

# Breathe LIFE...

into your work, life, and play.

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## Spring Is Here and So Is the Covid Vaccine!



Tricia Dennis

### **Help Stop The Pandemic By Getting Vaccinated**

Spring is in full swing, at last, and so are Covid vaccinations. Studies show that Covid vaccines are effective at keeping you from getting Covid. Getting the Covid vaccine will also keep you from getting seriously ill even if you do get Covid.

Those two reasons alone are good enough to get vaccinated. But it gets even better: the Covid vaccination is an important tool to help us get back to normal!

Covid vaccines teach our immune systems how to recognize and fight the virus that causes Covid. It typically takes two weeks after vaccination for the body to build protection immunity against the virus that causes Covid. That means it is possible a person could still get Covid before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection. People are considered fully protected two weeks after their second dose of the Pfizer or Moderna vaccine, or two weeks after the single-dose Johnson & Johnson vaccine.

You should keep using all the tools available to protect yourself and others until you are fully vaccinated. After you are fully vaccinated, you may be able to start doing some things you had stopped doing because of the pandemic. Pretty wonderful, huh?

### **Covid vaccines are safe**

Millions of people in the United States have received Covid vaccines, and these vaccines have undergone the most

intensive safety monitoring in U. S. history. This monitoring includes using both established and new safety monitoring systems to make sure that Covid vaccines are safe. **These vaccines cannot give you Covid.**

**You may have side effects after vaccination, but these are normal.**

After Covid vaccination, you may have some side effects. These are normal signs that your body is building protection. The side effects from Covid vaccination, such as chills or redness, may affect your ability to do daily activities, but they should go away in a few days.

### **Who pays for Covid vaccines?**

Covid vaccination providers **cannot**:

- Charge you for the vaccine
- Charge you any administration fees, copays, or coinsurance
- Deny vaccination to anyone who does not have health insurance coverage, is underinsured, or is out of network
- Charge an office visit or other fee to the recipient if the only service provided is a Covid vaccination
- Require additional services in order for a person to receive a Covid vaccine; however, additional healthcare services can be provided at the same time and billed as appropriate

So, if you can get the vaccine – get the vaccine and have a wonderful, enjoyable Memorial Day! □

–Tricia Dennis

### **How We Can Help**

Tricia Dennis and Russell King have been helping injured people make good decisions about their case for more than 75 years combined. Their practice covers both Tennessee and Georgia. Today, the firm's practice areas include personal injury cases and DUI and criminal defense. Importantly, we have good connections with lawyers in every practice area. If you or a friend or family member have a legal need in an area we don't handle, please call [423] 892-5533 for a recommendation and referral.



**FAITH CORNER**  
wisdom for living life

**CHRIST CRUCIFIED IS GOD’S POWER AND WISDOM**

*“For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written:*

*‘I will destroy the wisdom of the wise; the intelligence of the intelligent I will frustrate.’”*

**1 Corinthians 1:18-20**  
**New International Version**



The wisdom of the world sees this sacrifice as foolishness. How could anyone, especially God, through his son Jesus, so full of wisdom, be foolish enough to put His faith in His fellow man? Thankfully

God’s foolishness is wiser than the wisdom of the world. Yes, people are disappointing, yes, this world is still mired in sin and selfishness, yet these are the very people Jesus sacrificed Himself to save. That simple faith that *all* are worth saving—that ordinary hope is the very thing that will save us.

We are constantly tempted to give up the Gospel mission. We are in a wilderness where the wisest course of action

would be simply to give up, try to scratch out a living in the desert, and look out only for ourselves. But to us who are being saved, the power of God calls us to have faith in *all* people. Not merely our friends, family, or “the good ones”, but the hypocrites, the selfish, our enemies. To those who lack faith it will look like madness for us to care for those who hurt us just as much as those who heal us.

It will not change overnight. There will be those who still take advantage of our goodwill, who reject the Gospel, who will disappoint us. But in each and every one of those people is that same humanity that Jesus showed us is the Image of God. While it may look like foolishness, meeting cruelty with kindness, greed with generosity, selfishness with selflessness, hatred with love, cynicism with faith—this is the Gospel we have been entrusted with. So many of the problems we face stem from having no faith in each other. If we can inspire even the tiniest flame of faith in our fellow man, we could move past the mistrust and hoarding to a more just and equal world.

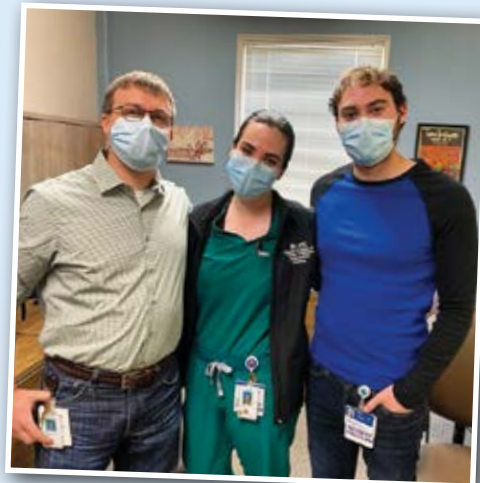
The cross shows us how transformative the gospel can be, that symbol of shame and death through Jesus has been transformed into a reminder of hope, faith, and life. While it may look foolish, it transforms even foolishness into wisdom. □

*— Russell King*



**TRISH GETS TO BRAG**

**MY DAUGHTER’S MEDICAL TEAM IS THE AMERICAN COLLEGE OF PHYSICIANS’ MEDICAL JEOPARDY STATE CHAMPS**  
*(That’s Her In The Middle)*



Almost all of you know that when it comes to my daughter, Katherine, I am the most obnoxiously boastful Mom ever! (Can’t help it.) A second-year medical resident at Virginia Tech’s Carillion Clinic—now she is a state medical jeopardy champ, beating teams from the leading hospitals in Virginia. Congratulations Katherine and your teammates! Now, on to the Nationals! □

*Love, Mom*



**YUMS**  
recipes we love

## Creamy Peach Icebox Cake

*Do you know what starts happening in mid-May? Fresh peaches! And this recipe was made for fresh peaches. Layers of cool and creamy ice cream, sweet pound cake, and juicy fresh fruit hit the spot on a hot day. You only need seven ingredients to create this show-stopping dessert which is guaranteed to be a hit at your next summer party. My cousin Kathy taught me the secret to getting clean and neat slices: run hot water over the blade of your knife, wipe it with a moist towel, and cut. Do this for each slice. While prep time is only 20 minutes, this dessert needs at least 8 hours of freezing time, so be sure and plan ahead if you want to make this for a gathering.*



### Ingredients

- |   |                                 |
|---|---------------------------------|
| 2 (10 3/4-oz.) frozen pound cakes, thawed ( <i>I like Sarah Lee</i> ) | 1 cup heavy cream               |
| 1 (10 oz.) jar peach preserves, divided                               | ½ tsp. vanilla extract          |
| 1 quart vanilla ice cream, slightly softened                          | 3 tbl powdered sugar            |
|   | 1 cup peeled fresh peach slices |

### Instructions

- 1** Trim brown crusts from pound cakes using a serrated knife. Discard crusts. Cut each cake into 1/2-inch-thick slices. (You will have 18 to 24 slices.) Line bottom and sides of a 9- x 5-inch loaf pan with plastic wrap, allowing a 4-inch overhang on sides. Place 1 tablespoon of the preserves in a microwavable bowl; chill until ready to use.
- 2** Arrange 6 to 8 cake slices, side by side, to cover bottom of pan in 1 layer (trimming slices, if needed, to fully cover bottom). Spread 2 cups ice cream over cake layer to edges of pan. Spread half of the remaining preserves (about 1/3 cup) evenly over ice cream layer. Repeat process with 6 to 8 remaining cake slices (trimming if needed), and remaining ice cream and preserves. Arrange last 6 to 8 cake slices over preserves layer. Pull plastic wrap overhang up and tightly over cake. Freeze 8 hours.
- 3** Beat cream and vanilla extract with an electric mixer on high speed until foamy, 30 seconds. Gradually add powdered sugar, beating until stiff peaks form, 1 to 2 minutes.
- 4** Remove cake from freezer. Holding the plastic wrap overhang, lift cake from pan; invert onto a platter. (Discard plastic wrap.) Spread whipped cream over cake.
- 5** Melt reserved 1 tablespoon preserves on HIGH until just melted and smooth, 10 to 15 seconds; mash large lumps with a spoon. Gently stir in peach slices to coat. Spoon mixture over cake; serve immediately. Serves 8 ▣

The *Breathe Life* Newsletter is a publication of Dennis & King. For comments, questions, or to update your information, email us at [office@dennisandking.com](mailto:office@dennisandking.com). We love to hear from you!

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We'd like to thank the following clients and referral partners for their wonderful referrals. Your continued support allows us to continue to apply our dedication to providing personal service to more people and make a positive difference in their lives.

- J. Rucker
- M. Ferguson
- T. Studdard
- J. Talley

## Hello From Tricia Dennis & Russell King

Spring is here! Check out this month's recipe for Creamy Peach Icebox Cake. We also share our thoughts about Covid vaccines and the pandemic. Russell reflects on the message of the Cross. And Tricia proudly "brags" a bit over her daughter's accomplishments.



## Success Stories PERSONAL INJURY

### George's Story



### SERIOUSLY INJURED MAN RECEIVES \$327,000 FOR AN AUTO ACCIDENT

*A commercial vehicle failed to yield to the traffic flow and rear-ended our client, George. The collision was so severe, that George required immediate transport to the hospital. He had numerous injuries, including post-concussion headaches and two herniated discs in his low back.*



After two rounds of physical therapy, George still found no relief. Even injections directly into his spine offered little relief. Finally, George and his doctor agreed surgery was his only option. His orthopedic surgeon performed a procedure called a microdiscectomy on his left side to remove the part of the two discs sitting on his spinal nerve roots. Immediately after the surgery, his symptoms disappeared.

Due to the surgery and other injuries, we were able to negotiate a \$327,000 settlement. Additionally, we were able to get George's medical bills (which were about \$105,000 dollars) substantially reduced so he was able to keep much more of his settlement. ▣