

January 2022

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NEW YEAR!**

Home
Improvements

**America's Got Talent's
DARCI LYNNE
Relies on God's Guidance**

FREE Good News



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We would like to share a sincere thank you to every donor and volunteer who joined us to make Christmas brighter for our neighbors and ensure Hope Marches On for our community in 2022!

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NASHVILLE CHRISTIAN FAMILY®

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Circulation and Distribution: *Nashville Christian Family* is free and available at targeted, high traffic locations throughout the Nashville Metro Area and surrounding counties, Williamson, Wilson, Davidson, Cheatham, Sumner, Rutherford and Maury. Copies are available by subscription, \$75 for one year (12 issues). To subscribe, e-mail publisher@christianfamilynashville.com

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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

A NEW YEAR!

I hope that you enjoyed a blessed and Merry Christmas and a happy new year.

2021 thankfully has come and gone and we enter 2022. We tend to think of our daily lives and life span in terms of days, weeks, months and years and the years seem to pass by faster and faster as we grow older. At age 72, I can agree with and now understand the old saying, “the older you get, the faster time seems to move”.

Whatever events of this past year you experienced, whether good or not so good, as Believers we all have something in common as we begin 2022. We have hopes, expectations and plans that we, our loved ones and friends will be blessed during this coming year.

The Bible provides us with many scriptures that mention Hope, whether earthly or eternal. In Phillippians Chapter 3, the Apostle Paul provides us a perfect example for how we should approach a New Year. Verses 13 and 14 are a directive from God through Paul’s words to the Christians in Philippi.

“Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.” (New American Standard).

As Paul challenges himself in these verses, we should adopt his goals as ours as we look to the future.

This must be the “New Year’s Resolution” that matters most in our lives if we intend to live our lives in a Godly manner always realizing that our ultimate Hope is in the Lord.



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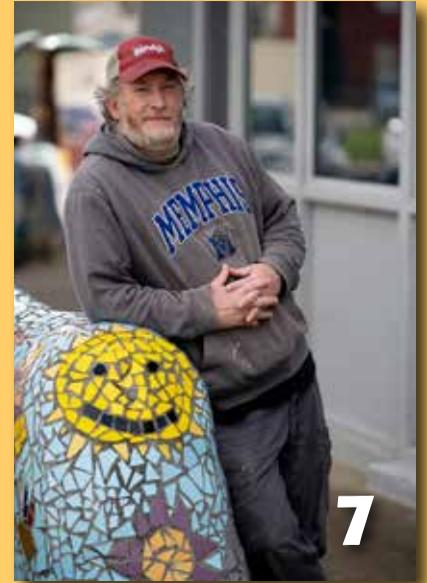
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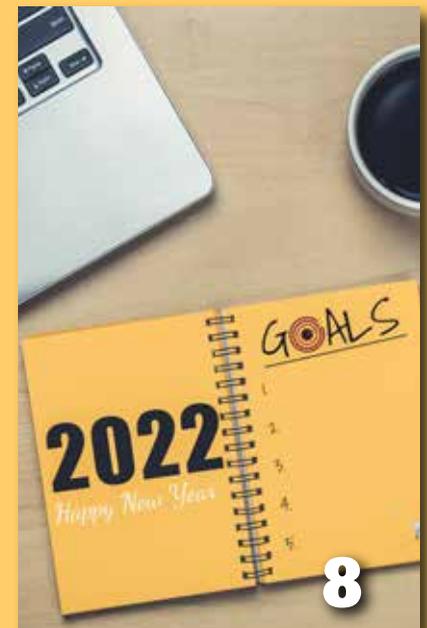
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SPECIAL FEATURE

qué será, será what will be, will be.

I grew up believing nothing happened to me unless it had God's stamp of approval. When my first baby was still-born, I had well-meaning, loving, sincere Christians tell me that God caused this and had a reason for killing my baby. In the same breath they recited, Romans 8:28, "And we know that all things work together for good". The problem of grouping these statements together is grossly misleading.

God certainly will and did work all things together for good (because I am a Christian and I walk in His purposes), however, this verse does not state that God is the producer of the misfortune. God does not cause bad things to happen and then work it together for His good. This is one of the most misunderstood doctrines of the present-day Church. Bad things happen because there is an enemy seeking to steal, kill, and destroy.

When God created mankind, He gave us the "keys" to Earth. Even though God has all authority, He chose to partner with mankind to carry out His will. God has chosen to limit Himself on earth and give His authority to man. We are not chess pieces for an Almighty God to move us around as He sees fit. We have a will and always a choice.

Psalms 8:4-6, "What are mere mortals that you should think about them, human beings that you should care for them? Yet you made them only a little lower than God and crowned them with glory and honor. You gave them charge of everything you made, putting all things under their authority." Many Christians have missed this all-important element and therefore have become passive. Most Christian do not understand their God-given authority, nor do they understand their responsibility on this side of Heaven. God works through His children. He is looking for us to be His hands and feet. God is looking for men and women to be His mouthpiece on Earth and carry out His will. He expects us to rebuke the enemy. We are doing neither. Our compliant attitude is allowing the enemy to walk all over godly people.

James 4:7, "Submit yourselves therefore to God. Resist the devil and he will flee from you." Instead of embracing a "que, sera' sera" attitude, we should actively fight against the schemes of the enemy. Many Believers have accepted that whatever happens must be God's will. If they do not believe it was necessarily God's will, they believe He has given His stamp of approval. Do not believe this lie another day!

I have been blessed to give birth to three more amazing, wonderful children. As a mother, there may be times when I am inadequate but I would NEVER intentionally create anything bad for my children to teach them a lesson and yet, many faithful followers believe that our Heavenly Father, who is more perfect and more loving than we are, would intentionally cause harm. How absurd!

Believers – take your God given authority and make a difference! We are not victims, nor should we remain passive any longer! As Paul prayed for the early Church, so this is my prayer: Ephesians 1:19-23 "I pray that you will begin to understand the incredible greatness of his power for us who believe him. This is that same mighty power that raised Christ from the dead and seated Him in the place of honor at God's right hand in the heavenly realms, now he is far above any ruler or authority or power or leader or anything else in this world or in the world to come. And God has put all things under the authority of Christ and gave him this authority for the benefit of the Church. And the church is his body; it is filled by Christ, who fills everything everywhere with his presence."

— Rhonda Smart
rhondalsmart@gmail.com

AN ENCOURAGING WORD

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New!

There is just something about new. Take for example that new car smell. Or, how about a new outfit?

A new outfit can improve your mood and inspire your day. Marketers have capitalized on the power of new for years. Just consider how many times you've seen the words new and improved on products that line the grocery store shelves.



There is just something in our human nature that wants new. I've seen this in talking with guests on the Bridges set time and again. We desire the newest - the best – and the latest and greatest. Whether it's gadgets or entertainment we look for what's trending in hopes of staying current and in line with what's new. One of the most significant secrets I've learned in the studio is that the people who are happiest and most content are the ones who recognize the value of new life in Christ. The power of new life in Christ is more than enough to jump start your life and get you moving in the right direction.

I've talked with guests who are steeped in addiction and guests surrounded with awards and accolades. Their commonality is that they were without purpose and hope until they embraced new life in Christ. New life in Christ is available to all who will dare to believe. Everyone is invited. No one is excluded. The invitation is extended to all – everybody is welcome.

New life in Christ means you are a brand-new person. Your sins are obliterated and covered in the blood of Jesus Christ. You don't have to earn new life or pay for it. Jesus already did that. Your part is to believe on the Lord Jesus Christ as your Savior. When you ask for forgiveness and ask Jesus to be Lord of your life He steps in and does the rest. He forgives freely and calls you son or daughter. But to all who believed him and accepted him, he gave the right to become children of God. John 1:12 NLT

When you accept Christ as your Savior, your sins are thrown into the sea of forgetfulness. Your past is of no eternal consequence. With Christ, you get a brand-new start.

"Once again you will have compassion on us. You will trample our sins under your feet and throw them into the depths of the ocean!" Micah 7:19 NLT

Today is a new day. This is a new year. He is making all things new. This new year is a great time to let go of the old, and embrace new life with Christ. It's yours for the asking, so go ahead and ask Him right now.

There is nothing wrong with having the latest and greatest gadgets or wanting that new car smell. Just don't stop there. New Life in Christ doesn't fade or get old. New life in Christ changes everything

Today's Secret from the Studio – our one commonality is our need for new life in Christ.



— Monica Schmelter is the host of the Bridges television show that airs in over 50 million homes. Currently WHTN is updating their studio - so stay tuned for Monica in the Middle of a Studio Makeover.





Top Four Benefits Of Hiring A Small Law Firm

When I graduated from law school, my first position was with a prestigious law firm in a tall, glass building in downtown Nashville. After several years of fighting the traffic every morning and afternoon, I persuaded a couple of like-minded attorneys to join me in opening a small law office in the suburban neighborhood of Brentwood. Nashville has grown considerably over the years, and today many new, tall glass buildings carve our city's landscape. The number of big firms occupying them has also grown, some with hundreds of lawyers. Today, my law office is just minutes from home. Several of my clients who appreciate not having to drive downtown and scramble for parking have since become longtime friends. And many continue to share with me the many benefits of coming to a small law firm to handle their legal matters. The following is a list of a few of their comments about some of the advantages they have found in Crain Law Group.

1. Dedicated Relationships and Service

"I felt like my case got lost in the shuffle," one client said who switched to us from a large, downtown firm. "The bigger firms may have greater staffing and resources, but it often felt cold and indifferent when I met with a different associate

each time. I appreciate the personalized service I get from Crain Law Group, and the comfort of knowing that when I call about my case I am assured it is still in the hands of the same attorney and receiving the priority it deserves."

2. Focused Friendly Environment

"The friendly atmosphere at Crain Law Group, and the warm greeting I get whenever I call or come in the office makes me feel welcome, and lessens the anxiety that I have about my legal problem," one client shared.

Our staff of secretaries and paralegals routinely receive this kind of positive feedback from our clients. Information on the progress of a client's case is updated regularly and available through a confidential, digital filing system enabling whom-ever takes a client's call to provide up to the last minute developments and information about the client's case.

3. Easier Access When Legal Help Is Needed

Whether the client lives nearby or travels some distance, access to the offices at Crain Law Group is much easier than it is to downtown firms. Several larger firms actually now require a pho-

tograph and some form of identification before allowing clients to access their offices. Walk in appointments are virtually impossible.

Crain Law Group strives to provide a family friendly environment in which clients are encouraged to bring their spouse or children. Clients are free to stop in without an appointment to drop off or pick up needed documents, or to simply inquire about the status of their case.

4. Greater Trust and Confidence

Few things are more important to a client than establishing a relationship built on trust and confidence in their lawyer's skill and ability. A smaller law firm allows for closer ties to the lawyer assigned your case, which lends itself to these relationship qualities. The importance of these factors at Crain Law Group is apparent in the video testimonials of some of our clients which may be viewed on our website at www.crainlaw.legal

— Larry L. Crain,
Crain Law Group, PLLC
www.crainlaw.legal



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MIRACLE MOMENTS

Hope Marches On

Neighbors come to us in search of hope. That hope may be found in a hot meal, safe shelter, or educational support for their children. Our goal at The Salvation Army, in addition to helping fill those needs, is to offer them physical, emotional, and spiritual care that can continue to grow and sustain their encouraged hope.

Philippians 4:13 says, "I can do all things through Him who gives me strength." Just as having faith in Christ helps give us strength, we must also ensure that every person who seeks our assistance leaves stronger than when they came to us.

Chris came to The Salvation Army because of his depression. "I have suffered from depression all my life and I am 49 years old", Chris says. In the past, he'd always been able to pull himself together enough to keep his home, but this time he wasn't able to overcome it, and ended up living in a tent.

"Every minute of every day is stressful, you don't know where you are going to get food, and where you are going to stay, and you are worried about the belongings you do have may get stolen", Chris says about his time experiencing homelessness.



That's when he was welcomed into the supportive housing program and it allowed him to have the mental rest he needed. During his time in the program, Chris has been able to find permanent employment and moved into his own apartment at the beginning of the summer.

Chris says, "Without the Salvation Army, Nashville would be desolate, vacant, without hope. The Salvation Army provides hope, and I think that is the greatest of all."

We are so blessed to have generous friends like you join us in serving our neighbors. Your investment allows us to share our life changing programs and services with our neighbors to meet basic human needs and resource hope. Thank you for your partnership and as we join together in courageous compassion throughout middle Tennessee.

— Misty Ratcliff, Development & Communications Manager
The Salvation Army Nashville
www.salvationarmynashville.org



TINA PIERRET
REALTOR®

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

1 Thess. 5:18

"Thank You" to all those I've been privileged to help in 2021!
~Tina Pierret

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**FRIDRICH
& CLARK**
REALTY, LLC

What To Do In Real Estate Right Now

It's inevitable that whenever family and friends are gathered the conversation turns to what's happening in real estate. We all know someone who has recently bought or sold something and has a story to tell. But what's the bigger picture, and how can you best capitalize on the ongoing popularity Tennessee is experiencing? As a 17-year veteran of the middle Tennessee market and founder of The Southern Collective at Fridrich & Clark Realty, here is my advice for 2022.

1. Homeowners: Get a Home Equity Line of Credit (HELOC). Home values in much of middle Tennessee are currently at all-time highs, so now is the time to let that equity you've built go to work for you. A HELOC is a great low-interest option to access cash and invest in making that repair you've been putting off, or that renovation that's been in your sights. My husband and I have done exactly that for our personal home this year. And with reliable vendors being harder to access these days, you will want to partner with a seasoned REALTOR® who has forged strong connections, giving you an edge to see these improvements come to fruition.

2. Sellers: Consider a Location & Lifestyle Change. It's no secret that Sellers currently hold an advantage in our high-demand market, often receiving multiple offers shortly after listing. The question is -- where do you plan to go next? Work-from-home options have rewritten the playbook on where people now decide to live. I have helped several clients in 2021 relocate to more remote areas, allowing them to invest proceeds in a larger property that adds to their legacy portfolio. An experienced REALTOR® can advise you on what features to prioritize with this type of purchase that will serve your needs for generations to come.

3. Buyers: Invest in a Rental. Even in this market of lower inventory, there are still great opportunities for acquisition. And with record numbers of people moving to our area, adding a rental property to your roster is a very smart move. Many folks are looking to rent for a year or more before they decide where to put down roots, so I foresee a strong demand of quality rentals for quite some time. I recently completed an analysis of which areas are yielding the highest rents and where the largest inventory pools are for prospective investment properties. A good REALTOR® will be able to guide you to the right fit for your investing budget.



A final word on the best move you can make right now is... buy land. So many people are looking for a slice of our Tennessee paradise that they can build on, and it has often been quoted "they're not making any more of the stuff". It's crucial that whatever land purchase you make can meet your short and long-term expectations, so be sure to consult a real estate professional who can assist with navigating the details.

Experience and a proven track record of exceptional service are the

hallmarks of my business, and I'd love to help with any real estate decisions you face in the new year. You're welcome to reach me at 615-335-3270 or Tina@LifeHappensAtHome.com – let's get started on achieving your goals for 2022 and beyond!

— Tina Pierret

TEACHABLE MOMENTS

Five New Year's Resolutions that Matter

It's that time of year when we determine to lose those ten pounds, actually use the gym membership, or hide the credit cards. What if, in 2022, we considered spiritual goals? What measures could you take to lean into God this year? What small changes could you make to live more like Jesus? Five resolutions come to mind. We'll focus on small daily changes that result in transformation over time.



1. Ask God to increase your faith. The apostles asked Jesus to increase their faith. And Jesus' response? "If you have faith the size of a mustard seed, you can say to this mulberry tree, 'Be uprooted and planted in the sea,' and it will obey you." I doubt any of us have a mulberry tree that needs uprooting, but we might have anxious thoughts, roots of bitterness, or unforgiveness that need uprooting. Lord, increase our faith.

2. Talk to others about God. I have a friend who has mastered conversations with strangers. While at a restaurant, she strikes up a conversation with the server. She then tells her she's about to pray and asks for any concerns. Sometimes the waitress is too busy. Other times the waiter offers general requests. But many times, the server will pour out her heart to my friend, and she is all too happy to cry and pray with her. It's so simple, but these types of conversations take a dose of courage. Let's ask God for boldness this year.

3. Spend five more minutes in prayer. Could you wake up five minutes earlier? Change up your prayer time if it's grown stagnant. Add some praise, a time of thankfulness, and confession with your requests. If morning schedules run tight, you could schedule prayer during lunch, your car ride to work, or before going to bed. We'll need to spend more time with God if we want to grow closer to him.

4. Eat healthier. What does this have to do with the Bible? Lots. The Bible tells us to take care of our bodies (1 Corinthians 6:19). Make small changes. Give up eating candy and desserts this first month. Add a vegetable to every meal in February. Cut out one sugary drink every day in March. What could you forgo in April? Think small changes. We need healthy bodies to serve God with our soul, mind, and body.

5. Read through the Bible. Yes, the Bible can be intimidating! Think of this time as digesting God's Word in small chunks every day of the year. This last resolution will require perseverance and more than five minutes a day, but the rewards outweigh all the obstacles. Search Google for "Bible reading plans," and you'll find several options or check the back of your Bible. You can do it!

— Sally and her husband enjoy an easy rhythm of life as empty nesters. You can follow her on Instagram at @sacressman or on her website at www.sallycressman.com.

Time, Our Greatest Gift

“Once you stop rushing through life, you will be amazed at how much more life you will have time for.” Author unknown

Finding time

We know technology has changed the way we do business, but we sometimes overlook how it also shapes our family life. I took my family out for dinner the other day, and stopped to notice that all of us were on our phones – some Facebooking, some Snapchatting, and, yes, I was thumbing through work emails.

As fantastic as technology can be, there are pitfalls – including the lack of being present. My wife often reminds me to “be in the moment.” That is very difficult for a person like me, always thinking 10 steps ahead, looking to prepare myself, my team, or my family for any roadblocks in our way. The intent is good, but the reality is that, by doing so, I (we) risk missing out on what is happening right in front of us.

When my daughters were younger, they both played competitive travel volleyball. We were road warriors, traveling from one town to the next chasing every tournament there was. One of my responsibilities was to film each game; having a video of great plays was key to securing a collegiate sports scholarship. However, I came to realize that by focusing so much on the



filming, I was missing the best parts of the game, the laughter and joy in my girls’ faces. So, I set the camera down. I pledged to myself to be present, to not allow distraction to take from me and my family what I could never get back, special moments missed. I focused on the now, and I am so glad I did!

Establishing balance

Work/life balance is a topic I often speak about. We chose a line of work that requires much of us at times. We have no control over when an AC unit will fail, a water line will break, or an electrical panel will fail. We are called to be the heroes that swoop in to save the day, making the lives of our customers better. Yes, this means we will be asked to give

our time when needed. That’s true. However, if we choose to truly live in the moments we are given, setting aside our phones and other devices, the time we have will be more impactful, as we create and cement memories of the times that matter most.

Be in the now – BE PRESENT. Happy New Year!

— Dan Kalman, Executive Vice President of Service for Lee Company



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Stain Removal Guide

Be gone, stain! Don't you wish you had a magic wand to wave over stubborn stains? Our stain removal guide will help you remove even the most stubborn stains – regardless of the location, fabric and type of stain.

Types of Fabrics

- Cotton – Cotton can endure hot water, cold water, repeated washing and scrubbing. If the stain is on cotton, you have the most removal options.
- Wool – More delicate than cotton, wool cannot endure repeated washing and should be spread flat to dry.
- Synthetic – Stains on synthetic fabrics can be tricky, especially paint stains. Some solvents like acetone or ammonia can melt or degrade the fabric. Be careful!
- Silk – A very delicate fabric, silk can be ruined if the stain removal efforts are too hostile. It may be best to take stained silk to a professional dry cleaner.

Stain-Removing Solvents

- Water – Hot, cold, free, fresh and plentiful. Water will be your first line of defense. Rinse, blot, dab and repeat; water by itself can't do much damage.
- Vinegar – Vinegar is a natural and effective stain remover. When using it on wool or synthetics, use sparingly, and consider spot-testing in an inconspicuous area first.
- Hydrogen Peroxide – Great for removing blood or rust stains, hydrogen peroxide has a bleach effect without the destructive color change. It is color safe and also disinfects.
- Detergent / Stain Remover – Use these to scrub out stains before you launder clothes normally. Stain removers have special enzymes to help release stubborn stains.
- Rubbing Alcohol – Effective for removing inks, dyes and chemical-based stains.
- Ammonia – A common and useful household cleaning chemical. Dilute it in a spray bottle. Never mix ammonia with bleach.
- Dish Soap – A mild and versatile solvent. Mixed with water, dish soap is effective on grease, condiments and just about anything.
- Mineral Spirits / Acetone – These are necessary to remove paint stains but can be harsh on synthetics.
- Bleach – Effective yet harsh, bleach is usually a last-resort option for removing stains from whites.

Stain Removal Tips

- Air dry first. Before drying the garment in a dryer, make sure the stain is removed. Otherwise, the heat could set the stain.
- Can't bring your car to the sink to remove the vomit? A wet/dry vacuum is very handy for stains that can't be laundered, brought to the sink or easily reached. Just use the suction to remove water and cleaning solutions along with the stain.
- Treat all stains as quickly as possible.
- Always spot-test solvents on clothing before proceeding.
- Test if a garment is colorfast: Pour a small amount of hot vinegar in a small area, and let it rest for three minutes. Blot it with a paper towel. If color comes off, the garment is not colorfast, and color could bleed.
- Some stains remove best when cold. Stick the garment in the freezer, put an ice cube on top of the stain or spray it with a can of compressed air upside down.
- If the stain persists, repeat steps as necessary.

— Ashley Farrar,

www.mollymaid.com/s-davidson-williamson-maury-counties
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MISSION MAKERS

You Make a Difference

Tucker's House had a fruitful and productive year in 2021. We may have not left all of the challenges of the pandemic fully behind as we experienced increased costs and supply chain issues. However, with continued support, our organization thrived in living out our mission to help families who have children and young adults with disabilities to make their homes safer and more accessible.



We had some great highlights this year including a special visit from the First Lady of Tennessee, Maria Lee, who volunteered on one of our projects. You can visit our page on YouTube for a video recap of the day. We also had a chance with her visit to highlight the Governor's Award of Excellence we received in 2020.

In addition, we went through a rebranding process and launched our new website at www.tuckershous.org. Tucker's House has grown up and changed in our 12 years and it was time to show some of that growth through our materials.

As we look back at the year, I wanted to share some of the impact made with contributions from our community. We were able to complete the following projects in Middle Tennessee:

- 31 Families Served
- 58 Caregivers Served
- 17 Home Assessments including home modification and architectural design recommendations
- 10 Accessible Bathrooms
- 9 Lift & Equipment Installs (4 Wall Lifts, 4 Stair Lifts, & 1 Vertical Lift)
- 20 Doorways Widened for Accessibility
- 5 Durable Medical Equipment Placements & Trainings
- 9 Ramps & 3 Railings
- Along with other various individualized projects to meet the accessibility needs of our families like fencing, driveway paving, sidewalks, bedroom additions, decks, and more

Wow! What a year it has been. I am also happy to report that we are planning to grow our program and projects by 15% in 2022 because of the generous support we have received!

I feel very fortunate to be a small part of the efforts made to support families who have children with disabilities. Before I became the Executive Director of Tucker's House, our family were clients first. Our daughter Mikayla (pictured) was born with Dandy-Walker Syndrome and we received support from Tucker's House before her passing in 2018.

You make a difference. Whether you support Tucker's House or other non-profits in our community, thank you for making a difference. Tucker's House is a 501(c)3 non-profit in Middle Tennessee that serves families who have children or young adults with disabilities by making their homes safer and more accessible. We receive no state or federal funding and our ability to perform services depends on the support of our Middle Tennessee community. The average cost of a project is \$15,000 and your continued support goes to help families have safe and accessible homes.

— Graham Honeycutt, Executive Director of Tucker's House,
to learn more or to donate visit www.tuckershous.org.

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BODY AND SOUL

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Expect To Win

One might be hard-pressed to find a “win” these days. We have a vaccine but it’s not 100% effective so keep doing “all the things”. Better, but not “a win”. Some would say that a pretty big election was won while others would say that same election was a loss. My basketball team was put out of the tournament in round one. That was definitely not a win.



A three-year ministry marked by radical conversions, healings and even resurrections ends abruptly with a public execution. Its followers are scattered and in hiding. This doesn’t feel much like “a win”.

Those of us who know Christ know differently. We celebrate it this time every year. It’s kind of a big deal, the biggest “win” ever. Then we forget about it around the time we wake up the following Monday and go right back to our defeated mindset. Ask me how I know this.

Recently I was given a book by Corey Trimble the Pastor of the Experience Church in Murfreesboro, written by David Young, another Murfreesboro Pastor, (North Boulevard Church), called *King Jesus*. (Corey also has a killer book Called *An Authentic Experience-Creating An Inviting Culture with Biblical Integrity*.) Then I heard a sermon from my Pastor, Brady Cooper also a Murfreesboro pastor, (New Vision), and the dots were connected for me. Jesus is King. A ruling Kings doesn’t surrender his life. It isn’t taken. He gives it. It is His choice because it is part of a much bigger plan....to win. Definitely, Finally, Eternally.

This past week I was reminded of this as I spoke to someone who spends a lot of time in Washington DC. I asked him how it really was up there. He spoke candidly and hopefully. He said “I know it’s going to be okay because I know we win in the end.” He wasn’t referring to a political fight or the victory of any political party. He was referring to that King. My King. King of the Universe. Whether we officially recognize His Kingship does not impact His legitimacy but understating that Jesus is King will impact us every day we allow it.

That is your homework. Remind yourself daily that Jesus is King. He is running things. Doing this will go a long way in teaching us to “expect a win”... because we won.

— Kevin Anderson, General Manager-Salem Nashville,
Salem Surround Digital, 94 FM The Fish/Today's Christian Music Network,
www.CCMMagazine.com

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SENIOR SCENE

The Beers List: Medications Seniors Should Use with Caution

Older adults may be at increased risk for problems related to drug side effects or interactions. That's because older bodies process medications differently. And also because many seniors are taking multiple drugs for multiple health conditions. To reduce risk, the American Geriatrics Society (AGS) maintains a list of medications that are more likely to cause problems for seniors. It's called the AGS Beers Criteria (informally called the Beers list) and is for doctors to use as a reference when prescribing drugs to patients who are 65 or older. For caregivers, being more informed about these medications means you'll be able to ask better questions and be more aware of potential problems. I will explain what the Beers list is, why a doctor would need it, why a doctor might prescribe a drug on the list, and how the list can help with caregiving.

In 1991, Dr. Mark Beers published a paper with a list of medications that were considered to be not appropriate for people living in long-term care facilities – mostly older adults. This is now called the AGS Beers Criteria and informally referred to as the Beers list. It's used to help doctors improve care for older patients. It's been updated and reviewed by the AGS in 2019 by a panel of experts in geriatric care and pharmacotherapy.

The Beers list puts medications into five categories:

- Medications and types of medications that are “potentially inappropriate” for older people
- Medications that are potentially inappropriate

for older adults with certain common health problems

- Types of medications that should be used with caution in older adults
- Medication combinations that may result in harmful “drug-drug” interactions
- Medications that should be avoided or have their dose changed in people with poor kidney function

Geriatricians (geriatric doctors) have the most experience treating older patients and are more familiar with drugs commonly used by seniors. They're also likely to be familiar with the Beers list and have a better idea of what medications do and don't work well for seniors and what combinations could be problematic; however, doctors who don't specialize in treating older adults usually see more younger patients than old. As a result, they may have never prescribed certain medications for conditions common in older adults. They're also less likely to have experience with side effects or interactions that are more common in seniors. This lack of experience with medication effects on older bodies can be a problem if a drug side effect or interaction causes a problem for your older adult. They might not realize that a medication could be part of the problem, not the solution.

It's important to remember that doctors should use the Beers list as a reference when prescribing medication for an older adult, but they shouldn't base their decisions completely on the list. That's



because the Beers list can't apply to all situations or specific health conditions for each unique person. It also doesn't take into account the circumstances for people who are receiving palliative or hospice care. So it's not “wrong” for a doctor to prescribe a drug that's on the Beers list. There may be a good reason. Each person responds differently to medication and in some cases, the best drug for their specific situation may be one that is on the list. By having knowledge around this list and how drugs are classified is a great first step to understanding your elder loved one's medications. Don't be afraid to ask their physician tough questions and as a team, you can help shape a safe environment with your loved one's pharmacologic regimen. Feel free to reach out to me directly if you are in need of resources or have questions about this subject. Amada Senior Care provides non-medical in home care services for seniors or adults with disabilities in the comfort of their own home. Our office number is 615-933-7494. Thank you and God Bless.

— Kevin B. Fehr, CSA, Certified Senior Advisor
President & CEO, Amada Senior Care

THE HOME FRONT

How Salt and Sand Can Lead to Concrete Issues

Whether it's a cracking driveway, pitting concrete sidewalks, or a crumbling stoop, what you put on your concrete during the winter can have a major impact.

There are many factors that can play into the concrete around a home falling into disrepair. One primary reason is the soil under the concrete. But, what you put on top of your concrete can make a difference as well. When water freezes and thaws over and over, it can cause the surface of your concrete driveway to crack.

Think of your driveway as a giant sponge. Concrete is porous, so it soaks up water at the surface — maybe from rain or melting snow. When temperatures drop below freezing, water turns into



ice, which expands and breaks the walls of those tiny pores, weakening the concrete. You probably won't notice this damage at first. Unfortunately, though, it worsens exponentially with every freeze/thaw cycle until the pitting and flaking become obvious to the naked eye.

Sprinkling salt to your driveway and sidewalks

doesn't help either. Not only does it assist the freeze/ thaw cycle, but the salt itself accelerates the breakdown of concrete by causing corrosion under the surface.

The key to protecting your driveway for the long term is to seal it from the elements. Sealing your driveway may seem like a no-brainer, but many homeowners forget this simple step only to regret it years later when it becomes necessary to replace or resurface their driveway.

Book your free, no-obligation inspection and have a trained contractor diagnose your concrete issues.

— Britney Krbec, Marketing Manager
Frontier Foundation and Crawl Space Repair,
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America's Got Talent Darci Lynne Farmer Relies on Family and Faith

Darci Lynne Farmer's initial audition on "America's Got Talent" is the most viewed video from the show. The video, for which she received the valuable Golden Buzzer ticket, was viewed 135 million times within 24 hours of being uploaded to the show's Facebook page.

As confetti rained down on then 12-year-old Darci Lynne Farmer when she won the "America's Got Talent" talent competition in 2017, she had no idea of the amazing journey ahead of her. She did, however, know that she would rely on her family and faith to sustain her through whatever might come. Now 17, Farmer is in the midst of her "My Lips are Sealed (Except When They're Not)" national tour and recently performed at the Ryman Auditorium in Nashville alongside Michael W. Smith. It's a long way from the crazy dreams the young ventriloquist had when she began learning her art and entering talent contests.

Quick Rise to Fame. Farmer taught herself ventriloquism from her home in Oklahoma City when she was just 10 years old, after she saw a performance at a local church. "When I was getting into it, I'd never really heard of it much. I had never seen a video or seen it on tv. But I just knew it was the coolest thing and something clicked in my brain," Farmer remembered. "I think it was divinely influenced; it was meant for me to be introduced to it. I really wanted to share my love for it and after being on the show more people know what ventriloquism is. I think I've helped to make it more popular."

She competed in her first local talent show in 2014 and appeared on the television show "Little Big Shots" before auditioning for "America's Got Talent." She won the coveted "Golden Buzzer" from judge Mel B. (which sends contestants straight to the live shows without going through other qualifying rounds) and went on to win the show's \$1 million grand prize and a headline gig at Planet Hollywood in Las Vegas. Her performances included her now well-known puppets Petunia (a precocious girl bunny), Oscar (a shy mouse), and Edna (a flirty old woman).

Farmer's family stayed with her in Hollywood throughout the show, which included auditions and the different rounds of competition. "We turned it into a big Spring Break trip and then I got the Golden Buzzer ticket. I went in with such low expectations, but my parents said just to do my best and they'd be proud of me no matter what," she said. "The eight months we were there



The Farmer family watched "America's Got Talent" since it first premiered on American television and Darci Lynne was especially inspired by the wins of ventriloquist Terry Vator in the second season of the show and of 12-year-old singer-songwriter Grace VanderWaal who won it the year before Darci Lynne did.

were very stressful, and it's the hardest I've ever worked."

"For the finale performance, we knew we wanted to do a duet but none of us knew what song we wanted to do. Just three days before, the musical producer suggested "Little Help from my Friends." I never had even heard it before," she laughed. "I learned it and performed it in a day and a half." After the win, Farmer performed at such locations as Madison Square Garden and the Grand Ole Opry, while having her own NBC holiday special and embarking on her first tour.

On the Road Again. The coronavirus pandemic halted Farmer's national tours for a year, but the time away from the stage gave her family the opportunity to try new things and spend more time together. "I've been touring since I've won and I've slowly transitioned to doing things more myself. What I love about this new show is I had a lot to put in it from me. This is my vision, and it's super important to me. It's family friendly, and we've improved it so much over the last year," she said. "We had to reschedule shows that got canceled and have added new shows too."

"At meet-and-greets, people say 'We've waited two years to see this. It's crazy,' she said. "I think everyone has really been ready for the world to keep spinning." The show this month in Birmingham is a rescheduled event from two canceled performances in 2020 and another in early 2021.

Farmer's family is integral to her own success, she said. Her parents Clarke and Misty, along with her older brothers Nick and Dalton and younger brother Nate, help with her shows and encourage her to do her best. "Me, my parents, my brother Dalton, my ventriloquist coach, and a journalist friend have all collaborated on the show," she said. "We've Zoomed, brainstormed, and worked together. They know my puppets and how to write for them."

The current tour also includes new original music, as well as a brand-new puppet. "I started writing during quarantine, and these are songs that haven't been released yet. They'll be played in the show by a live band," she explained. "And I have a new puppet, which we're really excited about. I used to have four, and now I have five."

Dalton, 22, has also been instrumental in helping her social media presence, which exploded during the pandemic. She has 3.6 million followers on TikTok, where she shares personal posts while also encouraging young ventriloquists. "It's so rewarding to have young kids there wanting to learn ventriloquism," she shared. "I want to be a good example and help those younger than me."



Darci Lynne Farmer's goals for the future include singing and acting. She grew up singing with her mother in the choir at church and sings often on her social media channels; she's currently taking acting lessons and has performed as a voice actor for Disney's "Fancy Nancy" and episodes of "Scooby-Doo and Guess Who?"

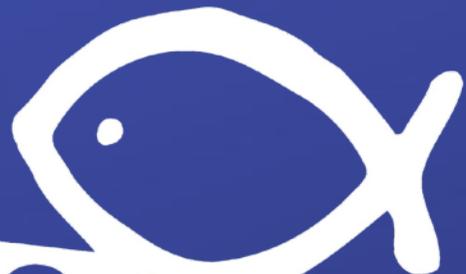
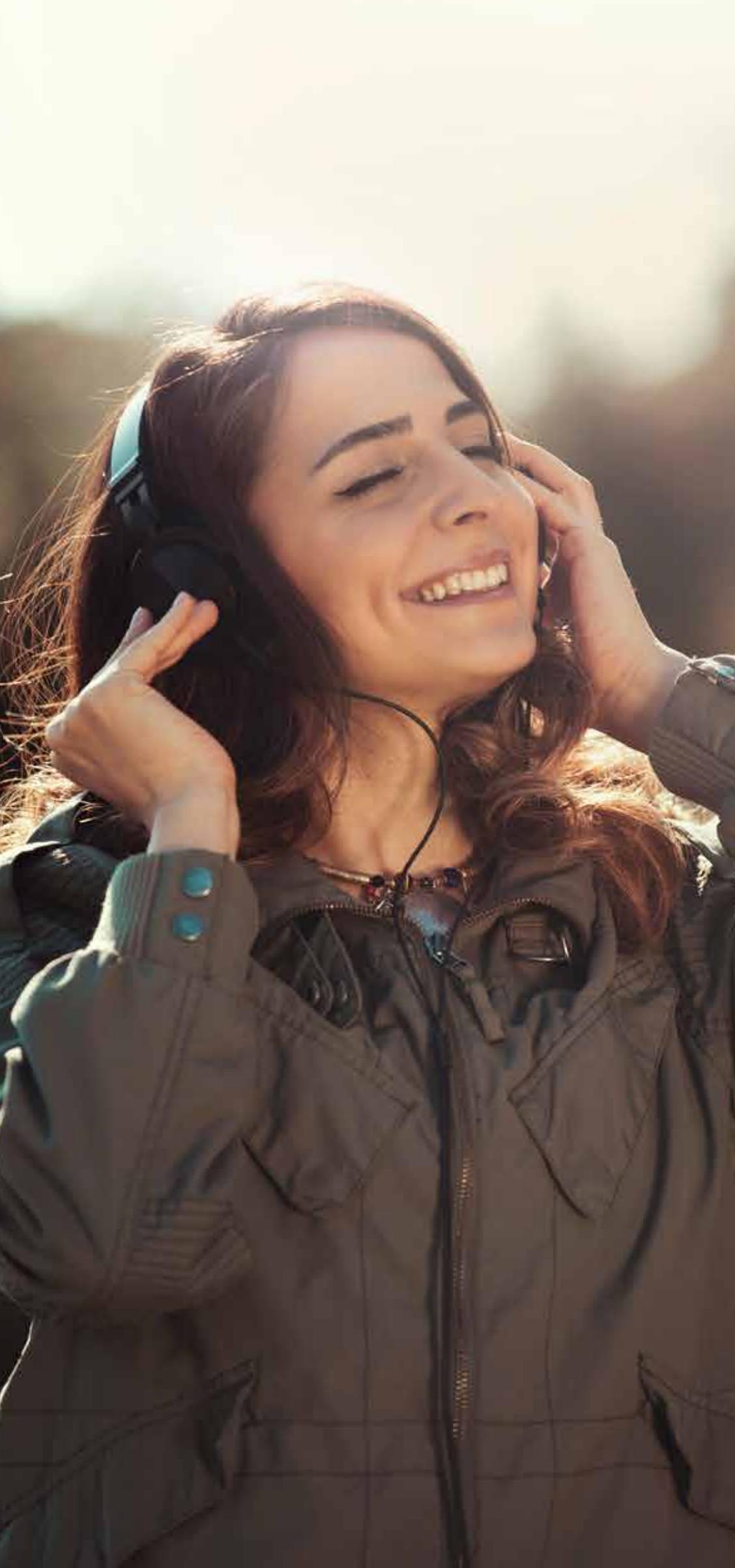


A Faith Witness. Farmer said she also takes her responsibility as a Christian seriously, and knows that being in entertainment provides unique opportunities. "It can sometimes be hard in this business, but I'm excited to have this platform," she said. "When you're in the public eye and have a platform, you have to make the most of it."

Farmer's family have been members of United Methodist Church of the Servant in Oklahoma City since before she was born, and she's long been active in worship services, choirs, and Bible studies. "We've always been a family of faith, and we go to church every Sunday if we can. If we miss, I try to go on Wednesdays," she said. "Church is important, and prayer and Bible study are important to us as a family."

And now, as she looks to her own future, she's relying on God's guidance. "I'm still trying to decide what God's plan for my life is, because I'm still young," she reflected. "I'm taking everything step-by-step." She said she wants to go to college, study music, perhaps get into acting-and, of course, continue growing as a ventriloquist. In the meantime, she plans on entertaining audiences across the country with a fun-filled, family-friendly unique concert experience-all with her lips sealed.

— Cheryl Wray
Freelance writer and coordinator of the Southern Christian Writers Conference, www.southernchristianwriters.com.



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OUR HOUSE

Do I Really Need Pest Control During the Winter?

Insects are a constant problem in the Spring and Summer. Ant mounds can pop up in your yard, mosquitoes begin to swarm, and yellow jackets begin their assault on your patio. Because these pests make their presence known, the need for pest control is obvious. But during the colder months, when bugs aren't apparent, you may find yourself asking the question, "do I really need pest control in the winter?"

During the colder months of the year, many assume bugs die or can't survive in below freezing temps. You may be surprised to learn, during the winter, most bugs don't die. Rather, they adapt to the cold by either hiding or hibernating. Insects spend winter simply surviving. This means they are more than ready to invade your home during the winter. Controlling these unseen pests in the colder months is just as important as it is in the warmer months. Waynes treats your property on a quarterly cycle, so pests can't invade your home even in winter.

Where are Bugs during the Winter?

Termites and ants are colony insects that hide during winter. These pests can conserve heat and remain active that way. They spend the final days of fall storing food which means a very hungry emergence in spring. You can prevent these insects from starting in your yard with winter pest control. Ticks have perhaps the most creative approach to winter: they focus on specific hosts. These bloodsuckers take all comers in spring and summer, but they focus on large, active prey in winter like deer. As a result, they have a large food source with plenty of heat. Winter pest control will make your yard an unwelcome spot when ticks become less selective. Cockroaches are perhaps



the worst because they find shelter in your house. They remain active by seeking warm places with plenty of food. These pests are the easiest to spot because you'll see them run across your floor or scurry out from under boxes and furniture.

Hibernating Bugs

Other insects, like yellow jackets, mosquitoes, and beetles, prefer to hibernate or overwinter. They are still alive, but they dramatically reduce their activity and eating. These pests find warm places to spend winter, and they try to ride it out.

Waynes Smartpest Services aim specifically at hibernating insects in winter. Almost 95% of all home pest problems begin outside. Our main concern is to keep the pests outside. We will treat up to 10 feet away from your home, so bugs won't be able to get close. Winter pest control is a great way to stop pests before they get active. Waynes services are available all year. And winter pest control will give you the best start for preventing real problems come spring. If you haven't scheduled regular pest control or have let your service lapse, call 866.WAYNES1 or visit us at callwaynes.com!

— Meredith Boyd, Social Media & Marketing Coordinator
www.callwaynes.com

BODY & SOUL

4 Simple Practices to Increase Your Energy In Just 3 Days

Energy. It doesn't seem like there is enough to go around nowadays. But in order to fully do the things God has called us to we need to be full of energy. One of the main focuses our clients usually have is increasing energy. So We put together a SUPER simple checklist you can start tomorrow to start seeing an increase in energy in just 3 days. Here is it:

1. Movement- take 5-10 minutes every hour to get up from your desk and move. This could be stretching, walking, or doing some active recovery. Take a walk while on a phone call, take a meeting at the park instead of sitting at a coffee shop. Spending time moving increases your momentum for the day and will help your mind have the capacity to get everything done that is on your plate.

2. Nutrition- take a lunch break. Don't mindlessly eat your lunch while working. You may think this helps you get more done, but it usually doesn't. It causes us to crash later in the day. Go to a different location and eat your lunch. Limit screen time, try to have conversations with others or give your mind a rest. For the last 5-10 minutes try and take a walk outdoors to get some sunlight and help your body with digestion.

3. Rest- Get 8-9 hours of sleep. I know, I know. You have heard it 100 times, But if you get 8-9 hours of sleep for 3 straight days I promise your energy levels will go up. By 8-9 hours of sleep I actually mean time asleep. Not time in bed. Also, make sure to limit screen time at night. Shut down the tv, facebook, youtube, etc before you go to bed.

4. Thankfulness- Spend intentional time each day thinking through what you are thankful for AND telling those around you how thankful you are for what they do. This is huge. Focusing on what we have and being thankful for that rather than focusing on what we don't have will give our energy a boost for sure.

If you do all 4 of these things over the next 3 days your energy levels will increase. Remember long term consistency far outpaces short term intensity. While these may get your energy levels up quickly, it's the consistency over time that matters.



— Ashton Tate is a Certified Personal Trainer, Nutrition Specialist and owner of Glory to Glory Fitness in Franklin, TN. His passion is helping people live a balanced and healthy lifestyle by



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TEACHABLE MOMENTS

Fairness, The Fuel of Dreams!

People are born male or female, healthy or ill, and their race and culture doesn't change their status, value, or importance as a human being. At the miraculous moment of our birth, we are all equal in the eyes of our Creator and the citizens of the world; everyone that is, except our parents of course, they already know we are unequal to anyone else. With that said, from that point on, our standing as it relates to others, begins to change in the eyes of all who pay attention. No one can alter the facts that as we age, we each begin to develop different talents and traits, pursue different goals, strive for different aspirations, and most importantly, we begin to make life changing decisions that will impact everything else we do in our lives as well as to enhance or cloud the way we are perceived by others. It is because of these changes and perceptions that we can never again be viewed, treated, or even perceived as equal to one another. These are the cold hard facts about life. How do you want to be viewed in the New Year?

I pose that it is through fairness, not equality, that we show other individuals the respect they deserve; earned by the way they choose to handle those differences; making them stand out from the rest. Like a diamond, they have been changed from just another piece of coal into a unique gem. The "diamond" people embrace the pressures needed to be transformed while others choose to limit themselves to standards much less demanding. They are elevated because they treat others fairly, giving them equal opportunity to shine; that is, until their actions give reasons not to. It is my belief that the majority of the population is not satisfied with equality but rather demands, expects, and wishes to receive fairness which breeds infinite opportunity. Only then can individuals take ownership of their own destiny.

Consider the most spectacular painting you have ever saw; then ask yourself if you could have painted it. If the answer is likely no, then you are not alone and you are definitely not an equal to the artist whose work you are admiring; nor should you be. That difference is exactly what makes the work you're admiring spectacular and I, for one, do not want to ever give up the chance



at spectacular for the surety of mediocrity.

Next time you hear of a sports team, business, or organization's leadership crying that we should not keep score, whining that everyone should be a winner, or that everyone must be treated the same; think of that spectacular work of art, the gold medal athlete, or the hardworking successful business owner who started their business with only a hundred dollars and a dream. These remarkable people would not exist in a world that values equality. Instead, the world of art

would be full of ugly paintings because everyone would paint like the rest of us. I believe, we would lose way more than we win because everyone would stop practicing too soon, stop trying so hard, and worst of all, we would all stop dreaming.

It is for these reasons that I believe we are created equal so as to give us a fair start; even those born with health challenges or disabilities are priceless. From the moment of our birth, our natural instinct is to fight and overcome the complexities that life puts in our way. Through the combination of our flaws and perfections, we are each destined to be unequal with some seizing every opportunity and rising to extraordinary heights. We won't all be a diamond but we each could be. By definition, nothing can be considered greater, better, or special without first surpassing equal, and I truly believe, we can all make that leap if we follow the truth, are given fair chances and grasp those chances because we believe that we are indeed special, having unequal potential.

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

— Anthony "Tony" Boquet, Vice President / The American College of Financial Services and author of "The Bloodline of Wisdom, The Awakening of a Modern Solutionary"

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Be Happy, Be Healthy, Be Whole

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

Happy New Year! Are you excited to make 2022 your best year ever? Would you be happier if there were less of you in 2022?

Did you know that one of the top resolutions every New Year is to lose weight? Is that what you want to do this year? This column takes its name from the mantra at Cool Springs MD. They believe everyone should be happy and healthy and that helps them become a whole person. In so many ways my wife Sheryl and I have benefited greatly from many of the services offered by Cool Springs MD, and the first thing we did when we discovered Doctor Lodge and his team 11 years ago – is participate in his life changing weight management program.

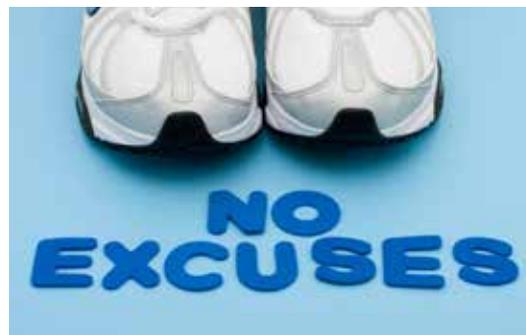
I'm a tall guy, 6 foot 6, but I had way too much meat on my bones. When I met with Doctor Lodge and his team, I was at my heaviest (308 pounds) but after just 16 weeks – I dropped 65 pounds!

I've tried other weight loss programs in the past, but there was a special ingredient that Doctor

Lodge uses that I'd never tried before – and that made all the difference for me.

If you would like there to be less of you in 2022 consider connecting with Doctor Lodge. The weight management program at Cool Springs MD is packaged as a 13-week process as they have found much success in breaking things down into small, manageable and attainable steps. Many of their patients renew for additional terms until they've either reached their overall goals or also in an ongoing manner for accountability in staying on track with their new lifestyle.

Everything begins at your initial visit, which is designed to collaboratively outline your needs and goals and begin developing the foundation of your custom weight management plan. At your initial visit, they will review your complete medical history, current medications, perform an EKG, a physical exam, measure your resting metabolic rate, and obtain lab work if not already done. All



of this is aimed at helping the Cool Springs MD consultants match you with the best program for success in meeting your goals.

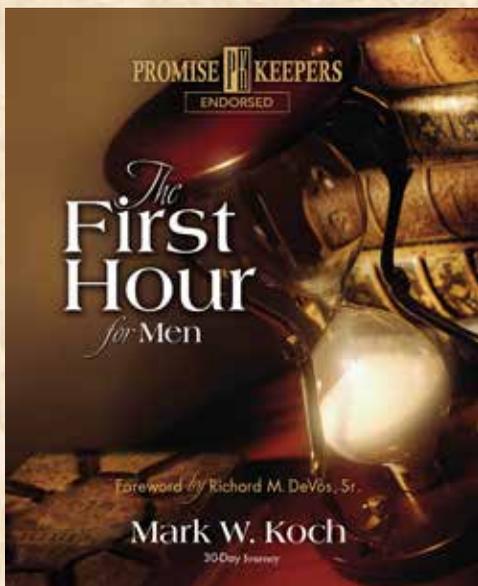
If you are serious about weight loss, then I seriously encourage you to go where I've found my success. Doctor Lodge and his team at Cool Springs MD.

This monthly column is a two-way street. I would love to hear from you. 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.

— Doug Griffin
You can email me at 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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PARENTING POINTS

Hopeful Beginnings for Single Parents

With every new year we have the opportunity to "begin again" with goals and dreams yet to be fulfilled. As a single parent, I would often make lists of work-related goals or to-do lists around the house.

As I look back on those years of past, I realize that what mattered the most in the long run, was the time I spent with my daughter and with family and friends, often just enjoying the common things like a walk around the lake or enjoying a meal around the table.

I also am grateful for the new traditions and re-organized dreams that I was able to create with my daughter. We often celebrated Christmas in January and did things outside the traditional calendar due to our shared co-parenting schedule.

We also did spontaneous road trips to see friends in Georgia and had Church at home on Mother's day. One time she preached a sermon and led worship



in our living room and it is one of my most treasured memories. Nothing expensive or glamorous just enjoying a day at home, together.

New years can be filled with hope and joy, even if some things in life are different than we planned. I encourage any single parent reading this to believe God has the best in store for you and your family. He cares about the details. He wants you to know He loves you beyond your human mind's ability to understand. He has good plans for your children. He will restore what the enemy has depleted. Trust Him with your whole heart and

prioritize your time with Him. He has blessings coming your way in 2022 and every year to follow.

— Tammy Daughtry, MMFT is Founder of Co-Parenting International and creator of the "One Heart, Two Homes" Digital Resource. Tammy can be reached at www.CoparentingInternational.com

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(from left) Jim Daly, Chuck Swindoll, Anne Graham Lotz, Colin Smith, Alistair Begg, Adrian Rogers, Tony Evans, Charles Stanley, Janet Mefferd, Richard Hamlet, Michael Youssef, Robert Jeffress And Many More!

PLAN OF SALVATION

Has something in the magazine or something you have discussed with someone or some thoughts that you have had or something that you have heard, brought you to a point of realizing that you want and need to know Christ in the truest and personal sense?

If so, below is a simple outline for someone of any age who is not a Believer to act on their desire to accept Jesus Christ into their heart as their Savior.

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.

If you do not have your own Bible, email publisher@christianfamilynashville.com and we will make sure you receive one.

DO YOU HAVE YOUR OWN BIBLE?

If you would like to receive a Bible at no cost,
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God's Plan For Service

Knowing What Done Means

Let's talk about knowing what done means. A very successful company with a stellar reputation was once asked what their secret to success was. The response was interesting. The representative said it involves many things but central is the concept of "Knowing what done means before you start a project." As we start a new year, we might be thinking of what we want to accomplish in our personal lives, our work and our worship. Think not only about the goal itself, but give some thought concerning what will have happened when it is finished. What will it look like? Who will have been impacted? How will we be different if that goal is accomplished? Will we be closer to God?

Knowing what done means before you start, what defines completion of a project or goal, requires thinking through the project at the outset. Planning every significant detail must be done from several perspectives – how long will it take, what resources will be required, who will be impacted and how do I want myself to be different when it is done? Have I prayed about it to seek God's will?

Regardless of the nature of a goal, what are the essential elements?

1. In a few words, what are we setting out to do?
2. When completed, how will we and/or others be impacted?
3. What will a successful goal accomplish? What will be different?
4. What will it take to reach completion in time, money, people, other resources?
5. What major obstacles does such a goal have?
6. What is the timeline? When must it be completed?
7. Am I willing to provide the needed leadership to see it through?

Knowing what done means in the expectations of others and your own expectations at the point at which everyone will consider the goal completed is essential. This means thinking ahead about what others expect when they see what you have set out to do. A detailed set of notes that anticipates the expectations of all involved is a good beginning, but it means going beyond that to the intangibles that lead to good will. Architects build models of a building before construction starts. Car manufacturers build concept cars before building the actual car. What is expected that at least you and others might assume will be included? At the same time, we cannot delay starting a project



indefinitely because some unknowns exist. President Lincoln fired Gen. McClelland in the Civil War because he spent too much time planning and not enough in doing.

A careful writing of the goal before we start means considering the choice of words. Global words like "everything," or "all" should be avoided. But the goal needs to be specific so that there will be no ambiguity when the effort has been completed. The result should be measurable.

Ultimately, can the goal accomplish the purpose for which it was intended? Once all the expectations are on the table, the project might not be feasible. Or it could mean that the cost or timeline for the project needs to be revised. Happy endings come from a careful examination of the end expectations when you begin. Know what done means before you start.

Study Questions

These study questions are intended for use with God's Plan for Service. The primary purpose of the study questions is to help the reader to grasp the significance and implications of the topic more fully. Recipients have the option of sending your responses to God's Plan for Service for comment (by email to kwo@oosting.com or mail to GPS, 1226 Knox Valley Drive, Brentwood, TN 37027).

1. Think of something you helped to accomplish at home, work or church. How well was "what done means" thought through before it began?
2. Knowing what done means in advance could change the timetable or even the feasibility of doing something. Have you ever had to scrap a project before it began based on thinking it through before it started?
3. As you contemplate completing something important in your life, what are the two or three elements that cost must be considered? What about time, money, ability, impact on others, meaningfulness, contributions of others, strategy, ethics? Is the goal within God's will?

— Kenneth Oosting, Ph D

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— Daron and Maricela Farrar, Owners

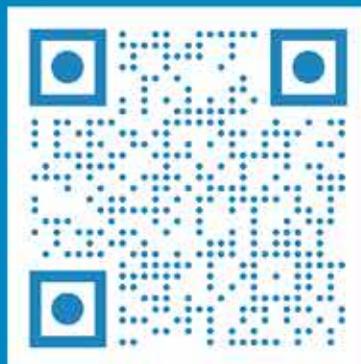




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We are a local service that provides professional industrial grade specialty cleaning for BBQ Grills and Dryer Vents. Visit www.jackrabbitcleanchoices.com or www.bar-b-clean.com/nashville or www.dryerventcleaningteam.com for detail. Marc, the owner emphasizes that the service exists to help extend the life and usefulness of GRILLS, DRYERS, FAN MOTORS, ETC. by keeping them clean and safer.

A service gift can be more thoughtful than many other options. Cleaning a dryer vent is more than it appears – you are extending the life of a dryer and enhancing drying time and performance. You are helping assure the lint does not get trapped and overheated. Dryer related fires are a top cause



of home fires. Many of us do not think of cleaning the dryer vent given we do not see or think about it until either the dryer dies, clothes do not dry properly, or lint flames up.

Is it time to provide a service to clean the BBQ Grill as well? Take a look it may be full of grease, rusty carcinogens, rodents, and thus deliver poor quality and less than safe BBQ results. We use a process learned in California where grill cleaning is scheduled at least yearly for many folks. Extending the life of the grill and helping it perform as designed is a big result. You will be remembered as a thoughtfully creative person who cares about making life easier and safer for others.

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ASK MARC ABOUT:

- (1) Bundled pricing when buying more than one

service
 (2) Gifting services to a friend or family member
 (3) Why it's almost impossible for most folks to effectively clean a grill or dryer vent (training, process, equipment, experience, and more).

Marc Tepner, 615-594-9052 (call or text for pricing/scheduling)
 Marc is owner operator of www.jackrabbitcleanchoices.com which includes 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.



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Does God Exist?

As a Christian writer and speaker, I get this question all the time. And while my approach to answering it differs based on the context and the person asking, my answer is always the same: “Yes, God exists. God is real and He has communicated Himself to human beings through mighty acts in history, through the life and ministry of Jesus Christ, and through the Bible.” Also, “If you’d like, I can provide some ‘proofs’ that confirm His existence. But—and this is important—even when you’re not absolutely certain about God, believing in God is still the most reasonable and rational decision you could make.” Let’s talk about proofs first. What’s some good evidence we have for God’s existence?

The Cause Argument

One proof has to do with the existence of the universe. How did the universe come into being? This might seem like an obvious question, but philosophers weren’t always puzzled by this, since—for centuries—most believed the universe had no beginning at all. But many scientists now believe that the universe came into being very suddenly in what is called the “Big Bang.” Here’s the puzzle the Big Bang introduces: what caused it? Or, rather, who caused it?

This puzzle led agnostic physicist Robert Jastrow, founder of NASA’s Goddard Institute of Space Studies, to write, “A sound explanation may exist for the explosive birth of our Universe; but if it does, science cannot find out what the explanation is. The scientist’s pursuit of the past ends in the moment of creation.” The Big Bang presents a question that atheistic scientists have great difficulty answering. Jastrow’s conclusion? Theologians have long known what scientists cannot prove: there must be a Creator, a God who caused the universe to be.

The Design Argument

Another proof has to do with the order in the universe. It’s often called the “design” argument because it argues that the universe’s complex and intricate design leads us to believe that there must have been a Designer.

If you find yourself admiring the Apple watch you purchased recently, complete with a sophisticated electronic infrastructure and sleek cover, you wouldn’t feel thankful to the watch for designing itself. But you might very well find yourself being grateful for Steve Jobs, who founded Apple, and for his team of designers who crafted the latest version of the Apple watch. Lehigh University chemist Michael Behe, Notre Dame philosopher Alvin Plantinga, and many other intellectuals make this point another way, by pointing to the sheer impossibility of the universe achieving order without some external guidance. Even something as simple as the individual cell is so sophisticated that its design could not have evolved randomly.

The Moral Argument

A third proof has to do with the moral order of the universe. Most people believe that there are certain things that are absolutely wrong and other things



that are absolutely right. This universal assumption of morality implies some kind of Law Giver.

Think about it. You probably think it is always and everywhere wrong to kill an innocent child in an elementary school. (Hopefully, you do.) You probably also think it is always and everywhere wrong to hate another person merely because of his or her skin color. If so, you believe in an absolute “moral law.”

But here again, we find a puzzle for atheists. If our moral ideas really are laws—not cultural assumptions or merely personal convictions—there must be something objective about them, something that stands “outside” or “over” us. You don’t gain moral authority

by saying, “Because I said so.” If the moral law comes from us—either individually or collectively—it loses its authority. In order for something to be absolute and binding on all people, it must come from Somebody outside of our world. That Somebody is God.

Pascal’s Wager

I could go on. But as I mentioned to begin with, even without these proofs, belief in God remains completely rational and reasonable. This point was made, famously, by French mathematician, scientist, and philosopher Blaise Pascal.

Pascal argued that atheists cannot prove for certain that there is no God. Most thoughtful people understand this, which is why people who don’t think God exists prefer to call themselves agnostic (“We can’t really know”) rather than atheist (“There is no God”).

Because our decisions about God’s existence could never arrive at absolute certainty, Pascal recognized there would always be an element of chance. We have to wager, betting either for or against God’s existence.

Pascal argued that betting for God is the only wager that can pay off. If God doesn’t exist, then the believer and nonbeliever are in the same boat—everyone loses. But if God does exist, the stakes change dramatically: betting for Him carries enormous benefits; betting against Him carries enormous loss. Pascal was right. Even if our “proofs” of God’s existence don’t allow us to see or touch or hear God, there is good reason to wager that He exists. I’m not much of a gambling man, but I can say this: believing in God is the best bet you’ll ever make.

— Bruce Riley Ashford, Jr., Ph D is Follow him on Twitter @BruceAshford, www.bruceashford.net

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