

July 2023

COMPLIMENTARY

# NASHVILLE

CHRISTIAN FAMILY

*Summer*  
**HOME**  
*TIPS*

*Family*  
**FAITH**

**The Godroys'**  
*SHARK TANK Tale*

**FREE Good News**





# Camp Changes Lives!

The Salvation Army firmly believes that camp has the ability to change lives and futures. Camp Paradise Valley, located on the shore of Dale Hollow Lake, provides an opportunity for our campers, ages 7 to 17, to get outside of the city breathe some fresh air, and embark on a trail to self-discovery. Throughout their stay at our sleep-away camp, campers get to enjoy a variety of indoor and outdoor activities. Campers have the ability to experience sports, small-scale farming, wildlife, rock wall climbing, music, art, and archery. Of course, Dale Hollow Lake provides a multitude of opportunities for our campers to get up close and personal with nature! Boating, fishing, and hiking are all on the agenda for our campers. Campers also have an option to become “seekers” who have decided to change their life through a personal relationship with God.

## Will you join us to change a life?

By giving a gift today, you can ensure a camper from one of our programs gets to experience what so many other children in our community will this summer!



Scan the QR code above or visit [SalvationArmyNashville.org](https://www.SalvationArmyNashville.org)



# NASHVILLE CHRISTIAN FAMILY®

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

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

**Editor:** Raymonda Jagers

**Contributing Writers:**

Bruce Riley Ashford, Ph D  
Devon Bagwell  
Anthony (Tony) Boquet  
Meredith Boyd  
Devon Brewer  
Larry L. Crain, Esq  
Sally Cressman  
Tammy Daughtry, MMFT  
H. Ben Davis, III, CSA  
Ashley Farrar  
Jonathan Feldstein  
Doug Griffin  
Nate Hertzka  
Janel Hitson, MD

Darlene Kemp, MPH, MBA-HCM  
Mark Koch  
Sarah Milligan  
Stan Moser  
Misty Ratcliff  
Christy Roberts  
Monica Schmelter  
Marc Siegel, MD  
Alayna Simons  
Rhonda Smart  
Ashton Tate  
Ralph E. Vaughn  
Leona Walthorn

**Cover Photos:** courtesy Black Sands Entertainment

**Production and Art Direction:** Wendy Satterwhite

**Website Development/Maintenance:** A3 Marketing and Communications

**Digital Marketing & SEO Services:** Bowen Digital Marketing

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

**Sales & Marketing:** Robert Stringfellow,  
Brenda Delgado/Marketing Specialist

**Administrative Assistant:** Emma Grace Hicks

**Printer:** Central Missouri Press

*Nashville Christian Family* is published monthly by Clarion Concepts, P.O. Box 463, Spring Hill, TN 37174. The phone number is 615-815-8765. E-mail [publisher@nashchristian.com](mailto:publisher@nashchristian.com). Reproduction of any part of *Nashville Christian Family* without permission of the Publisher is prohibited. Distribution of this paper does not constitute and endorsement of information, products or services. Views expressed in *Nashville Christian Family* do not necessarily represent those of the Publisher. Every effort has been made by *Nashville Christian Family* staff to insure accuracy of the publication contents. However, we do not guarantee the accuracy of all information nor the absence of errors and omissions; hence, no responsibility can be or is assumed. All Rights Reserved. Copyright 2023 by The Christian Family Publication, Inc.

Unless otherwise noted, scripture taken from the Holy Bible, New International Version, copyright 1973, 1978, 1984 by International Bible Society. Use by permission of International Bible Society.

**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, \$100 for one year (12 issues). To subscribe, e-mail [publisher@nashchristian.com](mailto:publisher@nashchristian.com)

– *Nashville Christian Family* is a part of  
The Christian Family Publication, Inc.  
celebrating 23 years of Good News!  
Visit [www.Nashchristian.com](http://www.Nashchristian.com)



## 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

### God Bless the USA!



As we celebrate the birth of our country this month, take a few minutes to reflect on how God has so richly blessed the United States of America since our founding fathers declared our freedom from England. Countless sacrifices including lives have been made and are still being made to ensure that our nation remains free to worship God, a democracy, and the greatest nation on earth.

Yes, there is much turmoil in our country, however, the United States remains the freest country in the world.

Also thank God for the more important eternal freedom from our sins and eternal life with Him that is available to anyone through His ultimate sacrifice of the death of His son Jesus and His resurrection.

Take a few minutes and discuss the freedoms and liberties that we are so blessed to enjoy as Americans and the importance of understanding that religious freedom, our ability to freely and openly worship God, is the cornerstone and foundation of our nation. Make sure to get children involved with this.

With things that are happening now in our country, we absolutely cannot take for granted that we, our children, and our grandchildren will always be able to enjoy liberty and religious freedom as we have known it.

We are one nation under God may He in His mercy continue to bless America.

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



# July 2023

## DEPARTMENTS

## CONTENTS

### VOLUME 14, NUMBER 2



## ON THE COVER 20

**Manuel and Geiszel Godoy share how they built their business- Black Sands Entertainment- on faith principles and what it was like to appear on the television show "Shark Tank." See page 20.**

**8, 25, 28 Summer Home Tips**

**9, 12, 18 Family Faith**

**1-32 Free Good News**

## SPECIAL FEATURES

**6 Defending the Truth Conference To Help Reach Others and Defend Their Faith**

**26 How To Start a Christian Ministry**

## NEXT ISSUE



**Co-Parenting Kids of Divorce and MUCH MORE!**

### 3 From The Publisher

### 8 The Home Front

Keep Your Home Cool and Efficient With a Solar Attic Fan

### 9 Family Matters

10 Ways To Beat the Summer Blues

### 9 Ask The Expert

Early Financial Planning For a Disabled Child

### 10 Mission Makers

Lives Changed Through the Programs of The Salvation Army: Meet Teeanna

### 10 Legal Matters

The Modern Attack On Our Justice

### 12 Business Today

8 Home Trends Shaking the Ground In 2023

### 12 Mighty Men

Did You Put On Your H.A.T.?

### 13 The Bible

*Seeing Beyond: A Sight Movie Bible Study*

### 14 Mighty Women

Trending@ Trevecca: Winchester Helping Major Motion Pictures Succeed as Marketing Manager

### 15 Faith At Work

When Should You Give Someone the Benefit of the Doubt?

### 17 Teachable Moments

The Love of God

### 18 Healthy Living

Be Happy, Be Healthy, Be Whole

### 18 Parenting Points

Masking My Words, Not Just My Mouth – Filtering My Words To Protect the Children

### 23 Body & Soul

The Principal of Stewardship in Health

### 23 Teachable Moments

The Need to Belong

### 25 The Great Outdoors

Yes, There Are Good Bugs!

### 25 Healthy Living

New Treatment for Neuropathy and Chronic Pain

### 28 Hassle Free Zone

4 Tips To Get Stains Out of Carpet

### 30 Our House

Debunking Common Crawl Space Misconceptions

### 32 An Encouraging Word

To Anyone Who Thinks Christianity Is Hateful or Bigoted

### 34 Business Today

AI Can Revolutionize the Doctor's Office

### 36 Monthly Spiritual Goal

IMAGINE.....Beyond Our Comprehension

### 36 God's Plan For Salvation and Eternal Life With Him

### 38 About Our Advertisers



# Come HOME

with J E N M A L L A N



**MONDAYS STARTING JULY 4 at 12:00 NOON CST**

Local Antenna (39) | Comcast (1039 HD / 21 SD) | Dish Network (39) | Spectrum (10)



# CrossLife

with Pastors Bob and Sharon Cornell

**Sundays at 9:30 AM CST**

Local Antenna (39) | Comcast (1039 HD / 21 SD) | Dish Network (39) | Spectrum (10)



### Defending Truth Conference to Help Christians Reach Others and Defend Their Faith

Are you equipped to defend your faith? What is Truth and can it be known? Does everyone have their own truth? Join other Christians like you who want to know how to respond to important topics like these.

In today's society, people are crying out for answers to the questions that define a person's view on life, economics, science, politics, freedom, and of course, sin. Too often our voices remain silent, stifled by uncertainty and doubt. What should our response as Christians be?

"Today's culture is inundated with worldly views and is becoming less accepting of Christian teachings and values," says Troy Miller, President & CEO of NRBTv. "Now it is more important than ever for Christians to know what we believe and be able to effectively communicate our faith," he adds.

Make plans to join us for the 2023 Defending Truth Conference to learn how to reach others and defend your faith respectfully from leading Christian apologists including Frank Turek (<https://crossexamined.org/dr-frank-turek/>), J. Warner Wallace ([www.coldcasechristianity.com](http://www.coldcasechristianity.com)), Alisa Childers (<https://alisachilders.com/>), and MORE!!! Together, these Christian leaders will help you learn to confidently defend your faith and explore important truths about cultural issues.

The event will be held Friday, September 8 and Saturday, September 9 in Lebanon, TN at The Journey Church. This conference will help enable people



in all stages of life to share their faith and give reasonable answers for what they believe to colleagues in the workplace, friends in the neighborhood, or family members. It's an event you won't want to miss! Registration is now open! Take advantage of our early bird pricing (only \$50 for adult tickets) until July 31. Additionally, we offer a student discount (tickets are only \$20). Get your tickets today! Early bird pricing will end July 31. Additionally, we are excited to offer Nashville Christian Family readers an exclusive discount. Use promo code NASHVILLECHRISTIAN for an additional 10% discount on all tickets. Don't miss your chance to register at the lowest rates offered for the 2023 Defending Truth Conference!

For more information and to purchase tickets, visit [www.nrbtv.org/dtc](http://www.nrbtv.org/dtc). To learn more about NRBTv, visit <http://nrbtv.org>. We hope to see you there!

— Christy Roberts, Manager of Marketing and Events, [nrbtv.org](http://nrbtv.org)

#### ABOUT NRBTv

NRBTv a Christian TV channel headquartered in Nashville, TN, and seen nationwide on DIRECTV channel 378 and select broadcast affiliates. The channel is also streamed worldwide on Roku, Amazon Fire TV and Apple TV (4th gen) streaming players, via a free mobile app, and online streaming. A 501(c)3 non-profit organization, NRBTv reaches a global audience 24 hours a day with thought-provoking, Christ-centered programming. For more information, visit [www.nrbtv.org](http://www.nrbtv.org).

DEFENDING TRUTH  
Apologetics Conference

FRANK TUREK J. WARNER WALLACE ALISA CHILDERS  
...AND MORE!!

SEPTEMBER 8-9, 2023  
THE JOURNEY CHURCH  
1250 Leeville Pike, Lebanon, TN

TO LEARN MORE AND REGISTER,  
SCAN THE QR CODE OR VISIT:  
[WWW.NRBTV.ORG/DTC](http://WWW.NRBTV.ORG/DTC)

ENTER CODE  
NASHVILLECHRISTIAN  
FOR AN EXCLUSIVE DISCOUNT!

# FROM CALLING TO becoming

Is compassion part  
of your calling?

Study to become a registered nurse  
with Trevecca's Bachelor of Science in nursing,\*  
and make an impact in healthcare.



HEROES  
TRAIN HERE



[trevecca.edu](https://trevecca.edu)

*\*Pending approval by the Southern Association of Colleges and Schools Commission on Colleges*





## Keep Your Home Cool and Energy Efficient with a Solar Attic Fan

Are you plagued with high energy bills and a stuffy home? Don't let the Tennessee heat and humidity get you down! With the current economic climate and inflation tightening their grip on homeowners, an energy-efficient solution like a solar attic fan can be your saving grace.

A solar attic fan is an exhaust fan that uses solar energy to remove hot air and moisture from your attic. Providing steady airflow to the attic helps regulate temperatures in the home and reduces energy costs throughout the summer when running an AC or cooling system can become expensive.

### Benefits of a solar-powered attic fan

Aside from the obvious energy savings, investing in a solar attic fan has a few other benefits. From increased comfort to improved air quality and ventilation, a solar attic fan can make your home far more enjoyable. Here are just a few of the benefits you can expect from this energy-saving solution:

1. Increased comfort
2. Improved air quality
3. Prolonged roof life
4. Easy installation
5. Eco-friendly solution
6. Eligible for tax credits

### Solar attic fans vs. traditional electric attic fans

Are you torn between the old-school electric attic fan and the modern-day solar-powered one? It's time to settle this battle once and for all.

Electric attic ventilation fans, although effective in reducing temperature and humidity, have their share of drawbacks:

- **Operating costs:** Electric fans come with a heavy load, making running expensive. With solar fans, you can say goodbye to operating costs as they harness the sun's energy, which is entirely free.
- **Limited operating window:** To lower energy costs, many homeowners opt to install a thermostat cutoff, which reduces the fan's operating window. While a good idea, this actually limits the fan's efficiency in extremely hot and humid weather. The fan waits until the attic temperature reaches a certain level before switching on — and by then, it's already too late. This results in inefficient cooling and damage to the fan.
- **Motor wear and tear:** Traditional motors in electric fans wear out easily, leading to costly repairs and maintenance. The recent technological breakthrough in solar fans has led to the creation of



brushless motors that can handle extended operating hours without fear of burning up your investment. These motors work quietly without distracting vibrations or humming, making them a great addition to

your home.

The verdict is in! Solar attic fans are a better option than electric attic fans. Not only do they use a renewable source of energy, but they also come with long-lasting brushless motors, no operating costs, and run all day long, providing better protection and efficiency for your home. It's a lot to consider! Fortunately, Lee Company can help you evaluate these factors and select the perfect solar attic fans for your Tennessee home. Our expert technicians can install your solar attic fan quickly and efficiently, so you can start saving money on energy costs in no time. Contact Lee Company today to learn more about the benefits of solar attic fans!

— *Nate Hertzka, Home Services Manager*  
*The Lee Company*



**SARAH MILLIGAN**  
REALTOR®

*matching homes with people*

[sarahmilligan.com](http://sarahmilligan.com) | 615.545.1133 | @sarahmilliganrealtor



### *sarah's story*

As a second generation REALTOR®, Sarah Milligan knows the ins and outs of the real estate business.

She is a top producing REALTOR® helping buyers, sellers, and investors in and around Nashville since 2007.

The Wilson Group Real Estate Services | 615.436.3031 | 4100 Hillsboro Cir, Nashville, TN 37215



### 10 Ways to Beat the Summer Blues

A study showed that after thirteen days into the summer, parents were ready for school to start. The reasons ranged from trying to be the recreation coordinator, planning ahead, reining in excessive screen time, and lacking in finances.

Need help? Here's ten ideas to beat those summer blues.

**1. Create a bucket list** with your kids of the things they'd like to do or learn.

Place boundaries on the cost and distance. You'd be surprised with what they come up with.

**2. Visit local sites** unique to Nashville such as the zoo, Adventure Science Center, Tennessee State Museum, Sounds Minor League Baseball, or Country Music Hall of Fame.

**3. Get your kids outdoors.** Walk across the pedestrian bridge in downtown Nashville. The "Greenways for Nashville" website provides maps and trails. Want to get away from the city? Yes, it's hot, but consider going berry picking or attend a county fair. Close to home a sprinkler cools off the kids and provides tons of squeals.

**4. Plan for rainy day activities.** There's plenty in your house for kids to create, bake or revisit. Suggest they try a recipe from another country, create a craft or art project, form a band, revisit a puzzle, or make a tent. McDonalds and Chick-fil-A provide indoor play places to burn off steam. Invite another mom and her kids to go with you for lunch and playtime.

**5. Allow for boredom.** Don't think you have to plan every minute of a child's day as unscheduled play works a different part of a child's brain than used at school. Allow them to create, imagine, and dream this summer. It doesn't cost a thing.

**6. Communicate clearly on the screen time allowed.** Keep screens out of bedrooms and in the open where you can monitor usage. One mom I know turns off the Wi-fi after 11 p.m.

**7. Seek free opportunities.** Libraries and local bookstores schedule story time (check their websites) for younger kids and may add a craft or activity to go with the book. For teens, find opportunities to volunteer.

**8. Cheap is next best.** Recreation and community centers offer activities for kids at a low daily fee. Check out the Nashville.gov website for more information. The Brentwood Skate Center and local bowling alleys also offer inexpensive old-time fun.

**9. Attend Vacation Bible School.** If you haven't sent your child to one, sign up! Some churches still offer VBS in July. Churches rarely charge for this event (unless you want a t-shirt) and offer a fun way to learn about the Bible and hear the Gospel message—an eternal benefit.

**10. Eat ice cream!** Ice cream always cools off and brightens moods on a hot, steamy summer day.

— Sally Cressman writes about faith, family, and home on her website, [www.sallycressman.com](http://www.sallycressman.com). You'll receive FREE "31 Biblical Affirmations for Mom" cards when you sign up. Connect with her on Instagram at @sacressman.



## ASK THE EXPERT

Brought to you by:  
Vista Points • [www.vistapoints.org](http://www.vistapoints.org)



### Early Financial Planning for a Disabled Child

**Question:** I recently had a baby boy. He has Down's Syndrome. I want to plan for his future, right now. What can I do to help him have a bright future, even after my husband and I are gone?

**Answer:** Planning for your son's future is admirable. There are a couple things you can do right now so your son has financial resources available. The first is to set up an ABLE Account (Achieving a Better Life Experience) through the state of Tennessee. [www.able.treasury.tn.gov/](http://www.able.treasury.tn.gov/).

The second thing is to establish a third-party supplemental needs trust with an established trust company. [www.vistapoints.org/third-party/](http://www.vistapoints.org/third-party/)

Both of these types of financial instruments will provide for items or services your son needs either now or in the future.

— Darlene A. Kemp, MPH, MBA-HCM, Executive Director, Vista Points Special Needs Trusts, [www.vistapoints.org](http://www.vistapoints.org), 888-422-4076



**VistaPoints**  
The Special Needs Trusts & Resource Center

**ADVERTISE WITH**

**BIRMINGHAM**  
CHRISTIAN FAMILY®

AND BE SEEN **ONLINE** AND IN **MANY LOCATIONS**  
ACROSS CENTRAL ALABAMA

CALL 205-408-7150 OR EMAIL [AMY@CHRISTIANFAMILYPUBLICATIONS.COM](mailto:AMY@CHRISTIANFAMILYPUBLICATIONS.COM)



## Lives Changed Through the Programs of The Salvation Army: Meet Teeanna



The Salvation Army Pathway of Hope program provides individualized services to families with children who desire to improve their quality of life. Teeanna's family entered the program after participating in one of The Salvation Army youth engagement activities not fully understanding what it would mean for them.

Teeanna says, "Signing up was an easy process to go through and my girls love the people that we come in contact with. The Pathway of Hope program offered a lot of things that I didn't know existed. They help you go to school if you'd like. They actually helped me fix my car! That was big benefit right there that I wasn't expecting."

For Teeanna's oldest daughter, it opened up ideas for her future. "One of the ladies at The Salvation Army sent me a text about going to a college tour and we ended up going. I didn't know that my daughter actually is thinking about going to the college. The Salvation Army helped her realize there were more possibilities than just staying stuck at what you're used to. Now she's looking into doing hair, but she also wants to be a Lawyer."

"I'm so thankful to the Salvation Army. They open our minds up to possibilities that we did not see or could imagine. The Salvation Army is a very positive place to be, and it makes a difference."

— *Misty Ratcliff, Development and Communications Manager, The Salvation Army, Nashville Area Command* - <http://www.salvationarmynashville.org/>

## LEGAL MATTERS

Brought to you by: **Community Partner Crain Law Group** • [www.crainlaw.legal](http://www.crainlaw.legal)



### The Modern Attack on Our System of Justice

Some of the most dramatic stories in human history have unfolded in the courtroom, many of them more gripping than fiction. The predictable outcomes on Perry Mason pale in comparison to what often happens in real life. But today oftentimes news headlines point to a system of justice that is undergoing attack.

Any fair judicial system cannot come to a just decision without regard to the means. In other words, it must do so using a fair procedure. This has over time come to be known as "due process."

The cornerstone of due process in our court system is the presumption of innocence, which means that a person must be proven guilty beyond a reasonable doubt. Unless you have traveled abroad to other countries and observed their judicial systems, it is easy to take for granted this unique and vital aspect of our system of justice.

Another important component of due process in the United States, Great Britain and throughout the British Commonwealth is that the defendant must also be given timely notice of the accusations against him or her. In a criminal case, this is the function of an indictment, which must be very specific as to each element of the offense. In a civil case, it is called a "complaint", and if the draftsman is not careful to plead the facts with sufficient specificity, the court is obligated to dismiss the lawsuit.

Next, judicial systems dating back as far as early Greece have emphasized the need for a fair and

impartial trial. As the ancient proverb goes: justice is blind. It is to be meted out impartially and without regard to the identity of the person being tried. This means, at a minimum, the accused must have the right to subpoena witnesses, to cross examine his accuser, and to be judged by an impartial jury of his peers.

With all of these time-honored safeguards in place, why is our judicial system in America facing such strident criticism today? The answer may lie in the fact that we are witnessing a series of "firsts" in our judicial history. The indictment of a former U.S. president weeks following his announcement as a political candidate; the use of our branches of criminal justice on a national and local scale to investigate and prosecute claims which, in hindsight, were based on scant, or no credible evidence; and accusations of corruption at virtually all levels of our prosecutorial system now seem to abound.

Confidence in our system of justice is a bedrock component of our democracy. Our democracy depends on fair and independent courts to protect against abuses of power, provide checks and balances, and administer justice without regard to outside pressures. When citizens sense that politicians are threatening the independence and legiti-



macy of the judiciary, an important pillar of government stands on the brink of collapse.

Several of my clients who are Christians have also raised concerns about their ability to get a fair

and impartial trial given some recent trends in our culture. Recently, a gentleman came to my office who was arrested at a Gay Pride event in a city-owned park for merely bowing his head to pray while wearing a t-shirt that read "Jesus Changed My Life." Two women were forbidden entrance to the same event because they sought to bring their Bibles into the park. The denial of these basic religious freedoms may seem extreme to many jurors who are people of faith; but these clients are understandably concerned that many potential jurors today may not share these views.

We are blessed in this country to have more than two hundred years of precedent upholding the due process protections engrained in our constitution. I frequently invite clients to pray before a hearing and to ask God's protection and guidance for the judge and jury. I also remind them of Paul's teaching in Romans 13:4 that the judge is a minister of God for good.

— *Larry L. Crain*  
[www.crainlaw.legal](http://www.crainlaw.legal)



# **CRAIN LAW GROUP, PLLC**



**Dedicated to the Practice of Law  
as an Honorable Calling**

---

**Over 30 Years of Court Room Experience**

---

**National Litigation Experience in Over 26 State  
and Federal Jurisdictions**

---

## **WE SOLVE LEGAL PROBLEMS**

### **CIVIL RIGHTS & CONSTITUTIONAL LAW**

**Our practice covers the complexities of discrimination, fair housing, abuse of power and more.**

### **CHURCH & MINISTRY CASES**

**We seek to provide legal guidance from a Biblically-informed perspective and provide a wide array of legal services to churches.**

### **PERSONAL INJURY**

**We carefully select legitimate cases and provide a client-focused approach and service along with our depth of experience.**

### **ESTATE PLANNING**

**From Last Wills & Testaments, Power of Attornies, Advance Directives and Revocable Living Trusts, we have your future covered.**

### **EMPLOYMENT CASES**

**Whether you are the employer or the employee, we have broad experience in dealing with employment concerns.**

### **LEGAL ADVICE SERVICES**

**We gladly assist our clients to proactively address questions or concerns before they become legal issues or problems.**

**615-376-2600**

**Larry@crainlaw.legal | www.crainlaw.legal**

**5214 Maryland Way | Suite 402 | Brentwood, TN | 37027**

## 8 Home Trends Shaking the Ground in 2023

A lot has changed in the last few years and homebuilding trends are no exception. Looking for inspiration for your next project? Here are the Top 8 emerging trends in building and design.

### 1. Outdoor Living

**Space-** No longer an add-on, outdoor spaces are now luxurious living spaces. Consider comfortable furniture, televisions, appliances and temperature control when designing your new space.



### 2. Accessibility-

Multi-generational homes are more popular than ever and the number is growing. With age comes the need for accessible features such as curb less showers, shower benches, no-slip flooring, grab bars, and wide doorways and hallways.

**3. Kitchen Functionality-** Look for kitchens that have lasting appeal and deliver long-term function. Kitchen islands are among the top choice due to their versatility. And don't forget storage, storage, storage in your kitchen. Racks and drawers can optimize space for storage and a large pantry is a must.

**4. Sustainability-** Homebuyers are more environmentally conscious than ever and design preferences reflect that. Looks for sustainable materials such as engineered, bamboo or recycled wood, eco-friendly insulation, and stainless steel.

**5. Arches and Curves-** It's official- Curves are in! Visible in interior design trends, curves are a growing architectural trend that is on the rise in 2023. Arches and curves can go a long way to soften a space and make it feel more organic.

**6. Natural Materials-** Bring it back to nature with earthy colors and textures. Try these rich color palettes to create a cozy atmosphere: Brick red, sage green, ocean blues, gold, copper and other metallics.

**7. Bold Colors and Textures-** Bold color accents are topping the list with homebuyers right now and the daring goes beyond paint. Textured wallpapers, statement features and bright backsplashes are all ways to make a statement.

**8. Flexible Spaces-** People are spending more time indoors and many are working from home. A flexible space that can serve as office, craft room, guest room is a welcome addition to a home and boosts functionality.

Whether you are building new or renovating a space, consider incorporating some of these trends in your project.

And for all things buying and selling, consider contacting Sarah Milligan, Realtor for professional advice with your home.

— Sarah Milligan, 615-545-1133  
www.sarahmilligan.com or  
sarah@wilsongrouprealestate.com



As a second generation REALTOR®, Sarah Milligan knows the ins and outs of the real estate business. She is a top producing REALTOR® helping buyers, sellers, and investors in and around Nashville since 2007.

## MIGHTY MEN

Brought to you by: "The First Hour" for Men  
www.TheFirstHour.com



### Did You Put On Your H.A.T.?

I recently lied to my wife. Twice in fact. The first time she was waiting on me for dinner and called to ask if I was getting close. I said I was at the exit where the restaurant was. No, I wasn't. I was about three minutes from that exit. I lied again when she asked if I had put all the ingredients in her smoothie (and my wife likes a lot of ingredients in her smoothie!). "Yeah," I said. "They're all in there." No, they weren't. I knew I'd left at least one of them out. You might say these weren't egregious lies, but they were still lies and the Holy Spirit nailed me on it. He revealed that I flip little lies out there just like these and it undermines my integrity. If I tell a little lie, how easy does it become to tell big ones? I can't say I'm a man of my word if my word is sprinkled with what I try to justify as "white lies"

That's why as Christians we must remember to start every day by putting on our H.A.T. and that is to be:

- **Humble**
- **Authentic**
- **Truthful**

Let's look at these. First, humility is the foundational posture we must take if we are to be followers of Jesus Christ. God's expectation is that His disciples be humble. The Apostle Peter tells us to "humble [ourselves] under God's mighty hand" (1 Peter 5:6), and that "God opposes the proud but shows favor to the humble" (1 Peter 5:5).

Humility leads to authenticity. The Bible says Jesus, "humbled himself by becoming obedient to death, even death on a cross" (Philippians 2:8). The dictionary defines authenticity as, "conforming to an original to reproduce essential features," or as Romans 8:29 puts it, "so that we might be conformed to the image of his Son." We become authentic followers – reproductions – of Christ when we humble ourselves.

Truthfulness in all that we say and do becomes a natural byproduct of our lives when we humbly and authentically conform to the image of God's Son. Jesus is truth. He'd never lie about how far away He was from a restaurant or whether coffee had all the ingredients.

But there is an opposite reality if you're not wearing your H.A.T.

If you're not humble, you're prideful.

If you're not authentic, you're counterfeit

If you're not truthful, you're a liar.

Prideful, counterfeit, liars are not followers of Jesus Christ. The Holy Spirit taught me another lesson about failing to be humble, authentic, and truthful. It always ends up in my humiliation. I confessed to my wife about the smoothie, and she was livid that I would compromise my integrity over something so insignificant. I went and fixed it the way it should have been done to begin with.



So how about you. Did you remember your H.A.T. today? If not confess, repent and put on humility, authenticity and truthfulness. You'll be glad you did.

— Mark W. Koch is an Author, inspirational and Hollywood Film Producer. To order a Free Copy of, "The First Hour" for Men 30-Day Journey, Visit [www.thefirsthour.com](http://www.thefirsthour.com) and use promo code NCF.



## Seeing Beyond: A Sight Movie Bible Study

Drs. Ming Wang and Rice Broocks (the creator of *God's Not Dead* book and movie series) recently published *Seeing Beyond – a Sight Movie Bible Study*. It presents a Scripture-based message of the film *Sight* which releases in October across the U.S. the film *Sight*. The film co-stars Greg Kinnear and is based on the autobiography *From Darkness to Sight* of Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics). *Sight* recently won the two biggest prizes at the 50th ICVM International Christian Film Award, the best picture and the best feature film!

- **Seeing beyond our pain** (inspired by the blind orphan child Kajal in the movie)
- **Seeing beyond our circumstance** (inspired by Ming's parents)
- **Seeing beyond ourselves** (inspired by Maria's miracle surgery that shows that as human being we are ultimately limited, and we need to be humble and be willing to ask for help, from beyond ourselves)
- **Seeing beyond our own culture** (inspired by Dr. McNesby in the film who helped Ming come to America, and in the opposite way, by Dr. Norman Anderson (Dr. Scurry in the movie) who did not see beyond his own culture and discriminated

Ming based on ethnicity  
**• Seeing beyond our polarization.**  
 America has become a nation that is increasingly fixated on our differences rather than appreciating what we all have in common. We are increasingly unable to work across political isles, racial divides and ethnic divisions. The movie "Sight" is about seeing beyond our polarization and recognize that the polarization is caused by human nature (for power and control), and only through heeding to a higher calling, from Jesus Christ, can we truly bring our beloved nation, back on a path towards unity.

### About Dr. Ming Wang, MD, PhD

Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics), is a world-renowned laser eye surgeon, philanthropist, and a co-founder with Dr. Rice Broocks of the non-profit Common Ground Network.

As a teenager, Ming fought valiantly to escape China's Cultural Revolution – during which millions of innocent youth were deported to remote areas to face a life sentence of hard labor and poverty.



He came to America with only \$50 and earned two doctorate degrees, one in laser physics and one in medicine, and graduated with the highest honors from Harvard Medical School and MIT.

The amniotic membrane contact lens, which Dr. Wang has invented (and holds two U.S. patents), has been used by tens of thousands of eye doctors throughout the world in nearly every nation, and millions have had their eyesight restored. Wang Foundation for Sight Restoration has helped patients from over 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-of-charge. Dr. Wang was named the Kiwanis Nashvillian of the Year for his lifelong dedication to help blind orphaned children from around the world.

To reach Dr. Ming Wang: [drwang@wangvisioninstitute.com](mailto:drwang@wangvisioninstitute.com), [www.drmingwang.com](http://www.drmingwang.com)

— Leona Walthorn

## Heal the Man... Heal the Family... Heal the Nation!



FIRST BOOK FREE

Over 300,000 distributed!  
 The book that's sweeping the nation!

Men's lives all across the nation are being radically transformed through *The First Hour for Men* 30-day journey. Mark W. Koch gives men a simple pathway that will help the reader become a true man of God in every area of their lives. This unique and simple 30-day study guide instructs men how to pray, what to pray for, how to spiritually guard and protect themselves and their families, and how to grow closer to God in their everyday lives.

*There's POWER in the Hour!*

A MESSAGE FROM THE AUTHOR:  
*Marriages are being healed, relationships with children are being restored, miracles are happening in all areas of the lives of the men who are earnestly seeking God and spending their first hour with Him daily. God promises to answer the prayers of the righteous and to those who diligently seek him. I challenge you to find out for yourself!*

**Order your FREE BOOK now!**  
[www.TheFirstHour.com](http://www.TheFirstHour.com)

USE PROMO CODE 316 AT CHECKOUT

### Trending@Trevecca: Winchester Helping Major Motion Pictures Succeed as Marketing Manager

From laying out film budgets to leading a strategy team, Laura Beth Winchester, a 2017 graduate of Trevecca, has worked her way up and helped make many Christian movies possible and widely viewed, including the recently released *Jesus Revolution* movie. Winchester's role in *Jesus Revolution* was heavily focused on young adult outreach, and specifically college-age students. "There was a huge initiative on that film to reach the younger audience because that's kind of where that Jesus revolution started all those years ago, with teenagers and 20-somethings," Winchester said.

As a part of Winchester's outreach program, including initiatives like free screenings at colleges and PR boxes filled with disposable cameras, a sweatshirt from a collaboration with a prominent brand and 70's-themed candy, Winchester led the team to promote the movie worldwide. As part of a publicity campaign, Winchester also schedules premieres for films, and was able to be part of the premiere for *Jesus Revolution*. "I just was smiling the whole time because I rarely get to experience people reacting to a project that I've worked on for the last six months," Winchester said. "I think that's one of the most rewarding parts about it, is getting a front row seat to people experiencing a project that you've worked really hard to put out into the world."



"Each film requires a totally different strategy to reach a totally different audience," Winchester said. "So I work alongside the rest of our team working on what's going to work best for this audience. How do we take what we've learned so far in the campaign and adjust it as we continue moving forward and finish out?"

In 2019, Winchester hosted the Nazarene Youth Conference and will be hosting it again this summer. Being on stage and connecting with young adults and students is a passion of hers, and she hopes to incorporate that into her career moving forward.

"Ultimately, I want whatever I'm doing to just further the kingdom and to make people feel really blessed," said Winchester. "Whether that's me speaking directly to them in a microphone or through an Instagram caption or a movie trailer, that's what I want to do."

— Alayna Simons

#### Formative Years on the Hill

At Trevecca, Winchester double majored in communication studies and organizational communication, while minoring in leadership. She had many opportunities to gain real-world experience and was heavily involved in events on campus, such as serving as the social life executive on the student government team, helping lead a TNT (Top Nazarene Talent) event and participating in Trojan Idol. "I was dipping my hands in little entertainment moments here and there that I had no idea were all preparing me for a full-time job in the entertainment industry," Winchester said. "It all had a purpose."

Besides equipping her for her career, her time at Trevecca taught her to value her work while also loving people she interacts with every day. "Trevécca prepares you to go into work with such a grateful mindset wherever you are," Winchester said. "Going into it with a grateful heart and with a heart to serve I think are two of the biggest things that I took away from Trevecca."

#### Marketing Movies

Besides *Jesus Revolution*, Winchester has worked on other faith-based films such as *I Still Believe* and *Redeeming Love*. These opportunities have come through her job as a marketing manager for WTA Media, a branch of Educational Media Foundation, which owns and operates KLOVE Radio, Air One Radio, Access More podcasts, and KLOVE On Demand. "What we'll essentially do is lead the marketing campaign team of digital buyers, content creators, publicists and communications directors. It's a lot of gatekeeping, copywriting, reviewing, so many things," Winchester said. "We're a small team here and we're extremely collaborative, which is something that I really appreciate."

Winchester's responsibilities at WTA Media include being a spokesperson between vendors and producers; creatively strategizing for campaigns; managing film budgets; regulating social media flow; and working closely with major studios like Universal.

## Looking for some Good News?



Read & Share Good News 24/7  
at [NashChristian.com](http://NashChristian.com)

We are your local resource for all things family - including health and wellness, spiritual growth, parenting, education options, entertainment and more!

**NASHVILLE**  
CHRISTIAN FAMILY



# Can a special needs trust help you?

***Special Needs Trusts provide for your loved one's supplemental needs when you cannot.***



*Darlene Kemp  
MPH, MBA-HCM  
Executive Director*

- Special Needs Trusts provide financial protection of lawsuit settlements for an individual living with a physical, mental, or intellectual disability.
- Improve quality of life without jeopardizing government benefits.

***VistaPoints***  
*The Special Needs Trusts & Resource Center*

***Peace of mind does not have to cost a fortune.***

Vista Points, Inc. | Special Needs Trusts & Resource Center

888.422.4076

[www.vistapoints.org](http://www.vistapoints.org)



# TAKE YOUR WEEKENDS BACK!

## WE'RE ON THE JOB!

Molly Maid® will help you clean house, so you can enjoy your weekend to its fullest. Our professional cleaners will come do the dirty work while you enjoy time with your family.

**10%** OFF ANY SERVICE

New customers only. Cannot be combined with any other offer or discount. Participating locations only. Some restrictions may apply. Offer expires 07/31/2023.



**MOLLY MAID™**

a neighborly company

**MOLLY MAID® OF S. DAVIDSON, WILLIAMSON AND MAURY CO**  
**615-794-0200 • [mollymaid.com](https://mollymaid.com)**





## TEACHABLE MOMENTS

### The Love of God

God loves you so much, no matter how holy you are, you cannot do anything to make him love you more. God loves you so much, no matter how vile you are, you cannot do anything to make Him love you less. God is love. God loves us because it is His very nature. At the end of the day, it has nothing to do with your actions!

We allow ourselves to relate to God based upon our assumptions of how “good” we are. We believe that if we have done all the “right” things, we have earned enough points to cash them in and get an answer to a prayer or a ticket to heaven. If we have acted the opposite, selfish, ugly, or angry, we feel as if we do not have the right to ask God for anything. We can also compare ourselves to others when this is clearly not our measuring stick. We try to relate to God based upon our behavior.

The Bible tells us that we are to walk by the Spirit and not by our flesh. The flesh is defined by our five senses – sight, taste, hear, touch, and smell. When we base the love of God on how “righteous” we are compared to others, we grossly misunderstand the very nature of God. When we frame our behavior, whether good or bad upon our flesh, we limit Christ in us. If we reduce our gaze to our flesh only, we miss the most important element of relating to the Lord.



We relate to God by faith - without faith it is impossible to please God (Hebrews 11:6). We walk by the Spirit and live out this journey through faith. We must realize that our Spirit is always perfect and loveable and always ready to communicate with God. This is because of what Jesus did on the cross – not our actions. The Bible tells us to acknowledge everything good in us. “That the communication of thy faith may become effectual by the acknowledging of every good thing which is in you in Christ” (Philemon 1:6), contrary to what our flesh may be telling us.

Therefore, our days on this side of heaven are not about making our flesh better – it is about renewing our minds so we may understand God’s love and the treasure we possess within our Spirit. (Romans 12:2). When our minds are renewed, our actions will follow.

As believers, we should interpret our life through the lens of God’s Word, not our flesh and not our actions. We must believe what the Bible states over our circumstances. When we read about how much we are loved by God, and that He gave his only Son for us to have everlasting life, (John 3:16) we must allow ourselves to believe this awesome truth and relish in His love. We must realize that God loves us, not because we are lovely but because He is love!

— Rhonda Smart, rhondalsmart@gmail.com

# FORM CURRICULUM



FormCurriculum.com  
Hello@glorytogloryfitness.com  
615-488-8203



*A  
Biblically-Based  
Health Program  
Your Kids  
Will Love!*

**You can give your kids everything they need to have a biblical foundation in health so they can better serve God and others.**

- **Animated Lessons**
- **Movement Videos**
- **Devotional Guide**

**Scan the QR Code  
to preview the  
program for free!**





## Be Happy, Be Healthy, Be Whole

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

Is summer your favorite season? That answer could depend on how old you are. One report I read says that 20-30 year olds list summer as their favorite season, while the over 50 crowd says it's their least favorite. For me, the challenge of summer is the heat and how that is something I easily use as an excuse to exercise less. So if that's you too, here's three things that can help in your weight loss journey that don't involve sweating.



cells healthy. Think about a typical fast-food burger: two small pieces of bread (the bun) plus a slab of meat. Without cheese or sauce, most burgers like this have about 300 to 400 calories. Those calories come from carbs in the bread (roughly 40 grams), protein in the meat (around 17 grams) and fat (around 10 grams). An order of fries, on the other hand, is just a tray of fried potato. It has a lot of fat and carbs — which give it about the same number of calories as a burger — but very little protein. By swapping the fries for a second burger, you're nearly doubling your protein intake while reducing the amount of fat and carbs you're eating.

### Seeing the same food picture repeatedly can make you feel full

New research from Aarhus University, shows that seeing the same image of food repeatedly can make you feel more satiated, and you may choose a smaller portion when you subsequently eat. The study revealed that participants felt more satiated after seeing the same food picture 30 times. The participants who saw the picture many times chose a smaller portion than those who had only seen the picture three times. It's possible the research could be applied as a method to control appetite and could be used as a weight loss strategy.

### Spicy mustard

To burn more calories without moving a muscle, spread hot mustard on your next sandwich. Studies show hot condiments such as cayenne pepper sauce and mustard temporarily pump up your metabolism, so fat melts away 25 percent faster for up to three hours.

### Eating 2 burgers could be healthier than adding side of fries

Emily Field, a registered dietitian and nutritionist, came up with an idea for fans of the very American burger-and-fries lunch or dinner: instead of adding fries to that order, you might want to consider a second burger. While conventional wisdom might tell you that eating a second anything is a bad choice from a nutritional perspective, there's something more important to consider: balance. Think about three components of a food — fat, carbohydrates, and proteins. Protein fuels your muscles and keeps you feeling full, carbohydrates provide energy, and fat helps us absorb vitamins and minerals while keeping

Of course, another big help in weight loss is accountability and NOT going it alone! I attribute my weight loss success to Dr Lodge and the staff at Cool Springs MD. From nutrition counseling to personal trainers and more, you won't have to go it alone with Cool Springs MD. Dr Lodge and his team are ready to help you with their stated goal for everyone to be "Happy, Healthy and Whole"

— 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



# FAITH @ WORK

Brought to you by: **WHTN/CTN** • [www.ctntv.org](http://www.ctntv.org)



## When Should You Give Someone the Benefit of the Doubt?



Misunderstandings. Ambiguity. Well intended comments that go awry. When these things happen our personal experiences and expectations tend to fill in the uncertain blanks.

When there is a potential for misunderstanding, it can be helpful to offer the benefit of the doubt. Offering the benefit of the doubt can build and strengthen relationships. So, the question is – how do you know when or if you should offer the benefit of the doubt? Today, I will share a few secrets that I've learned in the studio.

### Secret #1 Decide in Advance

We can't control when uncertainty comes our way, but we can decide in advance to live with a renewed mind. When someone says something that you're not certain about you may want to start with the benefit of the doubt. Let's say you have a new friend that cancels at the last minute citing a family situation. Then later you hear from a third person, that the family situation was fabricated. You might

not want to rush to judgment. There may be a valid explanation. If later, you discover with certainty that the excuse was fabricated it might be time to put on the brakes. When extending the benefit of the doubt is your first response, you avoid filling in uncertain blanks with suspicion and negativity.

### Secret #2 Trust Your Gut

As believers we know it's the Holy Spirit that gives us that cautionary red flag, or all is well green light. I remember talking with a Bridges guest whose math didn't add up. She said that in 1978 she couldn't feed her 4 children on \$100,000 a year. That math didn't add up for me. She seemed sincere, so I listened and asked more questions. What she meant to say was that in 1978 she was earning \$10,000 per year. With 4 children and looming debt she had trouble making ends meet. She was nervous and mis-spoke. Nit-picking this conversation would have been easy to do. But offering the benefit of the doubt gave room to strengthen the relationship, and offer Bridges viewers a hope filled story.

### Secret #3 Holding On & Letting Go

Knowing when to hold on and when to let go is a complex task. Scripture encourages us to hold on to what is good – to think on all things good and noble. Scripture also instructs us to let go of the cares of this world and the weight of things that hold us down. It's a heavy load to carry suspicion and pick apart conversations with the hopes of finding a flaw. Of course, we don't want to live as the naïve or gullible, but with Christ's help we can look for the positive and give the benefit of the doubt unless we see that it is no longer a healthy option.

Today's Secret from the Studio: Offer the Benefit of the Doubt unless you're certain it's not a healthy option.

— Monica Schmelter, host of Bridges on Christian Television Network, is a recovered fixer and people pleaser. Now, chocolate and grace fill her happy space.

Watch Bridges on demand at [www.monicaschmelter.com](http://www.monicaschmelter.com)



 CHILD  
DISCIPLESHIP  
23 FORUM

September 21 & 22, 2023  
In Person & Online

# HOW DO WE DISCIPLE KIDS IN A RAPIDLY CHANGING CULTURE?

LEADING VOICES ON CHILDREN,  
CULTURE & LOCAL CHURCH MINISTRY



**JON TYSON**  
Pastor, Church  
of the City



**ALISA CHILDERS**  
Author & Speaker



**RICH VILLODAS**  
Lead Pastor,  
New Life Fellowship



**ED STETZER**  
Pastor & Researcher



**ROBBY GALLATY**  
Pastor, Long  
Hollow Church



**CHINWE WILLIAMS**  
Therapist & Speaker



**REBEKAH LYONS**  
Speaker & Author



**SHAI LINNE**  
Author &  
Recording Artist



**JARED KENNEDY**  
Editor, The  
Gospel Coalition

AND  
MORE!



SECURE YOUR SEAT TODAY FOR  
LOWEST AVAILABLE PRICING  
[ChildDiscipleshipForum.com](https://ChildDiscipleshipForum.com)

**Thompson Station Church**  
2604 Thompson's Station Rd E,  
Thompson's Station, TN 37179

# Shark Tank's Manuel & Geiszel Godoy: *Business Built by Faith*

When Manuel and Geiszel Godoy appeared on the “Shark Tank” television show to pitch their unique business plan, their excitement exuded through the screen. Their passion for diverse storytelling impressed the show’s celebrity judges and increased the visibility of their already-successful business. Today, the Birmingham, Ala. born-and-bred married couple continues to follow their dreams, relying on faith to help them do business the “right way.”

**Diverse Stories.** The Godoys’ business, Black Sands, tells the stories of African American history in a new and exciting way; it uses comic books, graphic novels, novelizations, and animation to introduce readers to black heroes that have often been lost to history. Husband Manuel is the creative force behind the stories. An avid video gamer, he originally wanted to design games that showcased black characters; the cost of video game production, however, changed his focus. “We decided to go with comic books, and it turned out to be the perfect decision,” he said. “There’s not enough content out there, especially with historical settings. I wanted to create books that showed African life in antiquity.”

His first creation—and still the standard bearer and the company’s most popular product—is the namesake Black Sands, which is set in ancient Egypt and features the main character who is a teenage boy named Ausur. His dream is to become Pharaoh over ancient Egypt; ultimately, that dream leads him to save the kingdom from the evil Titans of ancient Greece. “He’s trying to prove that he can be the next ruler of the kingdom and he struggles for legitimacy,” Manuel explained. “There’s a war with Sparta and ancient gods, and he gets in way over his head. But people really like the character, because he stays true to his convictions, and he never walks back from his decisions. He never regrets what he believes in.”

Creating a story based on ancient history and myths involved a lot of research, and Manuel stayed true to his conviction to make it accurate even while using poetic license to imagine a new world of characters. He said it was important to follow a “golden rule” of cultural presentation. “I need to be accurate when it comes to societal norms, food, dress, politics, and so forth,” he said, “while also making sure that the power given to armies and politics balances well with the heroes and legendary figures.” While the comics and books aren’t specifically Bible stories, Manuel says he “sneaks” Bible locations and historical Bible characters into the stories. “We throw little hints in there,” he said. “We’ll mention giants in Canaan and other people and places mentioned in the Bible.” Other stories in the Black Sands collection include: “Muntu Warriors” (the story of a South African science professor who becomes a superhero), “Granada’s Shadow” (the story of a young Moor “pushed to the brink” in the Crusades), “Madagascar” (the story of a young queen who fights colonial powers), “Mask of the Orisha” (the story of the Orisha mythology in west Africa), and “Lion’s Game” (a martial arts story in the black community).

**Manuel and Geisel Godoy appeared on an episode of “Shark Tank” in 2022. Although they didn’t accept the \$500,000 offered, they credit their increased visibility to appearing on the show.**



Geiszel Godoy adds her creative spin on Black Sands’ products and is the author of *Mori’s Family Adventures*, which is the inspiring story of a black family traveling through South Africa. All of the Black Sands creations fill a niche that the Godoys found lacking when they were young parents themselves. “Every child needs to know about their heritage and culture,” Manuel said. “We couldn’t find those things for our own family, so we made them ourselves. We want to have heroes who reflect their ancestral upbringing.” Manuel said he’s particularly cognizant of creating “family friendly” products that can be read by kids starting in middle school—but can remain favorites as their readers grow into adulthood. “There are complex storylines, but no sex or violence,” he said. “I’m going to make content that’s accessible to middle school students, but that parents and grandparents can buy and love too. I’ve heard people tell me that their dad read one first, then told them about it. It’s passed down.”

**Southern Roots.** Manuel and Geiszel now live and operate their business in Delaware, but their roots are in Alabama. Geiszel was born in Birmingham and attended Center Point High School and then Faulkner University in Montgomery. Manuel graduated from Calera High School, and his entire family remains in Shelby County. They were both stationed in the Army in the early 2000s (both in Germany) but met and married afterward. “We met at Salsa Night at Workplay in Birmingham on New Year’s Eve,” she said. “Six months later we got married.” Manuel had a degree in economics, and Geiszel had one in fashion and management that led her to work for Calvin Klein. After having kids, however, they were inspired to start Black Sands. They founded the company in 2016, and one of their first sales strategies was operating a kiosk in the Riverchase Galleria in Hoover. “That was our first time with a physical place to sell our products,” she said. “People really liked it, and it took off.” They have since found success through various outlets. They sell their books straight to customers on their website and do special work with school systems. In fact, working with Birmingham area schools holds a special place in their hearts. “We’ve been working with Birmingham City Schools



**The Godoys have two children, Mori (9) and Valencia (7). Becoming parents inspired them to start Black Sands.**

and we love driving down to visit with the classes,” Manuel said. “We have one book for every sixth grader in every school in the system.”

**Shark Tank Experience.** In January of 2022, the Godoys appeared on an episode of “Shark Tank” to pitch funding for their company from hosts including Mark Cuban and actor Kevin Hart. “We’ve watched the show since it first aired 13 years ago and we’ve always been big fans,” Gieszel said. “Manuel put together and submitted our proposal, and we were excited to be on stage. I prayed for the whole process.” While Cuban and Hart offered \$500,000 toward Black Sands, the Godoys left negotiations and decided to go back to the success they’d already had on their own. “It just wasn’t for us,” Manuel said. “There’s a lot of red tape with celebrities, and I’d already gotten this far through conversations with

my community. It had to be either-or, and we had to go with what we already knew.” Still, the Godoys said that their appearance on “Shark Tank” greatly increased their visibility. People suddenly knew about their comic books, their company, and their mission. “It gave us massive credibility,” he said. The company is now looking to stand on its own with new investors. Black Sands has started a novel division, has a video game in production, and plans to venture into animation and a televised or streamed series.



**Although the Godoys now live in Delaware, they often return to Birmingham, Ala. to visit family and share their books with students in the Birmingham School System.**

**Faith-Guided Business.** According to the Godoys, their business model is one based on principles they follow as Christians. In addition to including references to Biblical locations and characters in their stories and striving to create family-friendly products, the company’s plans are guided by the Godoys’ moral and spiritual values. “To be a successful entrepreneur, we believe you have to put God first in your life,” Gieszel said. “If you follow Him, He will lead you to the right path.” She also said that you must keep and follow a moral compass, recognizing that God desires that you use your influence to help others. “We believe that if much has been given to you, you must be reciprocal,” she said. “You have to give back to the community and do positive things.” As she and her husband look to the future in their marriage, family, and business life, she said that she’ll rely on her favorite Bible verse—Philippians 4:13. She knows that they can do “all things” if they put their trust in Christ. “That’s my favorite verse, and I try to keep it always in my mind,” she said. To learn more about the Godoys and Black Sands products, visit [www.blacksands.com](http://www.blacksands.com).

— Cheryl Wray is a freelance writer and book author and directs the Southern Christian Writers Conference. Learn about the 2023 SCWC at the blog, [www.southernchristianwriters.blogspot.com](http://www.southernchristianwriters.blogspot.com).

- **Medicare: Medicare Advantage Plans & Med-Sup Plans**
- **Extended Care - Also known as Long Term Care (LTC)**  
Traditional, Hybrid LTC w/ Life Insurance, Hybrid LTC w/Annuities
- **Social Security Strategies - Married, Divorced, Single, Disabled**
- **Asset Protection - Trusts, Wills, POA, Estate Planning**



*“Get the answers  
to questions  
you don’t even  
know to ask.”*

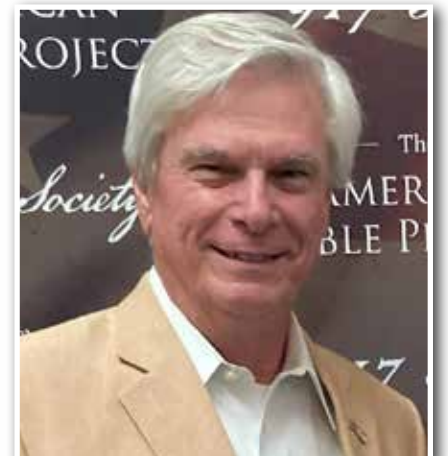
## **Ben Davis, CSA**

Certified Senior Advisor

615-584-4946 cell

615-617-9953 office

[ben.davis@selectpointe.com](mailto:ben.davis@selectpointe.com)



*“helping you know which way to go”*

## The Principal or Stewardship in Health

Health can feel more complicated than ever in this day and age. There is more “information” out there than there has ever been. There are more opinions than ever on what you should do to be healthy. Everyone wants to give their opinion on “the way” to be healthy. The “one thing” that you have to do. You can go on Google and look up “how to be healthy” and 50+ million results pop up. This is why we created a method of healthy living that fits anyone in any season.

The F.O.R.M. Method breaks health down into four simple areas. Fitness, Nutrition, Rest and Recovery, and Maintenance. As long as we have a simple routine in each of these four areas we will be set up pretty well for whatever season we are in. But even if we do all these things it may not fix the root issue of WHY we are wanting to be healthy in the first place. And the only way we will sustain a healthy lifestyle is if we are thinking rightly about health. After all, transformation comes by the renewing of the mind.

I believe the principle of stewardship is key for how to think rightly about our health. The key thing to understand about a steward is that what they are stewarding is not their own. Think of the parable of the talents in the Bible.



The master gives each according to their ability. It's not their money to steward and multiply, it's the master's money. It is the same with our bodies. Our bodies are God's, not ours. And we are entrusted to steward our body so we can do all that God has called us to do. God has designed our bodies in a specific way and if we partner with that design everything will function in the way it needs to. The great thing about this is that God will give us the grace and wisdom we need in every season in how to be healthy if we press into Him. He will put people in our lives that can help us as well!

As you are walking through each season and trying to live a healthy lifestyle, lean into the Lord who will supply all you need to steward the body He has given you so you can do all He has called you to do! You got this!

— Ashton Tate is the founder of Glory to Glory Fitness and the creator of The F.O.R.M. Curriculum. He works with schools all over the country to help students build a solid foundation in their health.

## TEACHABLE MOMENTS

### The Need to Belong

Growing up the sixth of eight children, a sense of belonging was important. In school, I was just one of hundreds so belonging was much more important. The need to fit in was critical to my adolescent mind and what made it worse was everyone else was going through exactly what I was, I just didn't realize it.

Now, in my sixties, I know much more about what we all experienced in adolescence. I learned that our young brains do not fully develop until our mid to late twenties and that our developing bodies are flooded with mood altering hormones. Hmm, those facts alone answered so many questions about why our bodies and thoughts could not be controlled.

Since high school, I've attended many reunions. People I once found nothing in common with, all of a sudden, I want to know all about their lives and they mine. We feel a natural connection with each other. The fact is, we are no longer competing to belong because we survived the common experience of high school together. We feel like we can now trust one another. Whenever we share something in common, the level of trust rises. It is human nature, an eternal truth, and works the same for everyone.

In the captured environment of a room full of alumni, this is easy to observe but in open society, we must depend on shared values and beliefs in

order to find that feeling of belonging. Add to that fact that people's desire to find that “feeling” is so strong, even as adults, we will do very irrational things and go to extreme measures to achieve that goal. Watch the television ads for an hour and count the ones that focus our attention on how their product or service will makes you feel like you are one of the “cool kids”.

Physically, our fully developed mind is wired to process information, some rational, most emotional. Both are important to our survival and neither necessarily will automatically work together. When we do not employ the rational part of our brain, it is said we make a “gut reaction”. Our gut cannot process rational information either. When we misplace our trust, we can strive to belong to the “wrong crowd” not the in crowd, which will likely resort in physical, mental, and / or spiritual harm.

Have you ever wondered why you could not give yourself a rational answer as to why you made a bad decision, one that felt good at the time you made it? You knew it was the wrong decision the minute you made it but the pleasure, or the other emotions, were more important at the time. It is only in the moments of reflection; your rational



mind takes control. The only true answer is, our emotional side of the brain acted and outweighed the rational part. Our desire to belong was stronger than doing the healthy thing for our physical

being, the right thing for our mental self, and the good thing for the spiritual soul. Yes, all three must be correct for it to be a wise choice.

The next question we have to ask is, “Can a society, as a whole, be made to make irrational decisions?” The answer is a resounding YES; just refer back to the TV ads or the news in general. This unprecedented phenomenon is causing countless problems in today's society by promoting ideas that are harmful to our bodies, wrong on the intellectual level, and just plain bad on the spiritual plain. The truth only matters to the rational part of our brain while our emotions determine who we trust. When we trust people who are lying to us, their lies become our beliefs and, as every rational person can attest, society is definitely not using rational thoughts today.

— Anthony “Tony” Boquet, the author of “The Bloodline of Wisdom, The Awakening of a Modern Solutionary”



**AFTERNOONS**  
WITH *Bekah*

*Weekdays 2-7 PM*



88.7



# THE GREAT OUTDOORS

## Yes, There Are Good Bugs!

Maintaining a sprawling, bright, green garden requires time, effort, and a lot of hard work. Pest control is an important aspect of this process. Pests are a common problem in gardens, whether it is winter, summer, spring, or fall. But did you know you can use some friendly bugs to take care of the peskier bugs? Get your gardening gloves on, and we'll show you how to get started.

### Wanted: Beneficial Bugs

Certain bugs play a key role in maintaining the delicate balance of our ecosystem. They contribute to pollination by aiding in the transfer of pollen while also acting as natural predators to keep unwanted bug populations in check. Here are some bugs that serve as incredible multitaskers:

#### Bees

Bees are known for their crucial role in pollination. While we hold grudges over poolside stings and picnic disruptions, bees continue to visit flowers in search of nectar and pollen, inadvertently transferring pollen grains from one flower to another, keeping our diet diverse in the process. In addition to their pollination services, bees also help control the population of harmful insects such as aphids (plant lice) and caterpillars by feeding them to their young ones.

## HEALTHY LIVING

Brought to you by: **Blue Umbrella Medical Center** • [www.BlueUmbrellaMedical.com](http://www.BlueUmbrellaMedical.com)

### New Treatment for Neuropathy & Chronic Pain

So many who suffer with Neuropathy and Chronic Pain have been told there is nothing that can be done and often the only treatment they are offered is various forms of pharmaceutical pain killers. While that has been the case for many years, innovations in healthcare technology are now offering a new hope to these patients! Even better, these treatments are now covered by insurance, including Medicare!

Neuropathy, commonly called peripheral neuropathy, is a nerve problem that causes pain, numbness, tingling, swelling, or muscle weakness in different parts of the body. It usually begins in the hands and feet. However, these damaged nerves can be repaired. Electric Cell Signaling (ECS) is a device that promotes the dilation of blood vessels, increases blood flow, and reduces inflammation to repair and regenerate the nerve cells for healing. Using electronic signals or electrotherapy at specific wavelengths, the ECS system breaks the pain signals that pass in the nerve cells (also called axons). As a result, they stop relaying the pain



#### Hoverflies

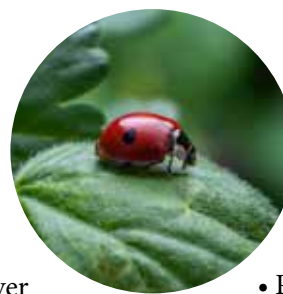
These little guys are excellent pollinators that closely resemble bees. They are usually spotted hovering over their favorite flowers as they feed on nectar, spreading pollen grains as they go. These beneficial insects lay their eggs strategically among colonies of thrips, which stunt plant growth, ensuring an abundant food supply for their young.

#### Predatory Wasps

Predatory wasps are often misunderstood due to their association with stinging wasps. However, many species of predatory wasps play an essential role in maintaining pest populations. They are adept at controlling pests such as caterpillars, aphids, and flies, helping to keep their numbers in check while contributing to the pollination process. If left unchecked, these pests can suck the life out of your plants.

#### Ladybugs

These cute little creatures are not just pretty bugs that help pollination; they are also nature's pest controllers. They eat pesky insects like aphids, Millie bugs, and scale bugs. Did you know that one ladybug can gobble up to 5,000 aphids in its lifetime? By attracting them to your garden, you can keep plant-eating bug populations in check.



### Creating a Pollinator and Pest-Friendly Garden

- Plant a variety of native flowering plants to attract a diverse range of beneficial bugs. Just as bugs come in all shapes and sizes, so do the flowers that attract them.
- Avoid using broad-spectrum pesticides that can harm beneficial bugs. Instead, opt for organic pest control methods that target specific pests while sparing these pollinators.
- Provide suitable habitats for beneficial bugs, such as installing bee houses and butterfly feeders.

### Professional Pest Control Solutions for Safe and Effective Results

Creating such a system requires patience and giving the beneficial bugs time to thrive. That's why it's essential to keep a keen eye out and bring in backup at the first sign of trouble! Our expert pest control professionals are here to save your plants with top-notch insect management services. Don't hesitate to give us a buzz at 866.WAYNES1. We've got you covered!

— Meredith Boyd, Social Media and Marketing Specialist – [www.callwaynes.com](http://www.callwaynes.com)



stimulus, giving patients relief. Essentially, the ECS device reprograms the nerves to “forget” the pain patterns they have learned. It is used in combination with a series

of injections of a proprietary blend of vitamins. The injections enhance the treatment by giving the nerves and tissues the building blocks they need to restore and repair.

There is one ECS device that has been published in multiple medical journals and used in clinical research proving the ability to reverse painful peripheral neuropathy and regenerate nerves. The average person starts noticing changes after 6-15 treatments. Some notice changes earlier or later depending on the area receiving treatment and level of damage, but it is necessary to receive a series (multiple treatments) for the treatment to be effective. While the results of ECS treatments have proven to be extremely successful, there is no guarantee. Neuropathy symptoms will be more likely to improve and less likely to return if the patient makes the recommended lifestyle changes in conjunction with treatment. Furthermore, early

indications are pointing to the effectiveness of incorporating PRP (Platelet Rich Plasma) to enhance the health and healing of the affected areas!

#### ECS CLINICAL BENEFITS

- Safe, effective, and non-invasive
- Covered by most insurances
- Minimal potential for side effects
- Extremely high patient outcomes and satisfaction

#### FDA CLINICAL INDICATIONS FOR ECS

- Management and symptomatic relief of chronic (long-term) INTRACTABLE pain
- Adjunctive treatment of post-traumatic pain syndromes
- Adjunctive treatment in the management of post-surgical pain conditions
- Relaxation of muscle spasms
- Neuro-muscular reeducation
- Prevention of muscle atrophy
- Maintaining or increasing range of motion

— Dr. Jae Hitson, Clinical Director of Blue Umbrella Medical Center

### How to Start a Christian Ministry

Starting a Christian ministry can be an exciting and rewarding way to serve the Lord and impact the lives of others. However, the process is often challenging and overwhelming, especially if you do not know where to begin. It requires a deep commitment to faith, a clear understanding of your mission and vision, and a willingness to serve your community with humility and compassion. If you're considering starting a Christian ministry, here are some important steps to help you get started.

#### Pray and Seek Guidance

Before embarking on any endeavor, it's essential to seek guidance from God. Prayer is a vital tool that will help you discern God's will and purpose for your life. Spend time in prayer and seeking clarity and direction from the Holy Spirit and from the scriptures. Also seek the counsel of other believers, pastors, and mentors who can offer wise counsel and guidance.

#### Identify Your Ministry's Purpose and Vision

Before starting any ministry, it is essential to have a clear purpose and vision to guide your activities and goals. Identify the specific needs and challenges that the ministry will address. Define your mission statement and core values. Clearly articulate your ministry's purpose and goals. Write down your vision statement, and make sure it aligns with God's Word.

#### Build a Ministry Team

No ministry can succeed without a committed and passionate team. Identify individuals who share your vision and are willing to serve alongside you or, at the very least, to regularly pray for you. Look for people with diverse skills and backgrounds who can contribute to your ministry in different ways. Pray for and with your team, build relationships, and cultivate a sense of community.

#### Choose a Name and Register Your Ministry

Once you have identified your ministry's purpose and assembled your team, you need to choose a name. Your ministry name should be meaningful and easy to remember. Choose a name that reflects the mission and vision of your ministry. Ensure that the name is available and register it with the appropriate authorities. You will also need to register your ministry with the government and obtain any necessary permits and licenses.

#### Develop a Strategic Plan

A strategic plan is a roadmap that outlines the steps your ministry will take to achieve its mission and vision. It should include goals, objectives, action plans, and timelines. The plan should be flexible enough to adapt to changing circumstances and should be regularly reviewed and updated.

#### Establish a Legal Structure

There are several legal structures you can choose for your ministry, including a non-profit organization, a church, or a charity. Each structure has its advantages and disadvantages, so it's essential to research and choose the one that best suits your ministry's needs.

#### Create a Budget

To ensure the success of your ministry, you need to develop a detailed plan and budget. A budget is a financial plan that outlines the income and expenses of your ministry. It should include all the costs associated with running your ministry, such as salaries, rent, utilities, and supplies along with your funding sources. Ensure that your budget is realistic and sustainable, and that it reflects the priorities of your ministry.

#### Raise Funds

Raising funds is an essential part of starting and sustaining a Christian ministry. You can raise funds through donations, grants, fundraising events, and partnerships with other organizations. Develop a fundraising plan that reflects your budget and fundraising goals and cultivate relationships with donors and supporters.

#### Develop Programs and Services

Your ministry's programs and services should align with its mission and vision and should meet the needs of the community you serve. Develop programs and services that are effective, efficient, and impactful, and that reflect your ministry's values and priorities.

#### Create a Marketing and Outreach Plan

To attract support and raise awareness for your ministry, you need to develop a marketing and outreach plan. Identify your target audience and create a marketing strategy that effectively reaches them. Use social media, newsletters, and other communication channels to promote your ministry's mission and activities. Reach out to churches, community groups, and other organizations to build partnerships and collaborations. Ensure that your messaging is clear, consistent, and compelling, and that it reflects the values and mission of your ministry.

#### Launch Your Ministry

Once you have developed your ministry plan, budget, marketing strategy and the other tasks we've mentioned, it's time to launch your ministry. Host a launch event or outreach program to introduce your ministry to the community. Share your ministry's vision and mission with others



and invite them to join you in serving the Lord.

Starting a Christian ministry requires faith, dedication, and hard work. By following these tips, you can begin your ministry journey with a strong foundation and clear direction. Remember to seek God's guidance, develop a clear purpose and vision, assemble a dedicated team, register your ministry, cre-

ate a detailed plan and budget, develop a marketing and outreach plan, and launch your ministry with enthusiasm and passion. With God's help and the Holy Spirit's guidance, you can make a positive impact in the lives of others and share the love of Christ with the world.

#### How Can A.C.T. Intl Help?

Starting a nonprofit ministry can be complicated. You should be doing the work you're best at – not worrying about paperwork and bookkeeping. A.C.T. comes alongside over 700 Christians artists, speakers, and musicians to provide the support their nonprofit needs to do the work they are called to.

We can help get your nonprofit set up, equip you for fundraising, and provide all the back-office support, bookkeeping, tax preparation, and more. Get freed up to do the work God is calling you to. Talk with a nonprofit guide to see how A.C.T. can help.

— Stan Moser has been a top executive in the Christian communications industry for more than fifty years. He has held key executive positions with Word Records, Star Song Communications, Maranatha!



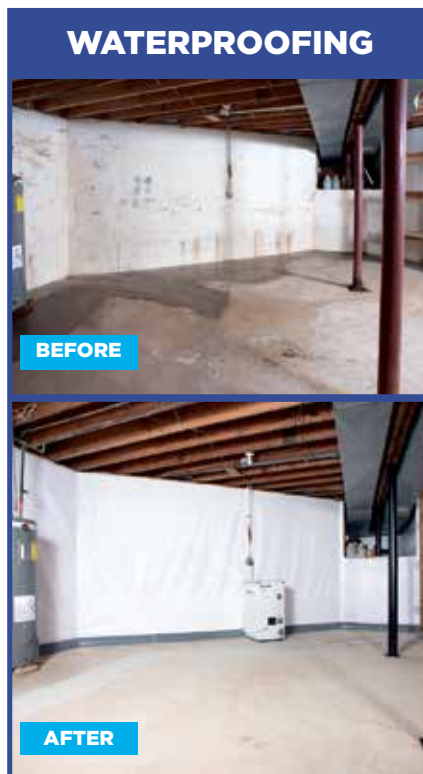
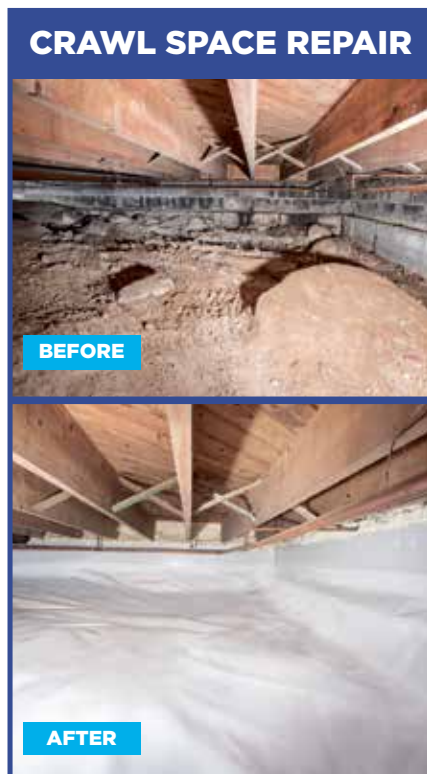
Music, and is the Founder and CEO of Christian Music United and Worship Underground. During his career Stan has overseen the development and sale of more than \$1,000,000,000 in music sales. Stan has played a vital role in the development of Contemporary Christian Music and the Contemporary Worship Movement since their beginnings, helping create platforms for hundreds of recording artists and songwriters including Andrae Crouch, Evie, the Imperials, Amy Grant, Bill Gaither, Michael W. Smith, Twila Paris, Petra, Phillips Craig & Dean, the Maranatha! Praise Series, and Newsboys. He has also served as leading consultant in the areas of men's ministry, worship ministry, as well as the Christian music and publishing industry.

# Frontier

## FOUNDATION & CRAWL SPACE *Repair*



FOUNDATIONS - CRAWL SPACES - BASEMENTS - CONCRETE  
**They don't get better with time. They get better with us.**



- ✓ Foundation Repairs
- ✓ Concrete Lifting & Leveling
- ✓ Waterproofing
- ✓ Humidity & Mold Control
- ✓ Nasty Crawl Spaces, too!



SCAN ME!

**\$250 OFF**

**ANY PROJECT**

Not to Exceed 5% of project. Cannot be combined with any other offer or promotional financing. Must be presented at time of inspection. Limitations may apply. Expires 07/31/23.

**FREE ESTIMATES**  
FINANCING AVAILABLE

**615-547-8701**

**ChristianBasement.com**



## 4 Tips To Get Stains Out of Carpet

Carpets are warm, soft landings for our feet. But the downside is that they collect dirt and debris from our shoes, kids, pets, and everyday life. Spots on your carpet can be distressing, distracting, and annoying but they don't have to be. There are ways to keep your carpet looking beautiful despite daily foot traffic and the occasional spill. Once you have the right information on how to remove carpet stains, you'll be able to tackle them head-on without panic. First of all, every type of stain, whether red wine or mud, should be treated as soon as possible. The faster you remove stains from carpet, the less time they have to settle in and bond with the fibers. So as soon as you see a stain, jump into action with these cleaning pro tips:



from carpet. Put a dab of shaving gel on the stain, let it sit for several minutes, and blot it away. The soapy, foamy consistency works wonders when it comes to removing stains from carpet fibers. So, don't hesitate to try this little-known carpet cleaning hack.

### Keep Carpets Clean in Your Home

As you can see, removing stains from carpet is not as overwhelming as you might think. And maintaining clean carpets is easy if you keep up with regular care. Vacuum your carpets at least twice a week, using slow, repetitive strokes. On average, it takes about 15 minutes to clean 300 square feet of carpet.

### 1. Blot, Don't Rub

When liquid gets spilled on your carpet, quickly grab a plain white paper towel or white rag. It should not have any writing or designs because you don't want to run the risk of dye transferring to the carpet, which will make things worse. Blot the stains instead of scrubbing or rubbing, as those actions could fray the fibers and change the carpet's appearance. Blot up as much liquid as possible, working from the outside of the spill to the middle to prevent it from spreading. Once the liquid is absorbed, pour a little bit of cold water on the area, and blot it to dilute it. Hot water is not advised because it can cause the stain to set into the fibers.

### 2. Use Baking Soda, Vinegar, and Peroxide for Extra Help

A tried-and-true cleaning trick is to use baking soda for carpet stains. Baking soda is an excellent cleaning agent because its abrasive nature helps remove dirt and stains. Hydrogen peroxide is also effective, as it helps kill bacteria and mold. And white vinegar is also great for eliminating odors and loosening food stains. These natural cleaning agents are inexpensive and can work wonders on removing stains from your carpet.

You can make a baking soda and hydrogen peroxide solution by mixing one cup of baking soda with two cups of hydrogen peroxide. Apply the solution to your carpet, and blot it with a clean white towel (remember, use one with no print or writing). Let the solution sit for 30 minutes before rinsing it with water. To remove stains with vinegar, mix it with an equal amount of water in a bottle, then spray the solution onto the stain. Dab it off with a white cloth or paper towel. Don't worry if your house smells like vinegar; it will go away in a short amount of time.

### 3. Grab the Club Soda

When people talk about how to remove carpet stains, club soda is frequently recommended. Using club soda after a spill does work well to lift the stain from the carpet. Start by blotting out as much of the spill as you can. Then pour the club soda directly onto the stain, being cautious not to oversaturate the area. Allow the soda to sit on the stain for at least five minutes before blotting it off. Rinse the stained area with a cloth soaked in water and allow the carpet to air dry.

### 4. Dab with Shaving Gel

Shaving gel does a surprisingly good job of lifting food and grease stains

If you want to keep your carpets looking great for many years, you should have them professionally cleaned at least once a year. Steam cleaning penetrates deep into the carpet fibers to lift dirt and other pollutants.

Whether you'd like a one-time cleaning or a weekly recurring cleaning plan, our custom cleaning plans are designed to work around your schedule and budget. Contact your local Molly Maid – 615-794-0200 or 615-603-3766, today to discuss a cleaning plan that's right for you. <https://www.mollymaid.com/s-davidson-williamson-maury-counties/about-us/contact-us/>

— Ashley Farrar



### MS. MOLLY FOUNDATION

*A portion of Molly Maid's sales support victims of domestic violence in the communities we serve. To date, Ms. Molly has proudly raised more than \$3 million – and we are not slowing down! This non-profit organization aims to increase public awareness of domestic violence and to provide victims with support. We believe everyone deserves to feel safe in their*

*homes. The Ms. Molly Foundation strives to empower communities to end the cycle of violence in the home. It's our goal to help give victims of domestic violence a second chance at happiness*

# ADVERTISE HERE and Get Results!

**Robert Stringfellow • 615-815-8765**  
**[publisher@christianfamilynashville.com](mailto:publisher@christianfamilynashville.com)**

# NASHVILLE

CHRISTIAN FAMILY

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



PEST



LAWN



MOSQUITO



TERMITE

[callwaynes.com](http://callwaynes.com) | 866.WAYNES1



## Debunking Common Crawl Space Misconceptions

Let's shed some light on some common crawl space myths and separate fact from fiction!

**Myth 1:** Crawl space vents are necessary.

**Truth:** Most building codes require crawl space vents to aid in removing moisture from the crawl space. However, many building professionals are now recognizing that an unvented crawl space (or closing crawl space vents after the crawl space has had time to dry out after construction) is the best option in homes using proper moisture control and exterior drainage techniques for two reasons. First, ventilation in the winter is undesirable in order to keep crawl spaces warmer. Second, warm, moist outdoor air brought into the crawl space through foundation vents in the summer is often unable to dehumidify a crawl space.

**Myth 2:** Insulation is unnecessary in crawl spaces.

**Truth:** Another misconception is that insulation is unnecessary in crawl spaces since they are not livable areas. In reality, insulation helps regulate temperatures, reducing heat loss in winter and heat gain in summer. It can also enhance energy efficiency and contribute to a more comfortable living environment.

**Myth 3:** Encapsulating crawl spaces causes more harm than good.

**Truth:** Encapsulation is the process of sealing off a crawl space from the outside environment. Some homeowners worry that encapsulation can trap moisture and exacerbate problems. However, when done correctly, encapsulation can effectively control moisture, prevent mold growth, and improve indoor air quality.

**Myth 4:** Crawl spaces don't impact indoor air quality.

**Truth:** Many homeowners believe that crawl spaces have no bearing on the air quality inside their homes. However, the opposite is true. Crawl spaces can harbor mold, pests, and other pollutants that can find their way into the living spaces above. In fact, 50% of the air your family breathes on the first floor of your home comes directly from your crawl space!

**Myth 5:** DIY solutions are sufficient for crawl space maintenance.

**Truth:** While DIY solutions can be tempting to save



costs, crawl space maintenance is not an area to cut corners. Professionals possess the expertise and knowledge to assess and address specific crawl space issues. They can recommend the best course of action tailored to your home's unique needs, ensuring long-term success in maintaining a healthy crawl space.

You can ensure a healthier, more energy-efficient, and structurally sound home by seeking professional advice and adopting effective crawl space maintenance practices. Don't let myths misguide you—empower yourself with the facts and take proactive steps towards a better healthier home. If you are worried about your crawl space, book your free, no-obligation home inspection today with Frontier Foundation & Crawl Space Repair Services. We proudly serve Southwestern Kentucky, Middle Tennessee, and Northern Alabama. You may also request a free book to learn more about Crawl Space Science. Please call 615-547-8701 to request today!

— Devon Bagwell, Marketing Manager  
[www.trustfrontier.com](http://www.trustfrontier.com), [www.roofnashville.com](http://www.roofnashville.com)

**BRN** • INTEGRITY • QUALITY • STRENGTH • *BOTT RADIO NETWORK*  
Quality, Christian Talk Radio

**SERVING NASHVILLE**

**89.1 FM 1160 AM**  
**107.1 FM 91.5 FM**

Find Stations Nationwide, Download Apps, Listen Live, Worldwide [bottradiationetwork.com](http://bottradiationetwork.com)

**BROADCAST MINISTRIES** Visit [bottradiationetwork.com](http://bottradiationetwork.com) for a Program Schedule.

(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!

## PARENTING POINTS

### Masking My Words, Not Just My Mouth – Filtering My Words To Protect The Children!

Being a divorced parent or a step parent presents us with thousands of opportunities to either “tell the truth” or to filter our words to protect the kids. Many times we have a difficult co-parent (or ex-spouse) who constantly undermines us or tries to make things look bad about us to the children.

I continually remind my clients that the only person you can control is yourself. You cannot make the other parent do the right thing or stop doing the wrong thing. You can't make the other parent show up on time or

stop saying negative things about you... however, what you CAN control is what you let out of your mouth in response.

Like all the facial masks we are wearing right now, they are intended to protect us from what is around us AND they are intended to protect others FROM us (if we have germs that are not healthy). In co-parenting, there are a critical moments we REALLY need to utilize a “mask” - - not a tangible mask but a verbal filter that keeps things from being said that will hurt the kids in the long run.

- If you have a co-parent that is consistently negative about you, be the exact opposite and tell your kids positive things about that person.
- If your co-parent changes the schedule to try and make you look bad to the kids, don't get entangled in the details of trying to explain it to the children – instead, make the most of the time you do have together and address the co-parent privately when the children are not around.
- If your co-parent is jealous of your new partner (the kids' new step parent) try to deflect the situation and remind the kids that they can never have too many people who love them (instead of telling the kids why you are no longer living with their other parent).
- Listen more, talk less: when kids are expressing their pain or confusion about coming back and forth between homes, ask them how they feel and let them talk. Always look for a positive way to give them permission to like and love everyone in their complex family.

Many times it's not what we say, it's what we leave UNSAID that helps protect children the most! They will grow up and remember who was negative and who was nice. Rise above and be nice every chance you can!

— Tammy Daughtry, MMFT – Author and Founder of *CoParentingInternational.com* and *ModernFamilyDynamics.com*. She and her husband live in Nashville and have a blended family of four!



# ROOFING!

FREE ROOF INSPECTIONS  
615-270-8954



ROOF  
REPLACEMENT

ROOF  
REPAIRS



RAINDROP  
GUTTER GUARDS



  
**KLAUS  
ROOFING  
SYSTEMS**  
NASHVILLE



Judy, Dustin & Layne  
OWNERS



**\$500 OFF**

ANY FULL ROOF REPLACEMENT  
OR 5% OFF ROOF REPAIRS, up to \$1,000.

Restrictions apply. Call for details. Coupon must be presented and redeemed at the time of sale. Cannot be combined with any other offer. Expires 04/30/23.



615-270-8954  
**RoofNashville.com**

## AN ENCOURAGING WORD

### To Anyone Who Thinks Christianity Is Hateful Or Bigoted

In 1971, John Lennon wrote a song that captured the spirit of a generation—“Imagine.” In it, he invited us to imagine a world with “no heaven above us,” “no hell below us,” “nothing to kill or die for,” and “no religion.” The result he envisioned? “Imagine all the people / Living life in peace.”

Nearly a half century later, John Lennon’s vision of religion-less peace is as alive as ever. But the question is: Was he right?

#### How Did We Get Here?

There is a growing sense in the United States that strong forms of religion—such as Christianity—are the enemy of peace and brotherhood. Many Americans have now come to believe that Christianity is inherently hateful or bigoted.

John Lennon didn’t invent this view. Historically, it began around the sixteenth century, when many Europeans, tired of their so-called “religious wars,” sought to invent a liberal, secular notion of “tolerance” to counter the inherently “intolerant” nature of Christian belief.

Eventually, the growing desire for tolerance evolved into the belief that war and religion were close cousins: Abolish the latter and the former would disappear. Atheistic French philosopher Auguste Comte (1798-1857) was one of the first to make this belief explicit, arguing that human beings are intrinsically good but are corrupted by strong forms of religion.

In the place of traditional religion, Comte proposed an atheistic religion that he called “humanitarian religion” or the “religion of humanity.” This religion would retain the Christian emphasis on loving other people, but strip it entirely of belief in God or any type of transcendence. In Comte’s view, we must get rid of Christianity if we wish to get rid of the “intolerance” that leads to all manner of evil.

Comte’s religion—complete with a catechism and annual calendar of great secular heroes—was rejected and even ridiculed by his contemporaries. Yet, it seems that Comte won the day. Countless intellectuals, such as Marx and Freud, have argued that religion is a plague on humanity. I’m fairly sure John Lennon had never heard of Comte. But what he wrote in 1971 poetically captured Comte’s vision.

In our own day, Comte and Lennon’s echoes are legion. Consider, for instance, Martin Castro, the chair of the United States Commission on Civil Rights (USCCR), who, in a document entitled, “Peaceful Coexistence,” stated that Christians are

largely discriminatory, intolerant, racist, sexist, homophobic, and Islamophobic.

Consider the corporate bullies who threatened the state of Indiana for proposing a religious freedom law. Consider the more strident voices on television or in the news. Consider even your own Facebook or Twitter feeds. Everywhere we find people calling Christianity hateful and bigoted.

The question is: Are they right?

#### Three Responses To The Claim Of Christian Bigotry

In short, No. Christianity does not, by its nature, cause its adherents to possess hateful attitudes or commit hateful actions. Are there instances of Christians—or Christian societies—sinning against others? Of course. But there’s a world of difference between arguing that Christians sin and arguing that Christianity causes those sins.

To say that Christianity is the cause of bigotry misses the mark for at least three reasons:

##### 1. Christianity uniquely creates the conditions for tolerance.

Christianity believes in transcendent truths and, subsequently, rejects false ways of thinking or immoral ways of acting. Without this framework, tolerance is impossible. After all, one cannot be “tolerant” of something unless we disagree with it. That’s the whole point of tolerance. “I disagree with you, but will live alongside of you. I will seek to persuade you but not coerce you.”

##### 2. Christian love is better than tolerance

Christianity does much better than to “tolerate” persons with whose way of thinking or acting we disagree. True religion takes its cues from Jesus, who calls His disciples to “love” persons with whom we differ. Tolerance can be good, but love is stronger. Instead of “I can hold my nose and put up with you,” it says “You and I differ, but we both are made in the image and likeness of God. We both are sinners. We both are in need of a Savior.”

##### 3. When it comes to intolerance, the bigger danger is not Christianity, but secularism.

The biggest flaw with the charge of Christian bigotry is historical myopia. Throughout history, it has been the implementation of secular ideology that has led to the most sustained and widespread intolerance and even hatred of other human beings.

The secular movements of the twentieth century were bloodbaths of hatred and bigotry. The French Revolution killed 40,000 dissenters and impris-



oned 300,000 more. The Nazis and their collaborators killed some 6 million Jews. In the Soviet Union, more than a million died in concentration camps and millions more by displacement, assassination, or starvation.

We Christians, too, have blood on our hands. It was Christians, for instance, who reinforced the slave trade in the United States for centuries. But there is a major difference here. The African slave trade was not the result of the Christian worldview. In fact, what overturned the slave trade was a re-commitment to Christian truth, as nearly all of the abolitionists were driven by their Christian faith.

In other words, Christianity possesses within itself the power to overcome hate and bigotry—not with violent retribution, but with selfless love and tireless work toward justice.

The Christian teaching about human dignity—about treating others with respect—is grounded in the reality of God. The Bible reminds us that every human being is made in God’s image, worthy of incalculable honor and compassion. Not only this, but the Bible also reminds us that the path to peace is not through tolerance, but through death and resurrection. Because Jesus died for us when we were His enemies, we can love others, even if they consider us their enemies.

Until Christ returns to establish His reign of peace, therefore, we Christians must continue to speak the truth in love, even if we are considered hateful or bigoted for doing so. For it this combination of love for people and intolerance of false ideas that characterized Christ’s first coming and it is this combination that will characterize His future reign of peace.

— Bruce Riley Ashford, Jr., Ph D is Follow him on Twitter @BruceAshford, [www.bruceashford.net](http://www.bruceashford.net)

THIS ARTICLE WAS FIRST PUBLISHED BY  
LIFEWAY VOICES



.....

**DO  
YOU SUFFER  
FROM  
NEUROPATHY**

Blue Umbrella Medical Center offers the latest in physiotherapy treatments for neuropathic pain. Our team of specialists will work with you to develop a treatment plan that meets your individual needs and helps you get back to living life without pain.

We understand that neuropathic pain can be debilitating, and our goal is to help you return to your normal activities as quickly as possible. With our proven treatment methods, we can help you find relief from your symptoms and improve your quality of life.

Contact us today to schedule a consultation and learn more about how we can help you manage your neuropathic pain.

.....

**INNOVATIVE  
INTEGRATED  
HEALTH SOLUTIONS**

**615-610-6937**  
[www.blueumbrellamedical.com](http://www.blueumbrellamedical.com)

## Meet My New Co-Pilot In The Doctor's Office: Artificial Intelligence

### AI Can Revolutionize the Doctor's Office

The more I learn about the growing uses of Artificial intelligence in health care, the more convinced I become about its essential place in not just the lab or radiology suite but also in the doctor's office. It can help usher in a world where tests and treatments are applied on an individual basis based on a patient's unique history and predicament.

ChatGPT recently passed a radiology board style exam, even as it also informed one of my patients that his hemorrhoids might be from prolonged sitting before I thought to mention that possibility to him. At the same time, AI (a program called Sybil) has recently been found to help with earlier diagnosis of lung cancer by picking up abnormalities earlier than a human eye might detect them. Another study showed that it could be employed to measure multiple factors that predict pancreatic cancer up to three years before usual diagnosis.

AI has the advantage of searching massive data bases for comparison purposes, allowing it to bring this to bear in detecting differences that signals early pathology. Earlier diagnosis leads directly to earlier treatments and cures.

Dr. Miriam Bredella, a prominent professor of radiology at Harvard, told me on Doctor Radio on SiriusXM that a crucial purpose of AI in radiology is to rescreen many thousands of studies (X-rays, CT scans, MRIs) that were done for one reason and to use an AI algorithm to find something else, such as the amount of saturated fat in bone, which can correlate to other health problems, including insulin resistance, diabetes and osteoporosis.

A recent article in the journal Nature pointed out

that AI could help primary care providers by combining early diagnoses of certain conditions including osteoporosis with treatment recommendations. AI in this context would serve as co-pilot, helping to inform busy doctors of relevant options. Doctors like me are already used to dealing with patients informed by Google searches. AI-fueled information will be more precise, and as long as it doesn't undermine the doctor-patient relationship, will prove helpful in guiding patients.

In fact, a new report from the consulting firm Accenture showed that advances in large language AI models could support or augment 40 percent of all working hours in health care. Seminars in AI application in clinical practice are taking place all over the country, from MIT to Stanford to the Mayo Clinic.

This past week on Doctor Radio Reports, Dr. Natalia Trayanova, head of the Alliance for Cardiovascular Diagnostic and Treatment Innovations at Johns Hopkins, described digital twins, a replica of something physical, such as the heart or other organ or an entire patient, a dynamic model based on personalized data that can be used to monitor how a system is aging, providing information of how to replace a part that is wearing out without stopping the process that the part is engaged in. The information can constantly be adjusted with new data, using artificial intelligence to help make predictions in terms of disease.



Of course AI technology is still evolving, and it is highly dependent on the quality of the dataset/health records used to train it, but amidst a huge shortage of healthcare workers AI will clearly be of help in a wide range of areas from preventive healthcare to pandemic preparedness, to drug discovery and development.

Don't get me wrong. I want medical decisions to still take place entirely between a health care provider and his or her patients. But AI, when utilized and vetted properly, can certainly speed and smooth and revolutionize the process.

— Marc Siegel, M.D. is a professor of medicine and medical director of Doctor Radio at NYU Langone Medical Center. He is a Fox News medical analyst and author of "COVID: The Politics of Fear and the Power of Science." Follow him on Twitter @drmarcsiegel.

THIS ARTICLE WAS FIRST PUBLISHED BY  
FOX NEWS

# NASHVILLE

CHRISTIAN FAMILY

Contact us today to see how we can help you  
SPREAD GOOD NEWS  
and GROW YOUR BUSINESS in 2023!  
615-815-8765

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

"From my first encounter with Robert Stringfellow, I have found him to be a man who is genuine about his H.A.T. (humility, authenticity and truthfulness). He has a deep desire to offer Nashville and the Middle Tennessee area a publication rooted in these qualities for the purpose of encouraging and supporting disciples of Christ on their journey through life. The articles are informative and inspirational. The Apostle Paul writes in 2 Thessalonians 3:13 to "not grow weary in doing good." Robert, through Nashville Christian Family magazine, works tirelessly to "do good" by offering a message of hope in a world that can too often be a very harsh place."

Mark Koch, Feature Film Producer, Speaker, and Author of The First Hour For Men





COOL SPRINGS MD

life management medicine

NO WORRIES,  
JUMP.

TURN BACK TIME  
VOTIVA

We offer a safe, gentle, effective treatment  
for feminine health.

Our cutting-edge feminine health procedures are non-invasive, uses gentle radio frequency energy to induce rejuvenation benefits and have been shown they deliver instant, lasting results to our patients. Votiva is becoming a popular solution for incontinence and intimacy issues.

*Call us today, to find out how Votiva can change your life.*

615.690.6600 | [CoolSpringsMD.com](http://CoolSpringsMD.com)

1642 Westgate Circle, Suite 100 • Brentwood, TN 37207

LIFE MANAGEMENT • NATURAL HORMONE THERAPY • PRP PROCEDURES • AESTHETICS

# Spiritual Goal For The Month

## 1 Corinthians 2

### IMAGINE...beyond our comprehension.

*"No eye has seen...no ear has heard...and no mind has imagined what God has prepared for those who love Him."*

It's ALL GOOD...because our Creator has promised. He can do ANYTHING. Just look around...and consider what God has done...life on earth...the wonder of the universe...which by the way is working. We have a new day...moving from night to the light we now experience. We are in a wonderful season as the earth orbits the sun. We could never comprehend the majesty of The Lord...but He does it...ALL because God loves us and supplies our NEEDS...maybe not what we always want...but what we need.

*Prayer: Lord, thank You for giving the message to Paul about using our spiritual imagination. Thank You for saving him. Thank You for saving us. Thank You for making this a "fantastic" Friday. We believe at the end of this day...or the end of life on earth...we will rejoice in being Believers who found the real meaning through...because of...and thanks to You, our Lord Jesus. Thank You. Thank You. Amen*

— Ralph E. Vaughn

## 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.*

## DO YOU HAVE YOUR OWN BIBLE?

If you would like to receive a Bible at no cost,  
email [ncfpublication@gmail.com](mailto:ncfpublication@gmail.com).



## Special Thanks to our Community Partners

who directly impact the ability of *Nashville Christian Family* to reach people with the **Good News of Jesus Christ!**



**Become a Partner & Spread Good News!**

To find out how your company can become a Community Partner.

Visit [NashChristian.com/Partner](http://NashChristian.com/Partner) or call 615-815-8765

Limited to 16 Partners

## ABOUT OUR ADVERTISERS

Please support these local businesses that support Nashville Christian Family with their advertising. Support us by patronizing them.

---

**Awana** – [www.awana.org](http://www.awana.org), 630-213-2000

**Ben Davis** – [www.selectpointe.com](http://www.selectpointe.com), 615-584-4946

**Blue Umbrella Medical Center** – [www.blueumbrellamedical.com](http://www.blueumbrellamedical.com), 615-610-6936

**Bott Radio Network** – [www.bottradionet.com](http://www.bottradionet.com), 615-871-1160

**Cool Springs MD** – [www.coolspringsmd.com](http://www.coolspringsmd.com), 615-283-7291

**Frontier Foundation and Crawl Space Repair** – [www.christianbasement.com](http://www.christianbasement.com), 615-547-8701

**Glory to Glory Fitness** – [www.formcurriculum.com](http://www.formcurriculum.com)  
[Hello@glorytogloryfitness.com](mailto:Hello@glorytogloryfitness.com), 615-488-8203

**Klaus Roofing** – [www.roofnashville.com](http://www.roofnashville.com), 615-270-8954

**Larry Crain** – [www.crainlaw.legal](http://www.crainlaw.legal), 615-376-2600

**Lee Company** – [www.leecompany.com](http://www.leecompany.com), 615-567-1000

**NRBTV** – [www.nrbtv.org/dtc](http://www.nrbtv.org/dtc)

**Sarah Milligan, Realtor** – [www.sarahmilligan.com](http://www.sarahmilligan.com), 615-545-1133

**Molly Maid** – [www.mollymaid.com](http://www.mollymaid.com), 615-794-0200

**My Gospel 365** – [www.mygospel365.com](http://www.mygospel365.com), 615-375-1212

**The Fish 94FM** – [www.94fmthefish.net](http://www.94fmthefish.net), 615-367-2210

**The Salvation Army** – Nashville Area Command – [www.salvationarmy-nashville.org](http://www.salvationarmy-nashville.org), 615-242-0411

**TN Christian Chamber of Commerce** – [www.tnchristianchamber.org](http://www.tnchristianchamber.org), 615-815-8765

**Trevecca Nazarene University** – [www.trevecca.edu](http://www.trevecca.edu), 615-248-1200

**Vista Points** – [www.vistapoints.org](http://www.vistapoints.org),

**Wayne's Pest Control** – [www.callwaynes.com](http://www.callwaynes.com) - 866-WAYNES1

**WayFm** – [www.wayfm.com](http://www.wayfm.com), 615-261-9293

**WHTN TV** – [www.ctntv.org](http://www.ctntv.org), 615-754-0039

# Need Prayer?

If you would like for a Nashville Christian Family team member to pray for you, please email [publisher@nashchristian.com](mailto:publisher@nashchristian.com) or visit [nashchristian.com/do-you-need-prayer/](http://nashchristian.com/do-you-need-prayer/)

You will receive confirmation that your request has been received.

# NEED A HOME REPAIR?



- ✓ Air Conditioning
- ✓ Heating
- ✓ Plumbing
- ✓ Electrical



615.716.1077  
leecompany.com



# DEFENDING

Apologetics Conference



**SEPTEMBER 8-9, 2023**

The Journey Church  
1250 Leeville Pike, Lebanon, TN



**FRANK TUREK**



**J. WARNER WALLACE**



**ALISA CHILDERS**

**...AND MORE!!**

**TO LEARN MORE AND REGISTER, SCAN THE QR CODE  
OR VISIT: [WWW.NRBTV.ORG/DTC](http://WWW.NRBTV.ORG/DTC).**



**ENTER CODE  
NASHVILLECHRISTIAN  
FOR AN EXCLUSIVE DISCOUNT!**

