

March 2022

COMPLIMENTARY

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CHRISTIAN FAMILY

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with  
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**HOME**  
*TIPS*

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*Faith & Family in the  
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# NASHVILLE CHRISTIAN FAMILY®

**Publisher:** Robert Stringfellow • 615-815-8765

[publisher@nashchristian.com](mailto:publisher@nashchristian.com)

**Editor:** Raymonda Jaggers

**Contributing Writers:**

Kevin Anderson

Anthony "Tony" Boquet

Meredith Boyd

Larry L. Crain, Esq

Sally Cressman

Tammy Daughtry, MMFT

Ashley Farrar

Kevin G. Fehr, CSA, CDP

Dustin Gebers

Dr. Ben Graham

Doug Griffin

William Hallmark

Graham Honeycutt

Jason Lindsey

Kenneth Oosting, Ph D

Tina Pierriet

Monica Schmelter

Jeff Siedentop

Rhonda Smart

Ashton Tate

Ralph Vaughn

**Cover Photo Credit:** Courtesy Joel Vaughn

**Production and Art Direction:** Wendy Satterwhite

**Website Development/Maintenance, Digital Marketing & SEO Services:**

A3 Marketing and Communications

Bowen Digital Marketing

**Social Media:** Dashia Brandon/Administrative Assistant and

Social Media Manager

**Sales & Marketing:** Robert Stringfellow,

Brenda Delgado/Marketing Specialist

**Printer:** Central Missouri Press

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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

### Spring Renewal

Psalm 46:10 (NIV)

*“Be still, and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.”*

The first day of Spring is March 20. Although our nation is not only continuing to deal with the aftermath of the pandemic we are also experiencing almost unprecedented inflation economically and ongoing civil unrest. Add to that, we are witnessing a brutal and unwarranted war in Europe.

With that said, Spring is a wonderful season of the year to focus on and celebrate the good things that God provides for us- His glorious and awe inspiring creation, our family and friends, our freedoms. You can add to this I am sure.

Spring brings beautiful sunrises and warmer days with plants, flowers and trees beginning to bud and come out of their winter sleep. Birds are chirping and building nests and eggs will begin to hatch with cheeping babies. Bees begin to buzz around, beautiful butterflies appear, we all just seem to be in a better mood, or at least I am!

We’ve heard it time and again, “stop and smell the roses.” Along with our hectic and fast paced lives that we lead, and all of the other distractions, this can seem almost impossible to do. But it is important that from time to time we do indeed need to just stop, look, listen, relax and be thankful for what the Lord has given us. Spring is the perfect time to “be still and know that He is God” as we enjoy His marvelous handiwork we see in the creation of such a complex yet beautiful world.

On an upcoming pleasant spring day, get your family together and have some quality outdoor family time discussing all of the wonders of spring that we are so blessed to be able to enjoy thanks to God’s awesome power.

I hope that this Spring brings you a renewed and refreshed soul.



Robert Stringfellow, Publisher, 615-815-8765  
[publisher@nashchristian.com](mailto:publisher@nashchristian.com)



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VOLUME 12, NUMBER 9



**A Prayer Answered**

As written in the book of Genesis, Jacob bestows a blessing on each of his twelve sons. When he comes to his son Judah, Jacob blesses him and prophesies that “Judah,[b] your brothers will praise you; your hand will be on the neck of your enemies; your father’s sons will bow down to you. You are a lion’s cub, Judah; you return from the prey, my son. Like a lion he crouches and lies down, like a lioness—who dares to rouse him?”

So, a royal progeny occurred that produced a lineage of kings including King David and eventually Jesus Christ. Jesus is proclaimed “the Lion of the tribe of Judah in Revelation 5:5, this Scripture verse was the inspiration for William Hallmark’s painting, *The Lion Of Judah*, and others.

After completing the piece, the canvas literally sat against Hallmark’s wall because he felt that his artistic depiction was really quite dismal. He was seriously considering painting over the canvas and trying again with a fresh approach.

Fortunately, several of his friends and family members saw his work and insisted that he display it at several upcoming art events to properly gauge the public’s response. He tentatively agreed to listen to those who believed in him and his work. *The Lion Of Judah* was shown to the public initially in the early 1990s.

The painting received a remarkable amount of positive attention at various art shows and Hallmark was blessed with many hugs and tears from many admirers that were deeply touched by his depiction of Christ. Based on the public’s strong positive reaction, he felt confident in going to print in large quantities for the first time. The print received national attention and has been sold and distributed throughout the United States since. As time went on, Hallmark produced similar paintings featuring the same mild



**“The Lion of Judah” was inspired by the Scripture Revelation 5:5 which proclaims Jesus as “the Lion of the tribe of Judah”.**

and gentle Lion in depictions of various other Bible Scriptures.

In the end, this was obviously a life altering experience for him. Looking back, he recalls his simple pleading prayer to the Lord before “*The Lion Of Judah*” was ever painted. A yearning prayer for God to bless him with a work of art that would touch people’s hearts. God responded and the painting that sat against the wall and was almost destroyed remained His way and unchanged.

Visit [www.williamhallmarkartist.com](http://www.williamhallmarkartist.com) for information about purchasing prints of William Hallmark’s art.

— Cori Hallmark



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**Here’s what one of our advertisers has to say about their experience with Nashville Christian Family:**

*“I have worked with the Nashville Christian Magazine for a couple of years. My experience with this company has been exceptional. The designers are easy to work with, and very creative. At Wang Vision 3D Cataract & LASIK Center, we are constantly producing new material for our readers. A brand new ad is created every three months. The Nashville Christian Magazine designs these beautiful ads and articles. They have a quick turnaround and never miss a deadline. I highly recommend the Nashville Christian Magazine to anyone looking for marketing opportunities, business inquires, or just for pleasure reading.”*

— Ming Wang, Harvard & MIT (MD); PhD (Laser Physics)



### Meet Sweet Stella

Meet Stella. Stella is a sweet and vivacious 4-year-old with Spina Bifida. Stella and her parents recently moved into their new forever home and are looking forward to Tucker's House partnering with them to make the house as accessible as possible for Stella so that she can become as independent as possible.



Stella primarily uses her manual wheelchair to navigate her home and community. Changes that would be beneficial are changes in the design footprint of the interior of the house, including solid surface flooring throughout, and an accessible bathroom. These changes will increase Stella's ability to navigate and access all areas of the home. To assist this family, Tucker's House is going to complete the following home modifications:

- Retrofit Stella's bathroom with a zero-entry shower so a mobile shower chair can be utilized along with a roll-under sink
- Install solid surface flooring throughout the home so Stella has access to all parts of her home in her wheelchair
- Widen doorways for wheelchair access

In order to complete the project, we rely on volunteers, donated labor, and our financial partners. We are grateful to our partners who help us transform a child's home into one that is safe and accessible.

We consider it a privilege to be a part of these family's stories and help provide dignity and inclusion for children and young adults in our community. We have a core belief that every child should feel at home and this drives us in everything we do.

Tucker's House is a 501(c)3 non-profit in Middle Tennessee that serves families who have children 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 children like Stella and their families have safe and accessible homes.

— *Graham Honeycutt, Executive Director of Tucker's House, to learn more or to donate visit [www.tuckershose.org](http://www.tuckershose.org).*

### How to Love Your Child Through Physical Touch

*This article is part two in a five-part series on how to show love to your child.*

We are walking through the five love languages taught by Gary Chapman in his best-selling book, *The Five Love Languages of Children*. We looked at the gift of time in February, and this month we'll shift our focus to the love language of touch. "Physical touch is one of love's strongest voices. It shouts, 'I love you!'" says Gary Chapman.

**Infant-toddler.** Psychologists have verified that babies held and snuggled are emotionally healthier than those left in cribs without physical touch. During these ages, snuggle and cuddle your toddler while reading a book, watching a video, comforting a sick child, or for no reason at all. If your toddler resists, maybe touch isn't his language. It doesn't mean you don't snuggle; it just means you'll need to figure out his love language. Dads can get in on the action by tossing your child in the air, giving piggyback rides, or carrying a child on your shoulders.

**School-age.** Look for times to give your kids hugs, such as before they take off for school or when they return. Pay attention to how your child responds to these attempts. If they snuggle next to you, rub their back or an arm. You might notice your child's love language is touch if they play with your hair or cuddle next to you in the car or on a pew. Wrestling on the living room floor provides dads an opportunity to show love.

**Pre-teenage years.** Your parenting techniques change as your child grows. Girls will need more affection from their fathers, and boys will need more from their mothers. Early adolescents may hesitate and pull back from affection, but don't give up. Try to find ways to hug privately, such as at home. Tackling in a backyard football game or arm wrestling are ways dads can fill a son's emotional tank.

**Teenagers.** One day I was sitting on the couch watching the evening news when my teenage son plopped down on my lap. I already knew his love language was touch (like mine), so I rubbed his back. He didn't say a word. I gently rubbed and rubbed. Finally, he got up and said, "Thanks, Mom." That was it! He needed his emotional tank filled. Dads, it's essential to provide physical touch to your daughter, or she'll find it from some other man and the wrong kind. Try giving her shoulder massages or side hugs even if she doesn't respond.

You, the parents, are the best people to show your child what appropriate and loving touch looks like.

— *Sally Cressman and her husband enjoy an easy rhythm of life as empty nesters. You can follow her on Instagram at [@sacressman](https://www.instagram.com/sacressman) or read more from her at [www.sallycressman.com](http://www.sallycressman.com).*





## How to Talk to Someone with Alzheimer's: Keeping it Simple

When someone has Alzheimer's or dementia, changes in their brain cause a decline in their ability to listen and respond to normal conversation. Speaking in short, direct sentences is a way to communicate that's more comfortable for them. With less information to process, they're more likely to understand what you're saying and respond appropriately.

### Why do short sentences work better in dementia?

Alzheimer's and dementia affect the brain's ability to process and retrieve information. That can make it very difficult for someone with dementia to listen, understand, and respond appropriately to normal conversation. Using short, direct sentences with only one thought per sentence is recommended to make it easier for someone with dementia to understand what you're saying. Thoughts that are long or complex can be overwhelming because it's too much to process. This technique might feel strange at first because we're used to using friendly conversation to fill the silence. But combining fewer words with a warm and positive tone will be less frustrating for seniors with dementia and is just as kind.

Here are four real-life examples of how to talk to someone with Alzheimer's. Each person with

Alzheimer's or dementia is different and will have a different level of cognitive impairment. Use these 4 examples as a starting point and experiment to find what works best for both your older adult and you.

**Example 1:** It's time for your older adult to use the restroom

DO say: It's time to go to the bathroom now.

DON'T say: It's been about an hour since you last visited the bathroom so why don't we go to the bathroom and you can give it a try. Ok? How does that sound? Do you want to go to the bathroom now?

**Example 2:** It's time for your older adult to have lunch

DO say: Mmmmm, it's time to eat spaghetti! (pause) Let's go to the kitchen.

DON'T say: Are you hungry? It's lunch time and I thought you'd enjoy one of your favorites – spaghetti. Let's go to the kitchen so you can eat. After lunch, we'll go outside for a walk so you can get some fresh air. How does that sound?

**Example 3:** You're taking your older adult to a doctor appointment

DO say: It's time to go out (pause) Here's your jacket

(pause) Let's get into the car.

DON'T say: We're going to see Dr. Lee today. She's going to check to see how you're doing with those new medications. Remember how we had to reschedule the appointment from last month? I'm glad she had an opening this soon. You know what? It's a little chilly today, why don't you put on your jacket while I get the keys and then we'll go out to the car together.

**Example 4:** A family member or friend has come to visit

DO say: It's Mike, your brother (pause) He's come to say hello!

DON'T say: Oh look, you have a visitor! Do you know who that is? Mike was just here last week. Don't you remember?

Do you notice the difference in each of these types of responses? Be direct and avoid using open ended questions. If questions must be asked, use Yes or No close ended questions because it is easier for the senior to process. Be patient. Be empathetic. Be understanding.

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



**TINA PIERRET**  
REALTOR®

*“Consider it pure joy my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance”*

James 1:2-3

You can always find joy where many are not looking. ~Tina Pierret

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615-335-3270 CELL  
615-327-4800 OFFICE

3825 Bedford Ave. Ste 102  
Nashville • TN • 37215

tina@lifehappensathome.com

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**Polygamy: A Felony Or A Legal Right?**

While enjoying my morning coffee, a headline popped up on my screen: “Utah Lawmakers Decriminalize Polygamy.” My initial reaction was, this must be some fake news scare tactic by a shock jock media outlet. But when I clicked on the article, to my surprise, a full-length article appeared published in the Wall Street Journal from a respected journalist. The Utah legislature had voted the day before to declassify polygamy as a felony. In the eyes of the law, this meant that a man or woman in residing in Utah could now have multiple spouses without fear of arrest or prosecution for the crime of bigamy.

By definition, a person commits bigamy when they marry someone while being legally married to another person. All states, with the exception now of Utah, declare bigamy a felony. In Tennessee, it is punishable by up to five years in prison.

In 1878, in a case called Reynolds v. United States, the Supreme Court upheld the right of the federal government to outlaw the practice of polygamy. The court drew upon a longstanding history and tradition dating back to early English common law calling for strict punishment of this criminal offense. There was a time in England and Wales when the crime was even punishable by death. As the court in Reynolds noted: “From that day to this we think it may safely be said there never has been a time in any State of the Union when polygamy has not been an offence against society,

cognizable by the civil courts and punishable with more or less severity.”

So why is it today we are finding acceptance again of this practice that once was so abhorred? On September 26, 2010, a popular TV series “Sister Wives” made its debut as an American reality television series broadcast. The show documented the life of a polygamist family, starring a father Kody Brown, and his four wives (Meri, Janelle, Christine, and Robyn), and their 18 children.

The series led to the Brown family being investigated in Utah for possible prosecution. But when the Browns hired the ACLU and sued the state of Utah, challenging its criminal polygamy laws, they prevailed in the district court. The court ruled that certain aspects of Utah’s bigamy statute infringed upon the Browns’ “fundamental right” to practice polygamy as a form of “religious cohabitation.” The decision was later overturned on appeal, but the district court opinion sent a clear message to use a Bob Dylan lyric that “the times, they are a changing.”

Jonathan Turley, the ACLU attorney representing the Browns put it this way in his blog post: “This ruling strikes down the criminalization of polygamy and will allow plural families to step out for the first time in their communities and live their lives openly among their neighbors.”

In 2013, the same year the Browns won their case in Utah, the Supreme Court, in a case called United States v. Windsor, held that the Defense of Marriage Act, which denied federal recognition of same-sex marriages, was a violation of the Due Process Clause of the Fifth Amendment. I recall some years ago debating two law professors at Vanderbilt Law School on the topic of same-sex marriage and I used, as the premise of my position, that legalizing same-sex marriage was an invitation to the decriminalization of polygamy. Recent developments in Utah seem now to be reaffirming my argument.

Without an anchor in the law protecting the sanctity of traditional marriage defined as a covenant between a man and a woman, there is no basis, from a constitutional standpoint, to outlaw plural forms of marriage.

Court rulings are merely a reflection of changing norms and mores in our society. To quote again from the Wall Street article: “According to a Gallup poll, acceptance of polygamy appears to be increasing in the U.S. In 2018, 18% of Americans believed marrying more than one person was morally acceptable. In 2003, 7% of those asked took the same stance.”

— *Larry L. Crain, Crain Law Group, PLLC larry@crainlaw.legal*



**SPECIAL FEATURE**

**Whose Report Are You Going to Believe**

So often we hear the story about the twelve spies surveying the land for the children of Israel and the majority of them had a defeatist attitude. Therefore, they ended up wandering in the wilderness for another 40 years and missed out on God’s awesome promise. All ten of the original doubters, along with most of that generation died and never made it into the Promise Land at that time. Even though it was God’s will for them to leave Egypt and be delivered into the Promise Land, their doubt got in the way of their promise.

Many have read this and will attribute the “blame” completely on God. As a result, God receives a bad reputation of being harsh and ruling with an iron fist. However, God can only take us as far as we are willing to go. He always gives us a choice.

I love the Bible and I love Its stories. I had an elderly dear friend tell me years ago that the Bible never contradicts itself if it is rightly divided.

Upon further study, we can read a different account through Rahab the prostitute. We can see where she conferred with Joshua’s spies years later. In this narrative she states that 40 years ago when they heard about God and all that he was doing for the children of Israel, they were fearful and knew they were already as good as defeated. Same story but two completely different opinions! The sad truth of the matter is the enemies had a higher opinion of what God could do than the children of Israel. The children of Israel saw God operate firsthand and yet they continued to be their own worst enemy.

Joshua 2:10-11: “For we have heard how the LORD dried up the water of the Red sea for you, when ye came out of Egypt; and what ye did unto the two kings of the Amorites, that were on the other side Jordan, Sihon and Og, whom ye utterly destroyed. And as soon as we had heard these things, our hearts did melt, neither did there remain any more courage in any man, because of you: for the LORD

your God, he is God in heaven above, and in earth beneath.”

Unfortunately, due to fear, it wasn’t until the next generation that the Israelites were finally able to make it into the Promise Land.

There are several highlights to be taken from this account. 1) Be careful whom you listen to and who you put your faith in. Just because it is the “majority” doesn’t make it correct. 2) God wants to see you succeed. He has a good plan for you however, you can be your own worst enemy and defeat yourself. 3) Lastly, God is always Good!!! God is a Good God! We can trust our life with Him!

— *Rhonda L. Smart, rhondalsmart@gmail.com*



## What Are You in the Middle of Right Now?

Invariably we all experience life in the middle. On the Bridges set, I can't tell how you how many in the middle conversations that I've had. Guests have been in the middle of moving – in the middle of looking for a new job – in the middle of a family dispute etc.



feet for good. He gets the last word; yes, He does. I Peter 5:10-11 The Message  
You may be in the middle right now but just like 1 Peter 5:-10-11 says He will put you together and on your feet for good. He (God) gets the last word – Yes, He does. This knowledge brings joy and comfort to all believers – even when we feel “stuck in the middle”.

## I Want to Know NOW

There is just something about our human nature that longs to know how things will turn out. We just want to know. If you're like me, you want to know NOW. Here are a couple of secrets I've learned about being in the middle that may encourage your heart.

## You Are Not Alone

*“This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.”* Joshua 1:9 NLT

## The Middle is Filled with Purpose

*“So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.”* 1 Corinthians 15:58 NLT

## This Too Shall Pass

Keep a cool head. Stay alert. The Devil is poised to pounce, and would like nothing better than to catch you napping. Keep your guard up. You're not the only ones plunged into these hard times. It's the same with Christians all over the world. So keep a firm grip on the faith. The suffering won't last forever. It won't be long before this generous God who has great plans for us in Christ—eternal and glorious plans they are!—will have you put together and on your

## It's Going to Get Messy

At WHTN we are in the middle right now too. We are in the middle of a studio makeover. The studio makeover is going to get messy at times, but the end result will be a brand-new studio so we can bring you the very best content and quality media. It is because of your faithfulness that we can renovate the WHTN studio.

We're calling this project Monica in the Middle of a Studio Makeover. You'll be getting a behind the scenes look at our work in the studio. We'll bring you in on the building of our new sets – the new cameras and even the messy things that happen in the middle. We want you to share in the excitement and pray with us. Your local Christian TV station is getting a studio makeover.



— *Monica Schmelter is the host of Bridges which airs on Christian Television Network in over 50 million homes. Monica frequently finds herself in the middle of things—currently Monica is in the Middle of a Studio Makeover so stay tuned.*



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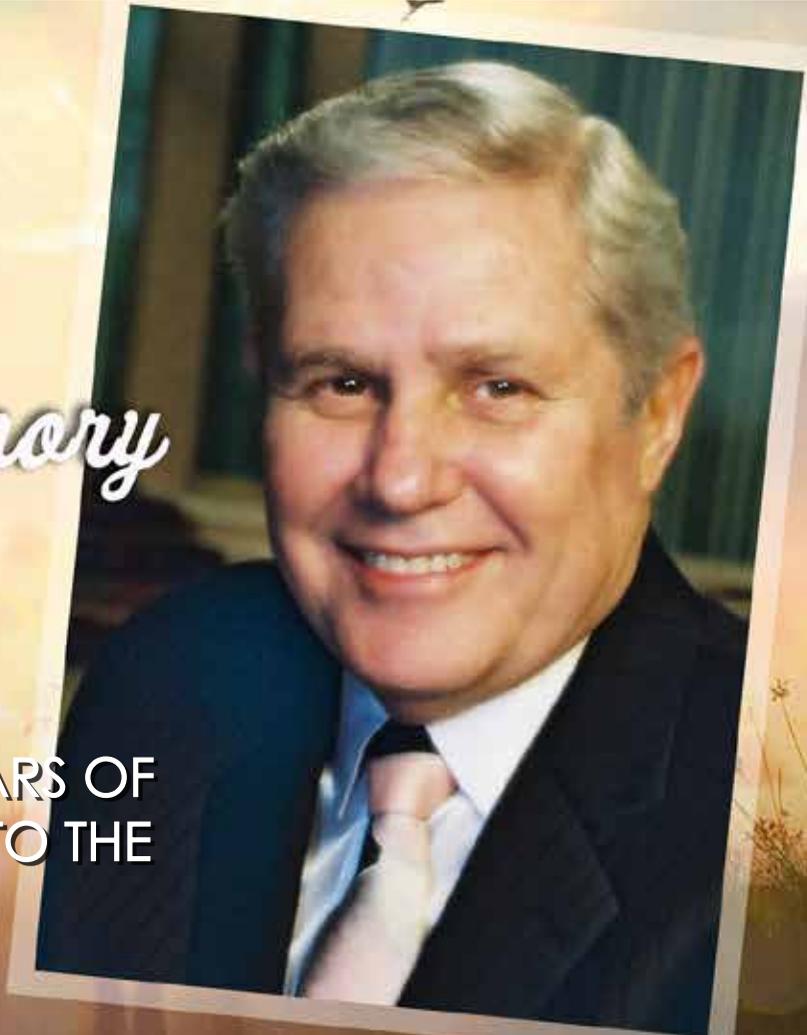


## Ben Davis, CSA

Certified Senior Advisor  
Director of Outreach  
615-584-4946 cell  
615-617-9953 office  
[ben.davis@selectpointe.com](mailto:ben.davis@selectpointe.com)

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## MONEY MATTERS

### I Need to Buy a Home . . . HELP!



The stories keep coming from agents throughout middle Tennessee about the fierce competition for getting buyers into a home. This past week, a property in Spring Hill had 35 offers in 35 hours and went under contract 2 days prior to the published deadline to submit offers. So, I'm just going to tell it like it is – if you're looking to purchase a home right now, it's tough out there. But let's not

leave it at that, because over the 17 years I've practiced real estate I've learned there is always hope for buyers - it just takes some creativity, perseverance and (yes, I'll say it) prayer!

When we are faced with these market conditions, sometimes the path to victory is not exclusively being the most competitive offer on the table, but also mining for inventory in other ways. I've had success doing this, and I'm happy to share a few of my methods with you today:

**1. It ain't over 'til it's over** - A good REALTOR® is watching the inventory daily and has seen an emerging pattern of homes being sold more than once for various reasons. I've noted there is always a risk of insecurity overtaking the minds of buyers that have placed offers sight unseen, who may ultimately exercise one of their contingencies to terminate the contract. Following up consistently to see what the temperature of the transaction is and negotiating to have the seller accept a backup offer can position you to avoid another frenzy of competing offers.

**2. New Construction** - There is a building boom going on with new projects being approved on a regular basis. Many builders only put a fraction of their inventory onto the REALTOR® and public access websites. Currently, some builders will put buyers on a waiting list for the release of upcoming inventory. Also, applying for preapproval through their chosen mortgage partner can sometimes give you a boost in being closer to the top of that list and having priority to get notified when the time comes.

**3. Pick up that phone** - A persistent REALTOR® who has earned a strong reputation can quickly build rapport with other agents and get information about a listing they had that was either withdrawn or expired. There is a myriad of reasons that sellers change their mind about moving, so it's always possible that circumstances have shifted again, and a sale may be on the horizon. More than once, I've had agents say "you know, I do need to follow up with them and see if they'd be interested in selling again" and thanked me for reaching out.

If you or someone you know wants an experienced REALTOR® in your corner to face the challenge that is homebuying today, I'd love to share more about how I can be that for you. You're welcome to reach me anytime at 615-335-3270 or Tina@LifeHappensAtHome.com

And I'll close with this scripture: James 1:2-3 "Consider it pure joy my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance..." I will persevere with you every step of the way to finding your next home!

— Tina Pierret

# William Hallmark

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of William Hallmark's art.

## You Are Full Of It...

Water is a miracle. Whether it's right out of the tap or from the bottom of a well in Guatemala, water's chemical make-up and how it functions really makes no sense. I am no scientist, but I have been reading Eric Metaxas' "Is Atheism Dead?" and Mr. Metaxas is brilliant so just by reading his books I feel just a little smarter so bear with me here.

We all learned early on that water freezes at 32 degrees Fahrenheit, (have to say "Fahrenheit" for you "Celsius" folk), and it boils at 212 degrees Fahrenheit and...it shouldn't. Based on the size of the molecules that make up water, chemists say that water should boil at 32 degrees, and it should not freeze until -148 degrees!

Who cares? We all should but like most things we all just accept these "facts" and life goes on. This information has no bearing on our next big decision or even the little ones but if you will slow down and think, it might.

We are mostly water. The Earth is mostly water. Without it we die and the Earth along with it and if water worked like it was expected to work chemi-

cally it would all just float away, literally. Boiling water turns into a gaseous state and that gas floats away until it freezes, falls, ultimately returning to its "natural state" of a liquid as...rain. If water boiled at 32 degrees, away it would go, never freezing until it floated out of Earth's atmosphere and once it escaped the atmosphere it would be gone, really gone. No water. No ice in our glasses. No coffee. No agriculture. It's a long list including no humans. God defied man's "laws of science" to ensure we could have water and live. Our mere existence is truly a miracle. Your participation is no accident and it certainly isn't a mistake.

When its decision time, think about water. If the idea is big consider the One who is bigger. If the challenge formidable, consider the One who formed us. Ralph Waldo Emerson said, "What lies behind us and what lies before us are small matters compared to what lies within us." I agree. We are mostly water, it's all "miracle" and we are full of it.

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

## BUSINESS TODAY

### Making Commercial Pest Control and Lawn Care a Business Goal for 2022

The new year brings renewed energy to all areas of your business. Pest prevention should be one of your business goals for 2022. By starting fast, you can capitalize on the energy a fresh start brings. Pest prevention can help you achieve goals of increasing your bottom line and streamlining your operations. Pest problems cost millions of dollars if left untreated.

At the same time, professional lawn services can help your business make a great first impression. If you take good care of your bushes, how much more do you take care of your clients and customers?

Waynes is your one-stop for preventing rodents, bugs, and lawn pests from costing you money, and ensuring that your business property is beautiful and healthy. Waynes' complete service plan gives you a consistent approach across all your business properties. Waynes is ready to help your business start 2022 strong with pest prevention and lawn care.

#### Smartpest Customized for Your Business

Pest problems, like rodents and bugs, start small but will rapidly demolish your investment in your properties. Waynes knows the importance of rapid

response to potential pest infestations. Our Smartpest Solution is an environmentally responsible solution designed to target a wide range of commercial properties at a cost that fits your budget. Waynes will make sure pests are not on your business roster with a plan tailored to your location and industry. Our Service Professionals will tour your facility to spot any possible pest infestation hole and look at the documents related to your property layout too.

This level of customization ensures consistent care across your whole property. As a result, you get a streamlined operation that saves money. With a total plan from Waynes, you have one service provider, so your operation has fewer pieces, which will increase your bottom line too.

#### EnviroLawn Customized for Your Business

With Waynes, the inside of your business is pest-free, and the outside is healthy and green. Waynes provides lawn care and maintenance services to help ensure your landscape is just one more asset to your business.

Make sure your business has a great first impression before new customers ever walk through the front door! With EnviroLawn Services, we provide



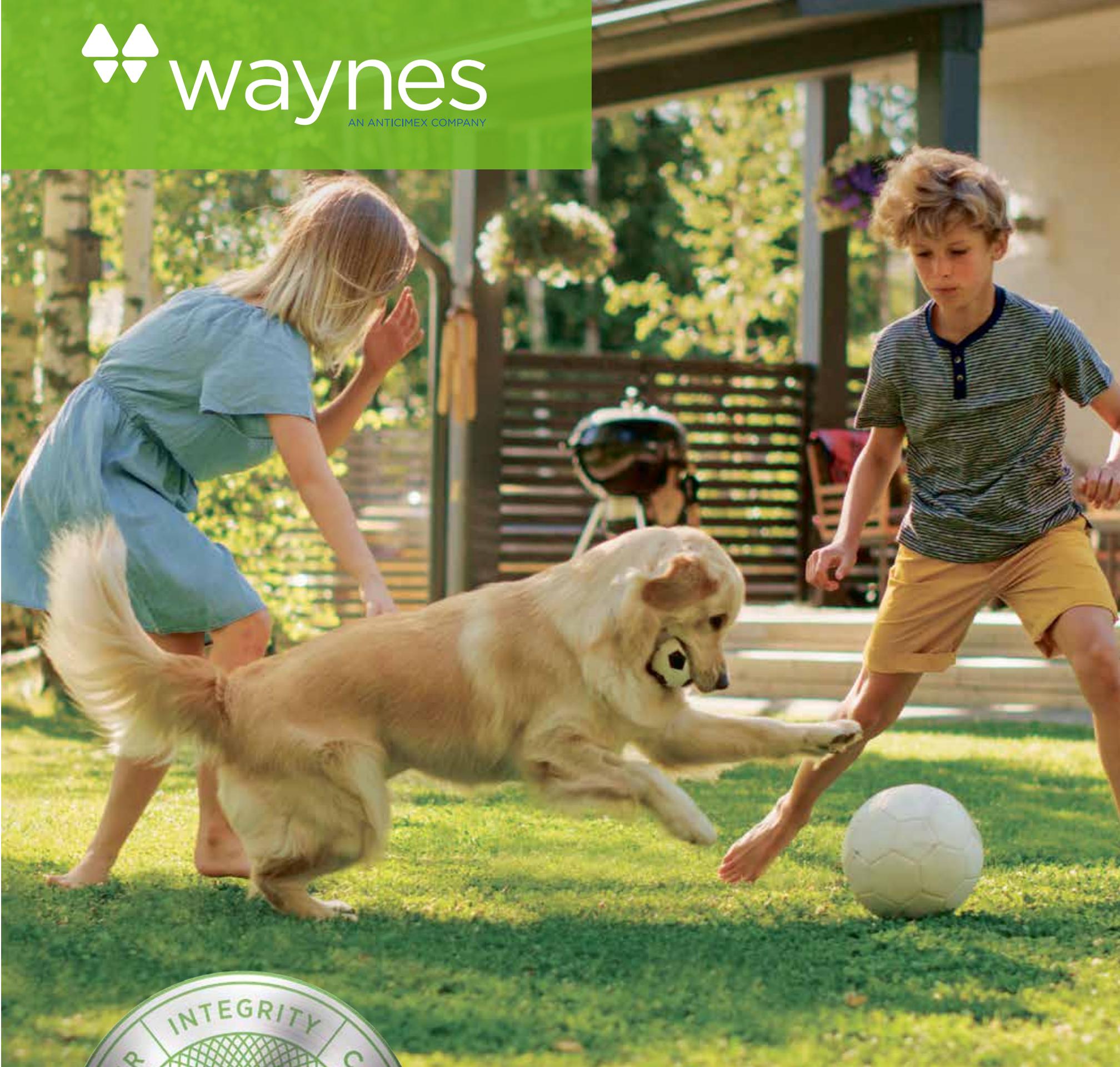
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#### Commercial Pest Control and Lawn Care with Waynes

And of course, nothing beats a human for customer service. Our Service Professional can answer all your questions as well as explain all your treatment options. They will even work with you on adapting to your changing needs.

Start 2022 strong against pests that threaten your business and give your outdoor space the TLC it needs to thrive. Call 866.WAYNES1 or visit our website at [callwaynes.com](http://callwaynes.com) today!

— Meredith Boyd, Social Media & Marketing Coordinator, [www.callwaynes.com](http://www.callwaynes.com)



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## BODY & SOUL

### A Story of One Man's Journey to Spiritual and Physical Health

When I was a junior in high school, I weighed almost 300 lbs, had an addiction to food, was pre-diabetic, and had VERY low self-esteem. I tried to lose weight countless times. But every diet I did just didn't work. I would do "ok" for a couple of weeks but eventually would fall back because all I cared about was looking good.

I would stick to my diet during the week but then once the weekend came, all bets were off. I would eat horribly and feel so guilty that I would try and make an extreme change that would never last.

It felt like an endless cycle. And I discovered that the health industry is SO confusing. Everything I read would say different things about how to lose weight. The more research I did the more confused I got.

I eventually got sick of it all. Sick of feeling horrible about myself, sick of being made fun of, sick of having heartburn every night. I started to make the changes... but for the wrong reasons. I basically will-powered myself healthy. Normally that doesn't work for long. But as I started getting results God started doing something on the inside of me that changed everything.

As my relationship with Jesus grew I started to see that my physical health could just be a reflection of what God was doing on the inside of me. Because as my mind was being renewed every day, my actions started to flow out of my new way of thinking, instead of just forcing myself to do actions that I didn't understand.

I started to see that my health wasn't about how I look primarily, it's about how I can serve others. It's about stewarding the only body God gives me in this life. Where at first, my progress was motivated out of fear and guilt, now it was motivated out of a desire to serve God and others. Now I didn't have trouble with my sugar cravings. I didn't have trouble sustaining my progress because my mind was in the right place. Real transformation comes by the renewing of the mind.

I had increased energy. I no longer had regular heartburn. I no longer was addicted to food. Once people saw that was actually maintaining my progress this time, they started asking for help. So over the past 7 years, my Glory to Glory Fitness team and I have aimed to bring revival to people's health so they can fully have the ability to serve God and others.

Be encouraged today! God wants to bring revival to YOUR health so you can do everything he has called you to do. It's never too late. You can use your health as a vehicle to get to what God has for you in this life. Invite Him into the process and see how He changes everything.

— Ashton Tate, Personal Trainer, Franklin, Tenn.  
Helping people live a balanced and healthy lifestyle is the heartbeat of what I do. [www.glorytogloryfitness.com](http://www.glorytogloryfitness.com)  
[glorytogloryfitness@gmail.com](mailto:glorytogloryfitness@gmail.com)



## THE HOME FRONT

### Maintaining a Tankless Water Heater: What You Need to Know

Running out of hot water is now a thing of the past when you own a tankless water heater. Even in the middle of winter, your tankless water heater guarantees that no matter what the day may hold, your morning will start off well. But it's important that you keep your system maintained.

Tankless heaters have become increasingly popular in recent years because they offer many benefits over traditional tank-style water heaters. Not only do they save space, but they also provide unlimited hot water and can be more energy efficient. A win-win situation for you and your family. Like any other piece of equipment, your tankless heater needs maintenance annually to keep it in good shape, all year long. Here are some helpful tips to set you up for success.

#### Why Maintenance?

It's important to note that the most significant reason tankless water heaters fail prematurely is a lack of maintenance. The good news is that by paying attention to your heater and maintaining it regularly, you can avoid common problems like mineral buildup which can lead to leaks or even a system fiasco. Tankless water heater maintenance helps because it can often prevent a small problem from turning into an expensive repair.

#### What's Water Heater Service?

Water heater service is simply the process of keeping your water heater in good working order by inspecting, cleaning, and replacing parts as needed. Some tankless heaters require more regular attention than others. A general rule is you should have one professional maintenance a year to catch any problems before they get worse.

#### What Are Tankless Water Heater Services?

Tankless water heater services are a series of preventive maintenance tasks done regularly to keep your tankless heater running smoothly. The service includes:

- A complete inspection of your unit.
- Cleaning all filters.
- Adjusting any burner flames as needed.
- Descaling the unit itself.

#### How to Service a Tankless Water Heater

First things first: we recommend reading your owner's manual. Each tankless water heater model is a little different, so it's important to follow your unit's specific instructions. Next step is to shut off the power to the unit. (If you're not sure how, give us a call!) Then, open the access panel and remove all debris (usually lint or dust). Last but not least, you'll need to clean the filters by running them under cold water until they're free of all dirt and grime.

#### Flushing Your Tankless Water Heater

Flushing a tankless water heater is important for maintenance. It removes any sediment or other debris that may be clogging up the heat exchanger, helping your unit run at its peak efficiency. It also helps keep your electric bill lower and prevents premature failure due to overheating. Great news! If you're a member of our Home Maintenance Plan at Lee Company, descaling (cleaning) your tankless water heater is included in your annual plumbing maintenance.

Tankless water heaters are a great alternative to a traditional hot water tank. They're more efficient and can save you money on your electric bill. Just remember, if you want your tankless to perform at its best, you'll need to make sure regular maintenance is part of its routine! If you want Lee Company's pros to provide professional maintenance on your tankless water heater, or you'd like to learn more about our home maintenance plan, contact us today.

— Jeff Siedentop, Plumbing Manager



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# RISING STAR

# Joel Vaughn

## Holds on to God's Promises

Singer songwriter Joel Vaughn's love affair with music began at an early age, singing in the backseat of his parents' car and from the pulpit in his church.

Today, Vaughn is a rising star in contemporary Christian music with the radio hit "Already Done" from the album *Louder than the Lies*, a busy touring schedule, and a new album on the way. Through it all, the Nashville-based Vaughn credits his faith to leading him from self doubt to liberation in Christ.

### Early Love of Music

Vaughn still remembers the first time his family realized he could sing. "I was maybe 4 ½ or 5 years old, and I was singing along to Donny Osmond's 'Soldier of Love' in the backseat of our car," he said. "My parents turned and said, 'is he singing? he sounds just like the guy.' I kept singing and soon really wanted to sing in church." When he was 7, he sang for the first time in church to the Clay Cross song "My Place is With You." "I handed the cassette tape to the deacon on the stage at First Assembly of God in Albertville, Ala. and sang to the mostly elderly members," he remembered. "There were maybe 40 people in the congregation."

Vaughn soon picked up the guitar and began writing songs, moving with his family to Texas after his father retired from the Air Force and his parents worked on ministry degrees.



Vaughn with his wife, Andra, daughter Olivia and son Levi.

He said he still remembers one of the first serious songs he wrote during that time. Called "Wait," Vaughn recalled that it was during a season of struggling—wondering where God would take him in his creative endeavors. "I felt like I was in a season of waiting, just as the Israelites waited in the desert," he said. "I was waiting to use the gifts God gave me."

His season of waiting soon evolved into a more meaningful sense of purpose. He and his brother Joey started a worship band—exchanging work on the guitar, drums and vocals—and began serving their youth group. That led to Vaughn following his music dream independently in Texas for several years, and eventually signing with Dream Music out of Los Angeles in 2015.

When he was a high school senior, Vaughn met his future wife Andra while providing food for a junior college ministry; she was a student at the college and Vaughn said he was immediately drawn to this "pretty blonde haired

girl.” They started dating in 2004, married in 2006, and began serving together through music, leading worship for Discipleship Now weekends and other ministries throughout Texas and New Mexico.

Vaughn credits their playing together in a band with cementing their love for each other. “We traveled together for five years before having kids, and she was always part of the worship band. It was me, her, her brother, and whoever would play bass,” he laughed. “She was on that 15-passenger van with us. She got used to traveling, and understands the lifestyle.”

When they decided to have children, the couple together knew that Andra would cut back on her work with the band. She stopped traveling when they had their children—Olivia, now 11-years old and Levi, 6.

### **Making Nashville home**

Vaughn’s family moved to the Nashville area in 2016, settling in Galatin; Andra teaches at Friendship Christian School in Lebanon and Vaughn serves as the worship leader at Victory Baptist Church in Mt. Juliet. “I was offered the recording contract in L.A., and I would be flying from there to Amarillo, to Nashville all the time,” he said. “I felt like I was here most of the year so we prayerfully considered it and decided to come to Nashville.”

His work has evolved since that time, and today he often co-writes on his projects. The act of writing songs with other artists was a process he had to adjust to—saying it was like “going to college all over again.” Ultimately, though, Vaughn learned that partnership is a beautiful thing when it comes to songwriting. “I always like coming back to write songs on my own, but I also love the process of co-writing,” he said. “Maybe I can’t come up with the right word to say what I want to say lyrically, and another writer will come up with a new way to say it. Other professionals see an angle you didn’t see.”

He also said that it’s been a joy to meet some of the best songwriters in the business today, crediting their character with being an inspiration to his own walk with Christ. “They’re all godly men who really want to minister to people,” Vaughn said. “It’s been a really cool opportunity.”

Since landing in Nashville, he’s enjoyed many successes. *Louder Than The Lies* landed in the Top 10 on Apple Music’s Top Albums Christian chart, and hit singles have included 2019’s “I Look To You,” which reached #3 on Billboard’s Christian Hot AC Recurrent chart, as well as “Wide Awake,” “As You Are,” “Pray It Up” and “More Than Good Enough.” His music has been streamed more than 10 million times.

### **Praising through the Pandemic**

Vaughn walked off a stage on March 13, 2020, and then everything shut down almost immediately due to the coronavirus pandemic. In the weeks, months, and two years to come, Vaughn said that he and his partners learned to do things in new ways. “We were stuck with the rest of the world in a very scary place, but I tried to shift my perspective,” Vaughn said. “I realized that I had been given an opportunity to start writing some new music, to write about where my heart was and how I wanted to have faith no matter what.”

He was determined to give God the glory despite the difficult circumstances, and in doing so was able to finish and record the *Louder than the Lies* album



**You can learn more about  
Joel Vaughn’s music:**

 @joelvaughnmusic

 JoelVaughnMusic

[www.joelvaughnmusic.com](http://www.joelvaughnmusic.com)

in 2020. Tracks for the album were recorded over Zoom and in his own kitchen; only one song—the title track—in fact, includes vocals cut in a studio (because it was recorded before the pandemic). Vaughn said that this new way of doing things has given people in the music industry a new understanding of how to create, and he thinks that will continue after things go back to normal.

After the album’s single debuted strongly on the charts, Vaughn realized that his music was being introduced to new markets. “It really took off on radio, which I didn’t expect at all, but we realized that the song really did impact people’s lives,” he said. “I heard from people who received a message from the song.” Vaughn re-signed with Dream Records and is currently finishing up a new album. “They told me to just keep writing songs, so that’s what I did,” Vaughn said “We have some really good songs that we’re ready to release, and can’t wait for people to hear them.”

### **The Message in the Music**

All of Vaughn’s music has powerful messages about God’s faithfulness through storms and struggle. The song “Already Done,” which was released in January of 2021, was heavily based on how Satan tells Christians lies about their situations and dually how God’s promises are real and true. “The end of it, though, is that God loves us and wins over every lie that is told,” Vaughn explained. “You don’t have to live in fear all the time, because God’s truth wins in the end.”

Working and writing through a pandemic reinforced Vaughn’s belief in a God who sticks with you through everything. “When God makes a promise, it doesn’t always look like what you think it will be,” Vaughn said, pointing to Abraham as an example of someone who trusted God even though he never saw what he was promised. “When God makes a promise, it’s already done. God promises that if you love and accept him, then you have eternal life and he’s for you every step of the way. You can claim that in victory.”

In working on songs for his newest album, Vaughn said that he was reminded of another message. “One song is about being in a place where you don’t have a friend, but realizing that you still have Jesus,” he said. “I felt like that message would translate really well, and it has. I’ve had people who’ve heard it say to me, ‘That’s exactly where my heart is right now.’”

Vaughn’s latest project will overlap with concerts, worship experiences, and tours across the country. He begins a joint tour with 7eventh Time Down in April and then will perform with We are Vessel, Building 429, and Phil Wickham at different locations.

According to Vaughn, it’s good to be getting back to normal, sharing music with fans—and being reminded once again of the love he found for music so many years ago.

— Cheryl Sloan Wray is a freelance writer based in Birmingham, Ala. She’s also the coordinator of the Southern Christian Writers Conference. Learn more at [www.southernchristianwriters.com](http://www.southernchristianwriters.com).

## GOD'S PLAN FOR SERVICE: Thoughts From James, Brother Of Jesus

Toward the end of the New Testament, there is the Book of James. It is considered to have been written by James, who was a brother of Jesus and likely the oldest (Mt 13:55). While he was not initially a believer, James came to be the leader of the Church in Jerusalem. Paul, Peter and Jude held him in high regard. This Book is "characterized by good deeds and a faith that works" (NIV note). He urges listening and warns against quarrelsomeness, spiritual unfaithfulness, pride, slander and boasting. He describes two kinds of wisdom.

### What can you learn from James?

1. "Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything." James 1:3-4

2. "What good is it, my brothers, if a man claims to have faith but has no deeds? Can such faith save him?" James 2:14

3. "Be patient, then, my brothers, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop and how patient he is for the autumn and spring rains." James 5:7

4. "If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind." James 1:5-6

5. "Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love Him." James 1:12

6. "My dear brothers, take note of this: Everyone should be quick to listen, slow to speak, and slow to become angry, for man's anger does not bring about the righteous life that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you." James 1:19-21

7. "Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." James 1:17

8. "What causes fights and quarrels among you? Don't they come from your desires that battle within you?" James 4:1



9. "Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such wisdom does not come down from Heaven, but is earthly, unspiritual, of the devil." James 3:13-15

10. "Brothers, do not slander one another. Anyone who speaks against his brother or judges him, speaks against the law." James 4:11

11. "The tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue is also a fire, a world of evil among the parts of the body. It corrupts the whole person." James 3:5-6

12. "When tempted, no one should say, God is tempting me. For God cannot be tempted by evil, nor does he tempt anyone; but each one is tempted when, by his own evil desire, he is dragged away and enticed." James 1:13-14

— Kenneth Oosting, Ph D



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## Be Happy, Be Healthy, Be Whole

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

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

### Plastic Diet Killer

If you gain weight even if you follow a strict diet, blame your plastic water bottle or the other plastics in your life. New research from the Norwegian University of Science and Technology finds plastic products are making it harder for people to keep fat off. Scientists say certain chemicals in plastic packaging and other goods can seep into the human body and interfere with a person's metabolism — leading to weight gain.

### Cheese Please

The secret snack that tames hunger – cheese. Have a slice of cheese two hours before dinner and you'll eat fewer calories. According to a report in the Journal of Nutrition, cheese is low in carbs and high in protein, which helps curb your hunger.



And finally, a workout plan even I can handle!

### Lifting Weights For Just 3 Seconds A Day Can Improve Your Muscle Strength

No time for exercise? No problem. A new study finds lifting weights for as little as three seconds a day can still have a positive impact on your muscle strength in the long run. Researchers in Australia and Japan found that performing a single bicep curl at maximum effort can lead to a 10 percent increase in muscle strength in just one month.

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 team 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.

— Doug Griffin

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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# OUR HOUSE

## What You Need to Know About Crawl Space Vents/ Foundation Vents

Most people are familiar with crawl space vents or maybe you call them foundation vents. We see them on most every home with a crawl space.



### Expectations of the crawl space vent:

Vent for moisture. The original idea for these vents is to allow air in to the crawl space and circulate air hoping to help the crawl space dry out.

Old rumors say to open the vents when the temperature is above 60 degrees and close before winter to prevent freezing.

The house stack effect: As the home breathes from the bottom to the top, air is sucked in from the bottom or these crawl space vents the home pulls the air up through the home and out the attic. A home literally pulls unconditioned air in from the bottom and pushes it up through the living areas.

Our manager here compares your foundation vents to basement windows, they are essentially the same thing. If you would not leave your basement window open you should not leave your crawl space vents open. 50% of the air in our home comes from the air in the crawlspace below, some through leaky air ducts, holes drilled for wires or pipes, poorly insulated floors, etc.

Open crawl space vents provide the perfect habitat for mold growth. Temperature above 60 degrees, moisture humidity above 55%, and dead organic material (like the wood of our floor joists). Open vents also allow for bugs to get in the crawl space. Spiders, snakes, and rodents follow hunting the bugs or for refuge from the conditions outside.

### Reality of crawl space vents:

Allow for humid air, rodents, other pests .

— *Dustin Gebers, General Manager, Frontier Foundation and Crawl Space Repair, www.trustfrontier.com*

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# AN ENCOURAGING WORD

## Opinion or Truth?

“That is my truth” is a phrase believed to have its origin in 1955 by a member of the American Friends Service Committee.

The expression was meant to suggest that one's life experience is subjective. When speaking with a person, we cannot begin to know what is in the person's head so we can't understand everything the person has experienced concerning the topic being discussed. It is conceivable that when the words “my truth” are said, it is as a rebuttal in the hope that the discussion will be dropped and they will be allowed to live their life

“authentically” or the way they so choose. What that person does not fully grasp is that every adult citizen has the power of freewill and can always choose to live the way they see fit but it does not mean their actions are based on the truth or that they alone can enjoy their own special truth. Even before 1955, all children were taught...well almost all them, that every truth is universal and designed by our Creator. If you decided to dye your hair, lime green and someone told you or even inferred that it was not a natural color, you would have said, “That's your opinion” not “It's my truth”. Every truth is true for everyone, anything else, it is an opinion. “Broccoli tastes nasty” is an opinion not a truth. “The sun rises in the morning” is a truth not an opinion.

### Why does identifying the truth matter?

No one has the power to elevate an opinion to the level of a truth. Something that is true is true for everyone and has always been true for everyone. By giving people, the authority to change what is true and what is false leads people to believe they are more powerful than they really are. That perceived power can lead the youth, the unknowledgeable, and the uninformed to act in a manner not conducive to the truth. The outcomes that follow will be negative in nature.



No one should knowingly lead people away from the truth. That is why we send our children to school; they are supposed to teach from a repository of truth. Society depends on people following the truth. That is why the laws of any society should be crafted based on the truth. “It is wrong to allow people to kill others.”; this is a nearly universal societal law and a widely held moral and ethical value. When laws are based on a lie, it is unjust to all, not just to those who dislike it based on their personal values. That

is why, since the ruling of Roe v. Wade, the United

States has been deeply divided. Our Constitution, which our Republic was founded upon, grants the citizens three inalienable rights: Life, Liberty, and the Pursuit of Happiness. When our government sanctions, as a society, that the abortion of a healthy infant, for no other reason than the parents do not want to have a child, that is an unjust law by every standard of measurement. When the people are forced to honor any unjust law, it brings into question the justness of every law; chiseling away at the element of trust. Without trust there is decent within the ranks causing separation and discord which eventually will lead to chaos unless quickly made right.

We have had other unjust laws but they were over turned rather quickly and the people were told it should have never been done. The abortion debate is the first that stood for so long and during that time, many, many more unjust laws have been passed; eroding the truth from our schools and homes. We must regain civility and honesty in this Country or soon America will no longer be, the land of the free and the home of the brave.

— Anthony “Tony” Boquet, the author of “The Bloodline of Wisdom, The Awakening of a Modern Solutionary” and the soon to be released “The Power of the Wisdom of Three”

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# TEACHABLE MOMENTS

## Celebrating National Single Parent Day on March 21

Do you know a single mom or single dad in your community or church? I encourage you to do something extra special for them on Monday, March 21st. Maybe you could offer to babysit and send them out to dinner with a friend? Maybe you could invite the parent and children over for dinner with your family? Be creative and think ahead about how you might bless that person and his/her children in a meaningful way to simply let them know you care and that you are proud of them in this season of single parenting.

I was a single mother for eight years and there were some “moments” along the way that really blessed me, and I will forever be a champion for moms and dads who are walking the single parent pathway. Sometimes a note in the mail or an in-person hug and a few kind words can really make a difference. I received a few letters in the mail and a book or small gift from friends that simply wanted me to know they were thinking of me – those moments were deeply encouraging and priceless to me.

If you have never been a single parent, let me tell you it can be a lonely experience sometimes. It can also be a delightful and happy experience as well. Single parents quite often are doing the work of two in their homes: chores, laundry, bill paying, lawncare, discipline, homework, parenting – so many things that used to be a shared load with the other parent, now the full responsibility lands on just one. For the single parents that have a good working relationship with the “other parent,” their co-parent, it can be a positive



experience to share the child(ren) between two homes. Often, co-parents struggle to communicate and support each other due to the past marriage or relationship ending and it can feel like they are in high conflict with that other parent all the time - - that situation can be very depleting and exhausting. The good days can be clouded with negative feedback from the other parent, thus feeling like they are always at war.

Single parents quite often don't get any affirmations or “good job” since there is only one adult in their household. Maybe you could write a note to all the single parents you know and simply affirm them in what you see them doing well. A card in the mailbox with good old-fashioned handwriting is a lost art these days and maybe you can simply take a few minutes to write some notes, include a small gift card and send your love and support to several single parents you know and care about. March 21st is a good time to start, and this can also be done 365 days a year. It's never a lost opportunity when you show love and support to a single dad or single mom. Compassion and kindness can be given all-year long.

— Tammy Daughtry, author of “Co-parenting Works! Helping Your Children Thrive after Divorce” and “One Heart, Two Homes” resides in Nashville, TN. See [www.CoParentingInternational.com](http://www.CoParentingInternational.com) for more information.

An advertisement for Bott Radio Network. On the left, a woman with long brown hair is wearing large white headphones and smiling. To her right is the logo for Bott Radio Network (BRN), which includes the words "INTEGRITY", "QUALITY", and "STRENGTH" around a central "BRN" logo. Below the logo, it says "BOTT RADIO NETWORK" and "Quality, Christian Talk Radio". Underneath that, it says "SERVING NASHVILLE" and lists four radio frequencies: "89.1 FM", "1160 AM", "107.1 FM", and "91.5 FM". At the bottom of the ad, it says "Find Stations Nationwide, Download Apps, Listen Live, Worldwide [bottradiationetwork.com](http://bottradiationetwork.com)" and "BROADCAST MINISTRIES Visit [bottradiationetwork.com](http://bottradiationetwork.com) for a Program Schedule." Below this text is a row of eleven headshots of various people, and below that, a list of names: "(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!"

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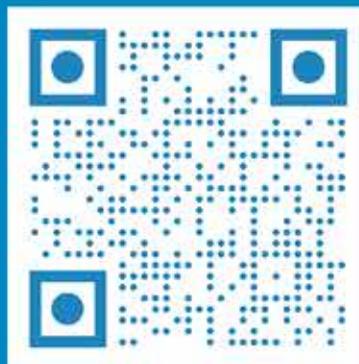
(from left) Jim Daly, Chuck Swindoll, Anne Graham Lotz, Colin Smith, Alistair Begg, Adrian Rogers, Tony Evans, Charles Stanley, Janet Mefferd, Richard Hamlet, Michael Youssef, Robert Jeffress And Many More!



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## How To Sanitize A Mattress (So You Can Rest Easy Tonight)

When you consider some of life's pleasures, a good night's sleep has to be right at the top of most lists. Few things can invigorate and energize a person like seven to nine hours of good sleep. A good night's sleep all starts with your mattress (yes, the right pillow is important too). But your mattress not only has to feel comfortable; you have to be comfortable with your mattress too. If you're going to bed every night on a mattress that has never been cleaned or sanitized, it could make for a few restless nights. Luckily, it's relatively easy to sanitize a used mattress so you can go to sleep without worrying about bedbugs or germs.



### Why You Should Disinfect Your Mattress

Even if you the mattress you're using is one you purchased, the fact that you've been sleeping on the same mattress for years is reason enough to clean and sanitize it. While your mattress might not look dirty, there are plenty of things on it you can't see with the naked eye.

Most mattresses are covered in microscopic organisms and irritants like:

- Dust mites
- Germs
- Dead skin cells
- Human and pet hair
- Sweat and saliva residue

### How to Sanitize a Mattress

The key to properly sanitizing your mattress depends on your level of mattress maintenance (how often, if ever, have you cleaned or sanitized your current mattress?) Are you comfortable with a light cleaning, or do you really want to get down and dirty with a deeper clean? We've organized some tips from basic mattress cleaning to an all-out deep clean.

### Vacuum Your Mattress

Once your blankets and sheets have been removed, use a vacuum with an upholstery attachment to remove dust, dead skin, and hair. This won't sanitize your mattress, but it will remove any loose debris and give you an opportunity to do a visual inspection to identify any stains or changes in its appearance that might prompt a deeper clean.

### Steam Clean Your Mattress

Using a steam cleaner is an excellent way to sanitize your mattress. Buy or rent one that has a steam wand so you can reach the edges and crevices of your mattress. It's best to do this on a nice, sunny day since the sunlight can help dry your mattress quickly after you steam it. You can place the mattress outside, directly in the sun, or in front of an open window. It's also a good idea to run a fan in the room to minimize any musty odors.

### An Effective Stain Remover and Disinfectant

A solution of hydrogen peroxide can be incredibly useful for removing any urine, sweat, and bloodstains from your mattress. It is also an effective germ killer. Mix the following ingredients and follow the application instructions below:

- 1 tablespoon table salt
- 1 tablespoon warm water
- 1 tablespoon liquid dish soap
- ¼ cup hydrogen peroxide

### How to Apply to Mattress Stains

Once you have gathered all the ingredients, mix them in a spray bottle. If your child has an accident, spray the solution on the stained area. The

solution will remove the stain and ensure the mattress is safe for the child to sleep on. Once you have applied the solution, use a fan, sunlight, or a blow dryer to dry out the mattress before covering it with bedding. This is also one of the best ways to sanitize a crib mattress.

### Get the Smell Out

Eliminating any odor of urine, sweat, blood, or even cleaning products is the last step to sanitizing your mattress. Luckily, it's also the easiest. Take just a second to sprinkle baking soda on any affected areas of your mattress, and let it sit. Don't skimp; it may take the entire box to cover the affected area. If possible, leave the baking soda on the mattress for a day or two before removing it with a vacuum.

### How to Sanitize a Crib Mattress

To clean your child's crib mattress, the method recommended above should suffice. Because most crib mattresses are plastic-lined, here is another method you can try:

- Mix 5 cups of water and a tablespoon of laundry detergent powder.
- Lightly scrub the surface with this solution.
- Be sure to give any mattress pads or covers the same treatment!

Never use bleach or harsh chemicals on a crib mattress—or your child's bedding.

### We're Here to Lend a Hand

Need help taking care of cleaning your home to be able to spend more time doing things that you love? Call the experts at Molly Maid today to schedule an appointment at 615-794-0200 or 615-603-3766, or visit [www.mollymaid.com/s-davidson-williamson-maury-counties](http://www.mollymaid.com/s-davidson-williamson-maury-counties)

— Ashley Farrar

### Ms. Molly Foundation

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## 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@nashchristian.com](mailto:publisher@nashchristian.com) and we will make sure you receive one.*

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## *Spiritual Goal For The Month*

### **Take Time to Read the Bible Reference Listed and Dwell on the Goal**

John: 15

BE REMINDED...

The world will not love or applaud us for being a follower of Jesus. He was hated...so what should we expect?

Jesus told us that if we belonged to the world...the world would love us. As it is...we are in the world...but not of the world. We are different because He created a new attitude...a new life in us. We belong to Him. That is why the world will not understand...and will scoff...ridicule...and treat us with contempt. The Lord reminds us that no servant is greater than The Master. They persecuted Him. They will also persecute us...not if or maybe.

Prayer: Lord, we follow You because You are The Truth, The Light...and The Way. You make sense out of the craziness that darkens the world. You told us that broad is the way...the easy way for people to travel during their time under the sun. Straight and narrow is The Way that leads to You...and eternity in Your presence.

Lord Jesus, You gave us free will to choose. We chose You. We don't have to be a rocket scientist to understand. You made the choices simple. Please guide our days...because You are The Son of God, Who created ALL. We claim You...and want this ONENESS with each breath we take while on planet earth. Thank You for reminding us again today of the RIGHT WAY. Amen.

— Ralph Vaughn

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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.

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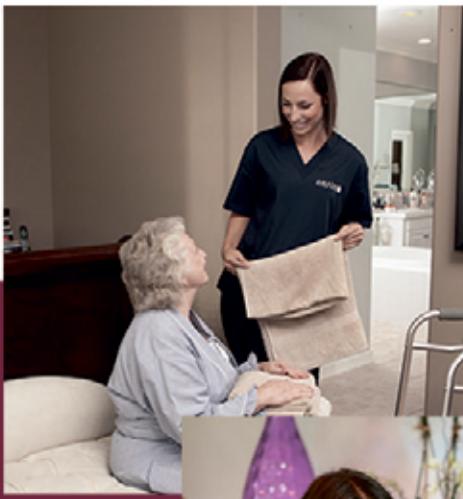


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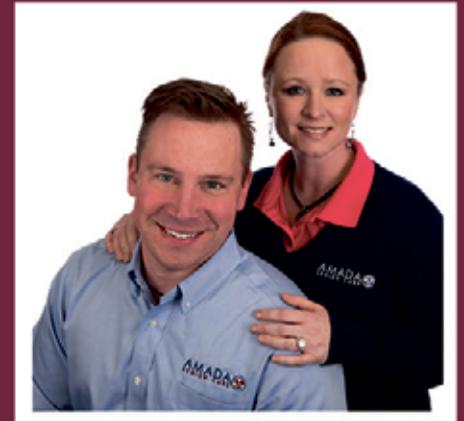
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