

July 2022

COMPLIMENTARY

# NASHVILLE

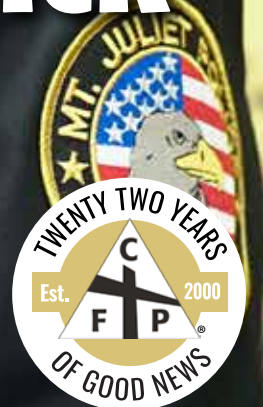
CHRISTIAN FAMILY

*Celebrate  
America*

Keeping  
Your Family  
**HAPPY AND  
HEALTHY**

**Police Chief James Hambrick**  
*Serving with Compassion and Faith*

**FREE Good News**



JULY 28-30, 2022

# Lifest

A PARTY WITH A PURPOSE

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MUSIC CITY

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## A Party With a Purpose:

**DIGNITY**  
**REVOLUTION**

The youth of today are growing up with more obstacles than ever. Learning to navigate the world is difficult enough, but with added challenges, it can be even more discouraging. Whether it be a global pandemic, learning to navigate online learning, or mental health struggles; our youth need support. This is where Dignity Revolution comes in.

Dignity Revolution is a K-12 comprehensive, educational program providing a cultural change in schools and communities. The program addresses serious issues, one of which is the mental health and wellness of our youth. The goal of Dignity Revolution is to Educate and Empower Youth to Stand Up for the Value of Every Person. With their curriculum (Dignity Revolution Challenge), the Dignity Pledge, and teacher training, this program offers more than one way to get involved.

Lifest Music City, a three-day festival taking place at Storyteller's Hideaway Farm in Bon Aqua, TN, is A

Party With a Purpose: support the Dignity Revolution program. Through music, speakers, and activities, we can come together to celebrate community, comfort, and togetherness. Even with a vast diversity of artists and festival attendees, we can all agree on one thing; everyone has value.

Dignity Revolution has a mission to Educate and Empower Youth to Stand Up for the Value of Every Person and we believe Lifest Music City has the power to create even more impact in achieving this goal. No matter where you come from, your age, or your story, you have the power to team up with Dignity Revolution and inspire change in your local schools and community.

We want our youth to come together, to feel important, and to feel heard.



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# NASHVILLE CHRISTIAN FAMILY®

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## OUR MISSION



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

## FROM THE PUBLISHER

### Happy Birthday America!



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. So many sacrifices by countless individuals were 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 turmoil in our country, however, the United States remains the freest country in the world.

At the same time, 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- 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 have occurred and are happening now in our country, we absolutely cannot take for granted that we and our children 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 2022

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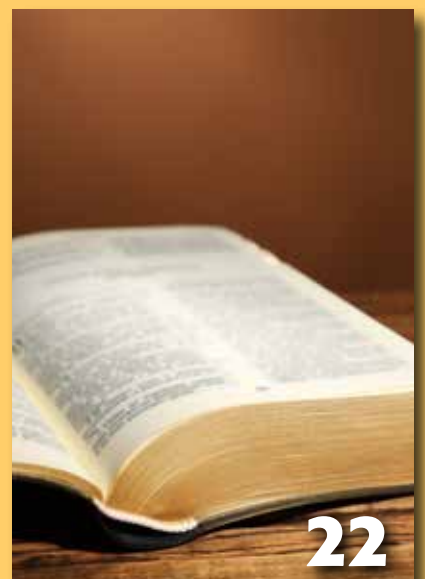
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**Lives Changed Through the Programs of The Salvation Army: Meet Lux**



Hopelessness brought Lux to The Salvation Army's Supportive Housing Program. He moved to Nashville with the promise of a great career but was let go shortly after arriving. While he struggled to find another job, he lost his home. Due to the stress, he began to struggle with mental health issues he had overcome in the past...anxiety...depression and then he began to self-medicate with drugs and alcohol.

The hardest step for Lux was putting aside his pride and allowing himself to ask for and receive help. It took his grandmother saying "Go find The Salvation Army. They can help you." in order for Lux to start climbing out of the darkness he had found himself in.

After entering the program, he learned to be humble. He realized doing the small everyday tasks of living, like cleaning toilets, was a vital step to learning how to truly live and succeed. The biggest realization of all was he needed to submit to God. Lux says "I finally realized I had to quit playing God. It didn't work, and it never would."

Lux said he finally was able to succeed when he stopped thinking he'd been wronged by others and took responsibility for the things that lead him to where he was. Only then did he see results.

He now finds joy in the boring and not in chaos. He is in a steady relationship, reconnected with his family, has a job with benefits, a home, a car and a dog. Lux says "I'll be forever grateful for The Salvation Army and all their gifts to me."

You can learn more about the programs of The Salvation Army in Nashville and learn how you can join them to continue to change the lives of our neighbors at [SalvationArmyNashville.org](http://SalvationArmyNashville.org)

— *Misty Ratcliff, Development and Communications Manager, The Salvation Army - [www.salvationarmynashville.org](http://www.salvationarmynashville.org)*



**What's Your Story?**

I've had the honor of listening to thousands of stories on the Bridges set. I've learned that every story is both unique and sacred. When I talked with Kim Peacock about the tragic loss of her daughter Nicole, I heard her grief and the sorrow. I was also able to hear that despite the tragic loss, God gave Kim a passion for living victoriously. *"There are still hard days. I long to see Nicole and hear her voice. I think about her every day. Even when it doesn't show on the outside, she is on my mind. I am still a work in progress, and you are too. I don't know what depths of grief your heart has experienced, whether it is the loss of a child in death, the loss of someone you never imagined living without, or if it is the loss of a dream. But I will tell you that you will make it through this. The scars, on your heart or on your body, are reminders. They are reminders to others and to ourselves. We are more than survivors. We are conquerors in our battles. We are Victorious."* Victorious Heart by Kim Peacock

As I read those words by Kim Peacock, Author – *Victorious Heart* I am encouraged to acknowledge my grief and losses and to also live victoriously. Here are a couple of truths that Kim shared on Bridges:

**Acknowledge and Embrace Your Grief**

Acknowledging and embracing your grief is a part of the journey. The journey is different for each of us but holding onto God and finding community is critical to the grieving process. As believers in Christ when we grieve – we grieve with hope. *13Now we do not want you to be uninformed, believers, about those who are asleep [in death], so that you will not grieve [for them] as the others do who have no hope [beyond this present life]. 14For if we believe that Jesus died and rose again [as in fact He did], even so God [in this same way—by raising them from the dead] will bring with Him those [believers] who have fallen asleep in Jesus.* 1 Thessalonians 4:13-14 AMP

**Find Community**

It may be helpful to talk with other believers who have experienced a similar loss or challenge. When we see how others face loss and/or challenges with victory it encourages us. It demonstrates to us that we can face hardships and loss and still walk in victory. It is important that we encourage each other. *Be happy with those who are happy, and weep with those who weep.* Romans 12:12 NLT

Everybody has a story. Your story may be the loss of a dream. Perhaps it's the loss of a relationship, an untimely death, or loss of a job. We all experience grief, hardships, and loss, yet we can still with God's help live victoriously.

**I Would Love to Hear from You**

What's your story? Have you faced a loss or hardship and found victory? I would love to hear how God has worked and is still working in your life. I am sure your story will encourage me – and others.

Today's Secret from the Studio: We all face losses and hardships but with God's help we can live victoriously and help others do the same.

— *Monica Schmelter is the General Manager of WHTN, Christian Television Network and host of daily television show Bridges. When people ask her why she smiles and nods so much while she's interviewing guests she replies, "Oh that's simple I am trying to think of what to say next." You can watch Bridges on demand at [monicaschmelter.com](http://monicaschmelter.com)*





**IS YOUR DAUGHTER,  
SON, OR A STUDENT YOU  
KNOW FACING MENTAL  
HEALTH CHALLENGES?**

**DIGNITY  
REVOLUTION**

**TAKE A STAND.**



Dignity Revolution is a K-12 evidence-based program that addresses age appropriate social and emotional learning competencies as it relates to current mental health issues facing today's youth. Dignity Revolution's mission is to educate and empower students to

**Stand Up for the Value of Every Person**



## **START A DIGNITY REVOLUTION TODAY**

We all have a role to play in the lives of the young people around us. Start a Dignity Revolution today by bringing us to your community.

For more information please contact:

**Courtney Donati**  
**Director of Dignity Revolution**  
**Info@DignityPledge.com**  
**920.297.0094**



All proceeds from Lifest Music City benefit the mission of Dignity Revolution.





**A Lawyer’s View from the City Upon a Hill**

In the Gospel of Matthew, Jesus said: “*You are the light of the world. A city that is set on a hill cannot be hid.*” Jesus was speaking generally of His followers’ special citizenship in a government headed by Christ that will shine throughout eternity. But there are also temporal implications from Jesus’ proclamation for present day Christianity.



As Americans, we trace much of our sense of nationalism back to an early pilgrimage in 1630 when a fleet of eleven ships sailed from England led by the flagship called Arbella. On board this ship was an evangelist chosen to be the governor of the new Massachusetts Bay Colony, John Winthrop.

Before setting foot in the New World, Winthrop preached a sermon called “A Model of Christian Charity.” In his sermon, Winthrop said: “We must consider that we shall be as a city upon a hill.” His reference to the Great Sermon was not accidental, but intentional. Those on board, all of whom were studied in the Word, were reminded of their great responsibility to all other peoples then living and to history and to the future. They were not merely running from religious persecution, but were ordained to spread the great message of the Gospel and bring freedom to the New World.

John F. Kennedy, years later, on the eve of his inauguration as President echoed this same refrain in a speech he gave before the Massachusetts General Assembly:

“I have been guided by the standard of John Winthrop set before his shipmates on the flagship Arbella three hundred and thirty-one years ago, as they, too, faced the task of building a new government on a perilous frontier. “We must always consider,” he said, “that we shall be as a city upon a hill – the eyes of all people are upon us.”

Kennedy drove his point home when he concluded with the words of Jesus from the Gospel of Luke: “Of them to whom much is given, much will be required.”

This notion that as a follower of Christ, and as a citizen in this shining city upon a hill, I am vested with not only its benefits, but also share in its responsibilities, has shaped my view of the practice of law. It has a very practical application. It means that I am inescapably burdened with the responsibility to help others. It also means that I should view my vocation as an opportunity not just to argue lofty precepts in court, but to spread the great message of freedom borne out of the Gospel, and, when led, to offer my services to those who may be unable to afford good, legal representation.

I have a painting in the lobby of my law office that I commissioned years ago from a Russian artist called “Refugees”. It depicts a ship that just made shore in the New World. Standing on the sea bank is a minister clutching a Bible as he gathers his family around him and looks toward heaven. It serves as a daily reminder to me of my calling and purpose.

As Christians, we should never view our freedom as a reason for vainglory, but as a great commission to service. This is not a new concept; it is bedrock to God’s relationship with His people. In Genesis, chapter 12, God speaking to Abraham said that he will use him to bring the nation of Israel into being, but he makes clear that the point of it is so that Israel will “be a blessing to others”.

Eric Metaxas writes in his splendid book, *If You Can Keep It*, an encouraging, but strident reminder that we in America have been blessed of God with a unique role as a “nation of nations”. But, as Metaxas warns, we stand in danger of losing this role if we forget the obligation entrusted to us by our founders. I would take his admonition one step further. Our obligation of benevolence and service to others was not bestowed merely by our founders, but our founders’ God.

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



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— Monica Schmelter,  
General Manager, WHTN - Christian Television Network (CTN)





### Thinking Outside the College-Sized Box

There's no doubt about it – we need more people in the trades. In 2008, we started Lee Company University (LCU) because we knew we needed to provide opportunities to our people to teach trade skill development.

But who's to say skills training shouldn't happen before high school ends? Most often, by the time a high school student is in their junior year, they'll know if they're going to college or not. If they choose not, then while in high school, why couldn't they get started on a trades career ... especially if the opportunity is available?

Our dream is to expand our LCU vision and establish trade programs in local high schools so students can graduate and have other options in addition to college. This trade training would include opportunities for students to apply to work with our Lee Company team once they complete their program. In doing this, we're creating a pipeline for potential hires in our industry. This benefits our employment needs, but furthermore, it assists in building better communities by building up the trade industry.

We started in partnership with Mount Pleasant High School. The 2021-2022 school year was the first to host an HVAC co-op program – and it was a huge success! As the program grows, we'll add additional trades like electrical and plumbing to the curriculum. The plan is to take the successful model and replicate it in additional schools in various counties around Middle Tennessee and beyond.



**Lee Company, in partnership with Mount Pleasant HS, has hired a new co-op student!**

I was eager to get involved with this vision because I was a high school student who did a co-op program with Lee Company when I started my career. I want to give these young men and women a chance to make a good living. I want to help them provide a good life for their families. It's exciting for me to spend time with these students – to share my story and career path with Lee Company, and the opportunities I've been presented

with. There are many things someone can do after school is done, and the trades are meaningful and purposeful in life.

A huge thanks to Trane, who donated the equipment for the HVAC lab and Ed's Supply for help with materials. Another thanks to our Lee Company residential electrical team who supplied and ran power for the work environment, and many employees from our residential HVAC group who donated time and helped with coordinating the setup of the lab.

The cherry on top of the sundae is we've officially hired our first co-op student! Trey F. had a fantastic year in lab, learning about HVAC theory and repair, and he's officially started his Lee Company career!

— Dean Schnakenberg, Senior Training Manager with Lee Company

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IT'S HOPE FOR  
IT'S FAITH IN HUMANITY.  
IT'S LOVE FOR YOUR  
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## What makes Blue Umbrella different?

When Dr. Jae Hitson first opened Blue Umbrella Medical Center of Middle Tennessee several years ago, she had a vision of offering our community the most effective and innovative treatment options for our most common chronic conditions (especially arthritis, obesity, diabetes, and heart disease).

Along the way, she developed an amazing team of Medical Doctors, Chiropractors, Physical Therapists, Holistic Physicians, Registered Dieticians, Nurses, and Wound Care Specialists. No longer are you forced to choose your style of medicine or be shuffled doctor to doctor or waiting room to waiting room. Now an entire team is waiting to treat you, and all from one location. All under one Blue Umbrella!

### That explains the name, but what makes Blue Umbrella so different medically?

Let's start with neuropathy treatment, for example. Neuropathy is a nerve problem that's acute, chronic and crippling. We use cutting edge regenerative treatments to stimulate, reactivate, and regenerate the damaged tissue, resulting in a fast and effective health solution with long term relief!

Then there's our Regenerative Sports Medicine which is protecting our young athletes and restoring our older athletes...keeping them both in the game! By offering comprehensive physical diagnostic evaluations, training on how to compensate for overuse, and using PRP to regenerate any damaged or vulnerable tissues, this can be accomplished.



**Dr. Jae Hitson has a team of caregivers with many specialties, all in one location! Call 615-610-6937 or visit [www.blueumbrellamedical.com](http://www.blueumbrellamedical.com) for a free consultation.**

**Knee Treatment:** While we have been successfully working with knees for years now, we are incorporating some highly effective additional services to get even better results!

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to uncover these issues and provides a customized 12-month program to restore you from the inside out.

And, coming this summer, we will be rolling out our WOUNDCARE Program. We will be incorporating biological wound care and hyperbaric chambers to help patients who suffer from unhealing sores, bone necrosis, and open wounds.

These are just a few examples of the innovative, integrated health solutions we provide under the Blue Umbrella Medical Center of Middle Tennessee.

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“Health care doesn't have to be frustrating or ineffective. Using advanced diagnostics and cutting edge treatments, we provide actual relief and results.”

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## KIDS KORNER

### How to Slow the Cadence of Your Summer

Have you packed your calendar this summer with events, camps and trips? If so, consider adding free time each day. You don't need to give up all the planned events but rather intentionally create chunks of unstructured time

to slow the cadence of your summer.

#### Benefits of boredom

When you hear the words, "I'm bored." Resist the urge to suggest an activity. Give children time and space to create and imagine. Consider

boredom as your friend. One summer, my kids planned a movie night. They designed tickets, popped popcorn, rearranged the bonus room, made lemonade, decided on a movie, and delivered tickets to family members. I think they had more fun planning the event than watching the movie. Another time the neighbor kids created a band and performed a concert for us. Sometimes the boys played street hockey on roller blades in the cul de sac. They came up with the ideas because they had unstructured time.

#### Benefits of unstructured time

Children create, think, wonder, explore, and discover in unstructured time. These abilities benefit a child later. Unscheduled time with siblings or friends develops skills of working together, deciding roles, and learning collaborative efforts. If you're worried about safety, get to know your neighbor. You can agree on physical boundaries and relax when letting older kids play unsupervised for a while.

Carl Honorè, the author of *Under Pressure*, talks about the value of unstructured time: "Cooking, reading a book, art projects, and neighborhood walks are unlikely to replace screens completely, but routinizing blocks of time for these self-sustaining activities each day or several times a week could introduce children and teenagers to new pleasures, and at the very least invite calmness." And our kids need downtime and calmness during the summer.

#### Benefits of play

"When we treat children's play as seriously as it deserves, we are helping them feel the joy that's to be found in the creative spirit," said Fred Rogers.

Unscheduled time allows kids to play, and play is essential. Play promotes confidence, social skills, good physical health, and coping skills. Unscheduled play works different parts of the brain that a child would ordinarily use in school. Play is relaxing and fun, giving your child a break from the hectic pace of the school year.

When my kids were young, we didn't have the resources to send them to camp or go on expensive vacations. They still did chores and attended swim team, but the steamy Houston afternoons left plenty of time for play and creating in the afternoons. Replacing video games with walks or play may not make you the most popular parent, but it will help a child discover that boredom is more than okay—it's healthy, productive, and vital.

— Sally and her husband enjoy an easy rhythm of life as empty nesters. She's currently giving away "17 Alternatives to Screen Time" on her website at [www.sallycressman.com](http://www.sallycressman.com).

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## YOUTH NEWS

### Taking Back America's Children

For many years, I fought against anti-Semitism nationally and internationally but never expected to find an egregious example of it in the schools in my own backyard. In 2012, a parent in Williamson County alerted me concerning a textbook passage that legitimized "Palestinians" blowing themselves up in a Jerusalem restaurant "because they were waging a war against Israeli government policies and army actions". The book also accused Israel of being "occupiers." Upon further review of the textbook, I found it riddled with anti-Semitic, anti-Israel, anti-Judeo-Christian and anti-American content. It also had inaccuracies, was biased and did not reflect the values of the Williamson County community.

After the school board and superintendant refused to remove the textbook, I launched a media campaign through my organization, Proclaiming Justice to the Nations (PJTN), to expose how the children of Williamson County were being indoctrinated in their classrooms. The campaign resulted in replacing six school board members and altering the way schoolbooks are approved in Tennessee. The state's textbook commission now has greater public input and transparency in the review process.

This story went national as Fox News picked up the account and I soon had parents from around the U.S. who discovered similar inaccurate, biased and anti-American content in their children's textbooks contacting PJTN. During the COVID-19 crisis, parents witnessed their children's education online and saw the propaganda and pornography being peddled to their children.



Parents are now fighting back in every way they can. Over the last 8 years, I've met with and trained parents and citizens in Florida, Ohio, Massachusetts, California and Texas. This work also included meeting with parents and citizens in 50 counties across the state of Tennessee. Through our training

sessions and workshops, I developed a 2-day event to educate people and a grassroots campaign on Taking Back America's Children.

#### The strategy includes:

- Unmasking the revisionist curriculum of Common Core and the 1619 Project
- Reinstate curriculum containing foundational Judeo-Christian values
- Combat Marxist ideology and CRT in schools
- Block antisepic and Holocaust revisionist curriculum

#### Taking Back America's Children: Tennessee Summit

This power packed event will effectively educate, motivate and equip parents and patriots alike with the strategies needed to reclaim America's classrooms. If you're a parent or concerned citizen then don't miss this vital workshop and seminar on August 19th and 20th at the Williamson County Enrichment Center in Franklin. For more information please go to: [PJTN.org](http://PJTN.org)

— Laurie Cardoza Moore is the founder of PJTN and a candidate for the TN House in Williamson County. Email: [Lauriecm@pjtn.org](mailto:Lauriecm@pjtn.org)

## HEALTHY LIVING

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### 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.

#### Fat Clutter

The latest weight-loss research reveals an interesting link between clutter and fat. Bedroom clutter blocks the brain waves that are needed for sound sleep and activates the hormones that dramatically increase appetite, while disorder in the kitchen causes the stress hormone cortisol to soar, increasing the urge to impulsively eat. In other words, keep your house in order and your waist will shrink. This according to the book, *Body for Life for Women*, by Pamela Peeke, M.D.

#### Stopping The Munchies

If the munchies are sabotaging your healthy eating, serve up two eggs daily. It could banish cravings and help you shed pounds. The eggs shut down the production of a hormone that makes you hungry.



#### 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.

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"

What has helped you lose weight? Any tips you would like to share? I welcome your feedback, thoughts and ideas and look forward to sharing them in a future article.

— Doug Griffin. You can email me at [Doug@94FMTheFish.net](mailto:Doug@94FMTheFish.net) or feel free to call me during my live radio show, weekdays between 3-7 p.m. on

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# Police Chief James Hambrick:

*Serving with  
Compassion  
and Faith*



**Chief James Hambrick and his wife Denise at Cloyd's Cumberland Presbyterian Church.**



Talk with Mt. Juliet Chief of Police James Hambrick for just a few minutes and the words “community” and “communication” quickly come up in conversation. As the leader of the police department in the growing Nashville suburb, Hambrick is focused on building a sense of community by being transparent in communication with the people under his watch. And it all stems from his faith. “God is my authority in all things, including our police work,” Hambrick said. “God guides everything I do.”

## **Serving the Community**

Hambrick grew up in Nashville and is a 1979 graduate of Stratford High School; after serving in the Navy, he returned to Tennessee and eventually moved to Mt. Juliet where his wife grew up. He worked at a number of jobs in the Nashville area, including being a pastor (he was ordained in 1989), before settling on police work.

After serving as the department’s assistant chief of police from 2005 to 2012, Hambrick became Mt. Juliet’s chief of police and today has a special vision for the way work is done in the city.

The department’s vision statement says that the department “will be known for its community service orientation [and] effective crime prevention through community involvement” and its mission statement is that the department will

“provide the highest quality service, in partnership with the community, to preserve and protect life and property through education, prevention, proactive problem solving, and enforcement.” In Hambrick’s own words that means creating a bridge between his department and the people in Mt. Juliet. “There is a disconnect, and people often see things as ‘us vs. them.’ As policemen, we want to say that ‘we ARE them.’ There needs to be a connection with the people we serve,” he said.

Hambrick believes that one of the best ways to create that connection is to have an open line of communication with the community he and his officers serve. The department shares as much as possible on social media, and welcomes texts and phone calls from citizens. “I’ve received some criticism for that, and people have said that we don’t need to share as much as we do,” he said, “but we want to be as open as possible. We have a platform to share as much as we feel like we can. I’m dedicated to an informed community,” he said.

One of the trademark activities of the Mt. Juliet police department is its Coffee with a Cop program, which Hambrick started in 2013 as a part of his plan to communicate openly with the community. It’s still going strong almost a decade after its inception. “Coffee with a Cop is something we’ve had great responses to over the years,” Hambrick said. “It’s just a chance for people to sit down and talk to one of us. It’s a simple thing.”



Of course, things aren't always simple—and recent events have created challenges for the community-and-cop relationship. After the killing of George Floyd in Minneapolis in 2020 and the ensuing protests around the country, Hambrick knew it was important for him to engage with those concerned about the issue of police brutality. He, despite criticism from some, appeared at a Black Lives Matter gathering in Mt. Juliet to let protestors know he understood their fears and concerns. That group has since changed its name to Peace, Love, Justice—Mt. Juliet and continues to work for peaceful reform. “Everything starts with an open dialogue, and I take any opportunity I can to reach out, including during that time,” Hambrick said. “We want to let people know that we hear them.”



**Chief Hambrick speaking at New Tribe Church.**

Another recent challenge has been the spate of mass shootings, including the one at an elementary school in Uvalde, Texas in May. While Mt. Juliet--located in western Wilson County, just 17 miles from downtown Nashville--is a relatively peaceful town with rare instances of violent crime, Hambrick knows that people fear such situations. In times like these, he said that community engagement is yet again important. He wants local citizens to know that the police department has policy and plans in place for such situations, and also that they can communicate with their local police officers about any concerns or threats they may want to share. In all situations, Hambrick said that he and his fellow officers want to be as “approachable, respectable, and visible as we can be.”

### Finding his Purpose

Hambrick was raised in a Christian home and attended church regularly, but said he drifted from the kind of life he knew a believer should live. “I got as far away as possible from it,” he remembered. “I drank, spoke with vulgar words. My family told me I needed to get back in church.” According to Hambrick, his relationship with God was restored and he began looking for ways he could serve. “I asked God for a genuine relationship, and an understanding of his word,” he said. “Then, everything changed.”

God's leading on his life has brought Hambrick to places he never imagined—including the one that brought him to his current career. Hambrick's road to becoming a police officer is one filled with serendipitous situations and an understanding of the Holy Spirit's leading in his life. In the mid-1990s Hambrick worked nights at a Mapco gas station in Mt. Juliet just off the interstate; some of his regular customers included police officers. “They'd talk with me about my work, and they knew I'd been in the Navy,” he recalled. “They told me that I'd make a good officer, and they kept telling me that I should apply to the department, but I kept putting them off.”

One of the officers that encouraged him to join the force was Sgt. Jerry Mundy, who was killed in the line of duty in 2003; Hambrick still remembers his encouragement. “I'd never thought about working as a police officer, but they made an impression on me. So I prayed about it,” he said. It took a while, but Hambrick got clarification from his prayers and started work with the department, beginning as a dispatcher and then a patrolman; he also has served as a chaplain for the department.

Today, Hambrick's purpose extends beyond his work as a police chief and into his ministry as a local pastor and a musician. Hambrick currently serves



**Chief Hambrick and his wife Denise have 5 children, 14 grandchildren and one great grandchild.**

as a co-pastor at Cloyd's Cumberland Presbyterian Church in Mt. Juliet, a position he's held for the last four years, and also serves as a co-host of “The Odd Couple” podcast (where he has shared stories from his years on the police force); he also performs as a musician in different settings. He can be found singing at church, with choirs, at weddings and other events; he also plays the drums, enjoys R&B music, and has recently released a debut CD of his music.

While he often sings gospel music in worship settings, his new CD may surprise people—it's a collection of country music songs, written in collaboration with well-known songwriters Don Poythress and Leslie Satcher (who have written for such singers as Willie Nelson, Blake Shelton, and Vince Gill).



**Chief with Pastors Daryl Crouch & Chuck Groover at Living Sent banquet.**



**Chief Hambrick's new CD 'Somebody's Gotta Tell Them,' is a collection of country songs co-written with Nashville songwriters.**

The musical project evolved from Hambrick's podcast, which Poythress listened to and then approached the police chief about writing songs inspired by his police stories. The resulting collection includes eight songs written by Hambrick, Poythres, and Satcher; the title track, “Somebody's Gotta Tell Them,” stems from Hambrick's experiences in having to deliver sad news to families of victims.

His musical career, Hambrick said, is another example of God's provision and leading in new directions. “The new CD is just a God thing,” he said. “It's another opportunity for me to share my music with others.”

### Looking to the Future

Today, Hambrick and his wife Denise enjoy their roles as police chief, pastor, and spouse—and as leaders of their large and growing family. Most of his family still resides in the Nashville area and he enjoys spending time with his five children, 14 grandchildren, and one great grandchild.

### And in Mt. Juliet?

“Our community is diverse and strong,” he said. “We're a peaceful town, but there's a lot of growth in the area and new people are moving in all the time. We have challenges, just like anywhere.” He said he will continue to stay dedicated to doing everything he can to build a strong sense of community—between churches, schools, businesses, individuals, and the police department—to make a real difference. “We can only do things together,” he said. “‘Relationship’ is the key word. Whether it's in police work or with our faith.”

— Cheryl Wray is a freelance writer, author, and director of the Southern Christian Writers Conference.

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## TEACHABLE MOMENTS

### Freedom Should Be Valued By All

Humanity is special in many ways and in the United States our uniqueness is supported and powered by freedom. Consider for a moment, that our species is the only one that has the ability to make decisions that go against the natural laws of nature. Every other creature must follow the rules laid out for them by nature. Other animals don't question their gender, they do not consider whether to abort an unwanted pregnancy, or question if they are straight or gay. The differences are due to our exceptional intellect, the ability to reason, and capability to communicate our desires. Those three perks allow us to think and communicate our wishes but it is the gift of free-will that allows us to act and break away from the true patterns set by nature.



Since we can do whatever, we can think of, regardless if it is right or wrong, there is only one important factor critical for those wishing to make the right choice; the truth. We must learn, teach, and live the natural example to others of our species. In places where personal freedoms are squelched,

it is the government that greatly diminishes the freedom of speech. Our ability, at least currently in this Country, to enjoy the benefits of free speech is only allowed through the unified respect and belief in our Constitution. The minute this document is no longer the basis of our societal laws, all the freedoms we currently enjoy will cease to exist.

"Life, Liberty, and the Pursuit of Happiness"; inspired words and Divine rights, unquestionable for ALL people but spelled out here in the USA. Executive, Legislative, and Judicial branches; unified, separate, and distinct for a very good reason. These three divisions of government act as a check and balance system like no other in the world.

Business, Product/Service, and Consumer; united to benefit the public good. All business exists for one purpose and one purpose only, "To provide a product or service that solves a problem, need, or want, that the consumer can't provide on their own." When that product or service can be delivered at a value equal to or above expectation, at a favorable price, and in an ethical manner, commerce can be conducted for the good of society.

The Power of the Wisdom of Three, alive and well in freedom! These examples form the basis of our Republic and are proven to work but only if allowed to function without interference of outside forces. We cannot add to or subtract from the three components and believe nothing will breakdown. So why do so many American continue to try?

#### Happy Fourth of July!

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

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

## FAITH @ WORK

### Focus On Israel

It's been said that marriages are made in heaven and sometimes that's hard to see until many years down the road. My wife, Laurie, and I, both skipped out of the medical fields to go into media work. As God



would have it - we met, and now, 36 years later, we produce Focus On Israel, an award-winning program that is seen all over the world. Its impact has been immeasurable as it reaches and teaches Christians about their Jewish brethren and the importance of the State of Israel.

Over the years, we produced close to 300 Christian films including over 100 music videos. During that time, we won two Emmy's, 20 Telly Awards and numerous other awards from various film festivals. Laurie helped when she could, but had her hands full much of the time taking care of our five kids. She also felt God's push to make a difference for the unborn and worked at a Crisis Pregnancy Center and lobbied for TN Right to Life in the legislature.

Then on September 11th, 2001, the direction of our lives turned.

Laurie saw that the vicious evil that had attacked America on 9-11 was the same that had been attacking Israel and the Jewish people for centuries. With it's rebirth in 1948, Israel has endured numerous attacks and wars as well a deeply antisemitic media war looking to destroy it. Thus, our love for Israel led us to use our talents to create a "PR" company to produce content to teach Christians and other people of conscience about our need to protect Israel and our Jewish brethren. Little did we know that we'd open the door and inspire many others to create pro-Israel content.

So began Proclaiming Justice to The Nations (PJTN), an idea birthed at our kitchen table with no funding and little help. For five years we worked to build PJTN, putting every dollar raised back into the organization and video productions. It was an untenable dead end but eventually, by the grace of God, funding flowed in to continue the vital work and fund our lives.

Laurie soon returned to the legislature to help Israel, fight antisemitism and eventually, to reform Tennessee's education system. She came to the attention of The World Council of Independent Christian Churches who appointed her as Special Envoy to the United Nations for human rights and anti-Semitism on behalf of 44 million Christians.

Our work has included the production of five pro-Israel documentaries and 94 half-hour episodes of Focus On Israel. Today, PJTN programming in support of Israel reaches over 950 million potential viewers on a regular basis through a network of close to two dozen TV affiliates and satellite broadcasters.

Until His return, the battle for Israel and America will continue. Laurie's next step in this war is to represent Tennesseans in the State House. Learn about her stand at: [www.laurietn63.com](http://www.laurietn63.com)

— Stan Moore is an Emmy Award winning writer-director. He directs the TV series Focus On Israel that reaches over 950 million potential viewers worldwide.



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## Get To Know Your Senior Support Network!

The key professionals in your senior support network should include skilled and unskilled workers in healthcare, social services, elder law, and insurance. This article introduces some of the important professionals from these fields that you may want to interact with regularly, and it explains their role in supporting seniors.

Knowing the job descriptions of these people will help you and your family navigate your senior support network. You will also be able to leverage the relationships you have with these professionals to help you in your health, financial, recreational, and personal matters. Get to know the professionals in your senior support network and learn how to help them help you!

### Hospital Physician

According to the CDC, 15.3% of seniors age 65 and older had at least one hospital stay in 2017. These seniors were treated by hospital physicians who often had to respond to senior health crises. In the hospital, and especially during an unexpected health emergency, seniors will encounter physicians who they may have never met before. This is because inpatients, or individuals admitted to a hospital room, are assigned any attending physician once they arrive. This physician will almost definitely be someone different from your primary physician.

### Primary Physician

COVID-19 may have changed the way you will see your doctor, so it's important to check with the medical office to see whether your in-person appointment is now a virtual "telehealth" visit. Your primary physician is the person you refer to as "my doctor" and whom you see regularly for typical checkups, prescriptions and other clinic visits. They know you on a personal level and are regularly updated on your health. They are also usually intimately aware of your health history, personality and family.

### Nurses – RN, LVN, CNA (Home Health Aide)

Nurses take care of patients day in and day out. They attend to your care constantly by monitoring your vitals, responding to your emergencies, providing your nutrition and by fulfilling other needs you have while recovering. In the hospital, seniors should know that nurses are not their treating physicians, but aides who can ensure the comfort of their patients and their patients' families under physicians' orders. There are different kinds of nurses who get involved in senior care. RNs, or registered nurses, provide professional, comprehensive nursing care for patients in an acute care environment. They are coordinated, safe, compassionate, and attentive. They will evaluate senior patients to determine required services and plans of

care. All RNs have graduated from a nursing program and have a nursing license. LPNs, or licensed professional nurses, are nurses who care particularly for people who are sick, injured, convalescent or disabled. They plan, organize and direct the nursing functions of patients in units like senior care centers, working under direction of registered nurses or physicians. CNAs, also called certified nursing assistants and home health aides, work beneath these two other types of nurses to provide basic care to patients. They assist them in activities of daily living, such as bathing, dressing, toileting and eating. You will often encounter CNAs working in assisted living or seniors' homes as caregivers.

### RN Case Manager

A RN case manager is a special type of registered nurse tasked with evaluation and implementation of health care plans. RN case managers may come from backgrounds of nursing and social work. They have clinical experience to understand important processes of assessment, planning, and evaluating care for patients who need assistance making educated decisions about continuing their health care or long-term care.

### Discharge Planner

The discharge planner in a hospital is sometimes also a nurse, but with a different set of responsibilities. They can also be a social worker. The discharge planner's job is to coordinate all resources to get patients out of the hospital as soon as possible. They source from a network of referrals to figure out where a patient should go for continued care after their hospital discharge.

### Caregiver

Caregivers are family members or paid helpers who regularly look after the elderly. Though caregivers have much skill, they are categorized as "unskilled workers" who do not require formal education or licensure to perform their duties. (At Amada Senior Care, caregivers have received trainings and certifications, including those on how to minimize risk to senior clients during COVID-19.) Caregivers help seniors perform activities of daily living, or ADLs, to help promote independent living as much as possible. They are companions who watch and guide seniors as they live their daily, regular lives. Oftentimes, caregivers continue the good work done by other senior support professionals who helped seniors through health crises or rehabilitation by making sure they are supervised, healthy and safe.

Good caregivers are hard to find, especially as their workforce dwindles in the troubled senior care in-



dustry. However, to find qualified, vetted and dedicated caregivers, give Amada Senior Care a call at 615-933-7494.

### Geriatric Care Manager

Geriatric care managers are professionally trained to work with seniors and their families to help seniors reach the highest level of functioning. Your geriatric care manager may have been educated in various fields of human services, such as social work, psychology, nursing, or gerontology. They coordinate services for the elderly and their families and monitor their progress.

### Elder Lawyer

Elder lawyers are a unique category of legal specialists who help families with issues pertaining to aging. Most of the time, elder lawyers help families pay for long-term care costs or preserving assets. Elder lawyers will likely advise seniors on how to maintain the value of assets including estates, pensions and investments. They will also help seniors prepare and plan for covering long-term care while keeping their assets intact.

### Financial Advisor

Financial Advisors are available to you through several organizations or even in the form of a trusted friend or family member. However, finding a good financial advisor depends on whether you can trust your candidates to competently counsel you in managing your wealth. Working with a financial advisor develops a very personal relationship because they will be aware of the uses and location of your money.

### Insurance Agent

Insurance of any kind can be a hassle, especially when it works in a carrier's favor to avoid paying for your claims. Work assertively with the insurance agents whose organizations carry your health, life and long-term care insurance plans. Often, working with insurance agents can be too difficult for senior citizens to manage on their own. It can be even more difficult for their children or other family members to help with. Regarding the different types of insurance you may have, few people are able to navigate this, besides yourself. But when it comes to insurance for long-term care—one of the largest expenses a senior can have—let an Amada Senior Care advocate be part of your senior support network!

— Kevin B. Fehr, CSA, CDP, President & CEO,  
Certified Dementia Practitioner, Amada Senior Care  
Nashville, [www.amadanashville.com](http://www.amadanashville.com)  
America's trusted resource for caregiving and long-term care insurance claims advocacy.

### A Word In Support Of Good Teachers!

Now, like our children, America's teachers are targets on the littered battlefield in a complex war that has become the standard in our nation's educational system.

As Christians, we must support, pray for and uphold the "good teachers" of America. And what is the definition of a good teacher? Men and women who entered the profession with a true love of learning and a commitment to sharing the art and love of learning with their students—these wonderful teachers are everywhere across the nation. Many of them are fighting a seemingly losing battle of educating our children amidst Marxists posing as teacher's unions, billionaires with an agenda to remake the world to their specs and ultimately profit from America's decline (can we say Bill Gates, children?), and the army of politicians, cronies and "experts" controlled by the lure of money from the aforementioned high level puppeteers.

We must stand up and encourage the remnant of good teachers still among us to push back on the intrusion of radical pressures taking seats in their classrooms to exert negative forces on the welfare of our children's future, and their future leadership of the nation we love. For those of us who love and support Israel and the Jewish brethren we also have very real reason for concern about the next generation of alliance America will offer. Anti-Semitism and hatred of the Jews is skyrock-

eting as the norm in today's curriculum nationwide. We are seeing the results of the indoctrinations of young teachers in radical left-wing agendas, Small children are being molded into angry little social justice warriors, childhood is being robbed of its innocence by X-rated, age inappropriate sex-ed programs that illicit "gender confusion" as part of the course for children younger than fourth grade. Where will it end?

We must stand up and demand that our good teachers to follow their calling to nurture and educate our children, not be terrified into silence by false accusations and special interest political pressures that demand a narrow definition of state approved curriculum that is both unpopular and a proven failure.

The one thing that continues to work is putting a quality teacher in front of a classroom and let her exercise her training and professional instincts with the child's best interest at heart. Programs do not teach children to read. Teachers do. Yet teachers are taking the blame for much of what we are seeing happening today in American education. This is outrageous! It's time to end this nightmare! Parents and good teachers must stand and part-



ner together. Teachers are essential workers. America's teachers are public servants, paid for by our tax dollars. Good teachers want the freedom to follow their calling for our children's best interests. Taxpayers want to see educational dollars put to effective use. Both are goals we must aspire to,

Our Founding Fathers, who built America on Judeo-Christian values, told us the only way to keep a free republic is with a well-educated and moral citizenry. Both of these essential building blocks of freedom are under attack— an all-out, well-funded, well-orchestrated attempt in 2022 to destroy families and the legacy of education in America are both a reality. In the balance is our freedom as well as our global leadership as a nation.

I am today calling on honest legislators and true patriots. Do you have the courage to stand up with good teachers and millions of concerned parents to secure the future of America's next generation of leadership—our children? The time is now!

— Jackie Monaghan, Sr. Media Advisor,  
615-390-0792,  
Morningstarpr@comcast.net

## TEACHABLE MOMENTS

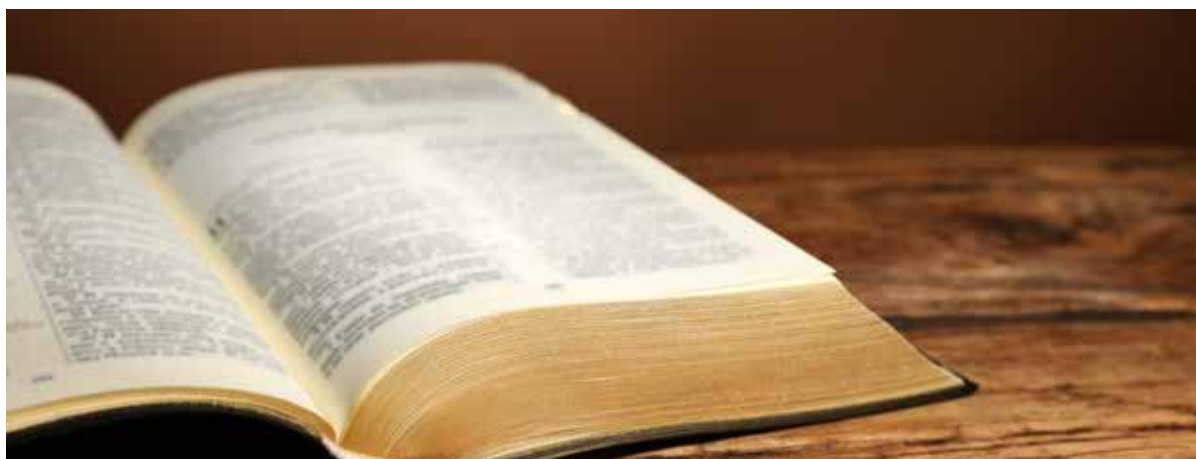
### Too Much Religion

I grew up in church and am very thankful for the teaching I received along the way. I also studied religion in college at a Christian university. However, there was a time that a distinct shift was made in my own life. Instead of continuing to believe the various textbooks, as well as professors that would try to "explain" the Bible, I decided to take the Bible at its word and simply believe what the Bible said.

Perhaps many of these well-meaning teachers had not experienced the "God of the Bible" for themselves so their understanding and therefore their ability to translate biblical teaching was limited.

For all the good intentions religion has created, there always seems to be an overreach of sorts. Many of our religious patriarchs have reduced God in a way due to their own limited understanding. As a result, they have totally missed the heart of the Bible.

Remember the astronomer Galileo? In 1633, he



was ordered to turn himself in to the Holy Office to begin trial for holding the belief that the Earth revolves around the sun and that the Earth was round. It would take at least 300 years for the church to admit that Galileo was right and to clear his name of heresy.

It is unfortunate that one of the so-called clergies did not simply consult the Bible. If they had read Isaiah 40:22, they would have seen that the Bible actually declares the earth is round. "It is he that sitteth upon the circle of the earth, and the inhab-

itants thereof are as grasshoppers". It was also the religious people in the New Testament that sent Jesus to the cross.

Do not allow your religion to take the place of what the word of God says. It is all about the relationship. The Word is our truth. John 17:17, "Sanctify them by the truth; Your word is truth".

— Rhonda Smart, rhondalsmart@gmail.com



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# BODY & SOUL

## The Importance of Daily Routines

We are creatures of habit. This can be a good thing or a bad thing. When most people think of habits, they think of habits that are bad. But the power of habits can be used to create powerful routines that keep you healthy all of your life. Today we will help you create routines. A routine is something you can use to implement healthy habits into your days. Many of us already have routines, whether they are good or bad.

The two routines we will create is a morning routine and an evening routine. These routines are a series of things you do when you first get up in the morning and before you go to bed at night. They don't have to be long or complicated; they can be short and simple. They will help your body get going in the morning and wind down in the evening.

### Morning Routine

Creating this routine gets your day started right. If you have a couple of simple things in the morning that you do almost every day, you will mentally and physically be ready to start your day. They don't have to be long or difficult. Just short things in a particular order that will help you feel like you have accomplished something early in the day.

Here is one example: Wake up- put the coffee on- brush teeth- go to the bathroom- fill up a water a bottle and drink within the next hour- look at your schedule for the day- do your exercise routine- shower/get ready for work- get everything you need for work packed and ready- leave the house for work.

Having a simple routine with healthy activities like planning for your day, exercising, and drinking water first thing in the morning will ensure you start your day right and create lifelong habits.

### Evening Routine

This routine occurs right before you go to bed. If you have a simple and healthy routine right before bed, it will help your body wind down correctly. Rather than eating and watching Netflix before going straight to bed, which can cause weight gain and melatonin secretion to be inhibited, we can help our body ease into the deep sleep we need to rest and recover.

Here is one example: [30 Minutes before bed] Start to turn off some of the bright lights in your home (having bright lights can mess with your circadian



rhythms)- put away all screens (phones, tv's, and tablets)- set up everything for tomorrow's morning routine (setting out clothes, having coffee ready to brew, setting morning alarm)- shower- brush your teeth- think of one thing you are thankful for that day- check that all doors are locked- go to bed.

These are just a few things that could help your body get ready for

bed. If you have a consistent routine at night, your body will start to wind down because it knows it is about to go to bed.

It's like the routine triggers hormones and your mind to prepare to "land the plane". That is a good picture for you to have at night. In the same way a pilot has a landing routine, you can have a landing routine at night. This will ensure you are doing the right things for maximum recovery and rest.

Think about your morning and evening routines. How could you change them to set you up well for your day and help you wind down at night? Take some time this week to create healthy routines that will help you implement healthy habits into your day to day life.

Remember, start slow and add small behaviors in so these routines will be sustainable. Having the right routines will have you going from Glory to Glory on a day to day basis!

— Ashton Tate is the founder of Glory to Glory Fitness in Nashville, Tenn. They have a biblically-based health curriculum that is changing the way students think about living a healthy lifestyle by approaching health through a biblical worldview.

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## PARENTING POINTS

### If Everyone Cared...

A child is removed from their home and placed into foster care every two minutes. Last year, 251,359 entered foster care in America. These children spend an average of almost 20 months in foster care, and a shocking 14 percent spend more than three years in the system.



My husband and I have been foster parents for almost 10 years, and we've seen placements between seven months and 42 months (approaching four years). No matter how great we try to make it, no matter how much love and care we pour out, no matter how many parent visits get scheduled... kids in foster care lack permanency. They aren't experiencing a stable life situation that is long-lasting, without the threat of significant change or upheaval. It's a constant anxiety hanging over their heads and burdening their hearts.

Last year, only 47 percent of children exiting foster care were reunified with their families, the lowest percentage ever recorded. The pandemic has made it even harder for families to bring about positive change. At the same time, the number of children aging out of foster care jumped by more than 14 percent in 2019, with 20,445 youth reaching adulthood without a permanent family. These are teens entering the world in the aftermath of the pandemic without a stable support system and likely with years of trauma or neglect in their history.

If everyone cared, foster families would be available for more children, and fewer kids in care would be placed in congregate care settings (group homes). Up to 27 percent of children are placed into congregate care in certain states. Congregate care is meant to be temporary for children who would benefit from mental or behavioral health treatment, but—due to the lack of available foster homes—children are often inappropriately placed in these settings without a clinical need or are held long after their clinical needs are met. If everyone cared, adoptions from foster care would be more common. Although the highest number of children ever recorded (64,415 children) were adopted out of the child welfare system, 122,216 children are still waiting to be adopted from the foster care system. Not only are these adoptions free, they often come with benefits to ensure finances aren't a barrier to families who would be open to these adoptable kids.

If everyone cared, families providing kinship care to relatives' children would have active, engaged community and church support. Although more than 2.6 million children live in households headed by grandparents or other relatives (without their parents present), only 133,000 of them are in kinship foster care—meaning the remainder of these kinship caregivers are outside of the child welfare system with little or no government support.

If it took you two minutes to read this article, another child has entered the foster care system. You can make a difference by caring today.

*Stats from Children's Defense 2021 State of America's Children Report.*

— Kelley Rose Waller and her husband are Pennsylvania foster parents. She is the author of three novels, *The Senator's Youngest Daughter* (2016), *Going Back Cold* (2019), and the forthcoming *Countershade* (2022). Kelley is Vice President of a marketing firm. Her goal is to live, work, and write to glorify the name of Jesus Christ. [www.kelleyrosewaller.com](http://www.kelleyrosewaller.com)

## HASSLE FREE ZONE

### How To Get Paint Out Of Clothes

Whether you paint a picture or paint a wall, the mess of painting is something we all encounter. When the paint dries, you are often left with two things: the finished product and clothes covered in paint. Don't let the stress of the mess take away from the project you completed or the art you created. With our step-by-step instructions for removing different types of paint stains from your clothes, you can spend less time cleaning up and more time appreciating a job well done.



#### How to Remove Paint From Clothes

Not all paint is created equal. Different types have unique characteristics that require specialized cleaning. From water- and oil-based paints to acrylic and latex, we've got you covered.

Water-based paint is an arts and crafts staple. Remove water-based paint from your and your children's clothes with these quick and easy steps:

1. Flush the backside of the stained clothing with cold water.
2. Mix 1 tbsp. dish soap with 10oz water and apply the solution to the stain.
3. Blot the area with a clean rag.
4. Launder the clothes in cold water.

With oil-based paint you can achieve that perfect glossy finish that will last. However, with durability comes a more stubborn stain. Follow these instructions to get even the toughest oil-based paint off your clothes:

1. Flush the clothes with paint thinner or acetone.
2. Mix 1 tbsp. dish soap with 10oz water and apply the solution to the stain.
3. Blot the area with a clean rag.
4. Pretreat the clothes with stain remover.
5. Launder the clothes with hot water.

#### How to Get Acrylic Paint Out of Clothes

Acrylic paint forms a plastic layer on the clothes when it dries, making it more difficult to remove. The quicker you're able to remove the paint the easier it will be to get out of your clothes. If you're able to treat the paint before it dries completely, simply flush the paint from the clothes using cold water, pretreat the remaining discoloration with stain remover, and wash with warm water. If you're unable to address the paint stains right away, don't fret! You can still get the paint removed by applying rubbing alcohol, nail polish remover or alcohol-based hairspray to the stain before pretreating and washing the clothes. Just be sure to test the alcohol-based product on an inconspicuous area of the clothes to ensure that it will not cause more harm than good before application.

#### How to Get Latex Paint Out of Clothes

Latex paint is often preferred for its easier application and quick-drying characteristics. Luckily for your clothes, it's also less durable than typical acrylic paint and easier to remove. Using the same cleaning method as described for acrylic paint removal should do the trick! Remember to try the less aggressive pretreatment method first before turning to the alcohol-based products to get out the tough, dried-on paint. This will keep your colors bright and prevent any accidental damage that the alcohol might cause to the wrong fabric type. Remember to always test the alcohol-based product before application!

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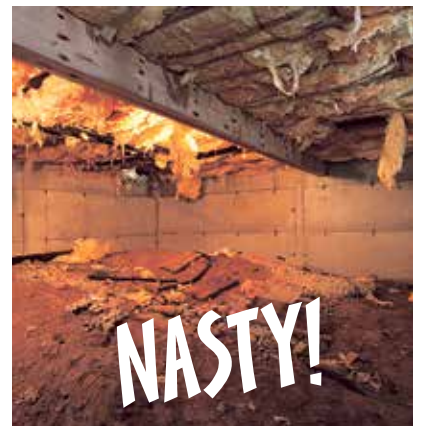
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# MIGHTY MEN

## To Achieve Lasting Success, Life Must Have Balance

(Part One)

James W. Herring, 86, of Murfreesboro makes an effort each day to honor God in all areas of his life; a practice for nearly two-thirds of his years on planet earth developing what James calls LIFE PLAN, a personal commitment to living a 'balanced life'.

The tenants of his LIFE PLAN are Spiritual Pursuits, Home and Family, Work and Business, Play and Recreation. For him, it is all about INSPIRATION: Any thought or emotion that produces positive action.

His story began with birth into a family of share croppers in Graves County, Kentucky. Money was in short supply for the large Herring family. James recalls, "We worked hard during the week and attended Church on Sunday." While formal education ended after the 12th grade, his pursuit of education was gleaned from the best of the best: Famous writers who shared 'lessons in living' found in inspirational literature...along with him attending countless professional courses and seminars. He calls it a 'lifetime of learning'.

He graduated from high school in 1954 and believes finding a 35-cent magazine in a drug store showcasing good health and fitness was more than a coincidence. James saw the importance of 'staying physically and mentally fit'; dedicating time and effort to reading and practicing what would be required for longevity in mind, body and soul.



James W. Herring

In his balanced-living James stresses the importance of 'repetition'; from his daily physical routine to reading, praying, planning and following through. He says, "Everything begins on the mental plane before it is accomplished on the physical plane."

When developing his LIFE PLAN years ago, James concluded that three (3) important questions had to be answered. (1) What am I trying to achieve? (2) What are the most important things in my life? (3) What is keeping me from reaching my goals? James believes all people can benefit from the principles he learned. He adds, "It's important to write down our objectives...and review them regularly remembering that a person's perspectives change every five years. We must dream, visualize and stay focused." His road to success with a well-balanced

life really had its beginning in high school while working at the Mayfield newspaper learning type-setting. Realizing the limitations of a professional career there, James believed better ways and days were ahead with a move to Murfreesboro; first landing a job at Courier Printing.

With his glowing personality, he met and became acquainted with many who appeared to be successful in chosen careers, especially those who owned their own business or were engaged in real estate. James got an idea from a customer in Chattanooga about starting a 'shopper newspaper' which evolved into his Merchants Advocate. The Merchants Advocate published and circulated 30 thousand copies each week, garnering a significant share of the advertising dollars in Middle Tennessee. James also saw potential in real estate and began developing a successful portfolio of rental properties. James later sold the Merchants Advocate to a local newspaper.

From daily meditation on Scriptures and reading scores of inspirational books over the years, James expanded his horizon that included being a successful newspaper publisher employed by a national corporation to being a member of The National Speakers Association.

Next month, I will share more about James and his strategy for developing a LIFE PLAN.

— Ralph E. Vaughn

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

## PLAN OF SALVATION

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

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

### God's Plan of Salvation

#### God created us to honor and serve Him

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

#### Each of us has sinned against God

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

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

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

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

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

#### God loves each of us

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

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

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

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

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

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

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

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

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

*If you do not have your own Bible, email [publisher@nashchristian.com](mailto:publisher@nashchristian.com) and we will make sure you receive one.*

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