

# Good News

exchange

SOPHIA CLARK

## Miraculous Moments

A near-death experience helps Sophia Clark live life



## A New Way to Improve Patient Outcomes

Graves Gilbert Clinic continues to improve with innovative partnerships

# FUTURE of HEALING

ISSUE 1 2025

A PUBLICATION OF  
EXCHANGE MEDIA GROUP



# carrying for your heart

When it comes to your heart, trust the experts at Med Center Health. From comprehensive cardiology services to the region's only open heart surgery program, we provide advanced heart care when you need it most.

Our team is with you every step of the way, offering state-of-the-art treatments and rehabilitation options customized to your needs. Your heart is in good hands at Med Center Health.

Visit [MedCenterHealth.org/Heart](http://MedCenterHealth.org/Heart)



Med Center  
Health®



RESIDENTIAL | COMMERCIAL | GATES | MORE  
 (270) 781-3290  
 www.overheaddoorbg.com



"BROADWAY MEETS  
 BOWLING GREEN"

# FLOYD COLLINS THE MUSICAL



**SATURDAY, MARCH 8 · 7:30 PM**  
**FLOYD COLLINS. KENTUCKY'S UNIQUE STORY THAT INSPIRED THE BROADWAY MUSICAL. A THRILLING, TRUE TALE OF A DARING CAVE EXPLORER WHOSE STORY CAPTIVATED THE WORLD. EXPERIENCE COURAGE, AMBITION, AND UNFORGETTABLE MUSIC, MARKING THE 100TH YEAR ANNIVERSARY SINCE THE EVENS OF 1925.**

Broadway Sponsor: Full-Sponsor: Co-Sponsor: Set Sponsor: Music Director Sponsor:

**ORDER NOW!** TheSkyPAC.com | 270.904.1880



We started in 1906 and we're still offering you the same personal connections with your bankers, local decisions, and products and services designed to get you where you want to be.



FirstBankOnline.com

**Bowling Green:**  
 Fairview Avenue  
 Campbell Lane  
 Scottsville Road  
 270-783-8300



**TIMESAVERS**  
CAREGIVING & CONCIERGE

# THE NEW YEAR BRINGS TO LIGHT NEW NEEDS

Timesavers Caregiving & Concierge is here to help.

[WWW.MYTIMESAVERSKY.COM](http://WWW.MYTIMESAVERSKY.COM) | 270-792-3531

# WINNING JUST GOT CLOSER

**NEW GAMES, BIG FUN!**

*The Mint*  
GAMING HALL  
**BOWLING GREEN**

**KENTUCKY'S PREMIER ENTERTAINMENT DESTINATIONS**  
2475 SCOTTSVILLE ROAD  
BOWLING GREEN, KY 42104

WARREN COUNTY STORMWATER

## Little FREE! Library

Book of the Month Available Now!

**PRESERVATION WITH ALDO LEOPOLD**  
BIG IDEAS FOR LITTLE ENVIRONMENTALISTS

story by Maureen McQuerry | pictures by Robin Rosenthal

**WE CAN ALL MAKE A DIFFERENCE**

- Pick Up After Your Pets
- Keep Your Car In Good Repair
- Dispose of Trash Properly

**PROTECT WARREN WATERS**  
WARREN COUNTY, KY

**FIND YOUR COPY**

- Basil Griffin Park StoryTrail
- Browning Park Playground
- Ephram White Park Playground
- Jennings Creek Greenway
- Phil Moore Park Playground

270.843.5360 | [WarrenCountyKY.gov/Stormwater](http://WarrenCountyKY.gov/Stormwater) | [Warren County, KY Gov](https://www.facebook.com/WarrenCountyKYGov)

# NEW YEAR NEW PRIORITIES!



Learn how a few simple steps can spare your family added grief and financial burden. We will guide you every step of the way to ensure your wishes are accurately captured with cremation, cemetery, and memorialization services customized for you.

### Why plan ahead?

Give your loved ones peace-of-mind knowing that everything has been arranged so there is one less thing to worry about.

Make sure your life is celebrated the way you want. Protect your loved ones from financial hardship by locking in today's pricing for the service you want - guaranteed.

**J.C. Kirby & Son**  
FUNERAL CHAPELS AND CREMATORY

Advanced Planning | Cremation | Monuments  
- Family Owned & Operated For Over 60 Years

As a family-owned and operated funeral home for more than 60 years, J.C. Kirby and Sons understands the needs and challenges that arise when you are faced with the loss of a loved one. That's why we are here to help you with every decision and detail at this difficult time honoring the memory of your loved one with a dignified and fitting tribute.



J.C. Kirby & Son Funeral Chapels  
& Crematory Broadway Chapel  
(270) 843-3111

832 Broadway Ave., Bowling Green, KY 42101



J.C. Kirby & Son Funeral Chapels  
& Crematory Lovers Lane Chapel  
(270) 842-0303

820 Lovers Ln., Bowling Green, KY 42103



J.C. Kirby & Son Funeral Chapels  
& Crematory Bowling Green Garden  
(270) 842-0303

820 Lovers Ln., Bowling Green, KY 42103

[WWW.JCKIRBYANDSON.COM](http://WWW.JCKIRBYANDSON.COM)



## Finally A New Year's Resolution That's Easy To Keep

Start Saving for  
your family's future

Open your account online today at  
[www.morgantownbank.com](http://www.morgantownbank.com)



### BOWLING GREEN LOCATIONS

1945 Scottsville Rd., Suite C-5, Bowling Green, KY 42104  
1848 Morgantown Rd., Bowling Green, KY 42101  
8051 Nashville Rd., Bowling Green KY 42101  
Office Phone: (270) 526-3881

## GUARANTEED APPROVALS

APPLY ONLINE @ [STARKMOTORCO.COM](http://STARKMOTORCO.COM)

1049 US 31W BYPASS BOWLING GREEN, KY 42101

270-202-9855

- ✓ CLEAN TITLE
- ✓ FULLY INSPECTED
- ✓ WARRANTY INCLUDED
- ✓ ALL CREDIT TYPES
- ✓ ALL JOB TYPES



"WE'LL TREAT YOU  
LIKE FAMILY!"

# STARK SAVINGS!

CALL NOW! 270-202-9855



1049 US 31 W. Bypass | Suite B, Bowling Green, KY

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

# TABLE OF CONTENTS

ISSUE 1 2025

**LETTER FROM THE EDITOR:** 10  
Future of Healing

## *Good Living*

**SPREADING KINDNESS, ONE VOLUNTEER OPPORTUNITY AT A TIME** 12

Steve and Laura Briggs believe every act of kindness creates a wave of change in the community

**A THRIFT STORE, AN OUTREACH, AND A WAY TO MAKE A DIFFERENCE** 18

Each purchase at St. Teresa Thrift Store helps combat food insecurity and support local families

**BREATHING EASIER IN SOUTHCENTRAL KENTUCKY** 22

Med Center Health's revolutionary lung nodule detection program

**ICHIBAN: WORLD-CLASS SUSHI** 26  
Excellent Japanese cuisine at a reasonable price point

**SOULFUL COOKING: TIMELESS RECIPES FOR WELLNESS AND TOGETHERNESS** 28

Our grandparents' wisdom meets today's understanding of nutrition





## Good Stories

- 30 MIRACULOUS MOMENTS**  
A near-death experience helps Sophia Clark live life
- 34 A NEW WAY TO IMPROVE PATIENT OUTCOMES**  
Graves Gilbert Clinic continues to improve with innovative partnerships
- 38 EMPOWERING EXCELLENT CARE**  
Clinical educators at TriStar Greenview Hospital help the staff excel

## Good Times

- 42 COMMUNITY EVENTS**
- 46 ADVERTISER INDEX**



# Your family and friends can be in this magazine.

Get your family and friends in our local, free magazine that covers only positive stories.



*Submit your family and friends online*

[goodnewsmags.com/submit-a-story/](http://goodnewsmags.com/submit-a-story/)

**Good News**  
echange

Something new and exciting is.....

# COMING SOON!

Keep listening to Kenny B's Neighborhood!



Catch Kenny B's Neighborhood: Mon-Fri 6am - 10am • Live And Local

Tune In For Our Morning Poll Question & Go Live With Your Responses



Go to our Goober 95.1 FB pg to submit local events for on air announcements on Kenny B's Neighborhood Watch every Mon-Fri @ 7:20 AM!

Presented by

**Good News**  
exchange



LISTEN ONLINE AT  
**WGGC.COM**

(270) 782-9595

1727 US 31 W. Bypass, Bowling Green, KY



**SALE EXTENDED!**  
**SAVE UP TO \$2,500**



That's right!  
**SAVE 12%**  
on every stock building  
for a limited time.



**Twin City Barns are built to last!**

- 6" Gable Overhangs
- Moisture Resistant Flooring
- Vented Soffits
- Up To 50 Year Warranty

## TWIN CITY BARNs

Call To Get A Quote! (270) 495-1631

5449 Scottsville Rd., Bowling Green, KY 42104

[twincitybarnsofbowlinggreen.com](http://twincitybarnsofbowlinggreen.com)

*"Come unto me all Ye that labor and are heavy laden and I will give you rest"*

- Matt 11:28

# Give something good ♡♡



We want to build stronger communities through positive, local stories. We can't do that without your subscriptions. Sign up your friends and family online for free.



[goodnewsmags.com/subscribe](http://goodnewsmags.com/subscribe)



# Need a fun outing for your group or family? GRAB ONE OF OUR PARTY PACKAGES!

From birthday parties to corporate events or field trips. You will have a great time!  
Go to [SouthernLanesInc.com](http://SouthernLanesInc.com) to see our package options.



**Check out our unlimited play wristband offers!**

## Family Fun For All Ages!

- Bowling
- Arcade Games
- Bumper Cars
- Laser Tag
- Billiards
- Batting Cage
- Snack Bar
- Lounge
- Pro Shop
- Party Rooms



Open Daily 9:00 A.M. - 2:00 A.M.

2710 Scottsville Rd. • Bowling Green, KY • 270-843-8741



Honor your loved one in a way that is **UNIQUE** to them and **MEANINGFUL** to you.

### Consider these for Personalized Services

- Photos And Albums
- Poetry & Literature Readings
- Tribute Videos
- Artwork
- Music
- Live Streamings



**Bowling Green Location**  
3098 Louisville Rd.  
Bowling Green, KY 42101  
(270) 842-3230

**Smiths Grove Location**  
226 Broadway St.  
Smiths Grove, KY 42101  
(270) 563-2031

## Happy New Year from Charter Senior Living!



You won't find care and convenience at such a great value anywhere else.

Enjoy worry-free living at **the only community in the area to feature private garden patios.** Additional life-enriching amenities include:

- Indoor pool • In-house physical therapy & aquatic therapy
- Full-service beauty salon • Weekly group outings



*Charter*  
SENIOR LIVING  
of Bowling Green



Find us on Facebook  
Charter Senior Living of  
Bowling Green page  
for more info

270-842-5433 | [www.charterbowlinggreen.com](http://www.charterbowlinggreen.com)

445 Middle Bridge Rd West | Bowling Green, KY 42103  
Independent Living | Assisted Living



LETTER FROM THE EDITOR

# The future of healing

The love and care of the past make our health care heroes stronger.

A NURSE WALKED down the hallway his mother walked decades before he did. *Beep ... beep ...* he could hear the sounds from patients' rooms. He kept a small keepsake pinned to his scrubs, a pin his mother gave him when he graduated nursing school. She had once worn the same pin. He became a nurse to honor her and to care for others, just as she had done before him. Years from now, the nurse's son would fasten that same pin to his own scrubs as he healed others with love.

A paramedic raced to the scene of an accident, her movements swift and practiced. This was her calling — running toward danger when others ran away. Yesterday, she saved a family from never-ending heartbreak. Today, she knelt beside a young girl, steadying her voice with calm reassurance. That girl would one day wear the same uniform because of that interaction.

A doctor filled out a prescription in a quiet office, her hand steady and sure. The memory of her first patient came back to her — the blend of nerves and excitement she felt 10 years ago. Today, her experience and knowledge give another person a chance to live longer, to return home to their family, and to hold their loved ones close.

The health care workers of today stand on the shoulders of those who came before them. Their love moves from soul to soul. Their courage ensures that the love and care of the past are not only remembered but carried forward. The health care professionals around us make the world a better place not just today but also tomorrow. The future of healing will be in stronger hands as we pass the torch from the past.

This issue of Good News shares the stories that remind us that the future is one of health, love, and care. GN

Wesley Bryant,  
EDITOR-IN-CHIEF

From our  
publishing  
partner



*“As a long-time resident of this amazing town for over 35 years and an experienced advertising/marketing professional, I’m excited to contribute to a magazine that shares positive stories, strengthening our community. If you are interested in becoming an advertiser for Good News Bowling Green, please contact me today with any questions on where to start.”*

**Mark Mahagan**

Publishing Partner  
(270) 526-1350  
mark@goodnewsmags.com

What do you think  
about the magazine?



Scan with your  
smartphone’s camera.

Do you enjoy Good News? Let us know what you think! Follow us and leave a review on Facebook. Search Good News Bowling Green or send a letter to the editor: [goodnews@goodnewsmags.com](mailto:goodnews@goodnewsmags.com)

# Good News exchange

**PUBLISHING PARTNER** Mark Mahagan

**EDITOR-IN-CHIEF** Wesley Bryant

**REGIONAL PUBLISHER** Jack Owens

**LEAD LAYOUT ARTIST** Brianna Brubaker

**SENIOR LAYOUT ARTIST** Melissa Davis

**LAYOUT ARTIST** Ben Adams

**LEAD PRINT AD DESIGNER** Todd Pitts

**JR. PRINT AD DESIGNER** Jane Morrell

**LEAD PHOTOGRAPHER** Ashleigh Newnes

**PHOTOGRAPHER** Brooke Snyder

**FREELANCE PHOTOGRAPHERS** Amanda Guy, Adin Parks,

Sarah Bussard, Chad Barrett, Robin Fast, Gretchen Clark

**LEAD WRITER** Tina Neeley

**STORY WRITER** Jeriah Brumfield

**FREELANCE WRITERS** Amanda West, Sara Hook, Paige Cushman,

Kali Bradford, Gabriel Huff, Richard Klin

**FOOD CRITIC** Eve Vawter

**STORY COORDINATOR** Haley Potter

**PROOFREADER** Michelle Harwell

**JR. PROOFREADER** Kaitlin Rettig

**BUSINESS DEVELOPMENT** Cindy Baldhoff, Faith Cashion,

Amanda Cox, Tony Glenn, Kevin Hines, Kevin Maples,

Janet Mullins, Sissy Smith, Sandra Thomas, Jay Hutt

Subscribe to Good News on [www.GoodNewsMags.com](http://www.GoodNewsMags.com)  
or call (800) 247-7318

**GOOD NEWS IS PUBLISHED BY** Exchange Media Group, Inc.

**FOUNDER** Bill Thomas (1940-2010)

**PRESIDENT / CEO** Will Thomas

**DIRECTOR OF MAGAZINES** Katie McNabb

**VP OF TALENT** Chase Perryman

**VP OF MARKETING** Gabby Denny

**HUMAN RESOURCES AND FINANCE** Tracey Pollock

**SR. OPERATIONS COORDINATOR** Barb Hargrove

**CUSTOMER SERVICE** Shelli Fuller

**DIGITAL DESIGN DIRECTOR** Clinton George

P.O. Box 490, Fayetteville, TN 37334 | (800) 247-7318 | [exchange-inc.com](http://exchange-inc.com)

Art work or other copy submitted for publication is considered to be the property of the advertiser. Advertising is accepted with the understanding that all liability for copyright violation is the sole responsibility of the advertiser. Exchange Media Group will make every effort to see that advertising copy is correctly printed, but shall not be liable for failure to publish an ad or for typographical errors. The advertiser assumes full liability for his/her advertisements and agrees to hold Exchange Media Group unaccountable for the content of all advertisements authorized for publication and any claims that may be made against the Exchange Media Group. Exchange Media Group will gladly reprint, without charge, that part of an advertisement in which an error occurs, provided a claim is made within three (3) days of the first publication of the ad. Exchange Media Group will not knowingly accept any advertisement that is defamatory, promotes academic dishonesty, violates any federal, state or local laws or encourages discrimination against any individual or group on the basis of race, sex, sexual orientation, color, creed, religion, national origin or disability. Exchange Media Group reserves the right to reject ads considered distasteful or defamatory. All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination. Exchange Media Group will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

© 2025 Exchange Media Group, Inc. All Rights Reserved.



## Only positive and local stories at your door every month ... for FREE.

Get a local, free magazine that  
covers only positive stories about  
everyday people in our community.



**Subscribe to  
Good News  
Magazine online**

[goodnewsmags.com/subscribe/](http://goodnewsmags.com/subscribe/)

**Good News**  
exchange

Steve and Laura Briggs





# Spreading kindness, one volunteer opportunity at a time

Steve and Laura Briggs believe every act of kindness creates a wave of change in the community.

By Kali Bradford // Photography by Adin Parks

**I**MAGINE DROPPING a pebble into a still pond. The initial splash forms a series of ripples that spread out, growing wider and affecting the water's surface far from the original point of contact. A ripple of water is a poignant correlation to how our actions, however small, can influence and touch the lives of others in ways we might not immediately see. It reminds us of the interconnectedness of our world and how every action, no matter how small, can contribute to a more significant change.

Bowling Green residents Steve and Laura Briggs believe the smallest act of kindness can lead to big change. Steve and Laura understood the importance of doing good for others from an early age. As adults, they are both actively involved in the community, working in many ways to help as many as possible.

## HELPING IN ACTION

Steve serves as an elder with the Bowling Green Christian Church and volunteers with the winter shelter, Room In The Inn. Steve feels working with both groups helps to keep him grounded.

"I mostly serve with our church organizations," he explained. "Our church offers several opportunities through great Christian leadership to serve and model Christ-like behaviors. I like it as it keeps me grounded in the Lord. Picking two of my favorites, I try to sign up at least two times a season to serve as an overnight host with our church's Room In The Inn program. Melody Urban and Jessica Reeves do such a great job in coordinating these evenings for us. Our guests are so very thankful, and you get to meet great folks with unique stories and offer an evening of hope."



Six years ago, Laura found a way to earn extra income for her family and help others across the globe. Enter, sock puppets!

“I was looking for a way to supplement my teaching income, and I stumbled upon sock puppets,” she explained. “Today, I have made more than 2,400 puppets. I sell them on Etsy under the shop name, ‘Sockrider Puppets.’ Sockrider Puppets have traveled to Africa to teach kids about dental hygiene. Even after 2,400 puppets, I still look forward to making them and creating new personalities.”

Laura also showcases her sock puppets in area craft shows and other fun adventures.

Additionally, he helps with the church’s Awana program.

“We get to encourage the kids while providing fun activities that are value-based,” he said. “Each week, the kids are asked to find a treasure verse. They come to the gym ready to find scripture and see it as a treasure.”

Laura also volunteers with the church, where she has a special place in her heart for the church’s school outreach program.

“I coordinate an Angel Tree Christmas assistance program,” said Laura. “I connect our church members to students at Bristow Elementary, where I teach English as a second language or ESL. It fills my heart to see my church family help my school family have a Christmas that’s a little brighter. I also really enjoy volunteering with MEALS delivery. I’m so glad that this organization can provide

hot meals for members of our community who need a little help.”

### **Thankful and proud**

Steve and Laura agree that volunteering has benefited them just as their help has benefited others.

“I’ve been so blessed with a loving home, food in my cabinet, and all my basic needs are met,” said Laura. “There are so many people in our community who can’t say that. I feel that I have a responsibility to give back if I can.”

Steve added that helping others also helps him to focus on the important things in life. “For me, it is very grounding,” he said. “Whatever struggles Laura and I may be going through, by volunteering, I get to spend time encouraging others, which I feel is a spiritual gift for me and motivates me to continue to want to serve in a positive, Christ-like

way.” The couple is also proud of each other’s dedication to helping others. Steve said he’s most proud of Laura and her dedication to her students. He lovingly compares Laura to being “saint-like.”

“She not only puts up with my shenanigans but makes a difference for so many,” said Steve. “She is an ESL teacher and is influencing kids all the time. My heart is continuously warmed as she tells me of a student who becomes a better reader or performs better in a subject directly related to her teaching. Laura coordinates our church’s efforts with Angel Tree programming. To see the devoted time and effort she puts in so that families can have a fantastic Christmas just makes me so proud of her.”

Laura said she is additionally inspired by Steve’s giving nature and his ability to see the bigger picture.

“He’s always the first to offer help to those who are in need,” she explained. “He is the one who signs us up for Saturday morning MEALS delivery. I will admit that setting an alarm for the one day a week I can sleep in isn’t something that I love. However, Steve can see beyond that one moment, and he knows that once I’m handing out those meals, I’m always glad I’m there. Sometimes, we need to accept just a little discomfort or inconvenience to do something important for the bigger picture.”

Steve added that he compares his and Laura’s relationship to a watercolor painting she gifted him years ago. He said it reminds him of how lucky he is to have Laura in his life. “Laura gifted me a watercolor of two puzzle pieces. I think it is symbolic of how we work together as a couple. It sits on my dresser and is a regular reminder of how blessed



I am with my spouse. We are for sure in a season of goodness, and it is nice that we can give back a little of that goodness to others.”

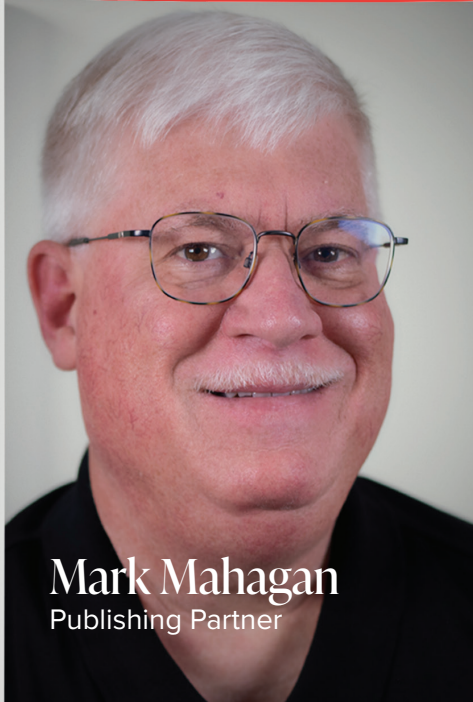
### **Paying it forward and encouraging others**

Thankful for their blessings, the couple plans to continue to volunteer and help those in need. They also hope to motivate others to help where they can and are able. “Volunteering helps to offer a smidgen of hope to others. We never know how we are influencing someone else through our interactions and vol-

unteering,” said Steve. Laura added that everyone can help others.

“The best way to volunteer is to find a cause that you care about and get plugged in,” she said. “We can’t wait for someone else to step in to do the work. We need to be that person. There are so many great organizations in Bowling Green that do great work for the community. We should all be involved to support them. I believe in the two greatest commandments: Love your God and love one another. When we give our time and energy to help our neighbors, we are honoring God by sharing all the blessings we have received.” **GN**

...ation that comes celebrating. Dairy a father Steve, his and his wife Kara family started dairy been in Tennessee milk is a way to do behind the scenes, riculture. fight on many people renergy, high-pro- firmers do a lot of in terms of raising care of cattle, being roblems, and wear- rk goes into dairy s. The Nash family of 2020. "We'd al-



**Mark Mahagan**  
Publishing Partner

# It's good to know people 🙌

We want to build stronger communities through positive, local stories. We can't do that without advertisers like you. Reach an engaged audience that wants to support your business.

Call me at (270) 526-1350



goodnewsmags.com/advertise



## Navigating Grief Together

### Good Grief Support Group

Grief follows no standard path or time frame, and there's no "right" way to experience it. Grief can affect you emotionally, physically, mentally, and spiritually.

**SUPPORT GROUP CLASSES**  
1st & 3rd Wednesday Each Month  
10 a.m. - 11 a.m., Bob Kirby Library Branch  
175 Iron Skillet Ct., Bowling Green, KY



Website



5872 Scottsville Rd. | Bowling Green, KY 42104 | hospicesoky.org



**Bowling Green residents who need assistance getting around town have a FREE option!**

Designed to connect neighborhoods with library locations, medical facilities, and shopping, WCPL's Little Free Shuttle operates three days a week and is open to everyone at **no cost**.

Find the Little Free Shuttle's routes, schedule, and location on our app and online at [warrenpl.org/shuttle](http://warrenpl.org/shuttle).



**SHUTTLE SCHEDULE AND TRACKER**

*The Little Free Shuttle is a partnership project with the Red Cross and with support from the Friends of the Library.*



# 440 MAIN



STAY IN TOUCH



**TUESDAY**  
BURGER NIGHT

**THURSDAY**  
HALF PRICE WINE ALL NIGHT HAPPY  
HOUR DRINKS

**WINE DOWN WEDNESDAY**  
SECOND WEDNESDAY  
OF THE MONTH

**NEW SPECIALS**  
EVERY THURSDAY

## STARTERS

### DEVILED EGGS

House Made Deviled Eggs,  
Chopped Bacon, Cajun Dust,  
Bread & Butter Jalapeños  
11

### CAJUN SPRING ROLLS

Andouille Sausage, Chicken,  
Cheddar Jack Cheese,  
Mango Barbeque Sauce  
11

### CHARCUTERIE BOARD

Chef's Choice of Cured Meats,  
Cheeses, Crostini, Assorted  
Jams & Spreads  
20

### NASHVILLE HOT FRIED BURRATA

Breaded Italian Burrata,  
Nashville Hot Oil, Smoked  
Hot Salt, Garlic Aioli, Chopped  
Pickles, Scallions, Crostini  
18

### BARBEQUE SHRIMP GF

Gulf Shrimp, Worcestershire,  
Garlic Butter, Spicy Herb Blend,  
Jalapeño Cheese Grits  
14

### SPINACH ARTICHOKE DIP

Spinach, Artichoke Hearts,  
Béchamel, Mozzarella, Roasted  
Red Pepper Garnish, Crostini  
12

### MAIN ST. TATAKI

Seared Ahi Tuna, Cajun Spice,  
Garlic Aioli, Tapenade, Tomato  
Fennel Jus, Potato Sticks, Basil  
18

### GUMBO

Rich Dark Roux, Chicken,  
Andouille Sausage, Okra,  
Onions,  
Bell Peppers, Celery, Rice  
SMALL 6 LARGE 12

## SIDE SALADS

### GARDEN SALAD

Spring Mix, Grape Tomatoes,  
Red Onion, Carrot, Cucumber,  
Choice of Dressing  
8

### GRILLED CAESAR

Grilled Romaine, Grape  
Tomatoes, Caesar Dressing,  
Parmesan, Croutons  
12

### SPINACH SALAD GF

Baby Spinach, Sweet Spicy  
Glazed Pecans, Gorgonzola  
Cheese, Balsamic Vinaigrette  
10

### CAESAR SALAD

Romaine, Caesar Dressing,  
Parmesan,  
Brioche Bread Crumbs  
8

## SANDWICHES

SANDWICHES INCLUDE A SIDE OF CAJUN FRIES

### HOT HONEY CHICKEN SANDWICH

Buttermilk Fried Chicken, Hot Honey, Sweet & Spicy Pickles,  
Shredded Lettuce, Garlic Aioli  
16

## BURGERS

SERVED WITH LETTUCE, TOMATO & ONION, CAJUN FRIES  
\*OUR BURGERS ARE GRILLED MEDIUM UNLESS OTHERWISE REQUESTED

### LAGNIAPPE BURGER

Smoky Pimento Cheese,  
Pickles, Umami Onions,  
2000 Island Sauce  
18

### BLACK & BLEU BURGER

Blackened, Cajun Bleu  
Cheese Spread  
16

### VEGGIE BURGER

Impossible Meat,  
Cheddar  
15

### CHEDDAR BACON BURGER

Cheddar,  
Smoked Bacon  
14

FEATURING 100% LOCAL BLACK ANGUS BEEF  
FROM BLACK HAWK KENTUCKY.  
GRASS FED. GRAIN FINISHED. HORMONE FREE.

## MAINS

### JAMBALAYA GF

Chicken, Shrimp,  
Andouille Sausage, Tomatoes,  
Onions, Bell Peppers, Rice  
22

### BIG EASY SALMON GF

Blackened Verlasso  
Salmon, "Dirty" Fried Rice,  
Cajun Beurre Blanc  
30

### CHAMPAGNE CHICKEN

Fried Boneless Chicken Breast,  
Garlic Mashed Potatoes, Sautéed  
Mushrooms, Champagne Cream  
Sauce  
25

### SWEET TEA BRINED PORK CHOP GF

Bone in Pork Chop, Smoked  
Cream Corn, Lardons,  
Peach and Jalapeño  
Chutney, Basil  
32

## STEAKS

SERVED WITH GARLIC MASHED POTATOES

### FILET MIGNON GF

Roasted Garlic Butter  
6 oz 37 10 oz 44

### RIBEYE GF

Henry Bain Sauce  
16 oz 47

### ADD-ONS

OSCAR 10

TRUFFLE BUTTER 6

BEARNAISE 5

MUSHROOMS & ONIONS 4

AU POIVRE 6

GORGONZOLA CRUST 5

### SIDE ITEMS

JALAPEÑO CHEESE  
GRITS GF  
GARLIC BRUSSELS  
SPROUTS GF  
HOUSE RISOTTO GF  
GARLIC MASHED  
POTATOES GF

SAUTEED MUSHROOMS GF  
ASPARAGUS GF  
SMOKED GOUDA  
MAC & CHEESE

8

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD,  
SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.  
ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

## SEAFOOD & BAYOU

### CHORIZO STUFFED CHICKEN

Blackened Chicken Breast,  
Chorizo, Sautéed Spinach,  
Mozzarella, Jalapeño Cheese  
Grits, Smoked Tomato Puree  
28

### PASTA LOUISIANA

Blackened Chicken Breast,  
Tomato, Bell Pepper,  
Lemon Zest, Linguini Pasta,  
Chorizo Cream Sauce  
28

### CHAMPAGNE CHICKEN

Fried Boneless Chicken Breast,  
Garlic Mashed Potatoes,  
Sautéed Mushrooms,  
Champagne Cream Sauce  
25

### JAMBALAYA GF

Chicken, Shrimp, Andouille  
Sausage, Tomatoes,  
Onions, Bell Peppers, Rice,  
Cajun Spice  
24

### BIG EASY SALMON GF

Blackened Verlasso Salmon,  
"Dirty" Fried Rice,  
Cajun Beurre Blanc  
30

### SWEET TEA BRINED PORK CHOP GF

Bone in Pork Chop, Smoked  
Cream Corn, Lardons,  
Peach and Jalapeño Chutney,  
Basil 32

# A THRIFT STORE, AN OUTREACH, AND A WAY TO MAKE A DIFFERENCE

Each purchase at St. Teresa Thrift Store helps combat food insecurity and support local families.

By Richard J. Klin // Photography by Amanda Guy

**S**T. TERESA Thrift Store is an attractive and spacious retail space that functions, to an extent, like those late, lamented classic department stores — a place to buy just about anything. This thrift store sells housewares, lamps, small appliances, office supplies, books, glassware, sporting goods, and clothing — the list is huge. In keeping with the ethos of the thrift store, the prices are strikingly low: an entire suit for \$19.99, bedsheets for \$1.99, and shoes for \$4.99.

This thrift store is the hub that funds the varied endeavors of St. Teresa Ministries, an outreach that does quite a lot for Bowling Green and Warren County. The store had modest beginnings and has grown exponentially. Low prices and easy access to quality,

affordable items are part of the ministry's ethos, as is paying the thrift store employees a living wage.

“Anybody and everybody in the community donates to the thrift store,” said Jennifer Bailey, the director of development for St. Teresa Ministries. And there is a concerted effort to make the store attractive and user-friendly. The staff sorts through the donated items and then sorts through them again. The items get priced and hit the sales floor. Clearance sales keep the merchandise fresh and rotating through. Everything is priced with a color, which will hit clearance. The store eventually moves onto another color — all for the purpose of keeping the stock attractive.





**PATTY E.  
POLSTON**

The thrift store is very cognizant of sustainability. They have partnered with a Nashville recycling company to pick up salvage — clothing that doesn't sell — which the store ingeniously compresses and packs into bundles. The company picks them up and pays the thrift store by the pound. A different company recycles things like lamps that don't work. Nothing at St. Teresa Thrift Store goes to waste.

According to Bailey, St. Teresa Ministries' major mission is to follow the model of combatting food insecurity. To that end, they

recently donated over \$120,000 to help combat food insecurity in Warren County.

As impressive as this is, it's not the full extent of their outreach. The ministry also aids the less fortunate working people by giving them a leg up. St. Teresa has supported Habitat for Humanity and Warren County's Family Enrichment Center. The key is to help financially support organizations offering affordable services to working families.

Rural poverty — always a factor in the United States — has been growing in severity. This is something very apparent to the



staff at St. Teresa. “We work with a lot of the family resource coordinators here in the Warren County School District, and we have been getting more and more requests for assistance,” said Bailey. That assistance takes many forms, including contributing to household necessities like pots and pans, bedframes, and sheets. And the reach of St. Teresa Ministries is broad and not limited to just families, kids, or older people.

Bailey doesn’t see the rise in rural poverty as a dramatic increase. Instead,

there has been a steady increase over the last decade, with a visible struggle for the middle-income and middle-class demographic. However, the most apparent gauge is food insecurity, which is the arresting factor. “We’ve seen a drastic increase in the number of individuals that are seeking the food pantries here in Warren County.” And there is a visible uptick in the number of people coming into the store to shop for affordable options.

St. Teresa Ministries is eager to get the word out to the community and surrounding areas about what they do — both in terms of their assistance and their thrift store offerings. It is part of the process of giving back to the community of Warren County — a community that Bailey lauds for their support and generosity. On behalf of St. Teresa Ministries, she is exceedingly grateful just to be able to give back in a way that makes a meaningful impact. “It’s just incredible,” she concluded. **GN**



# Breathing easier in Southcentral Kentucky

## Med Center Health's revolutionary lung nodule detection program

By Amanda E. West // Photography by Adin Parks

**A**N INNOVATIVE lung nodule program at Med Center Health is changing the landscape of health care by detecting lung nodules that were previously undetected, saving countless lives. At the core of this program is the revolutionary Ion Robotic Navigational Bronchoscopy, which detects lung nodules — small masses of tissue — in their earliest stages. This cutting-edge technology provides a higher resolution and greater accuracy, enabling doctors to detect issues that standard scans could miss.

According to the Centers for Disease Control and Prevention, in 1990, deaths due to lung cancer peaked at the highest number for males — and in 2002 for females — and have been on the decline ever since. But the Bluegrass State continues to lead the nation in the highest rate of new lung cancer diagnoses, with

84.8 people per 100,000 diagnosed annually. This rate is over 1 1/2 times higher than the national average.

Jennifer Finch, who has a doctorate in business administration and is the director of clinical integration, vividly recalls the phone call she received from her father in 2009 after a nodule was found on his lung. Although he had a history of smoking, he had quit many years earlier. His physician recommended they wait and see if the nodule grew. When it was biopsied, the results revealed he had non-small cell cancer. After Finch lost him to lung cancer two years later, it became her mission to ensure that patients at Med Center Health have access to a program that provides earlier detection.

“This program is very special to me because I don't want anyone else to have to go through what I went through. If we can save just one person, this program will be

worth it,” said Finch. “If this program had been in place and the Ion Robotic Navigational Bronchoscopy technology had been available, my father would probably still be with us today.”

This technology has been described as a “game changer” because it allows physicians to biopsy nodules in the lungs located in previously unreachable areas.

“More than 10,000 people die from cancer each year in Kentucky, with lung cancer being one of the most common cancers in our state. Prior to the creation of the lung nodule program in 2024, 63% of the lung cancer diagnoses at Med Center Health were found at stage three or stage four, while just 37% were found at stage one or two. The survivability rate when diagnosed with lung cancer at stage four is just 10%, while the rate at stage one is 90%,” said Finch. “But since the inception of this program nearly 11 months ago, we've



Jennifer Finch

been able to flip those numbers around. Now, just 43% of patients are being initially diagnosed with stage three or four, while 57% of lung cancer patients are now finding their cancer at stage one or two. This is truly a life-altering change for so many lung cancer patients in the Southcentral Kentucky area. More patients are now looking at a better chance of survival following a diagnosis.”

After a nodule is detected, patients are referred to the fast-track clinic, where a team of 11 providers work alongside a patient’s primary care physician to create a comprehensive treatment plan.

“Our fast-track clinic examines incidental nodules and those detected through low-dose CT scans, working directly with primary care providers to schedule eligible patients for consultations with our team of physicians, which includes pulmonologists, cardiothoracic surgeons, medical oncologists, and radiation oncologists.”

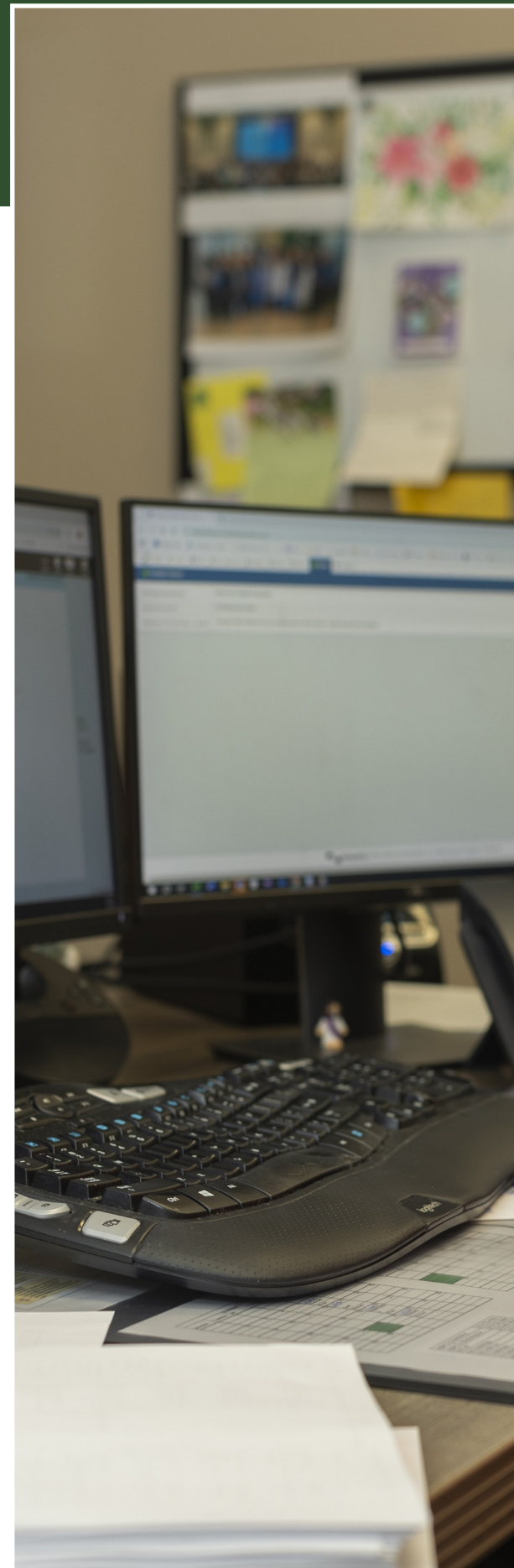
This team of dedicated physicians has more than 200 years of collective clinical experience. They meet every Friday to view the records of and discuss pa-

tients who need further examinations. Plans of action through this program may include additional testing, diagnostic imaging, scheduling a biopsy using the Ion Robotic Navigational Bronchoscopy technology, or surgery, chemotherapy, and radiation therapy.

“The best way to treat lung cancer is to find it early and to treat it quickly,” said Finch. “With Medical Center Health’s new lung nodule program, patients now have an even better chance of surviving lung cancer. This technology detects nodules in their earliest stages so we can quickly treat concerns by offering options tailored to the diagnosis.”

Anyone over the age of 50 should undergo yearly lung screenings, particularly smokers or those with a history of smoking, vaping, or other risk factors. By prioritizing early detection and creating the Lung Nodule Program, Med Center Health is paving the way for a healthier tomorrow and ensuring that every breath counts. **GN**

*For more information, go to <https://medcenterhealth.org/service/lung-nodule-program>.*







*This program is very special to me because I don't want anyone else to have to go through what I went through.*

*- JENNIFER FINCH*



# Ichiban:

## WORLD-CLASS SUSHI



Excellent Japanese cuisine at a reasonable price point

**B**OWLING GREEN never ceases to amaze me with its impressive variety of ethnic restaurants, and this time, Ichiban on U.S. 31 W. Bypass delivered an exceptional experience. It served delicious sushi, teriyaki, and noodles — all at an amazingly reasonable price.

The restaurant isn't fancy by any means, but it's clean, offers plenty of seating, and welcomes a casual vibe — blue jeans and toddlers in tow are perfectly fine. Sometimes, that's exactly what you need for a laid-back night out. The service, however, was exceptionally friendly and knowledgeable. The waitstaff happily made suggestions and offered us a complimentary bowl of flavorful, ginger-fragrant, clear soup while we waited for our entrees. The steak tataki appetizer was delicious, with subtle hints of rice wine vinegar and lime.

Sushi takes center stage at Ichiban, where the cost per roll is remarkably reasonable. The restaurant offers a diverse menu, from the unique “Bowling Green Roll,” filled with lobster, crab meat, and avocado, to classic options like California

rolls, eel, and sashimi. Ichiban even offers a sushi boat for two, which looks like a giant serving for just under \$50, which is the ideal way for a sushi fan to celebrate a special event! For those of us who aren't big fans of raw fish (myself included), there's no need to worry. This restaurant also offers options like lo mein, chicken teriyaki, and various meat and poultry combinations. The spicy chicken stood out with pieces of white meat chicken coated in a flavorful, glossy sauce with hints of honey, chili paste, and soy sauce. The chicken teriyaki was satisfyingly sweet but not cloying. The noodles were deliciously chewy and were complimented with crispy, flash-fried green cabbage, and sweet carrot coins. It also offers vegetarian options, a kid's menu, and a beer and wine list.

Ichiban offers friendly service, reasonable prices, and a diverse menu of Japanese delights. It's a great dinner plan and another example of an excellent ethnic restaurant in our charming, small Southern town. **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 Ichiban.

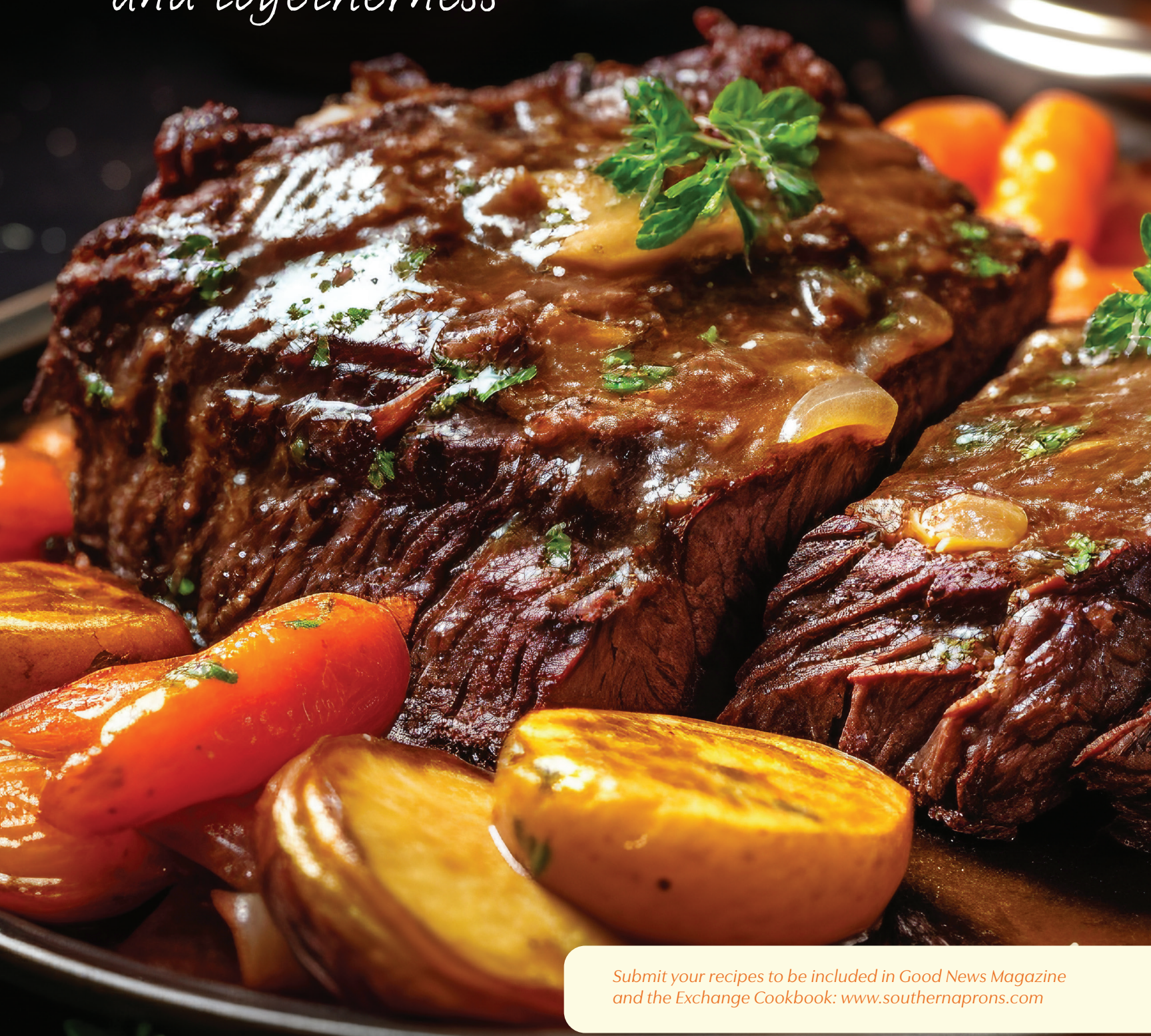
### **Ichiban**

1971 Cave Mill Rd.  
Bowling Green  
(270) 599-0722  
<https://ichibanjapanesesteakhouseky.com>



# Soulful cooking:

*Timeless recipes for wellness  
and togetherness*



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

# Our grandparents' wisdom meets today's understanding of nutrition.

**A**S WE welcome the new year, we bring you a heartwarming collection of recipes that celebrate the timeless wisdom of Southern cooking with a gentle nod to wellness. These dishes honor our community's rich culinary heritage while incorporating simple, wholesome ingredients known for their healing properties. Whether you're looking to boost your energy, support your immune system, or simply enjoy a delicious home-cooked meal with loved ones, these down-home creations offer a taste of how our grandparents' wisdom meets today's understanding of nutrition. So gather 'round the table and savor these dishes that are good for both body and spirit. **GN**



## Mama's Pot Roast

Submitted by Cathy Gulley

3-4 lb. chuck roast  
3 T. vegetable oil  
6 med. potatoes, diced  
2 lg. onions, diced  
1 lb. carrots, sliced  
6 c. water  
3 cloves garlic, minced  
1/4 c. soy sauce  
2 pkgs. beef stew seasoning mix  
1 t. chicken bouillon granules  
1/2 t. ground black pepper  
1 1/2 t. Accent seasoning, optional  
1 bay leaf

Preheat oven to 375°. In a large skillet over medium high heat, sear both sides of the roast in 3 tablespoons vegetable oil until browned, about 3-5 minutes per side. Remove from skillet and place in the center of a large roasting pan, along with the juices from the skillet. Place vegetables evenly around meat and add the water, garlic, and soy sauce. Sprinkle dry ingredients on top of roast and vegetables; stir vegetables lightly to dissolve seasonings. Add the bay leaf to the vegetables. Cover, and bake at 375° for 30 minutes. Reduce oven temperature to 275° and continue baking for 1 1/2 - 2 hours or until meat and vegetables are tender.

## Papa Richard's Favorite Blueberry Pie

Submitted by Betty Mann and Amanda Newgent

1 c. sour cream  
2 T. AP flour  
3/4 c. sugar  
1 t. vanilla  
1/4 t. salt  
1 egg  
2 1/2 c. blueberries  
1 pie shell, unbaked, 9 inch  
3 T. flour  
1 1/2 T. butter  
3 T. pecans, chopped

In a bowl, combine sour cream, flour, sugar, vanilla, salt, and egg. Beat with mixer on medium speed until smooth. Gently fold in blueberries. Pour filling into pie shell. Bake at 400° for 25 minutes. Remove from oven. In a bowl, combine flour, butter, and pecans and stir well. Sprinkle over top of pie. Bake an additional 10 mins. Chill before serving.

## Grandma Fanning's Fruit Salad

Submitted by Debra Gold

1 lg. can fruit cocktail  
1 can mandarin oranges  
1 pint sm. curd cottage cheese  
1/2 pint whipped topping  
1 c. pecans, chopped  
1 can flaked coconut  
1 pint sour cream  
1 lg. bag miniature marshmallows

Combine fruit cocktail, oranges, cottage cheese, whipped topping, pecans, coconut, and sour cream in large bowl, mixing well. Fold in marshmallows. Refrigerate until chilled.



FUTURE **of** HEALING



SOPHIA CLARK

# MIRACULOUS MOMENTS

---

A near-death experience helps  
Sophia Clark live life

BY AMANDA E. WEST  
PHOTOGRAPHY BY  
AMANDA GUY

**L**IFE FOR Sophia Clark changed in an instant last year. One second, she was rooting for her high school basketball team while enjoying time with friends, and the next, she was lying on the driveway unconscious. When her mother, Gretchen, received an urgent call from her daughter's school minutes later, Sophia was being loaded into the back of an ambulance.

"She had fallen from a moving vehicle and struck her head," recalled Gretchen. "When I arrived at the hospital, Sophia was going in and out of consciousness and in a great deal of pain. The doctors immediately performed tests and determined she needed emergency surgery. They were going to LifeFlight her to [TriStar Skyline Medical Center] in Nashville, Tennessee. But before they moved her into the helicopter, my pastor, Apostle Chad Collins, called. He was out of the state at the time and asked me to hold the phone against Sophia's ear while he prayed for her healing. I felt the presence of God at that very moment."

Gretchen jumped into her vehicle after the helicopter left. While driving to Nashville, a calmness and peace washed over her. As the helicopter carrying Sophia landed, a group of 15 nurses and surgeons were waiting on



▲ Apostle Chad Collins, Sophia Clark, and Gretchen Clark

standby, ready to perform emergency brain surgery.

"They were going to temporarily paralyze and intubate her," said Gretchen. "But then one of the surgeons came out after examining her and said, 'You know what? I'm going to wait on this surgery a little longer.' I know it was the power of God that touched him and caused him to change his mind about the operation. Sophia was in the hospital in the intensive care unit (ICU) for three weeks after that, and every day when the physicians visited, they saw improvements. Some days, we noticed only a slight difference in her recovery, but as we walked



through this journey together, there were always improvements.”

Apostle Collins recalled, “When she fell off the back of the moving vehicle, her head was swelling, and her prognosis was bleak because she had a brain bleed. When Gretchen called me, I asked her to put me on speakerphone so Sophia could hear me, and I began to pray. I told Sophia that I felt the anointing presence of God, and through the healing of the Lord, I believed she would recover without an operation. Shortly after I prayed that prayer, her doctors chose not to perform the surgery to relieve the swelling in her brain. I don’t think I slept but four hours that entire weekend because I was pacing the floor. Gretchen and Sophia have been members of my church since Sophia was about 6 years old. It would have been easy for Sophia to have suffered permanent brain damage or to have died that day, so we are grateful that God performed this miracle in her life.”

Gretchen said, “The ICU doctors and nurses told me that they’d never seen anyone with her type of head trauma recover so quickly. She did have to learn to walk again, but even that was speedy. After we returned home, she immediately went back to living her life. She went back to school and even got a job, and I thought, ‘Honey, you need to slow down.’ But in the end, this is what it’s all about — having the faith





I have learned a lot and have been pushing and going after my heart's desires. I've really been living life because it's a gift.

- SOPHIA CLARK

to really let her go. If she couldn't do it, she would stop."

The doctors diagnosed Sophia with post-concussion syndrome, and though she still battles with migraines, this near-death experience has caused her to step out of her comfort zone and embrace life to the fullest.

"I have a hard time remembering things now," said Sophia. "I struggle to

put sentences together at times, and I get migraines that bring me back to that time, but all of these things are fading as time goes on. I may have taken a couple of steps back because of the accident, but I have learned a lot and have been pushing and going after my heart's desires. I've really been living life because it's a gift."

Sophia continued, "Right now could be your last moment on this

Earth. What would you want to do or say before your time is over? Have you accomplished what you planned? Have you lived to please God? Knowing that I could have died without living more of my life really broke me when I was in the hospital. So, enjoy your time here. Don't hold grudges against people. Pray for them instead." GN



FUTURE *of* HEALING

PHOTO BY BRANDON HESSON



MIKE D'ERAMO

# A NEW WAY TO IMPROVE PATIENT OUTCOMES

---

Graves Gilbert Clinic  
continues to improve with  
innovative partnerships.

BY SARA HOOK

PHOTOGRAPHY BY AMANDA GUY

**O**VER 80 years ago, doctors G.Y. Graves and J.T. Gilbert formed a partnership that resulted in Bowling Green's first multi-specialty clinic. Today, Graves Gilbert Clinic continues to innovate, bringing an ever-improving quality of care to the community.

One such innovation is the clinic's new partnership with the data analytics program, Preverity. Preverity's data allows doctors to better identify the things that will improve patient safety and gives them an accurate measure of how they compare to doctors across the nation in availability, quality of care, and consistency of care. Graves Gilbert's CEO, Mike D'Eramo, said the partnership came about from a meeting with the founders of Preverity at an annual gathering of hospitals and physician groups. While Preverity had worked exclusively with hospitals, they also wanted to partner with physician groups like Graves Gilbert Clinic.

"We spent two or three months working with Preverity and their founders as to, 'Hey, we can start looking at physician practice patterns, physician claims patterns, and across the country, and that helps us look for trends,'" D'Eramo said. "That way, when I go out to the community and say,

'Graves-Gilbert Clinic: high quality, good medicine,' we actually have evidence to back that up."

The clinic strives to be a leader in quality, access, value, and consistency of care, and Preverity helps with all four of those goals. Comparing quality and value of care allows the clinic to identify specific ways to improve. Noting how easily a doctor can be reached helps the clinic keep the community out of the emergency room, and being able to prove consistency helps patients feel more confident in the care they are getting.

"If I'm a patient, I now have a tool that says, 'My doctor is higher-quality, they have better value, they're accessible, and also consistent, meaning that they

Shane Riley, D.O., with  
the Stryker, a Mako  
Robotics Machine



treat patients in a very consistent manner,” D’Eramo said.

Preverity benefits more than just the patients at Graves Gilbert. The data gathered allows doctors to be proactive in their risk management and track their records, which can lower insurance premiums. Many insurance companies won’t insure doctors because of the risk of lawsuits, so the insurance available is often expensive.

“The insurance companies that you’re working with, you want to be able to demonstrate to them that you’re paying attention,” D’Eramo said. “So part of this is our ability to say, ‘Hey, dear insurance company, we’re managing risk, we’re monitoring risk, we’re coaching physicians and staff, and as a result, we all get a better outcome.’”

Graves Gilbert Clinic is working hard to support a growing and



▲ Dr. Shane Riley examines medical test results



**We're being very aggressive in trying to create ways for patients to get more access — expanding urgent care, expanding hours, and getting the assistance of more nurse practitioners.**

**- MIKE D'ERAMO**

thriving community, and Preverity will help them grow, change, and modernize alongside Bowling Green. The clinic currently supports over 250 physicians, physician assistants, and nurse practitioners, and D'Eramo said they are working hard to fill a gap in Southcentral Kentucky health care.

“We’re being very aggressive in our recruitment,” D’Eramo said. “And we’re being very aggressive in trying to create ways for patients to get more access — expanding urgent care, expanding hours, and getting the assistance of more nurse practitioners.”

With over 80 years of service, Graves Gilbert Clinic truly has

offered Bowling Green a lifetime of care. Soon, there will be data to back that up. High-quality, good medicine is available for everyone to take advantage of — right here in the community. **GN**

*Find Graves Gilbert Clinic at 201 Park St. or call (270) 781-5111 for more information.*

FUTURE *of* HEALING



# EMPOWERING EXCELLENT CARE

---

Clinical educators at TriStar  
Greenview Hospital help  
the staff excel.

BY SARA HOOK

PHOTOS SUBMITTED BY BRITTANY BENNETT

AT TRISTAR GREENVIEW

**B**OWLING GREEN is blessed to have an excellent medical facility in the form of TriStar Greenview Regional Hospital, a facility full of doctors, nurses, and staff who constantly serve the community. Two staff members in particular work behind the scenes to make the service offered the best it can be: clinical educators Kim Riddle and Adriana Rosas-Vaca.

The responsibility of a clinical educator is to assess nursing staff, determine their expertise, and create ways to fill gaps in knowledge. Riddle and Rosas-Vaca bring in resources and host classes that cover electrocardiogram monitoring, rural trauma, and critical care essentials, among many other topics. It isn't a job that gets much glory, but it is integral to keeping the quality of care high.

"Bringing classes such as this to Bowling Green is important so that nurses can build on the skills and knowledge they already have," Riddle said. "It makes them better prepared for what may walk into our doors or what they may see out in their communities."

Riddle found clinical education after several years of working as a full-time nurse. She decided she needed a change in her career and wanted to continue helping people in a different way.

"I have always loved to teach, and it seemed like a natural transition to make," Riddle said.

Much of Riddle's career has been in the emergency room, and she and her husband work as volunteers and on the Barren County Search and Rescue Team, so her specialty and focus as a clinical educator became the emergency department. Rosas-Vaca, on the other hand, spent much of her nursing career in the intensive care unit and the recovery room, and she focuses on the needs of those areas. She was directed to clinical education by a co-worker who saw her helping students and consistently trying to learn more.

"I like to be challenged, and so in clinical education, you're challenged with keeping up with best practices and keeping up with what's the newest, best medicine," Rosas-Vaca said. "That was kind of a natural progression."



**I engage them in teaching others because I like to find their gifts. Everybody has a gift; we just have to find it and empower them to use [it].**

**- ADRIANA ROSAS-VACA**

Their work empowers the TriStar Greenview staff to take control of their learning and their progression in the medical field. Rosas-Vaca said several have taken on the teaching responsibility and have been helping in that capacity.

“I engage them in teaching others because I like to find their gifts,” Rosas-Vaca said. “Everybody has a gift; we just have to find it and empower them to use [it].”

If a nurse hasn’t worked in a particular sector of the hospital, the clinical

educators will give them the opportunity to learn those new skills. If several nurses don’t have experience with specific equipment, Riddle and Rosas-Vaca will conduct a training session.

It isn’t an easy job. Clinical educators must be up to date with what they are teaching and find ways to meet people’s needs through the hectic schedule nurses keep. One way to work around that is to pair learning with a lunch break or to have multi-day workshops. Riddle said she hopes to continue both of those strategies.

“My hope is that staff will use these opportunities to grow themselves and seek out advanced certifications,” Riddle said.

Both Riddle and Rosas-Vaca are continuing their own education as they teach others. Riddle has her Ph.D. and said she hopes to obtain more advanced certifications and incorporate research into her work. Rosas-Vaca, meanwhile, is working on her master’s degree. Together, they bring a higher quality of knowledge and skill to TriStar Greenview, resulting in better care for Bowling Green. **GN**





# Christmas Parade 2024 - Dec. 7



Photography by Gretchen Clark

The Christmas parade in the heart of downtown Bowling Green was a heartwarming display of joy and togetherness. The streets were alive with excitement as people gathered to celebrate this season.



1. Makala Portio 2. Lia Schafer, Ell (the dog), Monica Johnson, Sumer Schafer, Dakota (the dog), and Minda Schafer  
3. Amber, Reilly, Kile, and Ella Kisicki 4. Conley Moore and Audrey Walters  
5. Michele Ayers - the Grinch 6. Adrienne, Axton, and Avianna Stewart

# Light Up Bowling Green - Dec. 6



Photography by Gretchen Clark

4, 3, 2, 1 ... Let there be light! The streets came to life with the glow of Christmas lights illuminating the city of Bowling Green. Twinkling displays lined the streets, creating a warm, festive feel that brought people together. Families strolled through the decorated downtown, enjoying the beauty of the lights and the joy they inspired.



1. Lisa, Allison, and Timmy Cowles 2. Danyelle Johnson and Damaiya Mansfield  
3. Leah Scott, Haily Hingly, and Vera (the dog) 4. Tammy Willinger-Frederick and Rebecca Lee

# Bethlehem - Dec. 9



Photography by Gretchen Clark

Barren River Baptist Church hosted an extraordinary event, offering everyone a chance to experience what Bethlehem might have been like at the time of Jesus' birth. The scene was brought to life with Roman soldiers patrolling the streets, wise men traveling with gifts, and shepherds tending their flocks.



1. Gary Tinker - carpenter 2. Allie Clark 3. Holly Royal - basket weaver in Bethlehem 4. Ella Reader and Tyler Baxster 5. David Simmons 6. Arron Campell, Corey Felts, and Drew Clark as the three wise men



7. Gary Belcher and Darrell Bellar - the shepherds 8. Chase Hodges as Joseph, Allison Joiner as Mary and baby Jesus  
9. William Forbes - Roman soldier 10. Ella Reader, Ayla Ward, and Pam Tinker 11. Pastor Samuel Ward of Barren River Baptist Church and Pam Tinker

# 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.

440 Main Restaurant & Bar.....	17	Overhead Door of Bowling Green.....	3
Charter Senior Living of Bowling Green.....	9	SKyPAC.....	3
FirstBank.....	3	Southern Lanes.....	9
Goober 95 WGGC.....	8	Stark Motor Co. LLC.....	5
Graves Gilbert Clinic.....	48	The Mint Gaming Hall.....	4
Hardy & Son Funeral Homes & Cremation.....	9	Timesavers Caregiving & Concierge.....	4
Hospice of Southern Kentucky.....	16	Twin City Barns.....	8
J.C. Kirby & Son Funeral Chapels & Crematory.....	5	Warren County Public Library.....	16
Med Center Health.....	2	Warren County Stormwater.....	4
Morgantown Bank & Trust.....	5		

## 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.



# Your family and friends can be in this magazine.

Get your family and friends in our local,  
free magazine that covers only positive stories.



*Submit your  
family and  
friends online*

[goodnewsmags.com/submit-a-story/](http://goodnewsmags.com/submit-a-story/)

**Good News**  
exchange



**THYROID HEALTH AWARENESS MONTH**

# SMALL GLAND, WHOLE BODY IMPACT

The thyroid is small, but its impact on your health can be big. Fatigue, mood swings, heart rate changes, or weight fluctuations could all point to a thyroid issue. The good news? Early detection makes a difference—up to 90% of thyroid conditions can be effectively managed with timely care, improving energy, mood, and overall well-being.

At Graves Gilbert Clinic, we provide more than medicine. Our team of endocrinologists and primary care physicians go beyond traditional care to provide personalized solutions that help you live your healthiest life. If you're experiencing any of these symptoms or interested in taking charge of your health, let us be a part of your journey by calling our patient services team.



**CALL PATIENT SERVICES  
TO FEEL THE DIFFERENCE  
270.780.2491**