

OUR HOMETOWN

APR 2026

LIVE WELL & THRIVE

SERVING TENNESSEE



WILLIAMS
Insurance Advisors

615-442-8140

dlwins.com



CRACK *Light Open*

• BY DAVID WILLIAMS

Her name was Sprynne Vale. Not quite “spring,” but close enough that people always paused when they heard it, like something familiar just out of reach. It suited her. Sprynne lived in the space between things - between quiet and color, between inside and out, between what is and what could be if you just opened the door a little wider.

She was known for painting inside eggs. Not on them. Inside. She would hollow them carefully, create a small opening, and then spend hours building entire worlds within the shell. Tiny rooms. Open doors. Lush gardens. Birds mid-flight, caught in a moment that felt like it might continue if you stared long enough.

Minutia, people would say. But Sprynne called it attention.

“Freedom,” she once told a collector, “is rarely loud. It’s usually something you notice when you finally look closely enough.”

Every year around mid-April, she followed the same ritual.

On **Look Up at the Sky Day (April 14)**, she would stop everything. No painting. No commissions. Just... looking. Not searching. Not analyzing. Just letting the sky exist above her without needing to interpret it.

Then came **World Art Day (April 15)**. That’s when she would begin her most ambitious piece of the year. Always something with an opening. Always something that suggested movement. Always something that made people feel like they were allowed to step through.

This year’s piece sat on her table, larger than usual. Inside the shell: a dimly lit room, a woman standing at a doorway, and beyond it, color and light being cracked open like they had somewhere important to be.

It wasn’t just a painting. It was a decision. Sprynne believed most people didn’t lack beauty in their lives. They lacked the permission to move toward it. And sometimes, oddly enough, what gave them that permission wasn’t inspiration. It was assurance. She understood that better than most.

Her father had been practical in a way that bordered on poetic. He used to say, “You don’t build a life on fear. You build it on what removes fear.”

He worked in insurance (what are the odds?). Not the kind that overwhelms you with jargon, but the kind that quietly stands behind you while you take risks. The kind that lets you open doors without calculating every possible loss first.

Sprynne didn’t think about it often. But she lived it. Every brushstroke she placed inside those fragile shells carried an unspoken understanding: you can create boldly when you know something is holding the edges together. And that’s what her work became about. Not eggs. Not even art. Openings.

If you were to step into Sprynne’s world, she would tell you this:

1. Look up before you look forward. On April 14, she reminds herself that perspective comes first. The sky doesn’t demand anything from you, yet it shifts everything. Before making decisions, before chasing outcomes, give yourself space to see beyond your immediate concerns.

2. Create something that feels like an exit. On April 15, her art always includes a doorway, a window, a break in the structure. Not everything in life needs to be contained. Build paths. Even imaginary ones. Especially imaginary ones.

3. Let color interrupt your logic. Life tends to default to neutral. Safe. Predictable. But color, whether in art or in choices, is what makes something memorable. It’s what signals aliveness. Add it deliberately.

4. Stability is not the opposite of freedom. It’s what allows it. The quiet presence of the right protection, the right planning, the right coverage, doesn’t restrict you. It removes hesitation. It turns “what if” into “why not.” That shift changes everything.

5. Beauty often starts in small, overlooked spaces. A hollow egg. A quiet room. A moment no one else noticed. Pay attention to what seems insignificant. That’s usually where the transformation begins.

By the time **Earth Day (April 22)** arrived, Sprynne’s piece was complete. People gathered to see it, expecting something delicate, something decorative. Instead, they stood there longer than they meant to.

Because the woman in the painting wasn’t just looking out. She was about to step through. And somehow, without saying a word, the piece made you feel like you could, too. Not recklessly. Not blindly. But confidently. As if something unseen had already accounted for the fall, so you could finally focus on the flight.

Sprynne never signed her work loudly. Just a small mark, tucked into a corner, almost hidden. But if you knew where to look, you’d find it...

Right near the opening.





BUILDING HOPE THROUGH CARE

BY David Williams

#AGENTS OF CHANGE

Strong communities are built on compassion, connection, and care, and The Care Cabinet is turning those values into action every day.

This Christ-centered 501(c)(3) nonprofit organization is dedicated to meeting the basic needs of students and families in our community. By partnering with schools, The Care Cabinet identifies spaces where essential care items can be stored and easily accessed, providing immediate support when students face unexpected challenges. From deodorant, toothpaste, and socks to backpacks, snacks, and school supplies, The Care Cabinet ensures every student has what they need to feel confident, cared

for, and ready to learn. These small acts of kindness make a big difference, helping children stay focused in class and reminding them that they are seen, supported, and valued. At Williams Insurance Advisors, we believe that caring for our neighbors strengthens us all.

That's why, for every referral we receive this month, we'll donate \$15 to The Care Cabinet to help stock school-based care spaces with essential supplies for local students. Every contribution helps restore dignity, comfort, and hope, one student at a time.

Together, we can make sure no child goes without the basics they need to thrive. Let's build a stronger, more caring community, one act of kindness at a time.

JOIN US: dlwins.com/community

YOU'RE APPRECIATED!

We often run easy-to-win customer appreciation **PROMOTIONS** to keep you feeling rewarded, too. Stay tuned to this monthly **MAGAZINE** and our **FACEBOOK PAGE!**

facebook.com/profile.php?id=100026537035801

GET REWARDED!

- + For each **QUOTED FRIEND** you send our way, get...
- ! A **\$15 DONATION** to a worthy cause!
- + **1 entry** for our **LUXURY PRIZE** Quarterly drawing!
- ! **AND 1 entry** for our **LUXURY PRIZE** yearly drawing!!!



THANKS FOR SHARING FRIENDS!

To recommend someone now, visit us at:
dlwins.com/rewards

SOLVE THIS RIDDLE for a chance to win \$50!

I grow stronger when shared but never diminish, I'm built over time but can vanish in minutes, I'm worth more than gold but cost nothing to give, I'm the foundation on which relationships live. I can weather great storms when properly tended, I'm easily broken but can sometimes be mended.

WHAT AM I?

Submit your answer by **April 30th** at:
ourhometownmag.org/riddle

COOK THIS RECIPE

Truffle-Kissed Eggs Benedict (with Mushroom and Bacon)

BY MAYRA ZAMBRANO



April 16 brings together two quiet icons - **Eggs Benedict** and **Mushroom Day**. One leans into indulgence, the other into depth. Layered together, they create something warm, rich, and grounding - the kind of comfort

that makes you certain it's going to be a great day. Almost as reassuring as knowing you're fully covered... and since you've got both, just get shopping now!



Ingredients

- **4 brioche buns**, split and lightly toasted
- **8 slices** bacon
- **8 oz** mushrooms (cremini or baby bella), sliced
- **2 tbsp** butter
- **1 small** shallot, thinly sliced
- **1** garlic clove, minced
- **1-2 tsp** truffle oil

- Fresh lemon juice
- Salt + freshly cracked pepper
- **4 large** eggs
- **1 tsp** vinegar
- Fresh chives, finely chopped

Quick Hollandaise:

- **3** egg yolks
- **½ cup** melted butter
- **1 tbsp** lemon juice
- Pinch of salt

Preparation

1. For the Hollandaise, whisk egg yolks lemon over gentle heat, slowly stream in melted butter until silky, salt, keep warm. **2.** Cook bacon until golden and crisp, set on paper towels. **3.** Melt butter over medium heat, add mushrooms and let sit to caramelize, stir, add shallots + garlic, cook 2-3 minutes until soft and golden. **4.** Add a squeeze of lemon, light drizzle of truffle oil, salt + pepper to taste. **5.** Simmer water + vinegar, create a swirl, drop in eggs, cook 3-4 minutes (set whites, runny yolk). **6.** Lightly toast buns for structure, not crunch. Assemble: brioche base, bacon, truffle mushrooms, poached egg, generous hollandaise, chives. **7.** Serve immediately - not a "wait around" situation.

Very much like that coverage you know you need badly. Get on it now and enjoy it fully!

3

This Kind of loyalty? Rare.

Bad meeting. Worse traffic.
Questionable life choices.
And still, you walk through
the door to someone
who thinks **you're**
the #1 thing worth
protecting.

That's how great insurance
shows up for you, too.

This April 11, National Pet Day, remember to secure that peace of mind.



WILLIAMS
Insurance Advisors.

615-442-8140

DLWINS.COM