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LIVE WELL & THRIVE

MAR 2026



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SERVING TENNESSEE



You're More BETTA

BY MAYRA ZAMBRANO

Oona noticed the poster before she noticed the planets. It hung near the entrance of the science museum: **Women's Day, March 8.** She tugged at her dad's hand and asked what it meant. Since her mother had passed when she was two, those questions belonged to him.

He knelt to meet her eyes. It was a day, he said, to remind those who needed reminding that girls and women have both the right and the duty to shine their bold colors into the world. Not timidly. Not temporarily. Fully. "It means you don't shrink who you are to make yourself or others comfortable."

The giant betta fish at the science museum...

See that? It doesn't hide what it was given. It shows the world exactly what it is.

We could all be a little **"more betta."**



Two days later, the museum would celebrate **International Day of Awesomeness on March 10.** Oona liked the pairing. Women and awesomeness in the same week. To be awesome, she decided, must mean to be fully yourself on purpose.

They wandered into the Odd Tanks exhibit, where a giant betta fish hovered in a glowing column of water. Its fins unfurled like silk flags, iridescent purples and oranges refusing invisibility. It did not dart or dim its colors. It simply occupied space.

That's for sure a girl fish who knows who she is, Oona thought. She wondered if she did too. Science museums have a way of doing that to children. Fossils and rockets and deep-sea creatures quietly ask who they will become.

Her father felt pride and ache at once. She carried her mother's face, but there was something distinctly Oona: curiosity without fear, imagination with discipline. He hoped she would never trade that spark for approval.

Living in full color is powerful. It is also demanding. The girl fish makes that clear. Beauty does not shield you from challenge. Presence invites friction. When identity moves from inspiration to action, resistance appears in three very real ways:

1. It makes you vulnerable. When you show your convictions, taste, and voice, you invite judgment. Not everyone applauds clarity. Some misunderstand it. Some resent it.

Being seen means being exposed, and exposure can sting.

2. It disrupts expectations. People build mental versions of you. When you grow or step more fully into your true colors, you unsettle those expectations. That discomfort can cost approval or temporary belonging. Growth often looks like rebellion to those who preferred the old version.

3. It demands responsibility. Once you declare who you are, you must live it. If you value excellence, you must act with excellence. If you claim courage, you must choose courage when it is inconvenient. Expressed identity becomes a standard measured by others and by yourself. That pressure is real.

And yet, these challenges are worth it:

■ **Vulnerability builds clarity.** When you stand in your real voice, you exchange approval for alignment. Oona and her dad came to the museum every month. Some friends called it excessive, even nerdy. They came anyway. Each visit sparked new thoughts and opened new corners of themselves. They were not chasing approval. They were building understanding together.

■ **Disruption creates impact.** The world shifts because someone refuses to stay small. Your intensity or softness, your intellect or humor, are not accidents. Used boldly, they solve problems, move industries, and change lives. A life of impact is rarely comfortable, but it is deeply meaningful.

■ **Responsibility produces legacy.** Expression without responsibility is noise. Expression with responsibility is contribution. Over time, contribution becomes legacy. Oona's father taught her to live in alignment with who she said she was, so her decisions would compound and her purpose would sharpen. Income, influence, and recognition would be tools, not identity.

It may sound unusual for insurance agents to encourage vulnerability. But building anything meaningful requires it. And meaningful things deserve protection. Safeguarding your identity allows your natural boldness to withstand unexpected events.

As they left the exhibit, Oona glanced back at the glowing tank. She thought about how someone's gifts justify their entire existence - but only when used.

Women's Day, she decided, would be to remind girls their colors are not optional. The Day of Awesomeness would be to tell them that shining is not vanity. It is responsibility. You owe it to yourself and the world to be as fiercely colorful as you were made to be. Unmistakably you. Celebrate it all!





BUILDING HOPE THROUGH CARE

BY David Williams

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

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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.



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+ 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!

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LAST MONTH'S LOVE SONG SCRAMBLE

ANSWER:

Every word below has its letters scrambled, but the song titles are hiding in plain sight. Unscramble each to uncover four classic hits:

MYRRA UYO; SETEW CLNRAEIO; SKIS MORF
A ESOR; UJST EHT YWA UYO AER

What are the 4 songs?

MARRY YOU
SWEET CAROLINE
KISS FROM A ROSE
JUST THE WAY YOU ARE

Winner will be announced on our Facebook page by **mid-Mar.** Stay tuned!



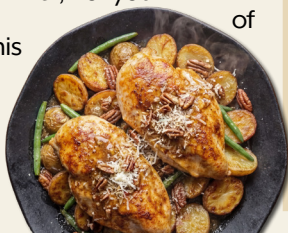
THE POTATOES, GREEN BEANS, AND PECANS, TOO.

BY DAVID WILLIAMS



Some meals don't just feed you - they wrap the evening in quiet confidence that everything is exactly as it should be. With **Poultry Day** on **March 19** and **Pecan Day** on **March 25**, we're talking about dinner, not your coverage, but peace

mind very much applies here, too. This recipe feels indulgent yet weeknight-manageable, delivering bold flavor while keeping everything beautifully under control. Try it!



INGREDIENTS

- **2 large** boneless, skinless chicken breasts
- Salt and black pepper
- **1/2 tsp** smoked paprika
- **1/2 tsp** garlic powder
- **1 lb** baby Yukon gold potatoes, halved
- **8-10 oz** fresh green beans, trimmed

- **1/2 cup** pecans, roughly chopped
- **3 tbsp** olive oil, divided
- **1 tbsp** butter
- **2 tbsp** honey
- **1 tsp** Dijon mustard
- **1 tsp** fresh lemon juice
- **1/3 cup** chicken broth
- **2 cloves** garlic, minced
- **1/4 cup** freshly grated parmesan
- Zest of 1/2 lemon

INSTRUCTIONS

1. Heat skillet, add 2 tbsp olive oil. Cook salted potatoes cut side down 8-10 minutes covered until golden. Flip, cook 5-7 minutes until tender. Remove, keep pan as is. **2.** Toast pecans 2-3 minutes. Remove. **3.** Season chicken. Add remaining oil and butter, sear 4-5 minutes per side until cooked through. Rest. **4.** Lower heat. Add broth, scrape pan. Stir in honey, Dijon, lemon. Simmer 2-3 minutes to thicken. **5.** Return chicken, spoon glaze, add pecans. Simmer 1-2 minutes. Tent and remove. **6.** Cook green beans 2-3 minutes. Add garlic 30 seconds. Return potatoes, toss in glaze. **7.** Stir in parmesan, lemon zest, pepper. Cook 1-2 minutes until crisp-tender. Plate vegetables, top with chicken, spoon over glaze. **ENJOY!**





Who in the world
thinks celebrating
"Panic Day" (March 9th)
can be fun, anyway?

Those who get coverage
from us and never actually
panic. They also love
"I Am In Control Day",
March 30th!

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