

GOOD NEWS SUNDAY FAIRFIELD

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45th edition – October 31, 2021



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This is our 45th edition, bringing you good news, inspiring stories, and useful information.

This week is our 1-year anniversary. Thank you for all your support and for helping us get all the way here. This edition we'll highlight some of our favorite stories from past editions.

In edition 44 we wrote about a program called Sandy Hook Promise. Sandy Hook Promise is a non-profit that has helped millions of people. Sandy Hook Promise has many programs like "Start With Hello" which helps kids who are alone or isolated from other people feel welcomed, important or remembered. Another program in Sandy Hook Promise is "Say Something." Say Something is a program that encourages kids to speak up when they see bullying. You can send a tip saying where your school is and what is the problem. Then someone from the Say Something program will go to your school to help figure out the problem. This way you will not get hurt or get involved but you will help to stop the problem. More than 60,000 tips have been sent so far.

In edition 41 we wrote about Dennis Walters and his inspirational story. He is a disabled golfer with great perseverance and determination. He has a very inspiring story.

In edition 43 we wrote about Voice Love. Dr. Fenster and her partner made a great invention to help patients in hospitals and their loved ones communicate.

In the 33rd edition there is a story about some very inspirational first responders. These six police officers helped a local Waffle House after some of the employees left. The officers had just gotten off a 12-hour shift and then worked hard taking orders and cleaning for another 2 hours. This is a very inspiring story.

To see these favorite editions and all others go to [Good News Sunday Fairfield](#). We still can't believe this is our one-year anniversary!! Your support throughout this year has meant a lot to us.

Since this week is our one year anniversary of Good News Sunday Fairfield (GNSF!) we want to share the story of GNSF.

Me (Luke) and Sofia started GNSF to spread positivity and good news. We thought that during Covid people were getting too much bad news and that was bad for them. We thought that a newsletter was a perfect way to spread the message of good news around. When we told our parents about our idea, they loved it. We started working on it right away. We registered as a business and then started making editions. It was hard at first as we didn't know where to start. Eventually we created a process and learned how to make editions. We delivered the editions in print format but at around edition 25 we moved to digital only. We created a podcast version of the newsletter to reach more people. We have had some very interesting research pages and here we'd like highlight some of our favorites:

Edition 9 was about Martin Luther King Jr. who is a very inspirational person. We wrote about his story and his lasting impact. This edition is very good because MLK Jr helped change the world for the better.

In edition 10 we wrote about Amanda Gorman. We wrote this after she read her inspirational speech "The Hill We Climb" on national TV. Amanda is truly inspirational.

Editions 11 and 15 were about black history month. These editions talked about important black people and honored their legacy.

In editions 16-19 we were celebrating national women's history month which is in March. This series shows only some of the many great women. Throughout this series you can learn so much. We highly recommend reading about the contributions these inspiring women made.

In editions 21-24 we had a series about climate change. This is one of our favorites because it addressed some of the pressing issues of today. We highly recommend you read the entire series because we found that it has a lot of vital information.

In editions 25-29 we wrote about the blockchain. We first wrote an overview, then about the advantages of using the blockchain, for the 27th edition we wrote about the disadvantages of the blockchain, lastly for editions 28 and 29 we interviewed the blockchain expert Mr. Beal. We think that this series really illuminates the confusing topic of blockchain.

We wrote about Skye Martin in the 34th edition. This edition was really special because we were highlighting a fellow kid innovator. Skye had entered into the global invention convention after winning in the national invention convention.

In edition 34 we wrote about Alex Vishno. He runs Av2 media. He helped make the movie "Get a New Dream." We talked with him about his experience with the film and Dennis Walters.

To see these favorite editions and all others go to [Good News Sunday Fairfield](#). We hope you enjoy these editions and others to come.

Quote of the week.

“A positive mindset can change your day”

- Sofia

“Learn from the good around you and if there is none then make some.”

- Luke

To celebrate our one year anniversary we will test your brain. Send us your answers for a chance to win a Starbucks gift card.

1. What are the names of the founders of Good News Sunday Fairfield?
2. How old are the founders of Good News Sunday Fairfield?
3. “Be careful on what you chose; you might get it.” This is one of the 13 rules, a role model lived by listed on edition 44. Who is the role model?
4. A device that connects patients with loved ones. What is the name of the device?
5. A famous golfer who had to find a new way to get to his dream. Who is he?
6. What speech did Amanda Gorman say on national TV and where?
7. When was the first edition of Good News Sunday Fairfield published?
8. What is Good News Sunday Fairfield’s mission?
9. A 94-year-old Fairfield resident talked to us about what Fairfield was like 64 years ago. Who is she?
10. What organization connects a person who wants a hot meal and someone who wants to cook and what is the name of the food?
11. What innovative product did Skye Martin create that won her the national invention convention?
12. What is the name of the farmers market we wrote about recently.
13. Good News Sunday Fairfield has been in a news show, two newspapers and one monthly publication what are the names?

Announcements

October is Breast Cancer and Domestic Violence Awareness Month. The Fairfield police wore purple to show support against domestic violence. To learn more about Breast Cancer go to [Norma Pfriem Breast Center](#). To learn more about how we can end domestic violence go to <https://centerforfamilyjustice.org>

Happy Birthday Good News Sunday Fairfield!



Although it may not be **your** special day, I can guarantee you WILL have a birthday in the coming year. The years do roll on and chronologically we do grow older, but what's vitally important is not your birth year.

The very cool thing is that unlike what the calendar says, you can decide how your body ages.

About 20% of what happens to you health-wise is genetically programmed, but research is uncovering that over 80% of your health and fitness condition is **controlled by you and your daily choices**. **Regular exercise should be one of those choices.**

If I can help you celebrate **your fittest birthday yet**, all virtual!- Let's chat- no obligation... I've been helping folks figure out fitness for over 30 years, maybe I can help you, too.

Linda@FitTraining.net FitTraining.net

Would your business benefit from reaching lots of people in Fairfield?

If so, place an ad in our newsletter. For a small amount you can get lots of exposure to the Fairfield community and help us to continue bringing you good news. If you are interested, please email goodnewssundayfairfield@gmail.com.

ABOUT US

We hope you enjoyed this newsletter. Prepared by Sofia (9) and Luke (12). To subscribe, email us at goodnewssundayfairfield@gmail.com. Follow us: @GoodNewsSundayFairfield, visit our website at www.goodnewssundayfairfield.com and listen to our podcast on Spotify, Apple, or wherever else you get your Podcast [Good News Sunday Fairfield • A podcast on Anchor](#) Read, listen, follow and share – Good News Sunday Fairfield

Have a great Sunday!