

Good News

exchange

KAY MAYNARD

OFFERING FUN, FOOD, AND FELLOWSHIP FOR FREE

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Sunday Soul continues to
grow and evolve.

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LOCAL



ISSUE 5 2025

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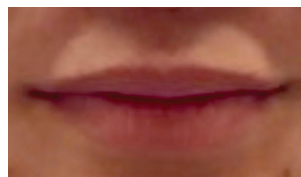
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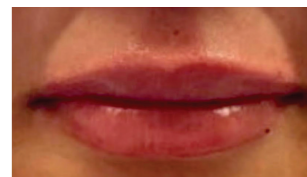
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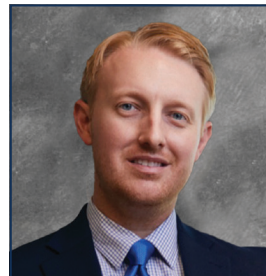
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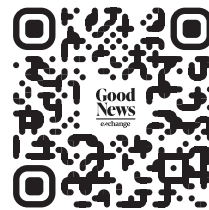
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LETTER FROM THE EDITOR

Shop Local

Every receipt is a vote for dreams to stay open.

WHEN YOU choose a locally owned business over a national chain, you're not just spending your money, you're planting it. And the roots of that investment reach deep. Every dollar counts, and it lifts our neighbors.

According to the Economic Policy Institute, 68 cents of every dollar spent at a local business stays in your community, compared to just 32 cents at a chain. When the community gets to keep the cash flow internal, it doesn't lose revenue to corporations and competitors.

Imagine a little shop tucked between a bakery and a barber. The owner opens the doors each morning with her hands wrapped around a warm mug of coffee. She sweeps the sidewalk and turns on the glowing "open" sign. Years ago, she dreamed of creating a shop that felt like home, where people could find handmade goods, gifts that mean something, and real connection. That dream became her reality not because a corporation backed her, but because her neighbors did.

Wesley Bryant

Wesley Bryant,
EDITOR-IN-CHIEF

Because people like you stopped by.

Every time someone chose her store, she was able to hire a part-time worker, fix a leaky roof, or sponsor a Little League team. When large companies laid off workers, her steady foot traffic kept her doors open and jobs in place. Because the people in our community are not just people looking for a profit. They're friends. Neighbors.

When our community is full of local businesses, it brings our home to life. It makes the gloomy gray sky look like a bright sunrise after a stormy night. It adds beauty, like a local flower shop with blooming colors. Without each other, those flowers wilt. Without our financial support, our shops close their doors. When the glowing neon sign turns off for good, the storm rolls back in.

Sure, shopping local can sometimes mean paying a couple of extra bucks. But our community and the people in it are worth it. This issue of Good News is about shopping local, and it celebrates the people who keep our community alive. **GN**

From our
publishing
partner



"I am beyond grateful for the opportunity and the Lord's confirmation to bring Good News to Lebanon. As the publisher I've learned that Lebanon cares about it's people! If you feel your business would benefit from exposure to a positive audience, please feel free to call or text the number below."

Kevin Hines

Publishing Partner

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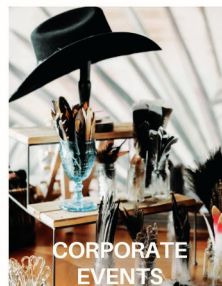
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*J.D. and Lindsie,
smiling as they
lead a heartfelt
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fundraiser through
Both Hands*

J.D. AND LINDSIE HENRY

SERVING WITH BOTH HANDS

By Sara Hook // Photography by Robin Holcomb



◀ Lindsie and J.D. with their two sons — a family rooted in love, service, and the joy of giving back.

A NEW WAY TO FUNDRAISE THROUGH A DAY OF SERVICE

GOLF TOURNAMENTS, 5Ks, and auctions are all excellent ways to fundraise for a good cause, but J.D. and Lindsie Henry found another way to raise money by serving with Both Hands. Both Hands is an organization committed to serving: one hand for orphans and the other for widows. Each fundraiser through Both Hands serves a widow, and every sponsorship and donation helps a potential adoptive parent afford their adoption costs.

The Henrys first heard about Both Hands through a social worker during

their first adoption journey. The social worker had seen another couple have success with the organization and suggested the organization as a way for the Henrys to cover their adoption costs. J.D. and Lindsie loved the idea.

“We got to bless a widow in our community while fundraising for our adoption — that was so beautiful,” Lindsie said. “It was such an honor to see all of our friends and family come and serve that day.”

Each Both Hands project looks different, as it is guided by what the widow

needs. The Henrys, alongside their family and friends, did a complete landscape overhaul — removing ivy and vines, cutting down trees, redoing flower beds, and installing a new wheelchair access ramp.

“It’s just a beautiful picture of [an] adoption fundraiser, but in a servant way,” Lindsie said. “We were able to raise enough money to where when we adopted our twin boys in 2023, we had no costs.”

Now, the family is on the journey to adopting a third child and recently completed a second Both Hands proj-

ect in the community. They replaced a garage door, painted the bathroom, power-washed the deck, replaced a picnic table, and cleaned and organized many things around the house. Once again, the event was an amazing experience and a complete success. While the Henrys are in the waiting period of their adoption journey, Lindsie said it is a relief to know that the costs have been covered.

“There are financial burdens that come with pursuing adoption,” Lindsie said. “Knowing that our fundraising is finished and the weight that’s been taken off of the process is such a blessing.”

Adoption is a gift for parents and children alike, and finances should not get in the way of parents who feel called to adopt, J.D. said. Both Hands is set up to help parents pass that hurdle.

“There’s so many good parents out there that would love to adopt,” J.D. said. “I would definitely not let the money part scare you because Both Hands is such a wonderful organization. They will help you out any way they can.”

There are many ways to get involved, either to help fund adoptions or to help support widows. Whether by volunteering time, supplies, or money, there is always a way to get involved.

“Even if you’re not called to adopt, everyone has a role in pro-adoption communities,” Lindsie said. “Both Hands offers a great opportunity to serve and bless those around you.” GN

Find out more about Both Hands at bothhands.org, or call (615) 212-8824 for more information.



◀ The Henry family — united in purpose and driven by a mission to serve others through love and action.



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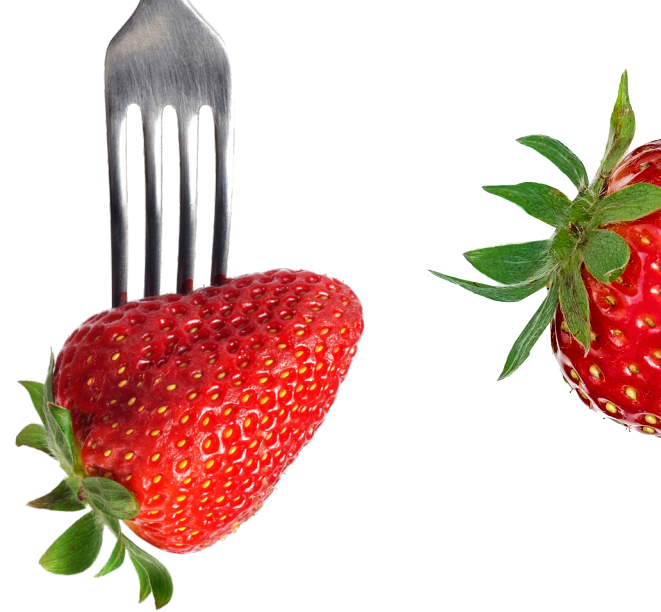
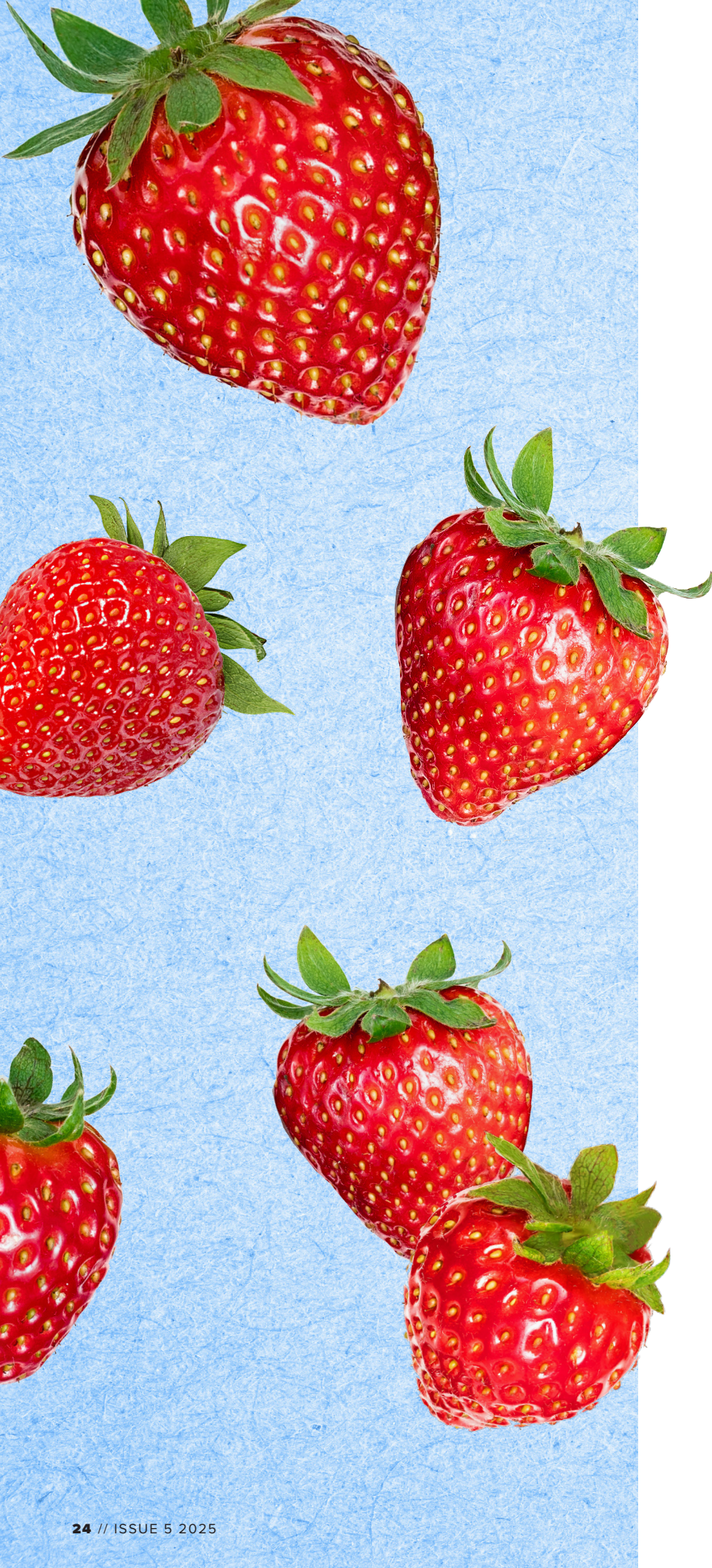
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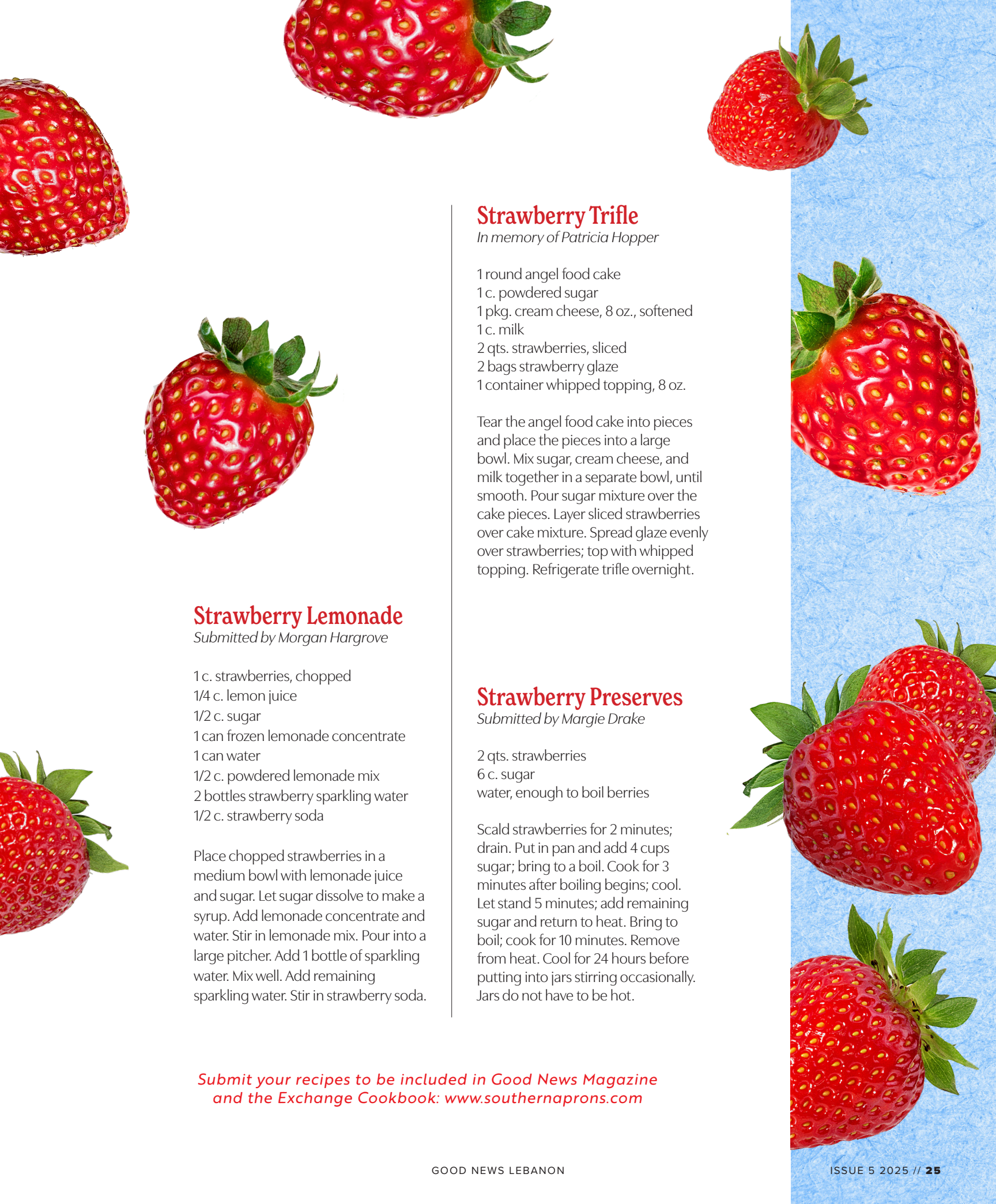


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straight out of
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It's ready; come and get it!

It's hard to want to eat a large meal after a long day working or playing out in the blistering heat. You know you need something substantial to sustain you, yet you're so worn out. Those hearty winter meals, while tasty, sit too heavy on your stomach. That's the last thing you want. It sounds like you need something light, refreshing, yet still incredibly appetizing. Well, fret no more. We have just the right lighter fare recipes to fill you up and get you on your way! By utilizing summer's perfectly ripe harvest and local recipes, we'll have your taste buds satisfied in no time. Just head to the produce stand, pick up some strawberries, and leave the rest to Mama! **GN**



Strawberry Trifle

In memory of Patricia Hopper

1 round angel food cake
1 c. powdered sugar
1 pkg. cream cheese, 8 oz., softened
1 c. milk
2 qts. strawberries, sliced
2 bags strawberry glaze
1 container whipped topping, 8 oz.

Tear the angel food cake into pieces and place the pieces into a large bowl. Mix sugar, cream cheese, and milk together in a separate bowl, until smooth. Pour sugar mixture over the cake pieces. Layer sliced strawberries over cake mixture. Spread glaze evenly over strawberries; top with whipped topping. Refrigerate trifle overnight.

Strawberry Lemonade

Submitted by Morgan Hargrove

1 c. strawberries, chopped
1/4 c. lemon juice
1/2 c. sugar
1 can frozen lemonade concentrate
1 can water
1/2 c. powdered lemonade mix
2 bottles strawberry sparkling water
1/2 c. strawberry soda

Place chopped strawberries in a medium bowl with lemonade juice and sugar. Let sugar dissolve to make a syrup. Add lemonade concentrate and water. Stir in lemonade mix. Pour into a large pitcher. Add 1 bottle of sparkling water. Mix well. Add remaining sparkling water. Stir in strawberry soda.

Strawberry Preserves

Submitted by Margie Drake

2 qts. strawberries
6 c. sugar
water, enough to boil berries

Scald strawberries for 2 minutes; drain. Put in pan and add 4 cups sugar; bring to a boil. Cook for 3 minutes after boiling begins; cool. Let stand 5 minutes; add remaining sugar and return to heat. Bring to boil; cook for 10 minutes. Remove from heat. Cool for 24 hours before putting into jars stirring occasionally. Jars do not have to be hot.

*Submit your recipes to be included in Good News Magazine
and the Exchange Cookbook: www.southernaprons.com*



KEEPING IT CLASSIC

*at J. Clayborn's 2.0
Bakery & Cafe*



A longtime Lebanon cafe gets a fresh start while staying true to its community roots.

GOOD NEWS IS COMING TO DINNER!

We will feature a local food critic's thoughts as they dine in Lebanon. This month Krys Midgett visited J. Clayborn's 2.0 Bakery & Cafe

J. Clayborn's 2.0 Bakery & Cafe

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IN MY 20-plus years of living in Wilson County, I had never stopped at J. Clayborn's in Lebanon — all that wasted time. I've passed by it for years but didn't know what I was missing until my friend, Suzi, suggested going there for breakfast. Rick Smith is the newest owner and runs the Christmas charity, Christmas For All.

Smith took it over and renamed it J. Clayborn's 2.0. The restaurant has been a staple of the community for a very long time, but its exact age is hard to pin down. It was thought that it started in 1947, but Smith has heard memories and stories from customers that would place it a lot older.

J. Clayborn's has that cozy, no-frills feel. It is the kind of place where you can sit down, enjoy a meal, and maybe catch up with a familiar face. The staff, especially Mackenzie and Vivian, are friendly and on top of things.

The first time I went to J. Clayborn's, I ordered The Pie Pan breakfast with hot tea, and Suzi had the deconstructed ham and cheese omelet. My plate was loaded

with hashbrowns, ham, tomatoes, peppers, onions, eggs, and cheese. It was cooked just right and full of flavor. The portion was big enough that I probably could have shared it, but I didn't. Suzi loved her omelet, too. She said it was simple but packed with flavor and exactly what she was hoping for. We were both full and already planning our next visit.

I haven't been there for the meat and three lunch, but I plan to because I love a good Southern meal.

The bakery is a major aspect of the restaurant. The donuts and cookies are fresh, the cinnamon rolls are big and gooey, and their cakes and pies are a local favorite. I took home several of their bakery items, and my family loved all of them.

J. Clayborn's is one of those places that reminds you why local spots matter. It offers good food and good people and is a big part of Lebanon's history. Take it from me — don't miss out any longer. Go try J. Clayborn's 2.0, and tell them we sent you. **GN**



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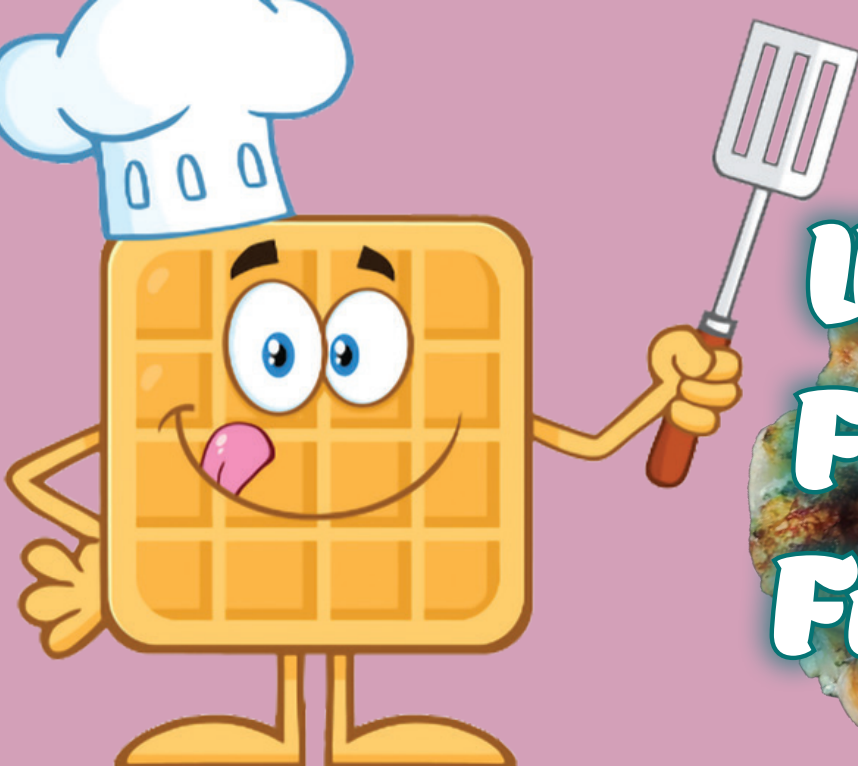
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Maynard stands in front of the Lebanon Sunday Soul backdrop — the festival she founded to bring music, connection, and community joy to the heart of Lebanon.



Kay Maynard

OFFERING FUN, FOOD, AND FELLOWSHIP FOR FREE

In its fifth year, Lebanon Sunday Soul continues to grow and evolve.

*By Rachael Smith // Photography by Robin Holcomb
and submitted by Kay Maynard*

AN ANNUAL summer event in Lebanon brings the community together for music, fun, food, and dancing. It's a place designed to create harmony — for free.

Lebanon Sunday Soul, a completely free festival held on the fourth Sunday of every June, was founded and created by Kay Maynard, who started the event in 2021 as a way to give back to the community that stood by her during a difficult time.

"It was my way to give back to Lebanon," Maynard said. "They supported me and kept my business running while me and my kid were in the hospital. So when

we came back, I was like, 'How can I say thank you?' That was really just me."

Maynard, who has worked in insurance for 21 years, originally came to Tennessee to study music business. With her background and connections in the entertainment industry, she said she saw an opportunity to combine her passion for music with her desire to uplift the local community.

"A lot of my friends are musicians and entertainers, so I thought, 'Let's give them a stage to perform. Let's bring small business owners and help them meet customers. Let's create an environment where the community can just relax and



enjoy themselves without having to travel to Nashville,” she said.

Each year, Lebanon Sunday Soul features entertainment, food vendors, games for kids, and a marketplace for small business owners. There are no vendor fees, no ticket costs, and no barriers to participation. By giving small business owners a chance to connect with new customers, the festival creates meaningful opportunities for growth. It also helps keep dollars circulating right here at home, strengthening the local economy with every sale.

“It’s completely free,” Maynard said. “We put it on with the help of our community sponsors and people who believe in giving back.”

The festival has grown each year, with attendance reaching as many as 1,500 people at peak times. Attendees trickle in throughout the day.

“People come and go as they please. You can come, eat, shop, listen to music, or just set up a lawn chair and enjoy the day,” Maynard said. “Some folks even come out the night before to mark their spots near the stage.”

Music is at the heart of the event, with live performances, a DJ, and a local radio host who keeps the energy high.

“We have a DJ before the featured act performs — our host from 92Q, which is our local radio station, who really brings the event to life,” she said.

Looking ahead to the fifth annual festival, Maynard hopes to expand the experience, depending on sponsorship.

“I’d like to have two featured acts instead of just one. We’re still going to have the kids’ play area and I’m hoping to bring back archery, which even the adults



"It's a good event because it doesn't cost anything. It gives locals and people from surrounding communities a chance to experience good music, food, fun, and fellowship for free."

KAY MAYNARD



▲ Attendees dance under the summer sun at Lebanon Sunday Soul, where music and movement bring the community together.



▲ A local vendor connects with event-goers at Lebanon Sunday Soul, where small businesses get the chance to shine and build relationships — no booth fees, just community support.

seemed to enjoy. I just want to create more experiences for people — things they can do beyond shopping and eating," she said.

Maynard added that the event wouldn't be possible without sponsors like Buckeye Drugs, Pinnacle Financial Partners, and Edward Jones Financial Advisor Lyn Williams.

"Even though I'm the primary financial sponsor, I couldn't continue this event without them," Maynard said. "Costs have escalated over the years and their support makes it possible to keep this festival free for everyone."

Lebanon Sunday Soul is a place of connection, gratitude, and celebration.

"It's a good event because it doesn't cost anything. It gives locals and people from surrounding communities a chance to experience good music, food, fun, and fellowship for free," Maynard said. "You don't have to spend money if you don't want to. Just come and be." GN



Baker, smiling in the space where vision meets action — blending decades of experience with a deep commitment to quality and community.



Chance Baker

ARMSTRONG CONSTRUCTION BUILDS A BETTER COMMUNITY

A construction business owner exceeds customer expectations through excellent craftsmanship and community outreach.

By Becca Roberts // Photography by Robin Holcomb

MUSIC BLASTS on a warm summer day, blending with the sounds of hammers against nails, saws scraping wooden planks, and joking among a construction crew. They smile because it's everyone's favorite day: deck day.

Chance Baker, owner of Armstrong Construction, said his family has been in construction for generations. His father took him and his brothers to job sites even as children, where he gained invaluable experience.

"At a very young age, our dad would have all us boys out on the job sites — after school, on the weekends, holidays, and summers. We'd spend a minimum of a year learning each of the trades."

When launching his business in 1999, he and his brothers recalled the days they lived for: deck days. The brothers decided to focus on the job they loved, building decks, fences, and outdoor projects. Baker later became the sole owner, but his brothers still work with him.

"Our entire family is in this. My daughter is in college earning her degree so she can work in the office, and my wife does our books. One cousin does all our concrete and paver work, and another cousin does our media content. My son and my brothers each have a crew. My sister is the assistant general manager," Baker said. "We're doing what our family



▲ Precision in every cut — Baker puts his experience to work, shaping materials with the same care and expertise that define Armstrong Construction.

has always done. We bring high-quality craftsmanship to people's homes. And we're really good at it."

Armstrong Construction prides itself on excellence. When people ask if Baker builds "to code," he gets surprised reactions when answering "no!" He explains that building to code "means you got a D on your test." His company won't settle for less than the best.

"We offer a lifetime guarantee on craftsmanship on every one of our jobs. There's no company around here doing that," Baker said. "We are able to do that because we go above and beyond code." Armstrong can offer a lifetime warranty on its wood decks because they use specialized lumber that most builders don't have. Every detail is essential and thoroughly checked.

Baker uses his business as a catalyst for community impact. His company is more than a job; it's his passion for the work and his ability to give back to people.

"My dad always said, 'If you've got it to give, then you'd better give it,'" Baker said.

Armstrong sponsors the entire athletic department for Lebanon middle and high school, and Baker is the sole sponsor of two softball teams for low-income families. He's starting a nonprofit called Armstrong's Hands to build specialty decks for children and adults with rare disabilities. They built an accommodating porch for a veteran with mobility issues this past year, and Baker is looking forward to leading more projects when the nonprofit is up and running.

Baker's altruism earned him Lebanon's "Volunteer of the Year" award in 2024. He's an active member of the chamber of commerce and Business Networking International. Baker is grateful for his customers and his community.

"The most rewarding aspect of this business is the position it puts us in — where I have the time and resources to help other people." GN



▲ Baker stands proudly in front of the Armstrong Construction truck — a symbol of the family legacy, hard work, and reputation he's built from the ground up.



"The most rewarding aspect of this business is the position it puts us in — where I have the time and resources to help other people."

CHANCE BAKER



Toby and Vickie, proud owners of Witt Sign Company, continue a legacy built on craftsmanship, community, and a century of trusted service.



Vickie & Toby Vaughn

SIGNS OF LASTING LEGACY

The Vaughns continue a heritage of crafting business identity through quality signs.

By Becca Roberts // Photography by Robin Holcomb

WITT SIGN Company Inc. has created quality signage since 1922. Vickie and Toby Vaughn, the current owners, purchased the historical company in 2022. They chose to keep the Witt family name on the business because it had been an established name in Lebanon for a century and because they had a close personal connection with the family.

Toby was 16 years old when he began working with his father installing signs. Toby's father did subcontract work for Russell Witt Jr. This started a friendship and working relationship between the two families that would last many years.

The Witt family history is an inspirational story of endurance in the midst of tragedy. Russell Witt Sr. was the founder of Witt Sign Company, but he tragically died at a young age, leaving behind his wife, Ruth Witt, who took over the operations. According to Vickie, it was a remarkable achievement for a woman to run her own business during that era. Ruth Witt's dedication to her family and community kept Witt Sign Company strong and successful until Russell Witt Jr. was old enough to take over. He continued the tradition of excellence and dependability at the company for the rest of his life.



▲ Framed photos of Russell H. Witt Sr. and Russell H. Witt Jr.



▲ Toby and Vickie review upcoming projects, helping new businesses shape their identity through custom signage.



▲ Every sign starts with a plan — a closer look at the paperwork behind the scenes, where design, precision, and purpose come together to serve local businesses.



▲ Kat Cox, Bennett Williams, Toby Vaughn, Vickie Vaughn, and Jason Hanneken

In 2022, the Vaughns offered to purchase Witt Sign Company from Russell Witt Jr.'s daughters. They accepted, knowing that the Vaughns would keep their father's legacy alive. Toby is a second-generation sign maker and has all the experience and skills needed to continue his craftsmanship at Witt Sign Co. The Vaughns' 20-year-old son, Tucker, also works for the company alongside his parents, carrying on the tradition.

"Our son, Tucker, is a third-generation sign man. We have lots of experience, knowledge, and history in the sign industry," Toby said.

Witt Sign Company Inc.'s sales and services include large multi-tenant signs, electronic message centers, channel letters, wall signs, neon signs, awnings, parking lot lighting, and more. They pride themselves on using the best materials and offering quality products and installations. For the Vaughns, the sign business is about more than just manufacturing and installation; they want to help businesses establish their identity.

According to Vickie one of the most rewarding aspects of the industry is seeing new businesses develop their unique

identities and communicate just the right image to their customers through the professional, top-quality signage that Witt Sign Company Inc. produces.

"We want the communities to know that we love the products that we sell, and those products will stand the test of time," Vickie said. The Vaughns hope that Witt Sign Company Inc. and its heritage will continue to grow and thrive for generations to come. **GN**



▲ The Witt Sign Company storefront — a landmark of craftsmanship and heritage, proudly serving the Lebanon community for over 100 years.

"We want the communities to know that we love the products that we sell, and those products will stand the test of time."

DICKIE DAUGHN



Attendees dance under the summer sun at Lebanon Sunday Soul, where music and movement bring the community together.



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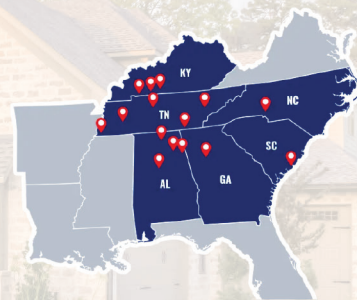
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