

# Good News

exchange

Zach Boyd

## COLLABORATING AND CRAFTING WONDER

Creating a sense of playful  
discovery with children's  
TV show, "Torbee."

# EMPATHY IN MOTION

+ FOLLOWING THE  
SIGNS OF SERVICE

ISSUE 3 2025

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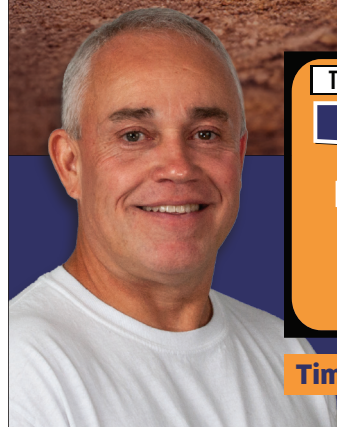


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Legacy Education Center equips individuals with the skills and support they need to transform their lives and communities





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LETTER FROM THE EDITOR

## Empathy in Motion

A walk in different shoes

THE SOUNDS of the self-checkout registers *beep* through the entire store. The short lines of people with baskets and carts move across the reflective tile like a conveyor belt and out the door. *Uh, oh.* A man at the checkout stood frozen. The total amount due on the screen was higher than he knew was on his card. He had to decide what to put back: something he needed or something for his grandkid. His hand hovered over the items, trying to decide quickly so the people behind didn't notice. Luckily, the woman behind him *did* notice. Before he could speak, the woman behind him quietly passed him a few dollars. No hesitation, no grand speech — just a simple nod and a kind smile that said, "I've been there too."

Moments like this don't make headlines, but they are what makes a strong community. Empathy isn't just about understanding someone's struggle — it's about moving toward them. It's choosing to help, even in small ways. It's listening when it would be easier to roll your eyes, huff, and walk away.

Empathy in motion is the teacher who stays after school to help a struggling student. The small business owner who donates meals after a storm. The neighbor who checks in just to say, "How are you doing?" These aren't grand gestures, but they are the moments that build something lasting — connection, trust, and the kind of community where people show up for each other.

That's what this issue is about: people who don't just talk about kindness but live it. Their stories remind us that empathy is not passive — it's an action, a decision, and a way of life.

And in a world that often feels divided, empathy is what keeps us together. It reminds us that our stories are connected, that we belong to each other, and that none of us are truly alone.

As you turn these pages, may you be inspired to move — to listen, to step forward, to choose compassion. Because when we walk in each other's shoes, we walk forward together. And that is what makes a community. **GN**

Wesley Bryant,  
EDITOR-IN-CHIEF

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# ALANA HUDSON: BUILDING A LEGACY OF GIVING

Through her annual giving project, this eighth grader spreads cheer to children in pediatric care.

By Richard J. Klin // Photography by Chris Morris  
and submitted by the Centra Foundation

**A**LANA HUDSON is a bright, buoyant eighth grader who, with adult-level determination, has launched her own tradition of giving. When Alana was 8 years old, she came up with the idea — totally on her own — of donating to children in the pediatric ward during the Christmas season. To undertake something like this at age 8 is, to say the least, very unusual. Alana’s concept was original.

“I was going to collect \$8 — my age — from family members and make a donation to the pediatric unit,” Alana explained.

Her mom, Andrea, remembered that Alana showed her “the first note asking for donations, and I thought, ‘This is for real!’”

And it was very much for real. She saw a need and responded with compassion and dedication. Since then, Alana has kept at it, with the donations climbing up to reflect her age — \$10 when she was 10 and so on.

Andrea paved the way for her daughter, getting in touch with the Centra Foundation, but the outreach was all Alana’s.



**ALANA  
HUDSON**





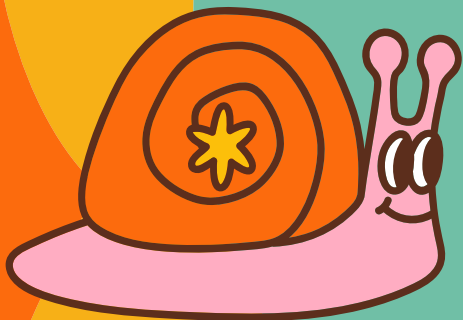
▲ Alana Hudson with Heather Cassada from the Centra Foundation



▲ Alana with her mom, Andrea Hudson



Alana delivers teddy bears to Lynchburg General Hospital



Centra's response was enthusiastic. "Great! We can do that!" was the reaction Alana remembered. "We did money first, and then we did different things through the years."

Many of the different things were based on the hospital's current need or her own gut feelings about what would cheer up these kids facing pediatric care. The need for essentials spiked during the COVID-19 pandemic, for example.

Alana is ever-flexible, alternating between fun stuff, essentials, and straight-out donations. She has also donated different gift baskets for various age groups.

Build-A-Bear was a key component. For those who aren't around the younger set, Build-A-Bears are a very engaging menagerie of adorable stuffed animals — cats, dogs, frogs, and bears (of course) — which can be customized via accessories. Alana carefully explained her mission to everyone in the store where she was bear-shopping. Through a combination of coupons and the cooperation of the staff, she managed to receive a discount that enabled her to buy enough Build-A-Bears for the whole pediatric unit.

Hospital rules don't allow contact with the kids in the pediatric units, so Alana's contacts are with the doctors, nurses, and staff. She is in her sixth year of this outreach and plans to continue.

It seems almost automatic that any younger generation is admonished and viewed as lacking. We know the current crop of stereotypes: today's kids are self-obsessed and glued to their

devices. What Alana is doing is exceptional, but thankfully, she is far from the only one — she certainly is representative of her age group.

Although she does not meet with these young patients in person, Alana is very aware of what these kids are facing. These are some heavy stories. How does she deal with all that?

"Sometimes it's hard," she concluded, "and sometimes it's, 'Okay, I've got this!'"

Yes, you do, Alana — you've got this. **GN**



▲ Heather Cassada and Alana Hudson

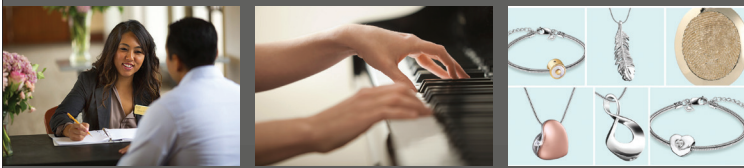


▲ Alana delivers gift baskets with Michele Baker, Pachi De Carvalho, and Christy Short





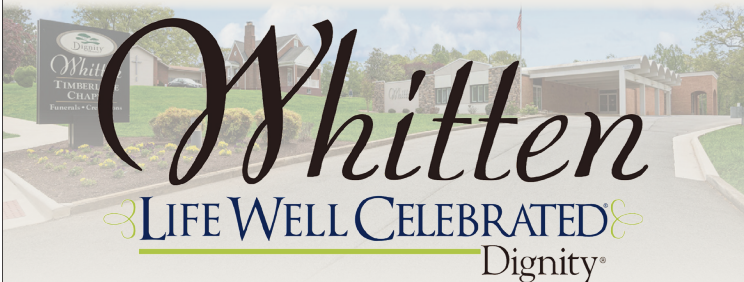
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*It's a phenomenal experience for me to sit there and look at this talented individual that may just need a little bit of direction in their life or a little bit of support to bring that talent to fruition.*

- Randy Dunton

**Randy Dunton:**  
**Building futures,  
breaking barriers**

Legacy Education Center equips individuals with the skills and support they need to transform their lives and communities.

By Sara Hook // Photography by Chris Morris

**“H**OW DO you change poverty levels — how do you create a greater workforce participation that is going to be transformational to a city, to a county, to families, to a community?” That was the question Randy Dunton asked, and he answered it with Legacy Education Center.

Dunton became concerned with poverty and a lack of workforce participation after retiring from his coaching position at Liberty University. Much of the talent available in Lynchburg, Dunton realized, was missing the training that would increase its value in the community's marketplace. It was there he saw the opportunity to make a difference, and in



2017 he founded Legacy Education Center. Partnerships with Lynchburg City Schools and Campbell County allowed Legacy Education Center to flourish in the beginning, Dunton said.

“[Legacy Education Center] got off to a really quick start with the ability to put systems in place,” Dunton said.

There wasn’t a model for the type of program he wanted, and so the center had to organically work out its solutions. It has been outcome-based, as Dunton looked for actual transformation in the community to judge whether a program was working.

“The methods of Legacy Education Center have evolved to produce, really, a more effective training method on developing sustainable employees for the businesses that end up hiring our learners,” Dunton said.

While the COVID-19 pandemic pushed the center’s timeline back quite a bit, the organization has recovered well and is working hard to help everyone in the community, regardless of age or situation. They can join in one of two tracks: workforce entry or degree completion.

“One demographic is high school graduates because there’s a number of them that are going into the workforce, and then we also work in community neighborhood centers and with community partners to identify other postsecondary individuals,” Dunton said.

Other legacy students have a career in mind that requires a four-year degree, and the center helps those students apply for grants and supports them during their education. Legacy Education Center also offers college classes — a legacy student has the opportunity to get their associate’s degree in 21 months, debt-free.

“We can support a student that goes to the community college. We can support a student that goes to a four-year school because we’re still partnering with them and helping them advance their careers,” Dunton said.



▲ Randy Dunton teaches skills at the College Hill Community Center



▲ Pastor Shirley Hunter-Conner, one of the co-founders of Legacy Education Center

In both tracks, students find an advocate in Legacy Education Center, and every student can find their life changed. Change goes both ways, however, and Dunton said he has grown a lot through joining the nonprofit world and through the interactions he has with students every day.

“It brings in a great dose of humility,” Dunton said. “It’s a phenomenal experience for me to sit there and look at this talented individual that may just need a little bit of direction in their life or a little bit of support to bring that talent to fruition.”

The design of Legacy Education Center’s program took many years, but now they have entered the implementation stages of a wonderful community solution. The center’s plans for 2025 include creating jobs in the community with Legacy Launch 100, which Dunton said will add \$5 million in economic mobility for the citizens of Lynchburg. The ultimate goal is to build something in Lynchburg that can be replicated in other cities.

“There’s a lot of individuals in our country that are held back because they just need a little bit of direction along the way, and they need a system and support that can help them,” Dunton said. “Then they can take off, go, and really succeed.”

Lynchburg is the launching point for so many talented individuals — and one day, it may be the launching point for a program that changes the lives of many more families and communities across the country. GN

*Find Legacy Education Center at 1222 Rivermont Ave. or online at [legacy-edu.org](http://legacy-edu.org).*

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*Zach and Bryanna Boyd*

## **COLLABORATING AND CRAFTING WONDER**

BRYANNA AND ZACH BOYD, ALONG WITH TORI GARRIS, CREATE A SENSE OF PLAYFUL DISCOVERY WITH THEIR CHILDREN'S TV SHOW, "TORBEE."

BY TINA NEELEY // PHOTOGRAPHY BY CHRIS MORRIS  
AND SUBMITTED BY TORBEE

**T**HE SUN peers down from the blue summer sky through a giant canopy of green. Torbee returns her gaze from the forest floor, closing her bag and tucking away the next item on her scavenger hunt list — a pine cone! Young viewers follow Torbee in her denim overalls and lemon-colored shirt as she explores the woods and meadow, checking items from her list: flower, cloud, bird, rock, tree, squirrel, leaf. Her eyes sparkle with a spirit of wonder and discovery, her steps as lively as the melody accompanying her. Whether through her magnifying glass, binoculars, or eyeglasses, a look at life through Torbee's eyes is a journey of relaxed play interlaced with learning.

This "Torbee" YouTube video scavenger hunt is less than four minutes long, but the planning and production behind it are much larger. The creator of "Torbee," Tori Garris, longed for more wholesome content for her children to watch. Drawing from her experience in Chicago's theater scene and her deep love for kids, Garris set out to create something special. She assembled a team of talented artists and professionals who share her vision, and together they breathed life into "Torbee."

Garris, along with Bryanna Boyd, executive producer, and her husband, Zach Boyd, the show's director of photography, lead the "Torbee" team. At their first meeting at Golf Park Coffee's shop, Garris invited Bryanna to join her and Zach, and soon, the three began bringing "Torbee" to life.

Zach and Bryanna, married for six years and together for 13, met in Liberty University's marching band. They became instant friends and began dating six months later. Their shared passion for creativity and complementary skills would later prove invaluable to the "Torbee" project.

Zach has worked in the film industry since graduating from college, primarily focusing on reality TV and corporate projects. Meanwhile, Bryanna transitioned from teaching high school to working with online schools. Their creativity and talents serendipitously converged when they met Garris.

"We are definitely both creative, but I think it's cool that we do have different niches as far as how we're creative," Bryanna said.

She took on the role that was initially called "creative and educational consultant," helping design sets and organize the brand's colors. Her experience as an educator proved invaluable in shaping content that resonates with children.

"Organization is something that I am really good at. I had missed that collaboration part when I left teaching in the classroom," Bryanna shared. "I helped design the whole set for the backgrounds, and we talked about organizing things in the brand and what the whole mission was."

As they began to work together, it became clear that their combined talents would elevate “Torbee” beyond typical children’s programming.

“We try to just be there for the kids,” Zach emphasized. “We all grew up as ‘90s kids, and to me, the early ‘90s and late ‘80s were peak children’s television programming, allowing kids to just be kids.”

Inspired by classic shows like “Mr. Rogers’ Neighborhood” and “Sesame Street,” they aim to create something wholesome in an age where many shows are fast-paced and overstimulating.

“None of us are originally from Lynchburg,” Zach noted. “Tori came from Chicago, I came from New York, and Bryanna came from Bristol.”

Despite their different backgrounds, they found common ground in their mission to foster creativity and curiosity among children. The production team’s philosophy is rooted in authenticity. They intentionally avoid green screens and overly saturated colors to create a more lifelike viewing experience.

“One thing that is important is we are purposeful about filming real people in real settings,” Bryanna explained. “If we’re filming in a post office, we want it to be a real post office. We also like the idea of encouraging kids to get out into nature and the world.”



◀ Tori Garris as Torbee

Bryanna Boyd and  
Tori Garris on the set  
of “Torbee”



This commitment to reality mirrors Mr. Rogers’ blending of imagination with genuine exploration. They aim to create moments that spark curiosity, whether through scavenger hunts or puppet characters gradually making their way into the show. Their dedication extends beyond mere entertainment; they strive to inspire children to engage with their surroundings.

“We want it to be enjoyable for the whole family. We also want it to spark creativity or imagination, bring that fun back to make reading enjoyable, or make them want to go outside and play after they’re done watching it,” Bryanna said.

As “Torbee” grows, the team faces challenges typical of any creative endeavor — funding hurdles and balancing their roles while maintaining quality content. Yet, they remain undeterred.

The show sponsored a live event at Lynchburg’s Academy Center of the Arts, which garnered a favorable response. The experience rivaled watching the number of views increase on YouTube’s logistics.

Zach said, “We had a full house of kids. To have an event so early on in our launch selling out and to see all these kids show up has been pretty rewarding for us.”

This enthusiastic turnout reflects a growing community connection, emphasizing that “Torbee” is a shared experience that resonates with families. In a world dominated by rapid-fire digital

content, the show gently reminds us that profound learning happens in quiet moments of curiosity.

As Torbee wraps up another adventure with a wave goodbye, viewers may see only a glimpse of the magic on screen, but behind it stands a team of passionate individuals committed to nurturing wonder in young minds. Through collaboration and creativity, they are helping shape a new generation’s understanding of play, learning, and connection with nature — and it’s happening here in Lynchburg. **GN**

*Step into Torbee’s world by visiting [torbee.tv](https://torbee.tv), where you will find links to YouTube videos and other resources and information.*





Kenan Bell

# FOLLOWING THE SIGNS OF SERVICE

KENAN BELL'S LIFE IS A STORY OF  
SERVICE-DRIVEN LEADERSHIP.

BY TINA NEELEY // PHOTOGRAPHY BY CHRIS MORRIS

**E**VERY FOUR years, the crisp January air buzzes with anticipation as a diverse crowd gathers on the National Mall. Red, white, and blue flags and banners wave from the west front of the U.S. Capitol, its dome standing regally against the pale winter sky, a symbol of enduring democracy.

When the moment arrives, silence falls as the familiar words of the oath of office ring out. In that instant, regardless of political affiliations, everyone present is united in witnessing this cornerstone of governance. For over two centuries, the inauguration ceremony has marked the peaceful transfer of power — a testament to the strength of American democracy.

This year, among the inauguration's banners were directional signs commissioned by the Architect of the Capitol (AOC), crafted by Gates Flag & Banner, a small company from Lynchburg. Gates was founded in 1870, and Dan and Anna Ebersold, the company's current leadership, is the fifth-generation family business owner. Designed by a team led by Kenan Bell, the banners represented a wayfinding tool and a spirit of service. Just as the president pledges to serve all Americans, Bell's life embodies a commitment to community and connection — reminding us that authentic leadership begins with serving others.

For Bell, the principles of service and community have always guided him. Since graduating from Liberty University, he has embraced every opportunity to give back. Whether through the local nonprofits he serves or on the job, each endeavor reflects his commitment to building relationships and making a meaningful impact. Every role reinforces the values that have shaped his path.

"I love serving," Bell said, reflecting on his upbringing. "My father loved to serve 'under the radar.' He wanted to make an impact, not for show but for a purpose: doing by serving, which ultimately can lead to deeper conversations. I have taken this to heart in everything I do."

This paternal example became Bell's first directional sign, pointing him toward a life dedicated to community engagement. He teamed up with his first employer to assist Friends of El Salvador of Annapolis, Maryland.

"The main purpose of the organization was to help a community economically by building new homes and rentals (51 to date), rural schools, and a seminary to house 60 pastoral students," Bell explained. "The strong relationships made through this organization and the rural area we served in El Salvador are still ongoing."

In Lynchburg, Bell soon learned that discovering how closely connected you are to someone you just met is like a game of two degrees of separation. Each personal interaction is an opportunity to find a greater common purpose than it appears on the surface. As his local relationships grew, so did their collective abilities to serve others. It connected him to M4K Lynchburg, a local nonprofit organization that aims to help underprivileged children in the greater Lynchburg area.

"It's a charity for charities, if you will. One of my goals has been to connect the faith-based community with this organization," Bell said. "If my father has taught me anything, it's that if you help make an impact on a life by being present and giving, that life will be open to hearing any other advice you have if the opportunity arises."

As one connection led to another, Bell met the director of the Home Builders Association of Central Virginia (HBACV). This organization supports local home builders through legislative advocacy at the state and national levels, aiming to create more affordable housing in central Virginia. The HBACV's main charitable events include the Scholarship Raffle and Touch-A-Truck. Over the past decade, the scholarship raffle has raised over \$120,000, benefiting over 70 children of HBACV members. Meanwhile, Touch-A-Truck has generated nearly \$200,000 for local charities, serving between 4,000 and 9,000 children and family members each fall.

Kenan Bell works at his desk at Gates Flag & Banner.



It's the Touch-A-Truck event that Bell, the group's incoming president, enjoys the most.

"To see the kids' faces when they first drive up and walk into the field full of over 80 vehicles, including two monster trucks, is worth the year of planning," he shared. "Each year, we discuss what went right wrong and what we can do better. Get ready for a better event in 2025!"

One month into his new position at Gates Flag & Banner, Bell received an unexpected email from the AOC regarding the 2025 Presidential Inauguration. The AOC sought to partner with a small, women-owned, or minority-owned certified company to create banner bridges with directional banners for the prestigious event. Since Gates Flag & Banner fit the mold perfectly, Bell saw this as an exciting opportunity.

After an initial three-hour conversation with the AOC to understand their needs, Bell and his team set to work. Four months later, they presented their ideas to address the inauguration's challenges. The project gained momentum in late October, just before the election. The AOC awarded Gates Flag & Banner the sole source contract in the following weeks.

"It has been an honor for me and my company to work with the AOC," Bell reflected.

With the contract secured, the real work was just beginning. Bell and his team looked forward to the inauguration project and potential opportunities in 2026 for the country's 250th-anniversary celebrations.

The opportunity to design banners for the Presidential Inauguration was an unexpected turn in Bell's journey but felt like a

natural progression. It aligned perfectly with his philosophy of building relationships and solving problems through collaboration.

"For any project, I truly believe it's not what you know; it's who you know," he said, emphasizing how connections formed in Lynchburg led to this national project.

As Bell navigates future projects with his employer and the nonprofits he serves, he continues to draw inspiration from the values instilled in him from an early age: service, compassion, and community connection. Much like the banners his company creates, these principles help point the way for others through service and commitment to the community. **GN**



To see the kids' faces when they first drive up and walk into the field full of over 80 vehicles, including two monster trucks, is worth the year of planning.

- Kenan Bell



Dr. Tom Forsberg

# HEARTBEATS OF HOPE

HEALING HEARTS VIETNAM OFFERS  
HOPE AND VIBRANT  
NEW BEGINNINGS.

BY TINA NEELEY // PHOTOGRAPHY BY CHRIS MORRIS  
AND SUBMITTED BY HEALING HEARTS

**S**EATED BY her grandmother outside their thatched-roof home, she gazed at them. Beneath the watchful eyes of the distant mountains and the conical hats of palm leaves and bamboo, older children worked in the rice paddies while younger children played nearby, their laughter breaking through the humidity they wore like a second skin. But something weighed heavier than the oppressive air — her family’s hovering, making sure she didn’t push herself, work or play too hard.

Congenital heart disease — she heard the words all of her young life. She had yet to grasp its meaning fully, but she sensed fear and sadness in how tightly they held her hand and stayed close by. She sensed it when the doctors at the children’s hospital in Da Nang talked in hushed whispers with her parents in words she couldn’t understand. Her hardworking parents were unable to pay for surgeries; that much she knew. Was she dying? she wondered. One thing was certain. When she crossed the invisible line, she found it hard to breathe, the telltale color of her lips betraying every effort to disguise her panic. There was a hole in her heart.

She felt alone as she watched others doing what she could not, but there are countless others like her. Roughly 2% of the children in Vietnam are born with congenital heart disease (CHD), according to the National Library of Medicine. Comparatively, about 1% of the live births in the United States are children with CHD.

Many factors contribute to Vietnamese children’s access to life-saving medical care.

Dr. Chad Hoyt, former Lynchburg resident and co-founder of Healing Hearts Vietnam (HHV), said, “Part of it is poor nutrition, access to care, education about health, and literacy. And then also, exposure during the Vietnam War to a lot of Agent Orange and other things [contributes to] some real significant congenital abnormalities.”



Despite their hard work, many families cannot pay for surgeries that will save their child's life. They may qualify for HHV assistance.

Dr. Chad Hoyt ▶

"We have means testing that they go through. Our hospital partners do that and identify patients whose family income is below a certain level where the government will pay for a certain portion of their surgery. So, number one, they need to meet that means testing. Number two, we work with the hospitals to leverage additional in-country funds. Then we come in on the back side and provide the last portion of what it will cost for that surgery, around \$1,100 to \$1,200 per surgery. In the end, I think we're paying patients' out-of-pocket portion. I would say the total cost of a heart surgery is about 1% of what it would cost here," explained Dr. Tom Forsberg, a Lynchburg resident who founded HHV with Hoyt.

But surgeries are only a part of HHV's services. The U.S. 501(c)3 medical humanitarian ministry also provides training, screenings, and medical equipment to the region to diagnose and treat CHD. The work extends beyond medical intervention, fostering holistic transformation in the lives of patients, their families, and their communities. By partnering with local medical professionals and leveraging charitable funds, the organization ensures high-quality care while addressing the broader emotional and spiritual well-being of those they serve. Their efforts have improved physical health and brought hope and renewal to entire communities, creating a ripple effect of positive change.

"These surgeries don't just help the child — they help a whole generation of a family in a town, and we've seen entire towns and communities be profoundly affected by this," observed Hoyt. "You're not just helping one child; you're helping a whole community."

Surgeries partially funded by HHV have saved more than 600 lives to date. But donations to the organization buy more than healing — they offer the priceless gift of hope. A sense of optimism that didn't exist before replaces despair.

"When you see these people in the clinics, their heads are downcast. Their eyes are looking down. They don't think there's any light at the end of the tunnel. Then [after the surgery], the hope you see when you go to these families' homes is amazing. These kids who have had surgery three months later have a spring in their step. Their eyes are vibrant. They know that there's hope, and they see that," said Forsberg of his firsthand experiences.

Hoyt agreed. "I don't think any of them ever really experienced that kind of hope before. And I think it's even more powerful when it's both physical and spiritual. And that's why I think the ministry is so effective — you're showing them the love of Christ."

The little girl who sat by her grandmother's side watching others work and play received surgery to close the hole in her heart. And while one part of her heart closed, another part opened to a bright future and new experiences that would be impossible without HHV and its donors.

Forsberg recalled, "When we went and visited her, I asked her how she was dealing with exercise and how she was feeling. I asked her if she was running, and she said, 'What do you mean run?' She'd never run before. So I said, 'You know what? Today, we're going to run.' So I ran with her for the first time, and that was such a poignant reminder that this [work] has a huge impact. Things we all take for granted, like running around when you're a little kid, she was now able to do."

The heart of a child beats with boundless potential, regardless of where it's born. In Vietnam's rural villages, Lynchburg,



Virginia, or America's bustling cities, each heartbeat carries dreams, laughter, and the promise of a future. Your donations to HHV give these young hearts a chance to beat stronger, run faster, and embrace life fully. Ultimately, it's not just about fixing hearts — it's about nurturing the human spirit, one child at a time, and watching as that spirit blossoms into a force that can transform the world. GN

*Learn more about the life-changing work of Healing Hearts Vietnam on its website, [healingheartsvietnam.com](http://healingheartsvietnam.com), and follow HHV on Instagram and Facebook.*



These kids who have had surgery three months later have a spring in their step. Their eyes are vibrant. They know that there's hope, and they see that.

– Dr. Tom Forsberg

# Welcome the seasons for celebrating

March opens our doors to renewal, warmth, and a spirit of togetherness.

**A**S WE step into March, the anticipation of spring fills the air, bringing with it a sense of renewal and warmth. This is a season for celebrating with family, whether it's through hearty meals or sweet indulgences during Easter gatherings. Each recipe in this collection reflects the spirit of togetherness and comfort that defines this time of year, inviting you to create lasting memories around the table. **GN**

## Glazed Ham

Submitted by Rebecca Durham

- 1 ham, 6-7 lbs.
- 1 c. brown sugar
- 1 can orange juice concentrate

Place ham in a baking pan, fat side up. Combine the sugar and juice in a small mixing bowl. Pour half the juice mixture over the ham. Cover loosely with foil. Bake at 325° for 30 minutes per pound. About 30 minutes before ham is done, remove it from the oven. Score the fat and spoon mixture over the ham. Return it to the oven. Bake 30 minutes, uncovered at 400°.

## Ham & Cheese Quiche

Submitted by Peggy Dunivan

- 2 c. sharp Cheddar cheese, shredded
- 1 cup ham, chopped
- 1/4 c. onion, finely chopped
- 2 eggs, beaten
- 1/2 c. mayonnaise
- 1 c. milk
- 1 deep dish pie crust, 9", uncooked

Preheat oven to 375°. In a large bowl, combine cheese, ham, onion, eggs, mayonnaise and milk. Pour into pie crust and bake for 45 minutes or until golden brown.

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



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# Lynchburg Unity Walk - Feb. 22



Photography by Chris Morris

On Feb. 22, Lynchburg's fourth annual Unity Walk brought the community together in celebration of shared heritage. Residents explored vendor displays while performers presented music alongside a special dance exhibit. The gathering served dual purposes — creating a festive atmosphere while offering powerful educational moments that highlighted African American historical contributions. Various speakers addressed the crowd, emphasizing how understanding our collective past strengthens community bonds. The day exemplified the event's core mission of fostering unity through mutual respect and appreciation of diverse cultural traditions.



1. Bernet Revely and Donna Lewis 2. Brian Johnson, Jayeon Austin, and Jaylen Andrews 3. Jamel Green, Kimberly Thompson, and Journey Thompson 4. Master Jesse Teasley wows the crowd with a tai chi demonstration 5. Kuumba Dance Ensemble

# YMCA Health Fair - Feb. 26



Photography by Chris Morris

On Feb. 26, the Jamerson Family YMCA transformed into a hub of wellness during its annual Health Fair. Visitors explored booths from over 20 local organizations specializing in health, wellness, and sports services. The comprehensive event provided families with convenient access to various health resources under one roof. Centra's Mammovan offered on-site screenings, while a Red Cross blood drive gave attendees the opportunity to make lifesaving donations. Community health professionals were available throughout, offering consultations and information on preventative care options for residents of all ages.



1. Crystal Mitchell and Amanda Kidd 2. Hannah Chewning and Fawn Workman  
3. Tina Miller 4. Attendees checked out numerous health vendors and resources.

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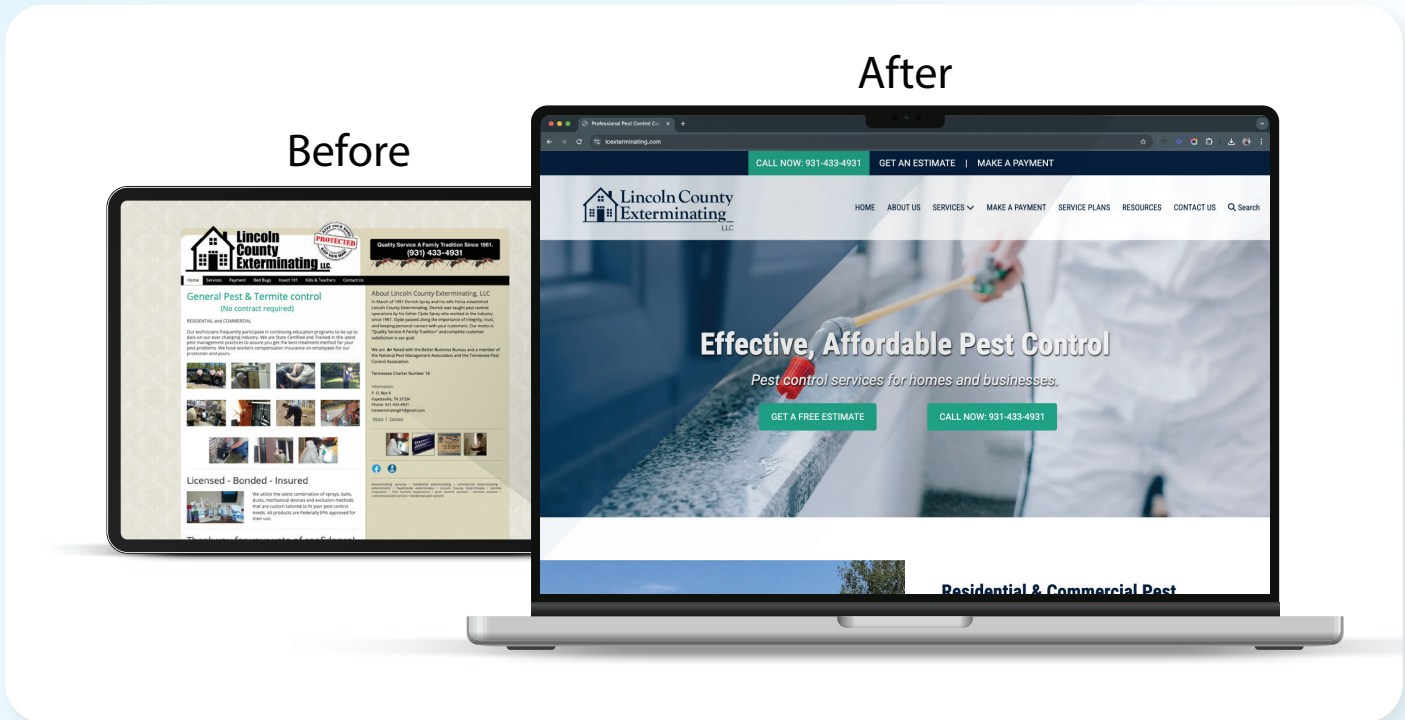
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