs stated that helping the community is at the core of what the organizations are about.

"I have been a member of the Legion for the last several years. I got involved with them because I was the commander of the VFW," he stated. "There's a lot of us that are dual members. The Legion building is home to the American Legion, the Marine Corps

League, VFW, and AMVET Post 130. All organizations are under one roof, with most members of all four. We work year-round helping when and where we can.”

Children are among those closest to the heart of the AL 23. Projects such as Toys for Tots allow the Skaggs and other volunteers to deliver the joy of Christmas to thousands of children in Bowling Green and surrounding counties. In 2023, the group showed their support by providing nearly 90,000 toys for over 19,000 children in 17 counties in Kentucky.

Additionally, AL Post 23 hosts an annual holiday event, Cookies with Santa. The event, sponsored and put on by the VFW Auxillary, allows children to visit Santa and have their picture taken with him, enjoy food and activities, and receive gifts.

“This is the eighth year for the event, and the kids absolutely love it, along with the ladies of the auxiliary who love hosting it for them,” said Skaggs.

Skaggs added that the late Robin Skaggs founded the event, which continues in her memory.

Their support of the community’s youth doesn’t stop there. Skaggs said there are numerous programs that help AL Post 23 support the community’s youth in several ways.

“There is a VFW Patriot’s Pen program for kids that offers scholarships and things. The program is for freshmen to seniors,” said Skaggs. “We have what they call ‘Voice of Democracy,’ which helps students receive small scholarships and other awards. We are a significant supporter of Warren County Public Schools and Bowling Green Independent City Schools. We are always looking for ways to help.”

Veterans are another group that Skaggs said AL Post 23 is committed to showing support to.

“We host meals for Memorial Day and Veterans Day, where area veterans can come out and enjoy food and fellowship. As former military ourselves, we are dedicated to taking care of, supporting, and recognizing veterans,” he added.

AL Post 23 is also on call in times of disaster. In 2021, a deadly EF-3 tornado destroyed hundreds of homes and businesses, leaving the citizens of Warren County injured and homeless.

According to Skaggs, AL Post 23 worked with local city, county, and state government emergency management organizations, Warren County Fiscal

Court, VFW, and AMVETS to establish a distribution center.

“We all got together the morning after the storms and decided to shut the VFW down,” Skaggs explained. “All four groups came together, and we used the facility from December to April as a drop-off and distribution place for food, clothes, and any type of supplies that people needed. We pulled together and worked nonstop. We were able to fill 28 tractor-trailer loads of goods that included food, water, clothing, hygiene items, and more. We [supported] over 3,000 local Bowling Green residents for post-disaster relief.”

Thanks to Skaggs’s efforts in tornado relief, the State VFW and Gov. Andy Beshear awarded him the first Humanitarian Service Award.

According to Skaggs, it’s all about working together. This camaraderie among organizations allows for success in each of the projects they take on. He added that what he loves most about Bowling Green is that everyone in the area continuously works together to ensure the community’s needs are met.

“We all come together to make sure those who are in need are being helped. There is always someone who wants to help, and that’s the great thing about this community,” he said.

He encourages those in the community who want to help their fellow neighbors to reach out and ask what they can do.

“There’s always good to be done. There’s always someone to help,” he said. **GN**





//

**There's always  
good to be done.  
There's always  
someone to help.  
- GLENN SKAGGS**



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**Casey  
Miles, M.D.**

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# Empowering Patients and Coworkers

Pediatrician Casey Miles creates a safe place for health care to happen.

By Sara Hook // Photography by Amanda Guy

**T**HE DOCTOR'S office is not often considered fun, but Bowling Green pediatrician Casey Miles ensures her patients enjoy their time with her. For the past eight years, Bowling Green Internal Medicine and Pediatrics has employed her, and while Norton Children's Medical Group acquired the private practice, her relationship with her patients has not changed.

Medicine was a career path Miles chose early. In third grade, she decided she

wanted to be a neonatologist. That childhood idea has become a reality.

"I learned how to spell neonatologist so when people asked me what I wanted to do when I grew up, I could say and spell it for them," Miles said. "That's how I decided that I wanted to go into pediatrics specifically."

She was influenced in part by her mother, who was a part of the health care system and exposed Miles to the clinic and hospital setting, but also by Miles' own

desire to be impactful in her community. While it was once just a childhood dream, Miles stuck with her chosen career and still loves what she does every day.

"I love the variety of opportunities I have to work with our patients in the clinic setting," Miles said. "When a child comes in, I'm not just talking to the parent. I'm talking to the child, the parent, and sometimes the grandparents. We'll often have medical students staff with us, allowing for different



types of educational opportunities in the clinical setting.”

Miles also enjoys the opportunities to advocate for other people in the community.

“Choosing medicine really has allowed me to explore all of my interests, not just seeing patients in the clinic,” Miles said.

Creating a safe environment for her patients is most important for her practice, and Miles takes this seriously. She, her patients, and their guardians are a team working together. To create that team, Miles said it is important to listen to people’s concerns, respect their perspectives, and empower them with education.

The same is true for the team of medical professionals she works with.

**“I hope that I have made all the children I have worked with feel respected, capable, and comfortable [enough] that they can come to me when they need something.”**

- Casey Miles, M.D.



“Also important for my job is to work with our staff to provide education and resources to empower them to help patients, to hear and respect their perspectives, create a positive team environment, and recognize them for being important to our families and to our team,” Miles said.

After all, no one can accomplish great things alone. Now that Miles works for Norton Children’s Medical Group, she said she has fewer administrative duties and can focus on some of her other goals: advocating for pediatric mental health services, working more with children with special health care needs, and encouraging the health community in Bowling Green and throughout Kentucky to work together.

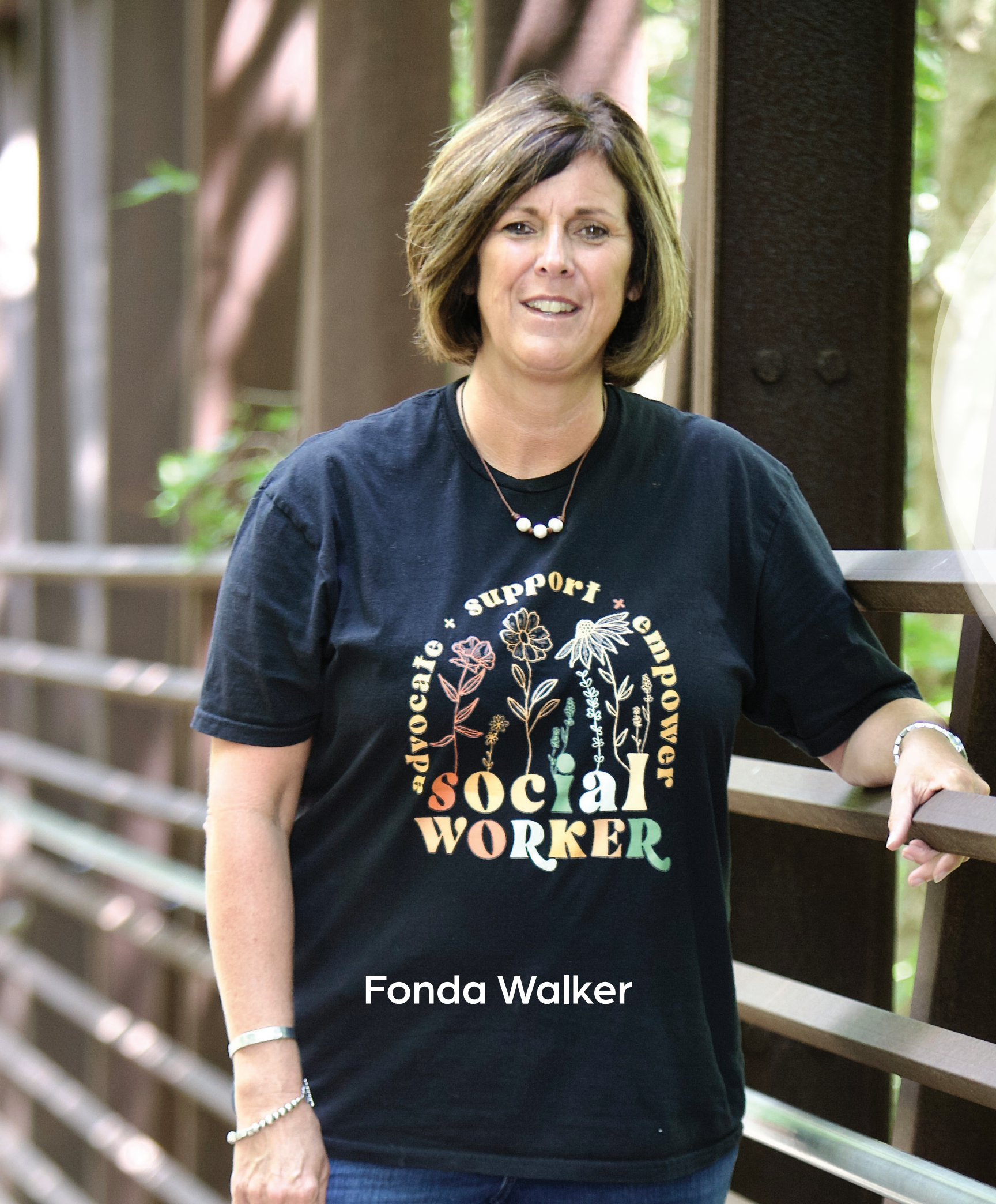
“I want to advocate for collaboration among the high schools, technical and community colleges, universities, and the state of Kentucky to fund early exposure to the health care field and to help subsidize education for those who want to attend college,” Miles said. “Also, [we want] to continue to encourage collaboration from health care facilities here in Bowling Green to help provide our community with advanced health care services that they deserve and that really can only be accomplished by all of us working together.”

Miles has many hopes for the Bowling Green community, but she also makes sure to focus on each patient she sees. As part of each yearly appointment, Miles and the

children she works with set goals for the next year — something the child can work on and improve on. She said it’s always a special moment when they arrive in the office eager to share their accomplishments over the previous year. Ultimately, she hopes every child feels that way.

“I hope that I have made all the children I have worked with feel respected, capable, and comfortable [enough] that they can come to me when they need something,” Miles said. “I also hope that some of them have been inspired to enter health care and remain in our community.”

With solid goals and good collaboration, there’s no telling what they, or anyone, can do. **GN**



Fonda Walker



# *A Commitment to **Love***

Foster parents step forward to  
meet Bowling Green's need.

By Sara Hook // Photography by Amanda Guy



*"I'm walking alongside this family who happens to be in crisis so that they can get into a better situation."*

- Fonda Walker

**W**HEN A family is in crisis, the community must step up and help. Dozens of homes in Bowling Green and the Two Rivers Region have taken that directive to heart and opened their lives to children in need in the foster care system.

According to recruitment and certification worker Fonda Walker, being a foster parent can be challenging, but it is also an incredibly rewarding experience. More importantly, there is a great need for more foster parents. While the numbers are ever-changing, in July 2024, there were over 1,100 children in foster care in the Two Rivers Region and just under 150 foster homes. Children sometimes have to stay in Walker's office because there is nowhere for them to go.

"There are so many children that are in foster care, possibly even waiting for adoptive parents, and we just don't have enough

families to take them all," Walker said.

After seeing the effects of fostering in the school system, Curtis Adams and his wife chose to become foster parents. As educators, they saw children who were in the classroom one day and then removed and placed elsewhere the next simply because no family nearby could take them. They felt called to fill this need.

The Adams were approved as foster parents in 2012 and have since fostered seven children, one of whom they adopted. It is a difficult path emotionally, but Adams said it helps to look at it as assisting an entire family, not just a child.

"Maintain that commitment to the welfare of the family as a unit and understand that when we are contributing to the welfare of families, then we are contributing to the welfare of our community at large," Adams said. "It's more

than just 'I'm fostering this child'; it's 'I'm walking alongside this family who happens to be in crisis so that they can get into a better situation.'"

Adams considers his most significant wins as a foster parent to be the reunifications he has been a part of.

"We see them really wanting what's best for their children, and so that's something we can come alongside of and encourage and celebrate," Adams said.

A foster placement can last a few weeks, a few months, or a few years and could be for one child or a set of five siblings. According to foster parent Lara Mattingly, the most significant need is for families who can take older children, sibling groups, or medically complex kids.

"Just be a soft place for kids to land — I mean, just to love them like you would



any other kid who would ever be in your home,” Mattingly said.

Not everyone can foster, of course, but there are many other ways to help. Mattingly began her foster parent journey as a respite placement, but now she is president of The Network, a recruiting, training, and support resource for foster parents. While she still fosters, her passion has changed.

“I love supporting and just coming alongside foster families and just sort of getting the community involved as well,” Mattingly said. “Not everybody can foster, I realize that, but it’s my belief that everybody can definitely do something to help with the needs in our foster care community.”

Support can be as simple as a listening ear or a home-cooked meal. It can also mean donating clothing, toys, or other necessities when a foster family receives a placement without notice. Lauren Thomas experienced this firsthand. She and her wife had been approved as foster parents for three days before they got a call — a 10-week-old child needed a place to stay.

“We took that 10-week-old little girl in February 2021 [with] a foot of snow on the ground,” Thomas said. “Within 24 hours, our home — just because the foster care community is so large — was filled with everything and anything a 10-week-old little girl could possibly need.”

Thomas said the foster parent’s role is to love, support, and advocate for the children going through the fostering journey. It is hard, but there is a huge need for good families to fill that role. Anyone can do it, whether they are single or married or whether they are a typical family or not. The first step is to talk to a foster parent and learn more about the process.

“My hope for Bowling Green is that we never ever have another child that has to stay in the office,” Walker said.

To facilitate that process, Walker and others at the Department for Community Based Services offer the necessary

foster parent training six to eight times a year. It is a seven-week course that walks prospective families through the statutes, regulations, and what to expect in a foster parent’s day-to-day life.

“It’s a great way for us to connect with the families,” Walker said. “A few of them will drop out because maybe it’s not

the right time, or maybe they just don’t really feel like they can do what we’re asking of them, so they drop out. Whether at the end of the seven weeks, we only have one family, or if we have 10 families, we’re blessed.”

They bless the whole community as well. **GN**

## Kentucky Foster Care Key Facts:

- As of December 2023, there were 8,200 children in foster care in Kentucky. The average age of a child in the system is 10 years old.
- Kentucky has 5,679 licensed foster homes.
- To become a foster parent in Kentucky, you must be at least 21 years old, financially stable, and have an income sufficient to meet your family’s needs.
- Kentucky provides various supports for foster and adoptive families, including financial assistance, to ensure children receive appropriate care.
- All children in foster care are under the protective custody of the state, having entered the system through no fault of their own.
- Many foster parents choose to adopt the children in their care, transforming foster care from a temporary situation into a lifelong legal and emotional family commitment.
- Families from outside Kentucky can adopt children from Kentucky as long as they have a current home study completed by a licensed agency.
- Kentucky residents interested in adopting children from other countries must work with a licensed private adoption agency, and home studies must be submitted to U.S. Citizenship and Immigration Services for approval.

Source: KY.gov by Haley Potter



# Just Love Coffee Cafe, a cozy restaurant with a big heart!

This place answers the question:  
“Does it waffle?”

**W**HILE YOU can walk in and order a very good coffee, the Just Love Coffee Cafe is more than just its in-house roasted specialty coffees. That’s not what all the people are here for. They’re at Just Love Coffee for intricate, interesting food masquerading as breakfast and lunch — specifically waffles.

Just Love Coffee Cafe is an order-at-the-counter daytime cafe with numerous breakfast and lunch choices, mainly served waffled. We had a waffled cinnamon roll, a delightful twist on the classic pastry, pressed in a waffle iron to create a crispy, golden exterior while keeping the inside soft and gooey. The signature cinnamon-sugar filling melted into the dough, creating caramelized pockets of sweetness. Topped with a dollop of cream cheese glaze, this treat combines the best of both worlds — the comforting warmth of a cinnamon roll with the crispy texture of a waffle, making each bite irresistible — perfect for breakfast or a sweet snack. We also tried the Bacon Tater, a golden,

crispy hash brown waffle infused with melted cheddar cheese and smoky, crumbled bacon, each bite packed with rich, savory flavor. A light dusting of black pepper adds a subtle kick, enhancing the dish’s warmth and texture. On the side, you have your choice of tangy sour cream for a creamy contrast or ketchup for a classic touch of sweet and savory goodness. This is comfort food at its finest — crispy, cheesy, and utterly satisfying. I can’t wait to go back to have another one because, in my humble opinion, hash browns are one of the most important food groups.

Just Love Coffee Cafe is super kid-friendly. Not only do they have a children’s menu, but they also serve items like a Fruity Pebbles-stuffed waffle, which has vanilla ice cream topped with whipped cream and Fruity Pebbles.

If you’re craving delicious coffee paired with unique treats — mostly in the form of waffles — you can’t go wrong at Just Love Coffee. **GN**



## GOOD NEWS IS COMING TO DINNER!

We will feature a local food critic’s thoughts as they dine in Bowling Green. This month Eve Vawter visited Just Love Coffee Cafe.

## Just Love Coffee Cafe

1640 Scottsville Rd.  
Bowling Green





# *Unsung kitchen heroes*

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Submit your recipes to be included in Good News Magazine  
and the Exchange Cookbook: [www.southernaprons.com](http://www.southernaprons.com)

## Try these recipes that honor the traditions and innovative flavors of memorable meals.

**A**S WE transition from October to November, we celebrate the unsung heroes in our kitchens — those recipes that nourish our bodies and souls. These recipes honor the culinary traditions and innovative flavors that inspire us to create memorable meals. Whether it's a comforting family favorite or a daring new dish, each one embodies the spirit of heroism through the love and creativity poured into it. Join us in exploring these delicious creations that bring warmth and joy to our tables, perfect for gathering with loved ones this season. **GN**

### Wonderful Butternut Squash Soup

*Submitted by Nancy Morrison*

2 lg. butternut squash, cut off end, cut in half lengthwise, remove seeds  
6 slices bacon  
2 onions, chopped  
2 T. butter  
3 c. chicken broth  
salt and pepper, to taste

Place squash, skin side down, on baking sheet and bake at 350° for about an hour. Fry bacon in a skillet, remove bacon, add onions to bacon grease. Add butter, saute until lightly brown. Blend all ingredients, cooked squash minus the skin, bacon, onions, and chicken broth in a blender. Heat in large pot or slow-cooker, add salt and pepper and more chicken broth to get to the consistency that you prefer. Yum!

### Pumpkin Spice Bread

*Submitted by Sandra Minatra*

3 c. sugar  
4 eggs, slightly beaten  
3 1/2 c. AP flour  
1 c. vegetable oil  
1 can pumpkin, 16 oz.  
3 1/2 c. AP flour  
1 t. baking powder  
2 t. baking soda  
1 t. salt  
1 t. ground cinnamon  
1 t. ground nutmeg  
1/2 t. ground allspice  
1/2 c. water

In a large bowl, combine sugar, oil and eggs. Add pumpkin and mix well. Combine dry ingredients; add to the pumpkin mixture alternating with water. Pour mixture into two greased 9x5x3" loaf pans. Bake at 350° for 60-70 minutes or until bread tests done. Cool in pans for 10 minutes before transferring to a wire rack. If you use pumpkin pie spice, use 3 1/2 teaspoons of it instead of all the other spices.



### Mason Jar Sassy Cider

*Submitted by Kristal Seator*

2 T. apple cider vinegar  
1/2 t. cinnamon  
1/2 t. ginger  
1/2 t. vanilla extract  
1/8 t. cayenne pepper  
1/4 c. honey  
1/4 c. sugar  
ice  
water

Fill a pint Mason jar with ice and half way with water. Add the apple cider vinegar. In a separate container, mix 1/2 cup of hot water with honey, sugar, spices, and vanilla. Stir until honey and sugar melts. Add this to the Mason jar. Go ahead and top off with more water if needed. Shake and enjoy over a big glass of ice. This can be stored in the refrigerator for a week or so with the lid on. Just shake well before serving each time.

# Giving the Tough Talks

EMT STEPHEN PARROTT EXPLAINS THE DANGERS OF DRUGS TO STUDENTS ACROSS KENTUCKY

SOMETIMES TRAGEDIES create change, lighting a spark in people to transform the world for the better. For EMT Stephen Parrott, that spark was the overdose death of a Bowling Green student. As a longtime EMT and an educator for Bowling Green High School's EMT program, Parrott realized that many school systems across the country don't speak to their students about the dangers of drugs — and that he is uniquely suited to fill that role. Now, he is that resource for schools across Kentucky.

It wasn't an initiative he started alone.

"I got with Tommy Loving with the drug task force, and we got some information, and we built this PowerPoint," Parrott said. "Now I go out to schools anywhere and everywhere to talk about fentanyl and drug overdoses."

His main message is to never even try drugs, but there are other dangers kids need to be aware of. There are counterfeit pills, counterfeit vaping devices, and many other ways drugs can be introduced into a child's life.

Parrott's day job is as an advanced EMT with Med Center's Emergency Medical Services (EMS) team, where he's been for just over 26 years. That experience and the influx of overdose patients he saw factored into his decision to speak in schools. In the end, he created his own business, Parrott Consulting.

"I decided to form my own consulting business on my days off so I could travel all over Kentucky when called," Parrott said.

Parrott traveled from Paducah to E-town to Monticello on those days off and began attending schools outside of Kentucky. In the past two years, he has spoken to 22,000 students. Not once has he cold-called a school. His work spreads by word of mouth fast enough that he has had to bring another person into his company just to keep up with the demand.

Most importantly, Parrott's message has changed several stu-

*"I decided to form my own consulting business on my days off so I could travel all over Kentucky when called."*

- Stephen Parrott

OUR HEROES



STEPHEN  
PARROTT

OUR HEROES



▲ Talia, Dakoda, Stephen, Jennifer, Grace, Madeline, and Tyler Parrott

dents' lives. Parrott keeps in touch with the schools he speaks to and said several students have come forward, gotten into rehab, or reached out to teachers for help. Part of his success, he said, stems from his EMT background.

"These kids hear from teachers, and they hear from police officers all day long — 'don't do drugs,'" Parrott said. "Another big reason I started my business is because they've never heard from people who are actually coming to take care of you."



OUR HEROES



PHOTO BY CHRISTINA ELLIS PHOTOGRAPHY, SUBMITTED BY STEPHEN PARROTT

“If we’re not talking about drugs with our students and our children, then I feel that we’re part of the problem,” Parrott said. “If we’re not getting awareness out there, then we’re not helping anybody.”

Saving lives doesn’t have to be a grand event, after all. It could just be a meaningful conversation where it is most needed. GN

*“These kids hear from teachers, and they hear from police officers all day long — ‘don’t do drugs.’”*

- Stephen Parrott



▲ Stephen and Jennifer Parrott

It isn’t a one-and-done speech. Parrott’s goal is to simply continue getting the message out there — something the whole community needs to be a part of. Parrott said young students and young adults need to be aware of what’s out there.



# Looking to the End

DR. ANGIE HARLAN AND SOUTHCENTRAL KENTUCKY COMMUNITY & TECHNICAL COLLEGE STRIVE TO MOLD TODAY'S NURSING STUDENTS INTO TOMORROW'S HEROES.

**A**NGIE HARLAN wanted to quit. The physical, emotional, and mental toil ate at her like mosquitoes in a hot, humid Amazon rainforest. She had been pursuing a bachelor's degree in nursing school for a couple of years and recently married her husband, Brad. Harlan did not think she could continue with one of the most challenging college majors anymore. Only another nursing major would understand the pain. But one decision defined the trajectory of her life and the lives of many others who now come through the doors of Southcentral Kentucky Community & Technical College (SKYCTC).

SKYCTC has six campuses in the Kentucky cities of Bowling Green, Franklin, and Glasgow. The community college was formed in 1939 and underwent about half a dozen name changes before acquiring its current name in 2012. Harlan, the dean of Allied Health and Nursing, heads the nursing program. Alongside a dedicated group of nursing professionals, she works to make the nursing program one of the college's points of pride by molding

students into highly capable health care heroes.

For Harlan, one of the most important and most challenging professions a person can select is nursing. The increased need for nurses since the COVID-19 pandemic is well documented. Although Harlan still sees an increased need, she acknowledges facilities are beginning to obtain some slight relief. She aims to help nurses flourish and meet those demands.

Harlan grew up in Tompkinsville, Kentucky, and still resides there. In this small town, she met Brad, who also hails from Tompkinsville. Together, they have two daughters, Hannah and Hollie.

Harlan initially failed to see a nursing career in her future. She enrolled at Western Kentucky University as an accounting major, later realizing her desire for a profession that would hold her lifelong interests and never stop short of job opportunities.

“I always just had that thing of wanting to help people, so nursing became what I turned to, [and] I started looking into the nursing program,” Harlan said.

She graduated from the bachelor’s program in 1996. She then worked at a hospital in Tompkinsville for five years before taking a job at SKYCTC as a nursing instructor in 2001. She climbed her way up through the roles of assistant professor, associate professor, and professor, obtaining her master’s degree in 2007 and her doctorate in 2016 — a tough road on its own, especially when raising children. People in these situations sometimes have to vacate their jobs entirely.

In fact, that’s exactly what Harlan did. She left SKYCTC to take a job closer to home in Monroe County.

“I had a baby and wanted to be closer to home, and a job came open there.”

Not long after she resigned, she received a call from Dr. Jimmy Isenberg, SKYCTC’s nursing dean at the time and Harlan’s mentor, who personified the significance of education and leadership. Isenberg knew Harlan did not enjoy her other job and expressed that the college needed her. After about a year away, Harlan returned to the school.

Isenberg continued to mentor Harlan at SKYCTC until he retired, and she picked up where he left off as the new dean in 2019. Now, Harlan bestows wisdom to her own mentees in a place she considers unique due to a special program.

SKYCTC offers the Academic Career Mobility degree. After completing



*“It’s tough, and it’s hard. But I’m so thankful now that I stuck it out and finished it because now I have a great career and am able to help train other people to be nurses.”*

- Dr. Angie Harlan

OUR HEROES



▲ *Dr. Angie Harlan, Dean of Allied Health and Nursing at SKYCTC, stands in the simulation lab, where students practice lifesaving techniques on mannequins as they prepare to become tomorrow's healthcare heroes*



*"I always just had that thing of wanting to help people, so nursing became what I turned to, [and] I started looking into the nursing program."*

- Dr. Angie Harlan

the first year, the four-semester program allows students to receive a diploma and apply to become a licensed practical nurse (LPN). Once they finish the second year, the students can apply to become a registered nurse (RN). This multi-entry, multi-exit type program allows students to obtain an LPN license, even if they fail to finish the last year of the program. Harlan said the plan serves as a safety net — a luxury not all other schools offer.

At a college with nearly 200 nursing students and typically 100% job placement after graduation, Harlan is dedicated to helping students persevere and race to the front lines for the injured and sick.

"This is going to be tough, but stick it out," Harlan said. "I always tell them that happened to me in my nursing school career. I was half-way through, and I thought I was going to quit. I didn't think I could do it anymore."

But she looked ahead to the future, one in which RegisteredNursing.org ranked the RN programs at Glasgow and Bowling Green as the No. 1 and No. 2 2024 best RN programs in Kentucky, respectively.

"It's tough, and it's hard. But I'm so thankful now that I stuck it out and finished it because now I have a great career and am able to help train other people to be nurses." GN

# It's a Family Affair.

MARY DUKE BRINGS HER DOULA PRACTICE TO BOWLING GREEN.

**M**ARY DUKE is a dedicated, active doula who operates My Sunshine Birth Services. Doulas provide specialized care during childbirth, but to truly understand Duke's role, it's important to first clarify what a doula does not do.

Doulas are different from midwives. A midwife will actually catch a baby. If anything goes wrong during the delivery, the midwife is there to offer medical support. This is not the role of a doula, nor is clinical care. A doula doesn't administer a cervical exam or check blood pressure. Duke's policy is not to attend any birth where she is the highest credentialed practitioner in the room.

According to Duke, a doula provides physical and emotional support to a childbearing person and that person's support team. The doula occupies the crucial role of advocate before and during the

birth, helping the expectant parents gather evidence-based information and enabling them to make informed decisions along the pregnancy journey. A doula is a critical part of any pregnancy care team and is right there during the birth.

Duke remembers her father repeating that looking for the need in one's community was important. Taking that to heart, she saw that, in Bowling Green, everyone had to travel to Nashville to find a doula and get evidence-based care. And if they wanted any childbirth education that was outside what the hospital offered, they had to travel. Duke saw the need, which was her stepping stone.

People can hire Duke via My Sunshine Birth Services. She works with expectant families in their homes, preparing them and traveling with them to hospital visits. As a doula, she will focus on the birth plan or

any roadblocks, decipher test results, and carefully explain all the various options, making sure the expectant parents have all they need. She also works closely with the hospital, although she is not a hospital employee.

Duke's influence has expanded. Thanks to a grant, she has created the Bowling Green Doula Project, which provides doula and lactation services to families who don't have the financial resources to pursue this. She is also able to train new doulas for the rural Kentucky population.

When she began her practice over a decade ago, the welcome she received wasn't warm. A doula can be an unfamiliar presence in the hospital system, making for a difficult beginning. Luckily, this has changed for the better. She now has a close relationship with the local



MARY  
DUKE

OUR HEROES





hospital, which treats her as a bona fide member of the care team.

The far-ranging acceptance has led to repeat clients and many health care providers and community members who send Duke referrals.

Duke's journey is part of a greater exploration of alternatives to standard hospital birthing practices. It encompasses the utilization of doulas and midwives and sometimes the eschewing of the hospital altogether and having one's baby at home.

"For a long time, there were no other options," she explained. "You went to your local hospital, and you went in, and everybody did exactly the same thing."

Now, there are a myriad of options. Hospital or birthing center? Midwife or obstetrician? Hospitals sometimes offer the option of a standard room or birthing suite. Thanks to people like Duke, any hospital in Kentucky will have various things, like the birth ball and birth stool, that can provide physical comfort during pregnancy and the birthing process.

All this raises an interesting paradox. These new, alternative birthing methods are, in fact, old and venerable customs. The Bible mentions midwives. In the United States, doulas began in the 1960s, but the role of a doula — one who aids in birthing — also has deep historical roots. Midwives have always known the importance of getting the expectant mother up and moving around, changing positions. They are now integrating this into the hospital system.

It can be a little confusing with all the pregnancy care and delivery options. Luckily, there are people like Duke and other committed doulas who can make the road a little less bumpy and the journey a little less scary. GN

*"For a long time, there were no other options. You went to your local hospital, and you went in, and everybody did exactly the same thing."*

- Mary Duke



# Enjoy The Ride! - Sept. 13



Photography by Gretchen Clark

Step aboard the town's charming trolley and journey through its rich history with a lively guide sharing fascinating stories from days gone by.



1. Anita Shrader - tour guide 2. Don Pedigo - bus driver 3. Victoria Gowans, Richard Gowans, and Rob Parkinson  
4. Richard Gowans 5. Gloria Mayo on the trolley 6. Victoria Gowans and Anita Shrader

# Hispanic Festival - Sept. 24



Photography by Gretchen Clark

At the heart of the Hispanic Festival, it was filled with such beautiful people. The place was alive with vibrant sounds of lively music. There were dancers in traditional Hispanic attire swirled across the floor, showcasing the beauty of their cultural heritage.



1. Natan Belazquez, Israel Linares, and Ismael Eadron 2. Jorge Hernandez  
3. Benjamin Rodriguez and Melanie Beltran 4. Elisabeth Fabela

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

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(270) 535-5236  
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[www.legionpost23.com](http://www.legionpost23.com)

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