

APRIL 2020

COMPLIMENTARY

# NASHVILLE

CHRISTIAN FAMILY®

**FREE  
Good  
News**

***Spring  
Home  
Tips***

**Trudy Cathy White**  
***Chick-fil-A***  
***Founding Family***



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# NASHVILLE CHRISTIAN FAMILY®

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## OUR MISSION



*Nashville Christian Family*® exists to provide Christians and the community at large with ways to strengthen and grow as a part of the Middle Tennessee Christian Family. This local monthly publication is designed to promote positive living by sharing with readers of all ages relevant and timely news and information related to health, faith, parenting, youth, finances, Christian entertainment, missions, church leaders, and much more GOOD NEWS!

## FROM THE PUBLISHER

*“Trust in the LORD with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall [a]direct your paths.”*

Proverbs 3:5-6 (NKJV)

In a matter of just days, our world and lives were rudely interrupted and turned upside down due to the COVID-19 pandemic, the likes of which the world has not seen in recent history. What has occurred in our homes, communities, our country and across the globe is almost unbelievable, like a very bad dream that isn't a dream but reality as we learn from being glued to daily news updates.

Many will question God asking why, if He is a good and gracious God would he allow something like this to happen. As Believers we know that this was no surprise to the Lord. But at the same time, we can be at peace with the future outcome because we know that He has a plan for recovery, problem is that we wish that it would happen today but it is on His timetable not ours. We are not in control even though many times, particularly now, we wish that we were.

Will my family contract the virus? What will become of my business? How can I keep my family happy while everyone is at home and no place to go? Will I lose my job? When will this turmoil be over? Will the economy survive? Is my retirement nest egg gone? How will I be able to continue to pay my employees? When can I see my family and friends? Will my employer be able to reopen the business? How can we as parents use this as a teaching tool with our children? And on and on the questions come.

*“Psalm 27:14 Wait on the LORD; Be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD!”* Psalm 27:14 (NKJV)

Even for us as Believers, heeding and following what the verses above and below tell us sometimes is just not easy. However, we must and not just by trusting the Lord but also in our actions and responses to others. It can certainly be difficult to praise the Lord right now, however, knowing that He will take care of us and most importantly, that we have a Hope that non-Believers cannot rely on. We can find peace from which we should share with our fellowman.

One of my favorite passages in the Bible is from the book of Jeremiah, specifically 29:11-12, where Jeremiah, in a letter to the captive Israelites in Babylon speaks the Lord's words so that they know He has not forgotten them and will save them. *“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future. 12 Then you will call on me and come and pray to me, and I will listen to you”* (NIV)

While not so good things have happened and will due to the Pandemic, there will be many unexpected blessings from the Lord that will be seen once this has run its course.

Easter Sunday is upon us, wherever we are on Resurrection Day with the pandemic, what better time to renew our trust, hope and faith in the Lord? I pray that you and your families are and will remain well and safe.

Blessings,

Publisher, 615-815-8765

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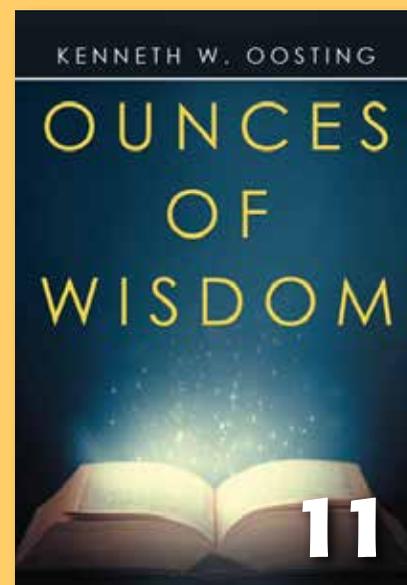
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AND MUCH MORE!

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If something in this month's issue of

# NASHVILLE CHRISTIAN FAMILY

has awakened in you a desire to learn more about the **Freedom** and **Eternal Life** that Jesus Christ offers, we encourage you to seek out a **Bible-based church in our community.**

*We believe this is the most important decision you can make for yourself and your family.*

**God Bless You!**

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# 5 Things You Need to Know About Novel Coronavirus (COVID-19)

By Joseph Cacchione, MD, FACC

## How to limit your exposure to this infectious virus

- 1 What is COVID-19?**  
COVID-19 is a virus that causes cough, fever or shortness of breath in the majority of patients, but could lead to more serious illness including pneumonia in elderly individuals and those who have chronic medical conditions. Thus, elderly individuals and patients with chronic medical conditions should take greater precautions to avoid exposure.
- 2 What precautions should you take?**  
Everyone is encouraged to take precautions to avoid being exposed to COVID-19 – regardless of age or precondition. Stay away from crowds and others who are sick, wash your hands often and for about 20 seconds, and avoid touching your face. It's also a good idea to clean and disinfect surfaces you touch.
- 3 What should you do if you have cold-like symptoms?**  
If you develop cough, fever or shortness of breath, stay home, rest, and avoid exposing others until you feel better. Cover your cough or sneeze with a tissue and throw the tissue away. Call your Ascension doctor if your symptoms worsen or you develop shortness of breath.



Ascension is working to keep our community healthy during this time and prevent further infection, while also offering options for easier access to care. Contact your Ascension doctor with questions. For ongoing updates, visit the Centers for Disease Control and Prevention website: [cdc.gov](https://www.cdc.gov)

- 4 What should you do if you are ill and have traveled recently?**  
Be sure to call your Ascension doctor if you have traveled within the past two weeks to a country with widespread COVID-19 and have symptoms of fever, cough or shortness of breath. Call ahead and let a healthcare provider know your symptoms and travel history before you visit a doctor's office or emergency room, so we can help keep everyone safe from any potential spread.
- 5 Consider virtual care to help reduce your risk of exposure.**  
For easy access to a doctor for urgent care visits without leaving home, use online care from your phone or mobile device. Ascension Online Care offers visits with a doctor 24/7 from work, travel or home. Use code HOME for a discounted \$20 visit. Download the app today at [ascension.org/onlinecare](https://ascension.org/onlinecare). Available in all 50 states. No insurance required.

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### The Advantage of Being Happy

In 1998, when Positive Psychology surfaced, studies began to look at healthy people and emulate their behavior instead of figuring out what was “wrong” and how to “fix them”. An oversimplification of the bottom line, healthy people are happy people. There is a definite correlation between being happy and being healthy. Some may say, “Of course, I could be happy if I am healthy”, but the truth of the matter is, being happy contributes to being healthy. What comes first, the chicken or the egg? In the case of health – happiness is a precursor. Newsflash: happiness is a choice!

There are many ways to incorporate happiness into our lives. Here are a few:

- Realize that happiness comes from the inside out. It is easy to equate “happiness” with something externally, e.g., when that certain car is finally purchased, when weight loss occurs, when Mr./Mrs. Right comes along, or a million other things. While there are external circumstances that contribute to a person’s joy, these are not the end all, be all.

Some skinny people are absolutely miserable, as well as sad people driving brand new cars. Marriages continue to end in divorce which cause heartache and pain. The point is, people lose when they base their happiness on external circumstances. The choice to be happy is made,

minute by minute, every day — regardless.

- Be Grateful! We have so much to be thankful for. Keep an “attitude of gratitude”. Count your blessings every morning when you awake. Instead of thinking about what you HAVE to do, be thankful for all of the things you GET to do.
- Be social, NOT social on social media but actually engage in others. Seek community and seek relationship with one another. Do not look for ways another person can give to you, but ways you can give to others. Being a giver doesn’t necessarily mean giving monetarily (yet, paying it forward always seems like a welcomed idea) but look for ways to give encouragement, give a positive affirmation, offer hope, and give your time by listening.
- Move more! Exercise contributes to joy and is much better than anti-depressants. An hour of moving can release a chemical in the brain that contributes to a person’s state of happiness. There is an exercise for “any” body and “every” body including activities like, gardening, walking, dancing, and other forms of movement. Find something enjoyable and inspirational and get moving!
- Turn off the news. Bad news creates sensationalism which also causes network ratings to spike

however, bad news also contributes to depression. Limit the amount of time you spend watching current events. Be aware then pray. “Cast your cares upon the Lord”. (1 Peter 5:7).

- Lastly, smile and laugh often. A smile is easier to conjure than a frown. Smiling elevates one’s mood, lowers blood pressure, and alleviates stress. Smiling is contagious. As the song goes, “When you’re smiling, the whole world smiles with you”. And laughter is therapeutic. There is a branch of yoga called Laughter Yoga where participants laugh away their stress along with improving circulation, stimulating the immune system, and exercising muscles. Laughter also reduces stress hormones, alleviates depression and anxiety as well as lowers one’s blood pressure. How about this for an exercise!

It is true that happier people have less sickness and disease. “A merry heart doeth good like medicine” (Proverbs 17:22). There will always be a crossroad, choose happiness!

— Rhonda Smart is a native Nashvillian and a graduate from Belmont University holds a BS degree in Psychology with a background in counseling.

## HOMETOWN HERO

### Building Bridges

Not all students in the Nashville area have access to the same educational resources or funding privileges. This important realization led Kaitlyn Jolley, Nashville’s Volunteer of the Month, to seek out a position which would help her build a bridge between the school she works for and its surrounding community. As a middle school teacher, Kaitlyn has a passion for her students’ education, health, and future success. Here in Nashville, she is fostering family engagement, providing social services, and creating general wellness programs for students, teachers, administrators, and families. She also builds bridges among businesses, non-profits, and individuals to foster charitable initiatives, most recently with the tornado relief efforts.

Kaitlyn works with nonprofits and community members to provide food and clothing to students in need, and she has established programs that promote healthy lifestyles. In order to ensure that students have a strong support system, Kaitlyn works ‘round the clock with families and school staff to ensure the communication lines are always open. She makes sure her students have the guid-

ance and resources to prepare and apply for college and make decisions about their career paths. There are

no boundaries to what she will give. Her job as a teacher has immersed her in the community and opened her eyes to other urgent needs. When the tornado struck on March 2nd, Kaitlyn saw that the area hit was farther southwest of her school and also near one of the other schools she works with. She quickly began serving with Gideon’s Army, McGruder Family Resource Center, and Corner to Corner, all of which came to the aid of the Nashville community during that first week of March. These relief organizations were stocked with supplies but needed help distributing them. Kaitlyn says, “I saw a widespread impact and knew people were trying to help but weren’t sure how, or where to go.” So she jumped in to create systems of order, helping catalog inventory. She also found an online map system which volunteers could use to determine where people and houses were that were in need and what to bring them.



**Kaitlyn Jolley distributing to tornado victims for Corner to Corner at McGruder Family Resource Center auditorium.**

Kaitlyn says, “I volunteer because it brings about a sense of community to all people involved, because my time is always a resource I can

give to help our community, and because serving people is part of my personality and my identity in Christ.” She adds, “What I’ve learned that may be most surprising to others is how you end up learning from the people you serve. Being in the presence of someone you might have never crossed paths with gives you a chance to see from a different perspective, and that can have a profound effect on the way you live your life!”

Kaitlyn is named Nashville’s Volunteer of the Month for her generous heart. She and other volunteers like her are celebrated by Doing Good, a local 501c3 nonprofit which celebrates those who do good. For more information or to nominate someone for Nashville’s Volunteer of the Month, visit DoingGood.tv.

— Emerson Loudenback

# FAITH @ WORK

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## Follow God's "GPS" Instructions

God's word is living and active. It has a voice. It isn't like a static map that we used to study, but rather like a GPS, it links us to something beyond this world. A voice that says, "this is the way you should go." Each mile, each turn, bringing us closer to salvation.

It is interactive. When we stray of course, it reroutes us back onto the right path.

Have you ever been going someplace you've never been before and the GPS is telling you to make a turn, and you think, "That can't possibly be the right way, but you follow the directions anyway because you don't know what else to do, and find that actually had you followed your own instincts you would have ended up at behind a bunch of traffic.



When we read God's word and the Holy Spirit teaches and leads us through it, we can sometimes have that same fear. What if the direction God seems to be taking me, leads me to a place I don't want to go? What if the place I end up is miles away from the life I imagined for myself? Will it still be good? Can I really trust God?

Have you ever asked yourself how you would respond if God asked you personally to sell everything you had and give it to the poor, like he did the Rich Young Ruler? What if your salvation depended on it?

To be honest, God often does lead us into places in our lives that we never intended to go. He leads us in a way that requires us to take up our cross daily. The path he takes us on is narrow and from the outside looking in... it's not very inviting. If we were to look to the wide-open freeways, it would be easy to think that they must lead someplace good. But the bible is clear that the broad [attractive] path leads only to destruction. If we really want to be saved. If we really care more for the glorious eternity God promises, then we have to get on the narrow bumpy path.

I know it is not easy, but it is something that you must do. Jesus has never softened his words when it comes to obedience, but faith comes from those things outside of your physical sense. When looking at your uncomfortable bumpy road ahead, ask yourself, why would a loving God steer you wrong, when Google would not?

As Jesus said, "Do not Fear, Only Believe" Mark 5:36

— Peter Demos, President of Demos Brands,  
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## A Trial Lawyer Examines The Trial of Jesus

This special Easter season we as Christians again pause to reflect on the Passion of Christ. As an attorney, I have always been intrigued by one aspect of the Passion: the criminal trial culminating in the death sentence and execution of Jesus. The Gospels provide four narratives of this trial. Matt. 26:47-68; Mark 14:43-65; Luke 22:47-71 and John 18:1-19. These passages describe both Jesus' trial before the Sanhedrin and his later trial before Pontius Pilate. Together, they provide very telling insights into the mockery and irregularity of these proceedings.

Lawyers would call the following "reversible errors" committed by the judges in the trial of Jesus. What is even more egregious, the ones in charge of the prosecution of Jesus were the most astute lawyers and highest courts in Israel at the time, who surely must have recognized the injustices being committed.

**An Illegal Arrest** – Jesus had just celebrated the Passover Feast, probably in the home of Mark on the outskirts of Jerusalem. Scripture tells us that after that feast, Jesus and the eleven went to Gethsemane to pray. At the approach of midnight, a mob led by Roman soldiers, members of the Temple Guard carrying swords and torches, accompanied by Judas, arrest Jesus.

**Privately Examined** – Jesus was taken to Annas' house, the brother of the High Priest Caiaphas, and there examined in private, a violation of Hebrew law.

**The Proceedings Were Conducted At Night** – The trial of a capital case was strictly forbidden at night. The analogy used in the Talmud was like the treating of a wound. Care was required to examine the evidence in the clear light of day.

**Court Convened Before The Morning Sacrifice** – The Great Sandhedrin convened court at the close of the morning sacrifice and had to conclude before the evening sacrifice.

**The Proceedings Were Conducted On The Day Preceding The Jewish Sabbath** – Court could not be held on the Sabbath, or a feast day, or any holy day.

**Trial Was Conducted In One Day** – To assure due deliberation and reflection, particularly where a human life was at stake, Hebrew law required that the trial should last a minimum of two days to allow time for the judges to sleep, fast, meditate and pray.

**Sentence Was Pronounced On Uncorroborated Confession** – A fundamental principle of Hebrew law prohibited conviction of a crime based solely

on the confession of the accused; the law required corroboration by two witnesses.

**The Verdict Was Unanimous** – A simultaneous and unanimous verdict of guilt rendered on the day of trial had the effect of an acquittal. Bear in mind there were no advocates. The judges were deemed the defenders of the accused. Thus, a unanimous verdict meant the accused had no friend or defender on the panel. To the Jewish mind, this was the equivalent of mob violence. Scripture tells us: *"And straightway in the morning the chief priests held a consultation with the elders and scribes and the whole council, and bound Jesus, and carried him away, and delivered Him to Pilate."* (Mark 15:1).

This litany of procedural errors confirms the travesty of injustice and the political show trial of Jesus. While we look back with disdain upon the mocking criminal conviction of the One who alone embodied innocence, we are also regard it as a necessary stepping stone in God's plan of redemption through the cross.

— Larry Crain is a trial attorney specializing in civil rights and constitutional law. He is a frequent speaker on the trial of Christ to church groups and gatherings.



## MONEY MATTERS

### The "Costs" of Long Term Extended Care

**What is the number one insurance policy you will use if you have it at the right time?** Life insurance. Hate to break this to you but there is a 100% certainty that you will die. If you have it at the time of your passing it will be used 100% of the time.

**Ok now, what is the second (potentially) insurance that you will use?** I know you didn't get this one. You probably guessed medical insurance or car insurance or even homeowner's insurance. But you would be wrong, the percentage of uses for the above is 50%, .5%, and .083% respectively. Answer - Long Term Care insurance also known as Extended Care insurance. There is a 70% chance when you are over the age of 65 that you will need some type of coverage. Now you 40 to 60 years old listen up – 40% of this group is using it now! So don't think this is 'old folks' insurance. Let's back up just a bit and learn just what is LTC/EC insurance.

LTC/EC coverage picks up where your health insurance stops. Your medical insurance is going to take care of your medical/health issues and LTC/EC is going to take care of your custodial care.

**What do I mean by that?** When you are unable to perform unassisted 2 of 6 activities of daily living (ADL). What are those ADLs? Here is the way I remember these. In the morning when you wake up you need to go from your bed to somewhere (generally speaking to the bathroom). That is called transferring – going from one location to another. And speaking of the bathroom that is the second activity, you must be able to do all the things associated with toileting. After that you probably head for the shower/bath. This is the third activity. You must be able to perform the necessities of personal hygiene (bathing). Then after getting cleaned up you put on your clothes. Activity number 4, you must be able to get your clothes on and off. Now that we are all clean and dressed, I'm hungry! This is the fifth activity; you must be able to feed yourself. And the last activity is remaining continence throughout the day. So the six ADLs are: Transferring, Toileting, Bathing, Dressing, Eating, and Continence.

**Paying for such care is available in one of three ways.**

1. Using your hard-earned cash.

2. Depending on the Government and spend down to be eligible for Medicaid (not Medicare) Note that Medicare does NOT pay for long term care.  
3. Having LTC/EC insurance. And the number one objection to having LTC/EC insurance? It is a use it or lose it propositions. Until now!

Experts will tell you the best time to buy this coverage is age 50 to 60. I think that should be 40 to 64 and here's why. There is a policy that if you buy coverage during this age range (and like all insurance the younger you are the less expensive it is) and you never use it they will return 3 times your paid in premium to your beneficiary. This is a game changer. Imagine that for any of your insurances you have. Wouldn't it be great to 'rent' that insurance knowing that if you didn't ever have to use it – or even if you did – as long as the used amount is less than 3 times your premiums paid in, your beneficiary would receive at your passing a very nice benefit? For more information on all the other details call me and let's discuss.

— H. Ben Davis, III, CSA  
Select Pointe, LLC - 615-584-4946

## HASSLE FREE ZONE

### Spring is a Great Time to Clean- Extending the Life of Bbq Grills, Dryers, Mattresses

Jack Rabbit Clean Choices (JRCC) is a local service cleaning items many do not want to clean, visit [www.jackrabbitcleanchoices.com](http://www.jackrabbitcleanchoices.com) for detail.

#### It Is Spring Let's Clean That Dryer Vent

Go to [www.jackrabbitcleanchoices.com](http://www.jackrabbitcleanchoices.com) and click on U-Tube links and see what news stations reported about fires starting in the dryer vent – channel 41 has a complete scary report. Clean out COMBUSTIBLES like lint, pet hair, nests, dead rodents/birds, food, delicates, and more. Help the dryer breathe and live longer.



#### It Is Spring Let's Clean That Bbq Grill

The Bar-B-Clean Process is the very best non-toxic process available. This process is detailed at [www.bar-b-clean.com/nashville](http://www.bar-b-clean.com/nashville). Summarized as a commercial and residential low-cost convenient deep cleaning solution utilizing a proprietary industrial grade cleaning system. BBQ grills can last a long time if cleaned regularly. Clogs, grease, gunk, corrosion, rust and rodent buffet take over that once beautiful and healthy grill designed to safely produce amazingly prepared food for family and guests. Carcinogens left behind by old food and rodent droppings can cause real health risks. Cleaning will make your grill look newer and perform to its potential.



#### It Is Spring Let's Clean And Sanitize Those Mattresses

Part II in May will focus on mattress cleaning. For now, are you “Sleeping like a baby”? Has family awakened with itchy skin, irritated eyes, stuffed-up nose, sneezes, wheezing, sinus ache, fatigue etc. all for no particular reason? Millions suffer from ALLERGYs that may be caused by mattress-based Dust Mites feeding on our Skin Flakes.

Visit [www.Jackrabbitcleanchoices.com](http://www.Jackrabbitcleanchoices.com) and view the Anderson Cooper video that addresses bad bed fellows and mattress cleaning. All of our mattresses can be habitats (beyond the mites) for kids, pets, coffee, soda, food – reasons for a good cleaning. Ask about multi mattress discount pricing. Marc is a certified Hygienitech service provider. Let's get back to “sleeping like a baby”. Let's eliminate the un-invited bed buddies, extend Mattress life and enhance a healthy life for all.

— Marc Tepner, 615-594-9052  
(call or text for pricing/scheduling)

Marc is owner operator of [www.jackrabbitcleanchoices.com](http://www.jackrabbitcleanchoices.com) which includes [www.bar-b-clean.com/nashville](http://www.bar-b-clean.com/nashville), JRCC dryer vent cleaning, Hygienitech Green mattress cleaning/sanitization for Middle Tn., and other special yard/home services. Marc is a graduate of Abilene Christian University and brings a wealth of customer care experience from his time with Bridgestone, Schokolad Chocolate Factory, Greener Solutions lawn and yard, and more. Marc is constantly energized by his amazing wife Elise, son Cole, and their church and life group family.



KENNETH W. OOSTING

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- Prisoner ministry

## Sinking Concrete?

**Spring is the perfect time to have your concrete inspected.** We are ready for beautiful weather and the kids want to be outside. We sure don't want to see them get tripped up on an uneven sidewalk. How did your concrete slab get this way?

Erosion of soil under the slab is one primary cause of concrete sinking around your property. Rain can wash away the soil, drought can cause it to shrink, or not properly compacted when home was built. When it comes to concrete it has a lot to do with the earth below the slab.

### Areas to check:

- Driveways
- Garage Floor
- Pool Deck
- Porch
- Sidewalk
- Porch Stoop

**So what is the solution? PolyLevel.** PolyLevel is an injectable solution to raise the concrete back to level. Typically, if the concrete is sinking the soil has compacted since the concrete was originally poured or soil has washed away from under the concrete. By drilling small holes in the top surface of



the concrete about the size of a quarter and injecting the PolyLevel under the slab the surface can be leveled in minutes. The concrete is ready for use in 15 minutes. No need to worry about the mess of fresh concrete to set or watch it so neighbors don't drawl their initials.

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- \*The inspector does not need to come into your home to see the outside concrete.

Concrete problems don't get better with time or easier to fix. Slowly but surely they get worse, more expensive, and hurt the value of your home. So get the kids back out there; Racing, skateboarding, hopscotch, drawing with chalk. You can move on to other spring projects or playing with the kids.

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— Brittney Griffy, Marketing Manager,  
Frontier Basement Systems

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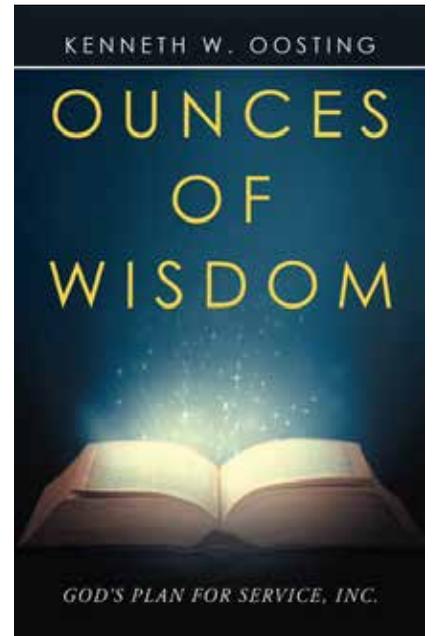
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## BEST BOOKS

### *Ounces Of Wisdom*

All of us need wisdom in understanding the situations we face every day and then deciding what action in each situation would be the right action for a Christian. This just released book offers wisdom from the Bible as well as many other places to guide us daily in how we see the world around us and make good short-term and long-term decisions. Wisdom is found in many places but its application might interfere with egos and what we are used to doing. This book will prompt you to think further about applying wisdom in parts of your life that we tend to take for granted.



The book looks at wisdom as it pertains to our personal character, our goals and motivation, our behavior, our living legacy, our relationships with others and our relationship with God. The reader is provided with many succinct, thought provoking articles along with quotes from the Old Testament, the New Testament, religious leaders as well as people who might not be Christian but whose comments include wisdom that should be considered by Christians. You will be challenged in your Christian faith by reading this book which was published by God's Plan for Service.

GPS articles were originally heard on WAKM in Franklin (950 AM) and other radio stations from 2008 to 2019. GPS is a non-profit Christian organization based in Williamson County. The writer is Dr. Kenneth W. Oosting, retired President of Williamson Christian College. The book may be ordered online at Amazon or Barnes & Noble (\$18.99) or directly from GPS at 1226 Knox Valley Drive, Brentwood, TN 37027 for a contribution of \$12 or more including shipping. We recommend that you add this book and then read it. It could also make a good gift for someone you wish to encourage, support or challenge in their Christian walk. See the article in this issue by God's Plan for Service.

— Kenneth W. Oosting, Ph.D.,  
Retired President of Williamson Christian College

If something in this month's issue of

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# Praying for TENNESSEE

For all the ways you can help with tornado relief go to [www.ctntv.org](http://www.ctntv.org).



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## THE HOME FRONT

### Let's Clear the Air

Typically, when someone you care about says, "We need to clear the air," it's the start of a heavy conversation. Happily, this is different. We want to literally clear the air, and that means having a quick and easy conversation about cleaning your air ducts.

For most homeowners, ducts fall under the "out of sight, out of mind," category. However, they can have a tremendous impact on your home. Dust and debris build-up can clog filters and even infiltrate your living space. You may find yourself having to dust more and more often.

Dirty ducts can also impact your family's health, especially if any family members suffer from asthma, bronchitis, or any other respiratory illness. A significant amount of dust particles in the air can lead to an asthma attack. In addition, excess water in the duct system supports a greater risk of mold, a serious problem for vulnerable populations.

Fortunately, there's an easy solution. Professional duct cleaning is a simple way to improve the overall air quality in your home and help everyone breathe easier.

#### Other benefits of clean air ducts

A thorough duct cleaning can reduce allergens and irritants, unwanted odors



from pets, cleaning agents, and even those old cooking scents. Another benefit of an air duct cleaning is improved efficiency in HVAC performance: Less debris clogging the airways means less resistance to incoming air. The stress on your HVAC system's fan and motor is reduced, helping the system run smoother, for longer. That can help lower utility bills, and postpone a major new investment. Clean ducts deliver a safety boost too – a clean dryer duct is less likely to spark a fire.

#### When you're ready to clear the air

If you're noticing more dust or bad smells in your home, or your HVAC system seems to be working harder than normal, it may be time to get your air ducts cleaned. Lee Company provides a thorough air duct cleaning service that is sure to get rid of any dust, debris, and grime that may be contaminating your ductwork.

For more tips from our experts, visit [www.leecompany.com/resources](http://www.leecompany.com/resources)

— The Lee Company

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## When Tragedy Strikes

“The tornado hit us hard!” These were the first words Jamie, a Vista Points Special Needs Trust client said to me in our phone call March 4, 2020. Jamie lives with a disability – mental illness. She is paranoid to an extent where she has trouble functioning, such as going outside, being around other people, holding a job, sleeping, and general anxiety. All I could say to Jamie was “I am so sorry. Are you okay?”



When tragedy comes to anyone, the internal feelings of anxiety and fear well up. For someone living with a disability, the feelings can be overwhelming. The person may not be able to function. Feelings of hopelessness can actually prevent a person from moving forward through the tragedy. For Jamie, she did the right thing by calling her trustee, Vista Points, telling the staff what had happened, and asking for help.

Jamie has a first party special needs trust. This trust was established to hold the money from Jamie’s lawsuit settlement. With the money in the trust, Jamie was able to qualify for Supplemental Security Income (SSI) to help her with her day-to-day expenses. She also qualified for Medicaid to cover her healthcare needs. Without Medicaid, Jamie would not be able to receive the mental and physical healthcare she needs.

Jamie had neighbors come to help her immediately after the tornado hit her home. She was safe. They provided her a place to stay. Others gave her food and gift cards to help her with whatever she needed. Jamie stated that what kept her calm, before the tornado, was listening to her religious music CDs. She asked her trust officer to replace the CD player and provide new CDs for her to listen to. Jamie told of how, depending on her mood, listening to gospel singers such as CeCe Winans, The Gaithers, and rappers DMX gave her a feeling of peace, gave her hope and uplifted her spirit so she could function and make it past the feelings of paranoia.

Jamie’s request was approved and within two days, she had her music and was very happy. She called the office once again, but this time when I spoke with her, she had feelings of hope. Jamie said, “Thank you so much for the CD player and the music. This is exactly what I needed. You will never know how much my music means to me. I can now face what has happened to my house. I am slowly being able to trust the people, who I have never met before, that are coming to me offering assistance. You made a world of difference in my life. Thank you.”

Special needs trusts are designed to help people of any age who are living with a physical, mental or intellectual disability. By establishing a special needs trust, the individual deposits his/her money into the trust. A personal checking account may contain up to \$2,000 per month, for daily usage. The money in the trust is exempt from being considered an asset for the individual, thus allowing the person to qualify for much-needed government benefits, the most important being Medicaid to cover healthcare needs. The money in the special needs trust can be used to pay for items or services the benefits do not cover.

For Jamie, her trustee was there for her in her time of need as well as on a daily basis, looking out for her needs and helping her to live a good quality of life. For Jamie’s family, who live in another state, they have peace of mind knowing their loved one is being cared for by professionals who look out for her best interest.

— Darlene A. Kemp, MPH, MBA-HCM,  
Executive Director, Vista Points Special Needs Trusts

## WORDS OF WISDOM

*“Today I know that such memories are the key not to the past, but to the future. I know that the experiences of our lives, when we let God use them, become the mysterious and perfect preparation for the work he will give us to do.”*

*“Worry does not empty tomorrow of its sorrow. It empties today of its strength.”*

*“There is no panic in Heaven! God has no problems, only plans.”*

*“Don’t bother to give God instructions, just report for duty.”*

— Corrie Ten Boom

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## BODY & SOUL

### Lessons from the Pandemic *Changing Our Perspective*

This pandemic can teach us so many things. Most of which, we will be ill prepared for. The American citizen is a truly blessed person. There is a good reason why we say that God truly blesses America. On my lunch break, as I work from my comfortable home, I reflected on one of the quotes from one of my favorite Solutionaries of our time. She once said:

*"When a poor person dies of hunger; it has not happened because God did not take care of him or her. It has happened because neither you nor I wanted to give that person what he or she needed."*

— St. Mother Teresa

Many people may believe there is no God, when they see so many people struggling to survive.

If there is a loving God wouldn't He stop this needless suffering?

After years of personal reflection on this topic, I have come to understand, as St. Mother Teresa herself, God does not interfere with the free will of His people. We are His vessels to serve one another on earth. Just as in the case of a pandemic, God could do away with this hardship but if He did, He would be interfering in the creation he created. The virus is a byproduct of the good things of the nature He created. Just as a storm is a byproduct of the life-giving climate that we enjoy. He does not wish us ill, but when it does happen, as it is destined to do, He expects His people to come together to care for each other.

As I pondered these concepts it brought to mind the importance of the perspective, we each have in our individual lives; leading me back to my studies on the Power of the Wisdom of Three.

The Cycle of the Vision of Life; Our Vision...

- I. Changes our Motivations
  - II. Which in turn changes our Perspectives
  - III. Driving our desire to change our Location
- Which starts the cycle all over again.

The physical, mental, and spiritual visions that we enjoy are unique to where we are, creating internal motivations, forcing a change of perspectives which fuels where we want to be!

During this special and unique Lenten season, during these tumultuous times, when the opportunity of all human contact is being taken away from people not accustomed to living in this manner; shouldn't we take just a moment to consider that this perspective is the everyday reality of our homeless, forgotten and less fortunate brothers and sisters.

When our lives do return to normal, and they will, I pray that we do better toward their regard and learn lessons from our very short journey, taken in their shoes.

— Anthony "Tony" Boquet, the author of

*"The Bloodline of Wisdom, The Awakening of a Modern Solutionary"*

*If this is my last post, I want all to know there was only one purpose for all that I have written; to have made a positive difference in the lives of others.*





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### Be Happy, Be Healthy, Be Whole

*A monthly column on diet, exercise and my weight loss journey.*

Over the last few months, there has been no shortage of news crossing my desk having to do with weight loss. Here's just a few reports I thought you would find interesting.

#### WATER DIET

Drinking a couple of glasses of water before every meal boosts weight loss significantly, according to reports in research journal Obesity. People in the study drinking this much water lost 5 pounds more than a comparison group. A previous study has found that people who drank a pint of water 30 minutes before every main meal lost almost 10 pounds in 12 weeks. Water in the stomach before a meal helps to reduce the number of calories consumed, the researchers found.

#### TO SLIM DOWN, BRUSH AFTER EVERY MEAL

If you want to keep trim, forget the diet books and gym membership — you may be better off just brushing your teeth more often. In a survey of the everyday habits of nearly 14,000 people, researchers in Japan found that those who managed to stay slim tended to brush their teeth after every meal. Overweight men sometimes went more than a day without brushing their teeth, according to the study.

#### LISTEN WHILE YOU CHEW

If you're trying to lose weight, you might want to eat in complete silence. A recent Brigham Young University study found that snackers who focused on hearing the sound of their own eating — chewing, chomping, crunching — consumed nearly one-third fewer calories without even trying.

#### STOP & SAVOR

If you're trying to lose weight, pay attention to where you eat your meals. A lot of busy people eat breakfast in the car, lunch at their desk, and dinner in front of the TV. But you'll slim down faster if you don't. Cornell University researchers found that sitting down and paying attention to meals, even when you only have five minutes, helps you feel full faster, cutting calorie intake by 22 percent.

Now, while all these tips and tricks are interesting food for thought, you and I both know that nothing is going to change without taking action and going it alone is hard. Do you need some extra help in your diet and exercise goals? Let me point you to the people that helped me lose 65 pounds in 16 weeks — the staff at Cool Springs MD. Dr Lodge and his team of personal trainers, dieticians and medical professionals are ready to help you with their stated goal for everyone to be "Happy, Healthy and Whole"

What has helped you lose weight? Any tips you would like to share? I welcome your feedback, thoughts and ideas and look forward to sharing them in a future article. You can email me at [Doug@94FMTheFish.net](mailto:Doug@94FMTheFish.net) or feel free to call me during my live radio show — weekdays between 3 pm — 7 pm on 94 FM The Fish. (800) 826-3637

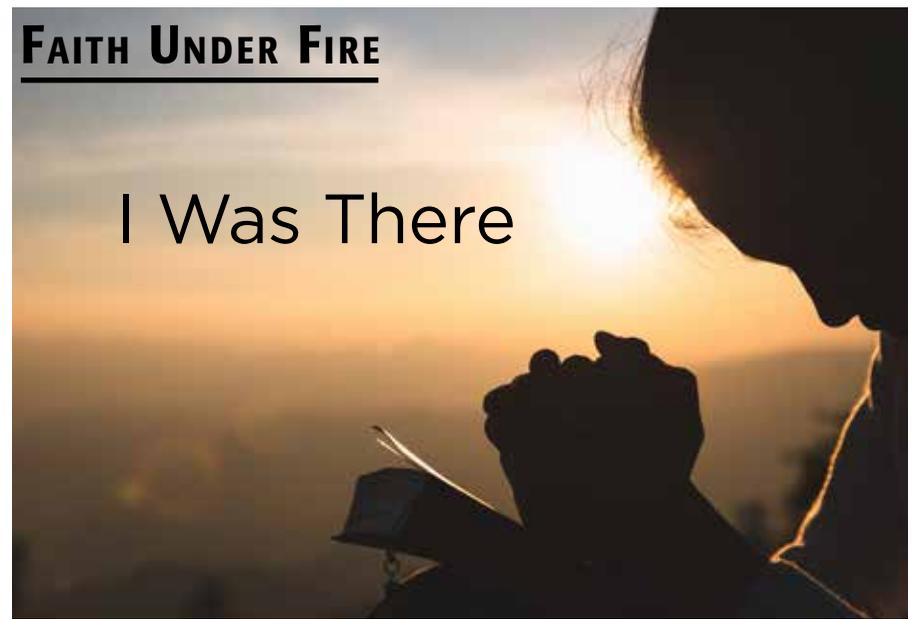
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## FAITH UNDER FIRE

### I Was There



A true believer in Christ knows that there are always going to be questions pondered upon throughout this life on Earth. A true believer will also ask the redundant question, Where were you God? Why or how could you have let this happen to my child? Maybe in another's instance it could be, "Why did you let this happen to me as a child? Where were you for me, God?" Beloved, believe me I know those heart wrenching feelings and questions. But one awesome thing about being a Child of the King is He is soooo big, we can ask Him anything. Because He is so big, He can handle it. He honors us when we come to Him and say, "Daddy God, where were you all those nights when Daddy was hitting Momma or where were you Daddy God when my momma's new husband would sneak into my room and night and touch me?"

Well get ready for huge power lift in the name of almighty Jesus! HE WAS THERE!!! It broke His heart to see and still does every time anyone on this planet is hurt or taken from their parents, or when we lose a loved one. But the thing is, God never promised us a life without sorrow or pain. The Bible tells us God gave man free will. Unfortunately that free will goes both ways; to come freely to the master Lord Jesus, or to choose the Lord of the darkness. But rest assured Jesus was there in the midst and continues to be no matter what our situation.

Trusting God is key for a healthy relationship, strong and intimate fellowship with the Father. None of us have the answers, "WHY?" However, someday we will understand and His promises make it very clear that in this verse: "For I Know the Plans I have For You, Plans To Prosper You and Not to Harm You, Plans To Give You a Hope and A Future." (Jeremiah 29:11) And if you are in good Bible-based church, there is no shame in seeking Godly counsel, good sound Godly counsel. I, personally have taken this route and the woman who mentored and helped me sort out my trauma, still corresponds with me to this day. She really helped me clear the air, and God does wipe our tears, and I finally understood He WAS there, and He is ALWAYS, ALWAYS there for us all.

— Tammy Leigh Merritt currently resides in Columbia, Tennessee with her cat Egypt. She enjoys studying her Bible with her cat on her lap and a cup of coffee with French Vanilla Creamer. Email: [tammymerritt42@yahoo.com](mailto:tammymerritt42@yahoo.com)



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# A Quiet Strength: Behind the Scenes of



**S. Truett Cathy founded one of the largest fast food restaurant chains in America, Chick-fil-A, in 1946.** Do you recognize the name Jeannette M. Cathy? Wife to Truett Cathy, Jeannette played a very important role in Chick-fil-A's success, albeit mostly behind the scenes. Trudy Cathy White watched her mother provide their family with a quiet strength grounded in faith. "She was very committed, passionate and full of compassion for people. My mother was an encourager and a real prayer warrior." The impact of her mother was so strong, White felt compelled to share her legacy with others in her latest book *A Quiet Strength: The Life and Legacy of Jeannette M. Cathy*. Although Jeannette passed away in 2015, Trudy Cathy White believes her impact will be felt for generations to come.



**Trudy Cathy White and her husband John have been married for 40 years and have four children and fifteen grandchildren. The couple served as overseas missionaries for 10 years and later co-founded LifeShape and Impact 360 Institute ministries.**



**When Chick-fil-A first opened in 1946, founder S. Truett Cathy was 27 years old and his wife Jeannette was only 25 years old.**

**Surprising Facts.** White shares that her mother had a difficult childhood. She never knew her earthly father because he left the family when Jeannette was only three months old. However, at a very young age, Jeannette was introduced to her heavenly Father. "My mom had a very vibrant relationship with Jesus Christ, and she was totally captivated by the idea that she could have a Father and that He would be a perfect Father to her." Jeannette had a unique childhood because her mother was a talented seamstress and as her daughter, she spent countless hours growing up backstage in the Fox Theater in Atlanta, Georgia. Jeannette was able to achieve her dream of attending college and seminary thanks to ladies from her church who put their money together to make it happen. "She continued that learning spirit. She was a lifelong learner but was rarely in the spotlight," says White. Her mom became a self-taught artist at the age of 65.

**Jeannette's Legacy as a Mother & Wife.** White shares that her mother taught her children the importance of building their lives on what mattered most- Jesus. "My mother always reminded us that we needed to know who we were and whose we were." She also knew the importance of taking time to be still before the Lord. As a child, White remembers finding her mother reading her Bible and praying often, even during a busy day. "Everything in her life taught me what it meant to walk with the Lord." Jeannette also played a critical support role as the wife of Truett Cathy. "While Dad was focused on building the business, Mom was focused on building the family." White adds that her mother cared deeply for others from all walks of life and nurtured a positive attitude. "She was the type of person that when it rained, she would get out her brightest umbrella."

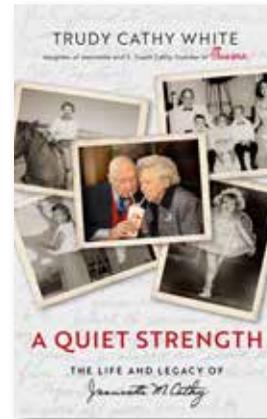


**Chick-fil-A Business Principles.** Both of White's parents modeled perseverance. "You can, with God" was a phrase that her mother often said. She shares that her father's second restaurant burned to the ground, but he didn't let that challenge stop him. Both parents taught their children how to press on, even when the circumstances were not easy. Her father especially taught her how to honor and merge Biblical principles in both her professional life as a Chick-fil-A ambassador, author and former missionary and in her personal life as a wife, mother and grandmother. White shares that her family is still deeply committed to the original business purpose of Chick-

**Jeannette M. Cathy became a self-taught artist at the age of 65. Her daughter, Trudy Cathy White, explains that her mother was an encourager and prayer warrior that lived a Christ-centered life until she passed away at the age of 92.**

fil-A established by her parents. “That purpose is to glorify God by being a faithful steward to all that is entrusted to us and to have a positive influence on all who come in contact with Chick-fil-A.” Her parents also modeled how to keep charitable giving a foundation in the family business. White emphasizes that this idea does not just apply to monetary giving, but the Chick-fil-A family strives to be generous with their time, talents and influence in order to glorify God.

White attended Samford University in Birmingham and at the age of nineteen, she became the youngest Chick-fil-A operator, overseeing the company’s restaurant just miles from campus. White also met and fell in love with her Birmingham native husband, John White, during this time. The Whites served as missionaries in Brazil for 10 years with the International Mission Board and eventually settled in Atlanta, the home of Chick-fil-A, where White currently serves as a Chick-fil-A ambassador. Their daughter Angela lives in Birmingham with her husband Brent Fielder and their four children and they continue a role in the family business, with Angela’s husband operating a Chick-fil-A location. Her favorite items on the Chick-fil-A menu? Chick-n-Minis and the original chicken sandwich with extra pickles!



**Trudy Cathy White explains that her new book, *A Quiet Strength* is similar to a memoir and is full of stories about her mother’s life. The book uncovers her role in the success of the nationwide restaurant chain Chick-fil-A.**

***A Quiet Strength.*** White hopes her new book of short stories about her mother’s life and lega-

cy as a Christian wife, mother, grandmother and great-grandmother will inspire readers and be great reference for her family for generations to come. “Anybody that is wanting to focus on how to build their life and focus on the things that really matter in life, I think they will really enjoy reading the book

and find it to be really encouraging.” White adds that she is trusting the Lord to use the book to bring honor to her mother. “Under my breath, I keep saying ‘Mom, I hope you’re okay with this,’ because she was such a behind the scenes person, and I am really putting her out there now.” *A Quiet Strength* is available for purchase online and in stores beginning March 10, 2020. Read more about White, her family and her other books at [www.trudycathywhite.com](http://www.trudycathywhite.com).

— Melissa Armstrong



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## MISSION MAKERS

### The Trevecca Way: MBA Cohort Comes Together to Help Classmate

In the early morning hours of March 3, as an EF3 tornado tore through Savitri Matthews' neighborhood, she lay asleep in her bed.

She had been watching the news earlier that evening, but most of the coverage was focused on East Nashville. When her son called to make sure she and her daughter were OK, she told him there was nothing to worry about. The tornado had hit east, and in their North Nashville home, they were well out of its path. So, Matthews, a Trevecca graduate student, went to bed.

The next thing she remembers was waking up to rain—but it wasn't hitting her bedroom window or pooling outside. It was falling on her face. The roof of Matthews' home had been ripped off by a tornado, and the rest was completely destroyed, except for the living room.

"I was just in shock. We heard the tornado coming, and inside the house, it sounded almost like the house needed to take a deep breath but didn't know how. It was the scariest thing," Matthews said. "It was like it all happened instantly, and then it just stopped."

Power was out across the city, and Matthews said when she and her daughter got up, they could see nothing. They found their way to the living room in the dark, and that is where they spent the rest of the night.

Despite the damage, life kept moving. Matthews had to figure out a number of things—including what she was going to do about her class that was scheduled to meet that evening.

Matthews is enrolled in Trevecca's Master of Business Administration program. Right before the start of the class, Matthews emailed her professor, Dr. Miranda Kendrix, to let her professor



know what had happened. Kendrix said she shared the news with the class, and almost immediately, Matthews' classmates started forming a plan.

"I wanted to let them know that we had one student down, and when I explained what happened, I don't think I saw a dry eye in the classroom. That's when they were all saying, 'What can we do?' The next thing I knew, they were making it happen," Kendrix said.

That night, Matthews' classmates were able to pool enough money together to replace her laptop and textbooks. Her classmates weren't going to let her plans be derailed. A week after the tornado, Matthews' class presented her with a new laptop.

"We are a piece of the puzzle that is her life, and last week, so much of that puzzle was destroyed. This was just a way that we could help put things back together," Kendrix said. "I think that is very representative of the kind of environment we have here. It's collaborative, and people feel like they are welcome to truly journey together. They

**Savitri Matthews (holding the box) accepts the laptop her Trevecca MBA classmates purchased for her after Matthews lost her home in the March 3 tornadoes.**



know they are cared for and that nothing they do has to be done alone."

Matthews said despite losing everything and having her world shaken, she is not slowing down. She's going to keep working toward that goal, and once she finishes her

MBA, she is going to continue on to the doctoral program.

"I've had so many setbacks over the years, and this program is my happy [place.] It makes me feel like I'm moving forward. I really didn't know if I was going to be able to catch up, but after all this, I know it is going to be OK," she said. "I have a different love for my classmates after this. We haven't even been a cohort for a month, but already, they felt that connection. They want to see me succeed.

"One of us was down, and it was simple. [They] had to help," Matthews said. "It's just the Trevecca way."

— Bailey Basham,  
Trevecca Nazarenne University Graduate

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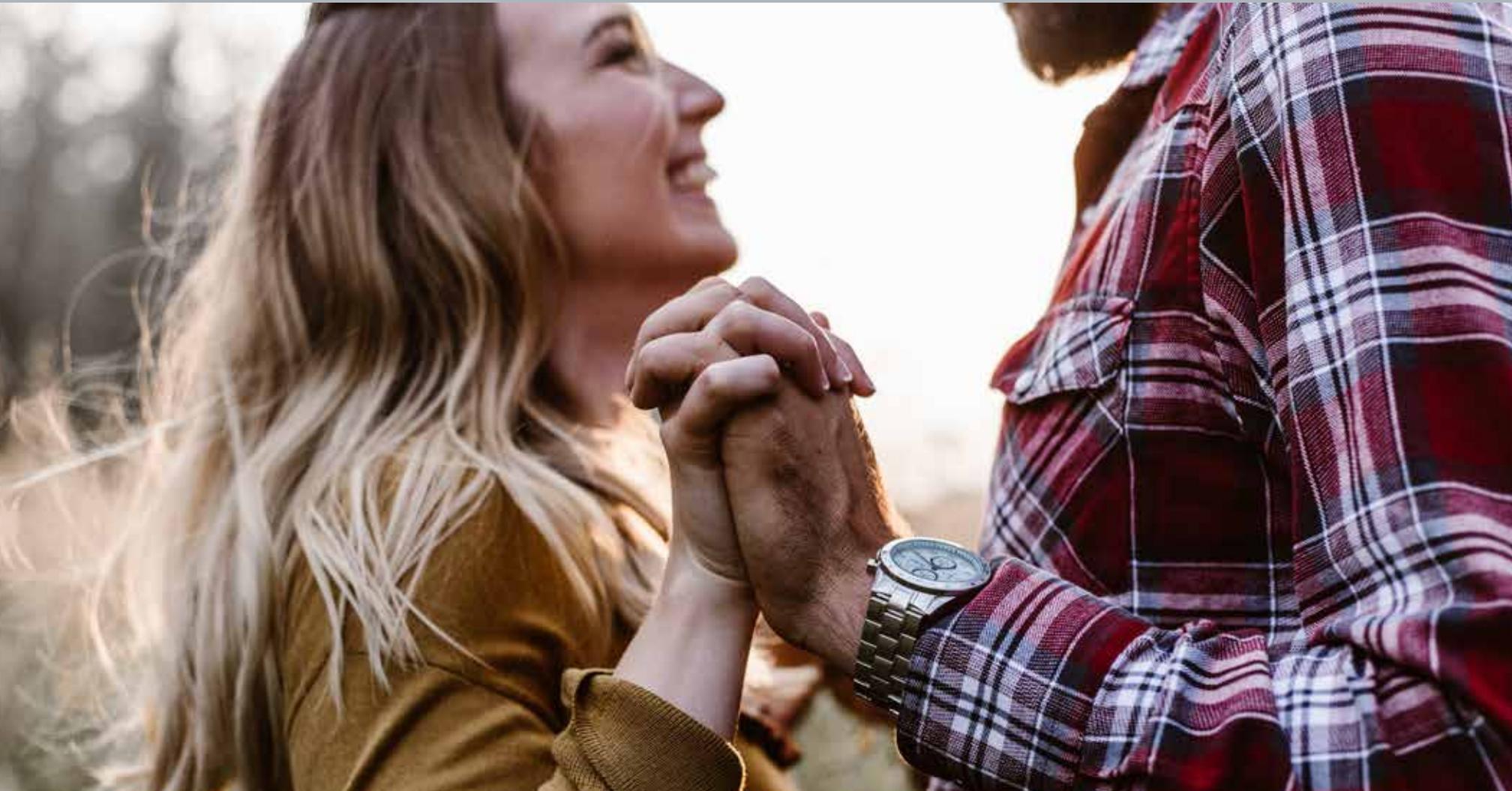
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## AN ENCOURAGING WORD

# ZERO FEAR: A REAL SOLUTION TO CRISIS, ANXIETY, AND THE UNKNOWN

*There is no fear in love; but perfect love casts out fear because fear involves torment. But he who fears has not been made perfect in love.—*

1 John 4:18, NKJV

Some years ago, an auto industry Super Bowl commercial included these dramatic words: **The hottest fires make the hardest steel.** That commercial evoked the image of rebirth out of the crucible of a severe, fiery test. The timing coincided with the American auto industry's rebirth—a resurgence that followed an apparent death knell. The commercial's renaissance imagery was riveting. The conviction was this: no matter how hot life's fires become, you are a survivor. You can survive and come out stronger. That is zero fear!

Fearful situations are all around us. A metal-twisting, home shattering tornado flattened the earth in Middle Tennessee. Precious lives were lost. In the midst of it, a virus that's being called a global pandemic continues escalating. It's only natural to be on high alert—panicky, fearful, and frustrated.

When in survivor mode, it is challenging to cultivate fearlessness. My challenge is this: never, ever sign over your power to fear. Here are our choices: (1) let fear yank us in every direction or (2) decide to do the yanking.

Ten years ago, on a Saturday two days after Thanksgiving, my pastor, husband, children's father, spiritual partner, and best friend since I was sixteen years old, got up and went to work at his church office. At around six o'clock that evening, his heart slowed to a chilling stop. Unexpectedly, I became a widow. Such a devastating loss could have changed me. Instead, I chose zero fear.

Is it possible to live in zero fear in the face of a crisis or ominous event? Admittedly, that's the perfect state, but I believe we must strive for just that. Many live and breathe fear every day. There's the fear that someone you love doesn't love you. You may fear losing your job, your 401k, your business, your home, or even worse, all your options. You may fear reaching a point of despair so deep there is no alternative but to give up. Fear causes us to stop believing and abandon our hopes and dreams, just when we're about to win. I don't know your biggest fear today, but it's probably something. Fear is an albatross, a weight, an encumbrance. Fear hijacks reasoning. It allows panic to take over for faith. Fear dwells in the soul's shadowy place.

This month, as we celebrate His resurrection, we can empty ourselves of fear and allow Christ's endless love to overtake us. Come, Lord Jesus! Beginning today, live fearlessly!

— Regina M. Prude is an inspirational speaker and author. Email comments to [regina@reginaprude.com](mailto:regina@reginaprude.com). Follow her on Twitter, Instagram, and Facebook; read her blog posts on "Healing" and "Zero Fear" at [www.reginaprude.com](http://www.reginaprude.com).



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## PARENTING POINTS

### Kids Caught in the Middle...

#### Parents Learning to "Share" – Is It Even Possible?

In working with divided families it is often common for one parent to have 80% of the parenting time and the shared children only see the other parent 20% of time. Researchers have looked at these dynamics for years and have varied outcomes; however, most research shows children will thrive most with a 50/50 shared parenting schedule. Having been a divorced mom for almost two decades, I lived through that "timeshare" with my daughter who



was just one when we divided. I am happy to report that although I missed her when she was away, she had a great childhood with equal time between her home with me and her home with her dad. At the age of 20 she reports that she does not feel like a child from a "broken family" or even a

"divorced family." She reports that she has four adults who love her and six step siblings in her ever-growing extended family.

KY is the first state in the country to create a legal presumption for joint custody in divorce proceedings. In April 2019 it was prioritized and finalized. It was signed by Gov. Matt Bevin on April 26, 2019 and took effect on July 14, 2019. They have also deemed April 26th as "Shared Parenting Day in Kentucky" to commemorate the importance of equal parenting on an annual basis.

President of Parental Alienation in Kentucky, Alexandra Beckman, said, "It's common sense that shared parenting laws lessen parental conflict." Separated parents are paying less in court costs and attorney fees because they are not creating and participating in long, drawn out legal battles. The families transitioning from married to divorced have the ability to now keep more of their family money intact for the children and parents instead of spending large amounts in court.

Matt Hale, National Parents Organization Board of Directors Member reports that Kentucky families are suing each other 11% less in just the short time the new law has been enacted and the new law has been well received by Kentucky voters.

What state will next adopt this new law? Oklahoma Rep. Mark Lawson introduced a similar bill recently and other states are leaning in to listen. What does that mean for Tennessee? Stay tuned as we will continue to bring critical updates to you that impact Middle Tennessee and the much-loved children of divided parents. No matter how the time is "shared" it is possible for kids in divided families to THRIVE and we are here to help parents navigate that journey with complex families.

— Tammy Daughtry, MMFT is the Author and Founder of [CoParentingInternational.com](http://CoParentingInternational.com) and [ModernFamilyDynamics.com](http://ModernFamilyDynamics.com). She and her husband live in Nashville and have a blended family of four!



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## KIDS KORNER

### Ooze with God's Love

#### BIBLE TRUTH

Christians may look ordinary on the outside, but on the inside, lives a beautiful God.

#### WHAT THE BIBLE SAYS

Colossians 1:27

New International Version (NIV)

*To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.*

### Egg Geode

#### INGREDIENTS

- 12 Eggs
- Water
- Borax
- Food Coloring

#### INSTRUCTIONS

STEP 1: Crack each egg near the narrow end. Remove the shell near the top of each egg, pour out the contents, and place the eggs back into the carton, so the cracked part of the egg is facing up.



STEP 2: Fill the saucepan  $\frac{3}{4}$  of the way with water, add food coloring, and mix.

STEP 3: Add borax until the water is super saturated with borax.

STEP 4: Once the water starts boiling, pour the contents into each egg, allow the water to evaporate, and observe. Was this process quick or slow compared to events, which occur on Earth? Use several sources to provide evidence that Earth events can occur quickly or slowly.

#### EXPLANATION

As the water evaporates from the eggs, borax crystals deposit on the inside of the eggs, creating an egg geode.

#### BIBLE CONNECTION

The crystals inside your egg geodes are beautiful. Just like an egg geode, you may look ordinary on the outside, but as a Christian, you have a beautiful God living inside you.

I recently made my 16th appearance on network television. Click [HERE](#) to watch my favorite experiments, on America's most-watched morning show, TODAY. Click [HERE](#) to watch my appearance, on America's most-watched cable news morning show, Fox & Friends.

— Jason Lindsey

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## FAMILY MATTERS

### Lift Your Eyes

Times can seem crazy. The unknown is scary. With everyone being panicked around you, how can you stay positive and hopeful for the future when everything seems to be falling apart? Lift your eyes. From the situation. From the stress. From the uncertainty. Lift your eyes to the One who knows, cares, and has it all under control. Jesus.

I want to give you a few practical ways to lift your eyes in these times. Things that you can focus on and progress in that are positive. Here are some tools to help facilitate healthy movement during this season and then I have some practical ways to help you healthfully fuel your body.

Here are a couple moves you can do at home:

1. Bodyweight squats (legs)
2. Hip thrusts (Hips and glutes)
3. Pushup (Chest and triceps)
4. Plank (core)
5. Wall sit (legs)
6. Jumping jacks (cardio)
7. Burpees (modified if needed)

These are a few simple moves most people know that will get you moving. Pick 5 of these moves and do them one after another without any rest. Then try and see how many sets of that you can do over a 15-minute period. This short workout will keep your heart rate up while hitting many muscle groups in the process. Make sure to stretch and cool down after. Have fun!



Here are some tips to keep your nutrition simple and healthy:

- Spinach! Whatever you can find in the stores, be it fresh or frozen, is a great and - usually tasteless - way to add more vitamins and minerals to your meals when you're low on vegetables or salad greens.
- Smoothies! If you can't eat it, drink it. If you're finding it hard to get your hands on broccoli for meals, grab some ingredients to make a few smoothies and drink your greens instead. Kale, spinach, and collard greens work great for this.

We are in this together! Be encouraged today, as you lift your eyes, the weight of your current circumstances will get lighter. Focus on the things you are thankful for every day. There is hope for today!

— Ashton Tate, CEO Glory to Glory Fitness  
[ashton@glorytogloryfitness.com](mailto:ashton@glorytogloryfitness.com)  
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## Taught Franklin Graham to Fly

Reece Howell of Smyrna has a long and distinguished career in aviation that stretches more than 60 years while logging nearly 50,000 hours in the air.

While he has traveled the world flying corporate and humanitarian missions, Reece said one of his greatest milestones was teaching Franklin Graham to fly, and through that relationship, they became friends. Graham, the son of famed evangelist Billy Graham had learned of Howell's expertise with the Mitsubishi MU2 and asked the local aviator to teach him.

Franklin Graham has been quoted as saying, "The MU2 is fast, known in the aviation industry as the 'rice rocket'. It is one of the best turboprops ever built. During flight training, Reece did his best to test my skills to the limit...and explained how to handle each and every situation."



**Reece Howell has logged more than 50,000 flying hours.**

Reece shared with me, "Flying with Franklin allowed me to travel many places and countries that this country boy would have never seen; such as Russia, Amman, Jordan, Ethiopia, Greece, Saudi Arabia, Yemen, Italy, Egypt and Africa."

A native of Fayetteville, Tenn., he grew up dreaming of flying the skies. "As a boy I would lie on a cotton sack and stare up at the clouds thinking to myself how much I wanted to be up there, and knowing that someday I would become a pilot. I can truly say that I am a fortunate man because I continue to live my dream every day."

He recalled as a young adult his father owning a sawmill and paying workers \$3 per day. As a flight instructor, he would earn \$4 per hour. "That sounded good to me back then even if I only had one student at a time," Reece laughingly remembered.

He was first employed by CFW Construction Company as chief pilot. It was during that time he learned to fly the Mitsubishi MU2 as well as a Learjet and Aerospatiale Helicopter. In 1982, with one aircraft and \$1,000 of capital, he helped to start an aviation company in Smyrna...and then later Howell Enterprises serving as its president, chief flight and ground instructor.

He has trained pilots in North and South America, Africa and Europe. His illustrious career allowed him to fly more than 50 different aircrafts, both single and multi-engine. Reece is also a member of the Tennessee Aviation Hall of Fame.

While reminiscing with me, his eyes appeared to shine a little brighter when recalling his friendship and Christian missions with Franklin Graham.

— *Ralph E. Vaughn*

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## HUMOR

### God To Ignore Quarantine And Continue Being Everywhere

HEAVEN—The CDC now recommends for everyone to stay home and avoid going out as much as possible. Despite this, reports are that God is breaking quarantine and going absolutely everywhere. Hospitals, nursing homes, prisons -- wherever He is needed, God is going. He is reportedly visiting everyone and checking on everyone in this time of need and not using any amount of social distancing. God is said to be following the absolute best practices, though, and is at no risk of making people sick but only making people better. "We have absolutely no control over the guy," said CDC spokesman Jim Wells, "which is extremely frustrating. We want to remind you, though, that you're not God, so please stay put in small groups."

God is also reportedly trying to get people to stop hoarding toilet paper and instead put their treasures in Heaven. Treasures that don't include toilet paper.

— *Babylon Bee*

*The Babylon Bee is a satire site about Christian stuff, political stuff, and everyday life.*

## TEACHABLE MOMENTS

### Cash, Cadillacs And Comfort

In one of his sermons, Dr. Adrian Rogers said that we tend to seek the three C's, cash, Cadillacs and comfort. Each of us needs some cash, a dependable form of transportation and some comfort. Dr. Rogers was pointing out that when these three C's become our priorities one, two and three in life, we are being shortsighted.

All three will perish when we die or when the Second Coming takes place, whichever comes first.

We need cash to pay for the essentials in life, food, shelter and personal care. The problem can come when we are obsessed with getting more cash in order to have more and better food, a nicer place (or places) to stay and greater personal comfort. When we put money first in our priorities in life, we are prone to seek the easiest ways to accumulate the greatest amount. This could mean that which is illegal or unethical which we explain as "the end justifies the means" or "the early bird gets the worm." Jesus did not condemn having cash or even lots of it. When talking to the rich young ruler he told him to give it away but it was not for the purpose of the ruler not having his riches, it was a test to see whether the money or salvation was priority number one in his life. Having cash is a worthy priority as long as it is not priority number one.

Dr. Rogers mentioned Cadillacs as another of the three C's that we tend to want. Most of us need transportation and, if we have the cash, we can buy a Cadillac or some other form of luxury transportation. There is nothing wrong in wanting to own a Cadillac unless that priority ranks higher than seeking God.



The third item listed by Dr. Rogers in his three C's of cash, Cadillacs and comfort, could lead us to avoid work, being lazy and being self-centered. We should all seek basic comfort and health care but when it is a priority above our salvation, we are thinking only of ourselves in our present life and not of the future. Earthly comforts will cease when we die, salvation continues forever.

The basic conclusion of this is that we can seek cash, Cadillacs and comfort as long as they are no higher in our priorities than two, three and four (or five, six and seven) with number one being seeking God, accepting Jesus as our savior and living the life that the Bible teaches us to live. That is a big number one. However, when it is number one in our priorities, look at what happens to our desire for cash, Cadillacs and comfort. Much of our cash becomes support for our Church and other ministries rather than just for those around us and ourselves. We might still have a Cadillac or some other nice car, but our last dollar does not go for that car. We might still live in a very nice house but not if that house means we cannot afford to support our Church and other ministries.

So what is priority number one in your life? God is the only priority that yields rewards in both this life and the next. All other priorities in whatever our three C's might be will end in this lifetime and could prevent us from making God our number one priority. Making God first requires that we place God above self in our priorities. What are the first five priorities in your life?

— Kenneth W. Oosting, Ph.D.

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# PLAN OF SALVATION

## God's Plan of Salvation

### God created us to honor and serve Him

Revelation 4:11: "You are worthy, O Lord, To receive glory and honor and power;- For You created all things, And by Your will they exist[b] and were created

### Each of us has sinned against God

Romans 3:10: As it is written, "There is none righteous, no, not one"  
Romans 3:23: For all have sinned and fall short of the glory of God,

### The penalty for sin is eternal separation from God and Heaven

Romans 6:23: For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

### Good works cannot ever earn God's forgiveness and Salvation

Titus 3:5: not by works of righteousness which we have done, but according to His mercy He saved us.

### God loves each of us

John 3:16: For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

### Jesus Christ died on the cross in our place, paying the penalty for our sin

Romans 5:8: But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

### We each must accept Jesus Christ as our personal Savior

Romans 10:9: that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.

Romans 10:13: For "whoever calls on the name of the LORD shall be saved."

### To accept Christ into your heart and life, pray a simple prayer along these lines

*"Dear God, I know that I am a sinner and I am sorry for my sins. I know that Jesus died for my sins and the sins of the world. Right now, I ask Jesus into my heart and receive Him as my personal Savior. Forgive me of my sins, thank you for saving me through the blood of Jesus. Please Lord, help me live for you. In Jesus name, amen."*

*All scriptures are taken from The New King James Version of the Holy Bible.*



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# APRIL 2020 Calendar



## List Your Event!

**If you have an event you would like listed in the Nashville Christian Family Community Calendar e-mail us at: [NCFPublication@gmail.com](mailto:NCFPublication@gmail.com) subject line - Calendar**

### ANNOUNCEMENT For Middle TN Residents!

Our good friends at the American Red Cross through their "Sound the Alarm" program will do a whole home evaluation for you and install FREE Smoke Detectors in your home. The home visit will take about one (1) hour, but having the peace of mind to know that you and your children are protected is well worth the time investment and.... ALL the Smoke Detectors are FREE! It is simple, just email [zachary.stokes@redcross.org](mailto:zachary.stokes@redcross.org) and he will send you a form to fill out. You can also call the American Red Cross - Nashville Area Chapter at 615-250-4300.

### Williamson County Parks & Rec Main Facilities Collecting Donated Items For Tornado Victims

Williamson County Parks and Recreation (WCPR) is now accepting donated items for tornado victims in Middle Tennessee at their six main recreation centers. A suggested list of needed items include: baby food, diapers, wipes, socks, undergarments, personal hygiene items, trash bags, work gloves, batteries and flashlights. The donations may be dropped off at the designated area of the lobby in each facility through Sunday, March 15. WCPR's six main recreation centers include: Williamson County Enrichment Center, 110 Everbright Avenue, Franklin; Franklin Recreation Complex, 1120 Hillsboro Road, Franklin; Fairview Recreation Complex, 2714 Fairview Boulevard, Fairview; Williamson County Indoor Sports Complex, 920 Heritage Way, Brentwood; Longview Recreation Center at Spring Hill, 2909 Commonwealth Drive, Spring Hill; and Williamson County Recreation Complex at Nolensville,

7250 Nolensville Road, Nolensville. Collected items will be donated to Community Resource Center (CRC). CRC serves more than 90 nonprofit agencies, providing new household goods, bedding, kitchenware, cleaning supplies, clothing and personal hygiene items.

### Statement From Williamson County Parks And Recreation Regarding Facilities And Activities -

The number one priority of Williamson County Parks and Recreation (WCPR) is the safety and well-being of our patrons and employees. In light of guidance from the CDC and public health authorities, until further notice, the following guidelines will be used by WCPR. \*All Recreation Centers and outdoor parks and amenities will remain open for use by individuals. All regular operating hours will remain in effect. We would ask that for your own health and for the benefit of other patrons, if you are exhibiting symptoms or have a fever, please refrain from using the facilities. \*In an effort to prevent community transmission, WCPR is cancelling all organized programming and non-essential gatherings at all Recreation Centers and Parks effective March 14, 2020. This includes youth and adult sports, group fitness programs, scheduled activities, facility rentals and special events. \*WCPR will continue to review best practices and make additional enhancements as needed in order to promote the health of our patrons and employees. If you have questions about the events and activities affected by this please visit our website at [www.wcparksandrec.com](http://www.wcparksandrec.com). Thank you for your patience and understanding of this matter.

### ONGOING

#### First Friday of Each Month

**Healthy Living Potluck** – Join us the First Friday of each month for Biblically based Inspiration, Motivation and Information on living a consistent and sustainable healthy lifestyle. For women and men of all ages. When: 1st Friday of the month Time: 6:30-8:30 pm Where: The Cloister Community Center, 105 Emma Neuhoff Ct, Nashville, TN, behind St. Henry's church. Cost: \$5 plus a healthy dish to share, bring your recipe! Each month has a topic and a theme. You can find more on our Facebook page, [www.facebook.com/benourished4life](http://www.facebook.com/benourished4life) or email Celeste, [thewellnessworkshop@msn.com](mailto:thewellnessworkshop@msn.com)

#### Last Tuesday of Every Month

**Tennessee Christian Chamber of Commerce Monthly Luncheon** – Last Tuesday of every month except December. Connection Groups - Networking/Leads Meetings held in these locations: Brentwood, Cool Springs/Franklin, Downtown, Hendersonville, Mt. Juliet, Murfreesboro. For meeting locations, times and dates or for more information about the Chamber and events, visit [www.tnchristianchamber.org](http://www.tnchristianchamber.org) or email [rstringfellow@yahoo.com](mailto:rstringfellow@yahoo.com).



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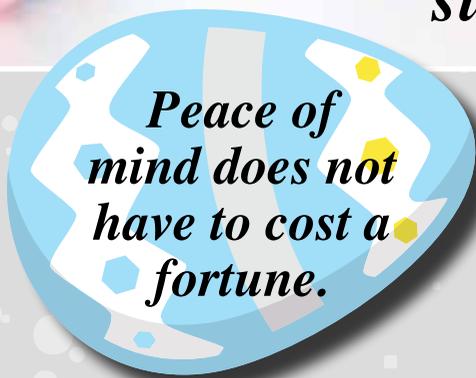
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