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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.

## FROM THE PUBLISHER

On February 21st, the world lost the finest true Gospel Evangelist that we have seen in our life time, Reverend Billy Graham passed way at the age of 99.

While in Bible College, Billy Graham preached his first sermon at the age of eighteen to a congregation of forty in a small church in Florida. His knees were knocking and he actually used four borrowed sermons and finished in eight minutes.

At the conclusion, as the parishioners were leaving, one of them told Reb. Graham that he should make sure he got a lot of education because he would never be a preacher. Fortunately for the world, Billy continued to feel God's calling to be an evangelist and he followed that calling.

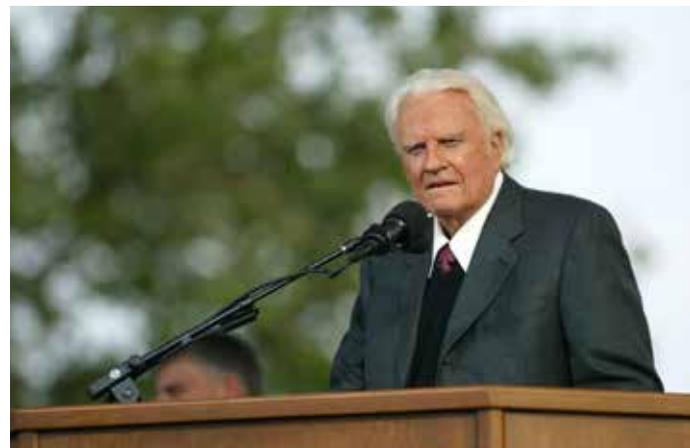
I am 68 years old and consider it a blessing that I grew up with Rev. Billy Graham, whether watching his Crusades, Revival Meetings and sermons on black and white television or listening on the radio, either at my house or at my grand parents house. I can still see him on television speaking to tens of thousands of people in different parts of the world, many times with a translator, delivering the simple message of the Gospel and Salvation through Jesus Christ in a very powerful anointed yet humble manner.

I was also fortunate to have been able to attend two of his events with my family and saw Rev. Graham speak in person. Rev. Graham's evangelism led literally millions of people to Christ during the decades of his ministry.

Rev. Graham is loved and respected by government leaders around the globe as well as dignitaries and officials of all faiths. He lived a simple, humble and Godly life, no mansion, no Lear Jet, no fleet of exotic automobiles, no glamorous vacation home and no scandals of any sort. Comparing the type of life that Rev. Billy Graham led to so many other "religious leaders" lives today is truly remarkable.

If are not that familiar with Billy Graham and his story, I encourage you to tap into the many books and other resources about his ministry and life that are readily available.

Reverend Graham's Gospel message and legacy is being carried on by his son, Rev. Franklin Graham.



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# March 2018

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## ON THE COVER 16

20 years ago, Keith Richards opened his first Taziki’s restaurant location. Today Taziki’s serves guests at 83 locations in 17 states, including Tenn. Richards shares how the faith of he and his wife as well as his parents have influenced the way they do business and serve others. See Page 16.

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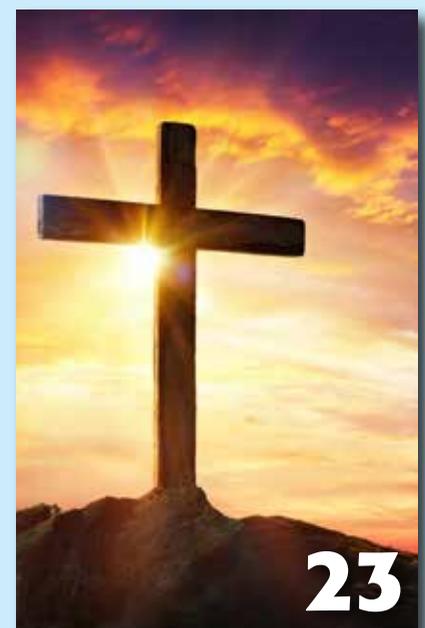
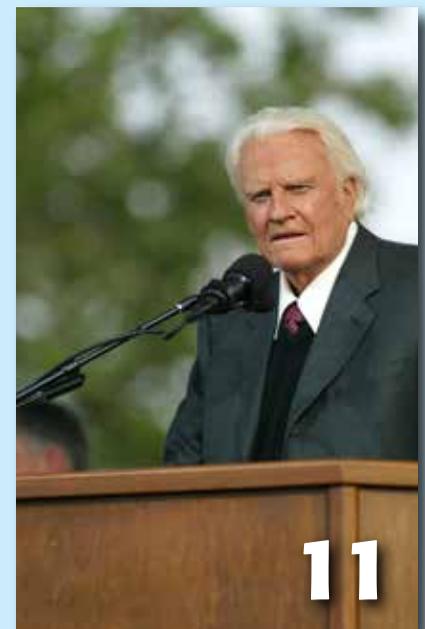
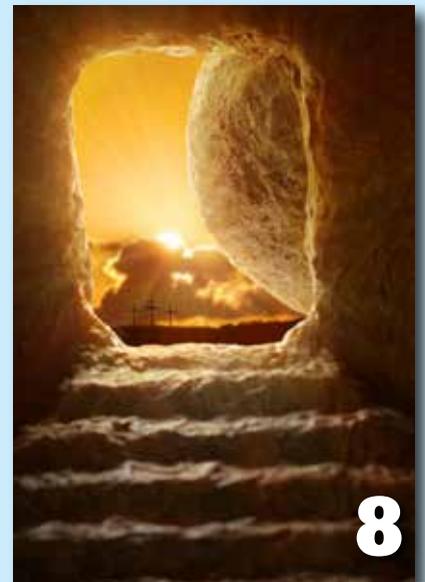
## NEXT ISSUE



**Randall Goodgame: Slugs & Bugs & The Gospel & MUCH MORE!**

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VOLUME 9, NUMBER 5



### “You Don’t Know What Spirit You Are Of”

The use of our commercial airliners as bombs to destroy our own facilities and murder thousands. The placement of a bomb in Northern Ireland to maim Catholic neighbors. A missionary from Australia burned to death along with his two sons by Hindus. A suicide bomber entering a pizzeria to detonate a device that murders 18, mostly innocent children and women. What do all these have in common? They are the fulfillment of a prophecy given to us by Jesus, two thousand years ago. He said, in John 16:2-3, “An hour is coming for everyone who kills you to think that he is offering service to God. These things they will do, because they have not known the Father, or Me.”

Jesus knew that these things would happen, to us and others all around the world. He knew that it would happen in the name of religion. Actually, His murder on the cross on trumped-up charges was another example of it.

In fact, one day He had to deal with such a temptation amongst His own disciples. Two of them asked Him permission to burn up an entire Sa-

maritan village, simply because that village wasn’t responding to His disciples’ preaching (read Luke 9:52-56). How did He respond? He rebuked His followers by saying these words: “You do not know what kind of spirit you are of. I did not come to destroy men’s lives, but to save them.”

There is simply no room for hatred, unforgiveness, violence or vengeance in the ministry of God’s Holy Spirit through His church. All systems that advocate force and murder are anti-Christian, even if so-called “Protestants and Catholics” in Northern Ireland or Yugoslavia or Lebanon or elsewhere practice it. The teaching of the use of violence and vengeance towards the “unbeliever” in Islam, or Roman Catholicism during the Crusades a millenium ago, is simply not the message of God. Jesus Himself told us so.

So, how will we respond to such atrocities? Obviously the legal process must be carried out to punish the murderers. The point I want to make is that it is our mission as His people to also pray for the salvation of hatred-filled, unforgiving people

who will indeed die in their sins unless they turn to Him for salvation and forgiveness. This is why mission efforts to all peoples, and the preaching of God’s Son and His desire to reconcile us through His great love, is still our job while we have been left here.

Islam, for example, grew strong six centuries after Jesus came because His own church had all those years to reach the world with His gospel of love, but they did not. Four centuries after that, Christian armies were sent—not to preach but to wield the sword. These may be old wounds but they have obviously still not been healed yet.

This is a time to accept afresh God’s call to us to be His ministers of reconciliation (II Cor. 5:18-20) to all peoples, who are all equally loved by a God who does not want that any perish but that all come to Him by faith for the gift of eternal life. These are values that I practice as a missionary every day.

— Mark Simpson, Pastor and Missionary

## HOME FRONT

### Why You Should Check Your Smoke and Carbon Monoxide Detectors Monthly

The little things in our homes can be the easiest to forget. Unfortunately, they can also be the most important. That’s definitely the case when it comes to smoke and carbon monoxide detectors; lifesavers that can be easy to ignore.

According to the National Fire Protection Association, the risk of dying in a home fire is cut in half if the house has working fire alarms. Yet, nearly half of home fires that fail to trigger alarms occur in houses where batteries have expired or been removed from a smoke alarm. We’ve put together some tips to make sure your home is always equipped with properly working alarms.

#### WHEN TO TEST

Test every smoke and carbon monoxide detector in your home once a month. It won’t take more than a few minutes. Just press the test button on your alarm and after a second or two it will make a loud siren or alert.

Check the batteries in your alarms every six months. Replace batteries once a year to be safe (unless it’s a 10-year battery smoke alarm). If you hear random chirps from your alarm, that’s a signal you need to change the batteries immediately. Pro tip: When testing, have someone walk to other rooms of the house to make sure the alarm can be



heard throughout. If the sound is too low, replace the battery or the unit entirely.

#### THEY EXPIRE SO REPLACE THEM ON SCHEDULE

Smoke alarms last about 10 years before needing replacement. Carbon monoxide detectors last 5-7 years. After that, deterioration can occur inside the alarm and make it less likely to trigger (besides, technology keeps improving so we recommend staying with the curve).

Detectors today will come with a manufacture date on the back for easy reference. If you have alarm without a date, it’s probably old and in need of replacement.

Pro tip: Consider getting alarms with voice alerts that notify you of which area in the house has

been triggered. This will save you from wandering to find that pesky beeping alarm. Studies also show that voice alarms may be better at waking children under age 12.

#### TAKING CARE OF YOUR DETECTORS

Other ideas to keep your detectors in safe, working order:

- When you test, vacuum any dust buildup out of your detector to keep the unit clean.
- NEVER take your detector battery out to use in something else, even temporarily.
- Install both smoke and carbon monoxide detectors in your house. Ensure they’re installed on every level of the house, and ideally in every bedroom.

• You can sign up to receive monthly testing reminders via email from free services, including: <http://www.reminders4.me/>

A few minutes a month can ensure that your detectors are ready to help save your family and home in an emergency. If you have any questions about your home’s smoke or carbon monoxide detectors, give us a call at Lee Company -615.567.1000 or visit [www.leecompany.com](http://www.leecompany.com)

— Dan Kalman, Senior Vice President of Home Services Lee Company

ARE WE THERE YET?

## Great Get-Away at Historic Boone Cabin

Tucked away on the wooded banks of Lake Tuscaloosa, the 1820s Boone Cabin provides historic charm, modern features, and breathtaking views of the lake. Boone newspapers graciously donated the home to The University of Alabama in honor of Mrs. Frances Boone. With renovations that maintain the historic integrity of the home, the venue is now a perfect site for day or overnight family gatherings, day rentals for church or corporate retreats, class reunions and weddings.

With a sleeping capacity of eight people, the cabin can easily accommodate single or multiple families. The cabin nestled near the east bank of Lake Tuscaloosa and about 35 minutes from The University of Alabama campus features a cozy living room with a smart, flat screen TV and unlimited cable channels, kitchen with modern amenities, two full baths, master bedroom with flat screen television and queen bed, two upstairs bedrooms for guests (one with queen bed and flat screen television and the other with four twin beds and activity table), and outdoor grilling on a separate patio. Wireless internet is also available throughout the cabin. To further enhance your stay, camping gear, canoes, kayaks, and other outdoor equipment can be rented through the University's Recreation Center.



Boone Newspapers donated Boone Cabin to The University of Alabama in honor of Mrs. Buford Boone. With renovations that maintain the historic integrity of the home, the venue is now a perfect site for family gatherings, weddings, wedding anniversaries, birthday parties, church or corporate retreats, and more. Learn more at [www.boonecabin.ua.edu](http://www.boonecabin.ua.edu).

Boone Cabin is perfect for spring, summer or fall weekend stays, special events, game day weekends or your special wedding day (up to 150 guests). The cabin features a large back porch full of rocking chairs to accommodate multiple guests. It leads down to a winding, slated rock pathway to the water. Adirondack chairs are also provided for your leisure of small talks, soaking up some sun, or watching your loved ones' swim. To learn more visit [www.boonecabin.ua.edu](http://www.boonecabin.ua.edu), [facebook.com/boonecabin](https://www.facebook.com/boonecabin) or call 205-348-4090. ●

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# JOIN US FOR Easter Sunrise Service

The one thing that makes us really appreciate spring is that Easter is here! It's hard to believe that Christmas has passed and the earth is awakening from the cold and snowy season.

Easter is a time for family and renewal. Our family and staff would like to cordially invite you to attend our annual Easter Sunrise Service. This year the service will be on **Sunday, April 1 at 7:00 AM**. This service has been held at **Williamson Memorial Gardens** for over forty years. There will be special music and local ministers from various denominations offering words of encouragement. The service typically lasts forty five minutes so that you will be able to attend your regular church's Easter Service.

This is a time that families feel closeness to those that have gone before them and to remember loved ones. If you attended a service in the past, you know that it is a heartfelt and uplifting time to help during the Easter season.

It will be held outside in our cemetery unless there is inclement weather. If that happens, the service is moved into the chapel of the funeral home. Regardless if your loved one is here at our cemetery or not, we want you to feel welcome to come and join in this Easter Sunrise Service tradition. You will not want to miss this community wide event.

Please visit with our family and the staff of both of our funeral homes, Williamson Memorial and Spring Hill Memorial. There will be coffee and doughnuts served before and after the service.

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### Roofing

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increases the value of your property and gives you a sense of pride in your neighborhood and community. A quality paint job will last for many years and will help protect the property from the elements. Whether you're looking to paint just one area or the entire property we have the experience to get the job done. We back up our work with our 10-year labor warranty so you can rest assured that we are taking all the necessary steps to make sure your paint job looks great and lasts.

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— Hector Martinez, Owner Miller Masonry, Inc.



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# Reverend Billy Graham: The Man and His Legacy

Early on the morning of February 21st, the Rev. Billy Graham passed away at age 99 at his home in Montreat, N.C.

In response to the news of his passing, national and international leaders simultaneously grieved his death and celebrated his life. And for good reason.

He should be remembered for his global reach, having preached live to approximately 215 million people in more than 185 countries or territories, and via television and radio to hundreds of millions more.

He should be remembered for his personal influence, having met and prayed with every U. S. president from Dwight Eisenhower to Barack Obama, and having preached at funeral services for Presidents Lyndon Johnson and Richard Nixon. He should be remembered for the way his ministry spanned across many of America's public divides. Graham was recognized by many Americans—Republican and Democrat, black and white, North and South—as “America's pastor.” He should be remembered for his opposition to racial bigotry, having refused to preach to segregated audiences. For this reason, Dr. Martin Luther King, Jr. counted Graham a friend and an ally, once remarking, “Had it not been for the ministry of my good friend Billy Graham, my work in the Civil Rights Movement would not have been as successful as it has been.”

He should be remembered for the love and faithfulness that characterized his marriage to Ruth McCue Bell, to whom he was married for 64 years. His reputation was unblemished by sexual or financial scandals. But more than anything, he should be remembered for the gospel. It is this gospel to which he devoted his life and ministry. What is the “gospel” Billy Graham preached? The Christian gospel is the announcement that two thousand years ago Jesus of Nazareth was crucified. Powerful members of the religious, political, and military communities colluded to strip him naked, mock him publicly, and crucify him. And it is the announcement that, even while powerful men were conspiring to kill the Son of God, God himself was acting to save the world from itself, once and for all.

But what does Jesus' crucifixion have to do with him saving the world? As the Bible teaches, Jesus' crucifixion and resurrection accomplished three



things, which together provide an explanation for why Billy Graham devoted his life to preaching about them. On the cross, Jesus suffered so that we could be delivered from suffering. Unlike other religions Christianity teaches that all of us are born with a tendency to sin. Like Adam and Eve, we refuse to recognize God as God and we break his law repeatedly. Because God is the universal King and ultimate Law-giver, our sins are mutinous; they represent an attempt to steal his kingship and replace his laws. For that reason, each of us deserves death as the penalty for our law-breaking.

Yet the Bible also teaches that God loves us and does not want us to suffer the penalty of our sin. For that reason, he took on a human body and came to earth as Jesus. When he did that, he “traded places” with us. He lived the sinless life that we should have lived, and died the death that we deserve to die. He took our guilty record, died for it, and offers us his perfect record in return. That is why the apostle Paul declared that “there is therefore now no condemnation for those who are in Christ Jesus” (Rom 8:1).

### **Through the cross, we can be reconciled to God and each other.**

Because of our sins, we alienate ourselves from God and others, but Jesus saves us from our sins in order to mend those relationships. That is why the Bible says, “For it pleased the Father that . . . by Him to reconcile all things to Himself, by Him, whether things on earth or things in heaven, having made peace through the blood of His cross” (Col 1:19-20). In fact, Jesus' reconciling powers will cause all relational barriers to be torn down, including the barriers of ethnicity and nationality (Rev 5:9-10).



### **Because of the cross and resurrection, we have hope for the future.**

The Bible connects Jesus' crucifixion with his resurrection. After Jesus suffered on the cross, he was buried, but on the third day he rose from the grave! When he rose from the dead, he not only confirmed his divinity but declared that

he would return one day to make things right. He will return to disestablish evil, sin, and death from their artificial throne, and establish himself as the true King over a kingdom characterized by justice, peace, and love (Rev 21-22).

For these reasons, Billy Graham invited anybody who would listen to embrace Jesus as the Savior that he is, to trust in him alone for our salvation. He alone can save (Acts 4:12) and there is no sinner too bad for him to save (1 Tim 1:15).

We shouldn't be sad for Billy Graham. In his own words, “Someday you will read or hear that Billy Graham is dead. Don't you believe a word of it. I shall be more alive than I am now. I will just have changed my address. I will have gone into the presence of God.”

And for these reasons, we should do what Billy Graham did: trust in Jesus and invite anybody who will listen to trust in Jesus also.

— Bruce Ashford is the Provost and Dean of Faculty at Southeastern Baptist Theological Seminary, where he also serves as Professor of Theology and Culture. Follow him on Twitter @BruceAshford.

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we closed the loan we paid off a total of 15 debts saving them \$560.30 a month, lowered their current interest rate, put them on a 15 year fixed mortgage and also gave them \$19,500 cash back at closing.

Think about it, if you mail out 15 payments a month. That is \$7.35 a month just in postage stamps. They were so appreciative that we put them in a much better financial situation, and they were able to sleep much better at night.

This is just one of the many success stories we have at Peoples Home Equity.

At Peoples Home Equity, we pride ourselves on talking to our clients in person. Our “high-tech” approach includes things like good hot coffee, comfy chairs and real people who care about your financial and life goals. Planning your family’s future shouldn’t happen online, but face to face.

I’d like to share one of our recent success stories. A married couple contacted me, and I could tell that they were stressed by the sound of their voices. Joe and Debra had accumulated a lot of credit card debts and it was stressing them out. Joe has been in the Army for over 15 years, and gets deployed frequently. Debra works on the Army base. One of them was a spender that got them into most of the debt. Wisely, they realized it was out of control and they needed help quickly, so they called me to see what I could do to help them out of this bad situation.

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— Phillip Carson, Branch Manager/ Mortgage Adviser, NMLS#: 170560  
216 Centerview Drive Suite 240 | Brentwood, TN. Phone - 615-673-0628 , [pcarson@peopleshomeequity.com](mailto:pcarson@peopleshomeequity.com) [www.phenashville.com](http://www.phenashville.com)

I quickly came up with a plan to get them out of the trap. I refinanced their current mortgage and paid off 14 more debts that were all credit cards. When

## PARENTING POINTS

### MARCH MADNESS: *How Do I Get Along With the EX?!!*

Some days co-parenting with the ex can seem like madness; the unresolved issues of the past come crashing in and two people who used to be a couple can’t even complete a sentence without saying something harsh and hurtful. For kids it is completely confusing when Mom and Dad put them in the middle of the mess. What are some important things to remember when dealing with a difficult ex?

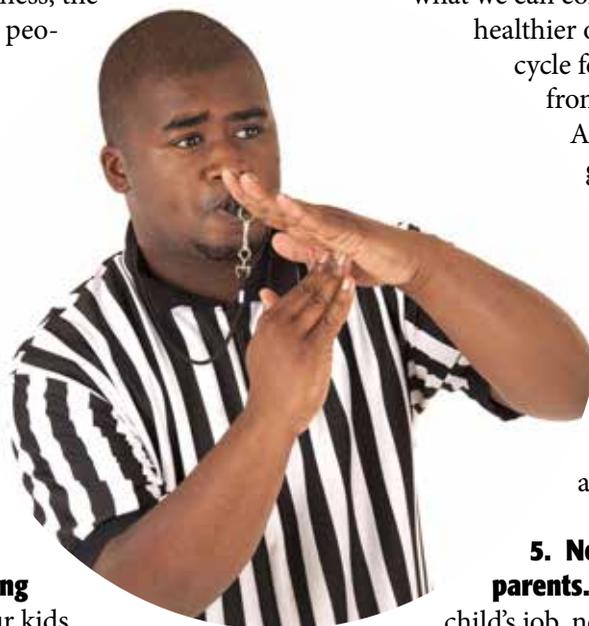
#### 1. Never talk about co-parent business at the handoff.

Kids need to have a peaceful and simple transition between Mom and Dad. Don’t talk about anything related to finances or schedule during the handoff, instead find a pre-designated time to talk completely away from the children and have a co-parent “meeting” or conference call.

#### 2. Find a healthy adult to talk to about how frustrating it is to deal with your ex.

We never want to lean on our kids as our confidant or our counselor; kids need to be free to just be kids. Having a solid “go-to friend” is important to help air out our frustrations and gain helpful perspective when dealing with a difficult co-parent.

3. Consider talking to a counselor about the dynamics that are at play to help yourself as well as to help the children. Sometimes the best thing everyone needs is a safe place to talk and share our story. Understanding



what we can control and what we can’t is also important to have a healthier outlook. When a person has been in an unhealthy cycle for years, it is hard to get out of it and recognize, from an objective point of view, what is happening.

A family counselor can always come alongside and give perspective that is helpful and life-giving for everyone involved.

#### 4. Remember you can only control yourself.

You can’t make another person change or even want to be reasonable. Reading the book, “Boundaries” (authors Cloud and Townsend) is a great start to understanding that it is OK to put boundaries in place, not just with the ex but with anyone in your life.

#### 5. Never make the children be the messenger between parents.

Carrying information back and forth is not the child’s job, no matter how old they are. Parents need to find a way to communicate directly about all the details of finances, schedule, etc. When kids get caught in the middle as the “3rd parent” they become parentified and carry burdens that are not for them to carry.

— Tammy Daughtry, MMFT, is based in Nashville and is the author of *Co-parenting Works! Helping Your Children Thrive after Divorce*. For more information please see [CoParentingInternational.com](http://CoParentingInternational.com).

THE

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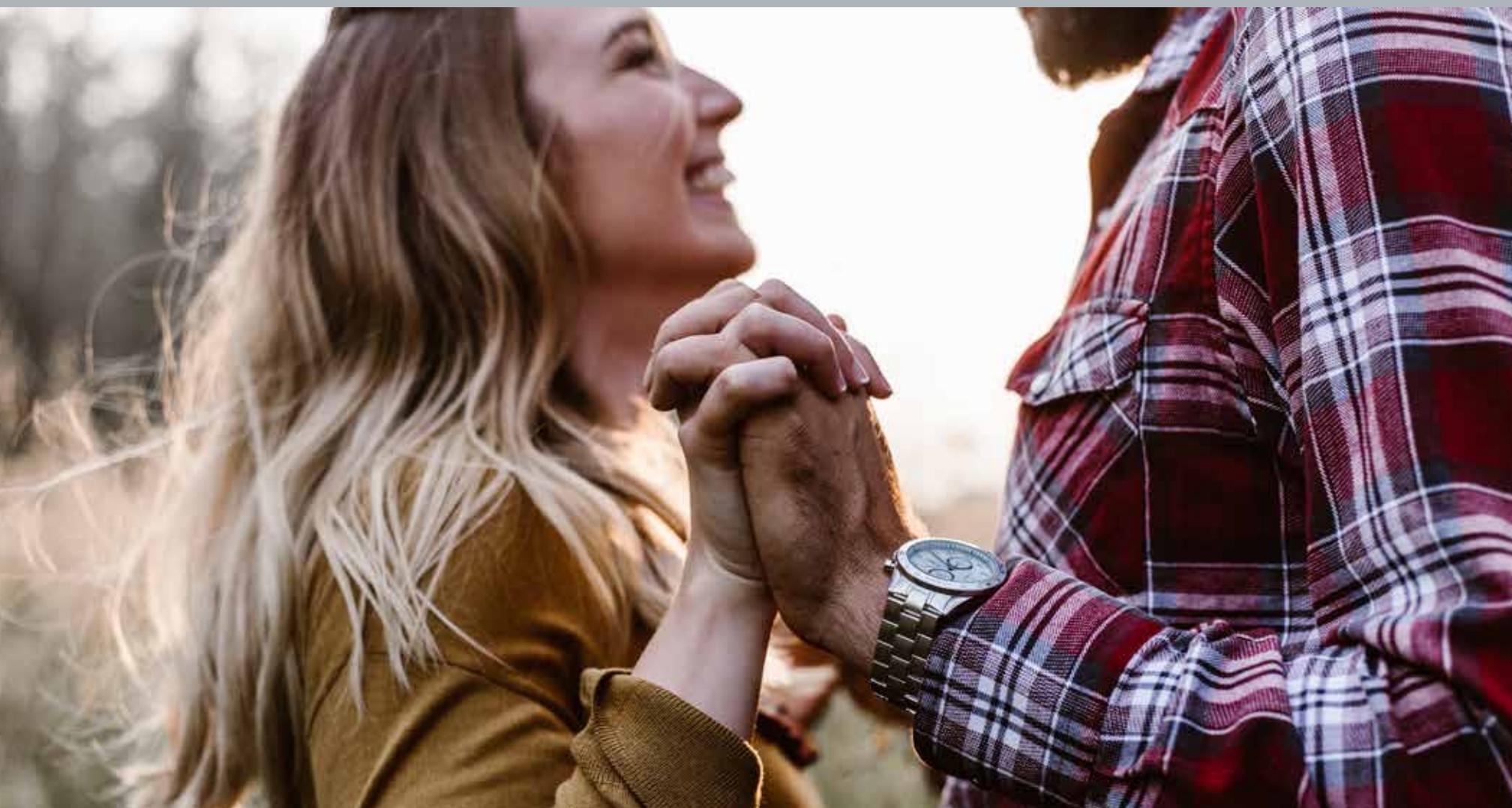
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# Jesus, Others and Yourself:

## Taziki's Keith Richards



**Keith Richards began his restaurant career cooking chicken in a K-Mart kitchen and waiting tables at Olive Garden. Today he serves as Chief Development Officer for Taziki's, which he founded in 1998 and currently has 8 Middle Tennessee locations.**

Photos Courtesy Taziki's.

**A**fter a vacation to Greece in 1997, Keith Richards was inspired to recreate the same richness of community he experienced there in his home town of Birmingham, Ala. Opening his first Taziki's restaurant in 1998 was a leap of faith quickly bolstered by the idea of giving back. Now with locations in 17 different states, Richards reflects on how his Christian upbringing contributed to his drive to succeed and his commitment to employing and inspiring special needs teens and young adults in the communities he serves.

**Growing Up in Birmingham, Ala.** Richards says his strongest memories of childhood involve being outdoors. "Back then, of course, we had no devices that would distract us," he remembers. "We had an area called The Trails where we rode our bikes and shot BB guns and chased squirrels and went to the Boys and Girls Club. That's all we did—that and play baseball. Church on Sundays. It's almost like a country song." Richards' family attended Fairview United Methodist Church, and as far back as he can remember, every store in Ensley was closed for Sunday services. "Sunday was the Sabbath, and that was the day we went to Sunday School, went to what we called Big Church, and then at night we would have youth group." Even on vacations, Richards says his family would find a place to worship.

In his teens, Richards worked at Camp Sumatanga, an experience that strengthened his faith and gave him a taste of servanthood and pointing others to God. "During those impressionable years—16, 17, 18 years old when some teens are starting to wonder—it grounded me even more." His contributions to the spiritual growth of his campers, he says, was primarily directing them toward the Lord revealed in nature. "Scripture is so important, but my perspective was

more of look what God has given us."

Richards' father, Joe Richards turned 79 this past November, and inside his birthday card Keith Richards wrote, "Thanks for being my hero." "He's the one I strive to be like, not only with his faith but with his heart, his goodness," Richards says, noting that his mother passed away nearly six years ago. "We had a Bible School class at church growing up, and it was the J.O.Y. class. It stands for Jesus, Others and Yourself. That has always stuck with me. I saw my parents live that."

**Growing a Business.** After jobs at a Kmart cafeteria and Olive Garden followed by a 10-year career at Bottega under award-winning Chef Frank Stitt, Richards and his wife used their home as collateral to build his first Taziki's location off Highway 280 in Birmingham, Ala. Richards reflects on how his parents' example served as inspiration. "My father was a telephone lineman for South Central Bell / BellSouth, and I knew what hard work looked like. It was a leap of faith... We didn't have the money. There wasn't an option. We could not fail," he recalls of Taziki's beginnings. "Ultimately, however, the challenge was how do we start giving back? That was the first thing to do. How do we get into the community to let people know we are here and who we are? Faith has a lot to do with that. You pray for success; sometimes it doesn't come, sometimes it does, but prayer and hard work is a great combination to reap rewards."

**Giving Back.** Giving back for Richards started with a chance meeting with Shelby County Schools Job Coach Cindy Vinson while on a cruise vacation. Bored with the band playing one evening on the ship, on a whim Keith offered

to stand in as a drummer. An experienced musician, while he jammed on stage, Amy Richards struck up a conversation with Vinson, who was sitting nearby. Vinson asked if Taziki's would consider employment for students with special needs. The Richards said "Yes," and since then Taziki's has been helping local students and young adults with challenges realize their potential, earn a paycheck, relate to peers, and be a part of a team. Richards adds that meaningful employment also meant relief, in a way, for the students' parents. "Growing up, I wasn't exposed to the challenges that the parents of children with special needs have. Today, if I can allow that parent 12-15 hours a week to pray, yoga, tennis, whatever their passion is, then I'll do it."



**"They say God works in mysterious ways," Keith Richard says of he and wife Amy being the parents to two sets of twins, one conceived with the assistance of fertility specialists at the University of Alabama at Birmingham and another conceived naturally. "I think it was just something that God said you're doing something right in your life, and I'm going to bless you again." Seen here are Keith, Amy, Oliver (15), Charley (13), Margaux (13), and Maggie (15).**

The Richards and Vinson also began the H.O.P.E. (Herbs Offering Personal Enrichment) program in 2012, which purchases herbs for Taziki's restaurants grown by special needs students at area schools. Being taught how to grow, harvest and sell cilantro, rosemary, thyme, parsley and rosemary gives the students opportunities to practice social skills, learn the value of money, set goals, and follow through with plans. Richards is expanding the program to include at-risk students as well and hopes that in 2018 the program will become a nonprofit organization. He hopes that all of his friends in the Birmingham restaurant business will consider following his lead in cooking with locally grown herbs. "God has blessed me, and I've said a thousand times you have to give back. That's the plan. That's God's plan. And, of course, I don't do it for extra wing points or any kind of halo points. I do it because that's the way that my parents raised me."

In conjunction to all of Richard's success, Taziki's in Nashville has chosen to embody the same philanthropic vibe that was started in Birmingham. Local owner, Dale Wasem, began searching for the opportunity to employ adults with special needs in 2015. "After a great deal of time searching for the perfect organization to partner with to pilot the H.O.P.E. program and employment opportunities in our local community, we were connected with Gigi's Playhouse of

Nashville. They have been serving individuals with Down Syndrome in the Nashville area with complimentary therapeutic, educational, and family services for the past 5 years. We are ecstatic to say that we have now employ 11 adults with disabilities in the Greater Nashville Area." Wasem said.

"In addition to our employment, we have extended our program to Williamson County Schools. The school system has been a huge supporter, as well as encouragement with job training. We are thrilled to announce that Fairview High School has joined the H.O.P.E program. This school's program allows us to get involved with all of the students even those who may have a physical handicap. One of the greatest benefits to the employment program is the inclusiveness we are able to offer and seeing the confidence that each individual gains when given responsibilities."

Richards suggests that choosing to make 2018 a year for giving can be simple. It doesn't require finding needs to meet worldwide. "In our own backyard, there are people that are hungry, people that don't know Christ, people that are struggling on a daily basis that we can help," says Richards. "Find something dear to your heart...what makes your heart flourish?"

— Camille Smith Platt



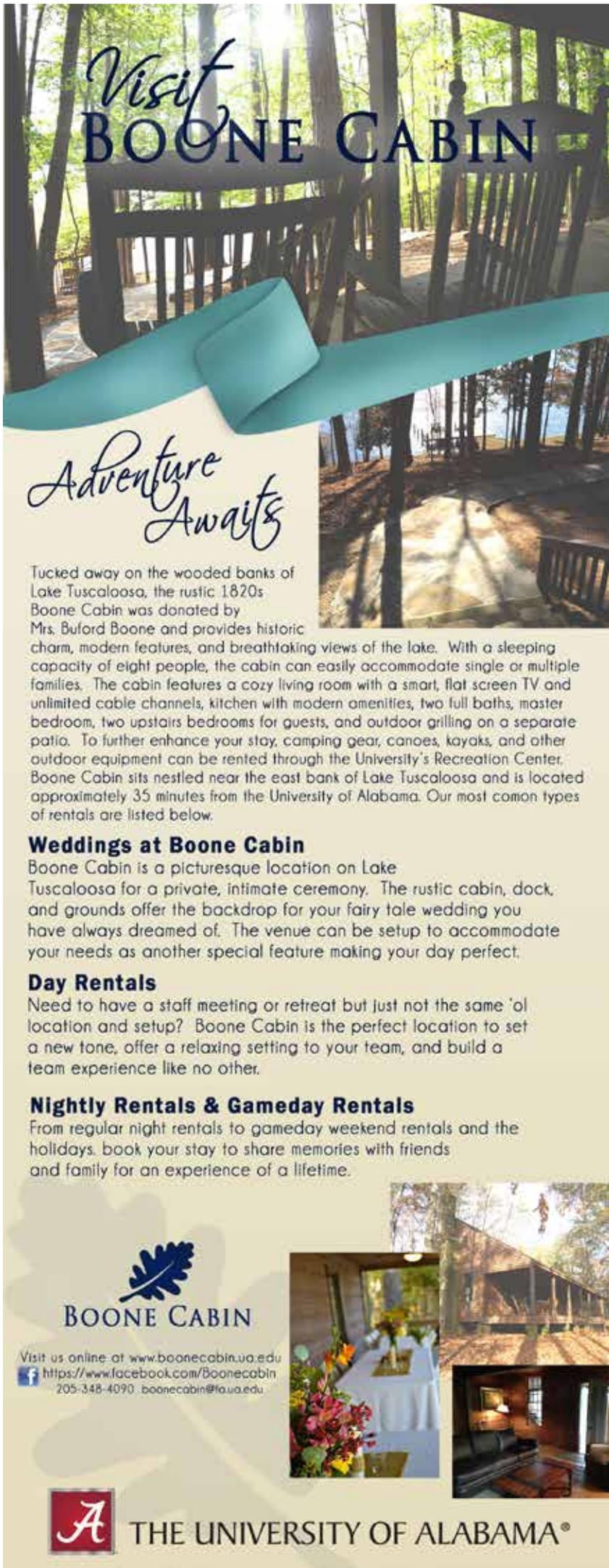
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# March Already?

Can Spring be far behind? It's nice to know that no matter what the season, Franklin and surrounding areas have lots to do and see! Start the month off with the historic **Franklin Trolley tour**. Sit back and ride in climate controlled comfort on Hello Trolley as you learn about the history of Franklin. There's also a free monthly **Art Crawl** that takes you through downtown Franklin's historic buildings, and celebrates Williamson County's unique artistic talent.

**Cars and Coffee** takes place every Saturday throughout the month at the AMC Thoroughbred 20 parking lot. March 4th is **Taste of Williamson**, which features the area's best food and beverages.

Cool Springs Galleria hosts this event, proceeds benefit United Way and its partner agencies. March 10th is the **Franklin Farmers Market** at the Factory. Enjoy home grown produce, cheeses, herbs flowers and more from nearly 100 vendors.

March 12th to the 17th is the **5th Annual Christian World view film festival**, with over 60 films to be screened and 40 film related workshops at the Factory. Finally, don't miss the the **Easter Celebration Egg Hunt and Breakfast with the Easter bunny** at Lucky Ladd Farms March 30th and 31st.

In the midst of this busy month, should your vehicle need spring cleaning or repair, come see

us at Hyundai of Cool Springs. The 2018's are here and the all new 2019 Veloster is due in the Spring as well. Come say Hi! Everyone's a neighbor...at Hyundai of Cool Springs.

See ya around the neighborhood!

— *Frank Odrobina, Owner of Hyundai and Genesis of Cool Springs, 1.877.886.8448, HyundaiOfCoolSprings.com, GenesisOfCoolSprings.net*

## FAITH UNDER FIRE

### Walk-Ins Welcome

Will today be a treasure of a day or a trial of a day? I don't know and neither do any of us, really, but we can choose how the culture of our hearts will deal with it. We can choose to have a restful heart and mind during anything that may come our way today. And that rest springs forth from an inside job, not an outside one. True rest and peace of heart does not come from the circumstances of our day, but from a choice to stay in that state of mind, no matter what.

At any given moment, I have a choice to make... go this way or go that way. I can choose to change something I see that is off kilter in my heart, or choose to ignore it... and the problem with ignoring it is that we often make the mistake of believing it will change on its own, or just simply go away. Let's say I am feeling very ill, and finally decide to make the trek to the doctors office. The doctor examines me, runs some tests, and says, "Here's what you have, and with this medication...it is 100% curable," He or she, hands me a slip for the medicine I need to help my body heal. However, I leave and choose not to pick up the prescribed remedy.

I felt the issue...I heard the issue...and I saw the issue, but none of that would heal the issue. I made the effort to get some medical advise, but I also am responsible for the follow through on that advise.



Same thing goes for our hearts. Something is brought to our attention through an incident or circumstance in our lives...I see the evidence of the infection, yet choose to ignore it. Simply seeing the symptoms does not change things. I need to take the information that was presented, and use that information to pursue the change that is needed.

Wanting to get better does not produce change and healing, I must decide to get to the root cause of what I see show up in the tests.

I believe God presents tests, here and there, through out our days, not ever to shame us, make us feel bad about ourselves, or anything like that... but to reveal something that is hurting us... or if left alone will hurt us, and maybe if left unchecked for long enough, those around us too.

So the next time we see something come out of ourselves that... well, lets just say is not so pretty... instead of avoiding it, acting like it did not happen, or even worse...blaming it on others... let's get the microscope out and take a look at what may be really going on... from the inside out. There is a cure for these heart issues, and the best news is that I know The Best Doctor on call to help us 24/7, and walk-ins are always welcome!

— *Michelle Teague has been in the network marketing industry for over 30 years. Michelle homeschooled their 3, now adult girls, she enjoys spending time with her family, blogging, and seeing women become all God created them to be in every area of their lives. Contact info. MichelleTeague.com 615-219-5420.*

## 3 Ways to Burn More Fat

For the majority of people trying to get healthier, losing weight is a top priority. Each of our bodies responds a little differently to eating and exercise, but we all have the main things in common. So let's look at three basic tweaks to your routine that you can start right now. You've got nothing to lose except those unwanted pounds!



### 1. Get serious about cutting out refined sugar

It's no shock that added sugar has negative effects on our health. But you may not realize that foods with added sugars or refined sugar/carbohydrates may also be the reason your body is holding onto fat.

When we consume sugar, our body produces insulin, which carries that sugar (glucose) to our cells to be used for energy. However, when we have excess glucose (too much sugar), our body stores that extra glucose in the form of glycogen in our liver and muscles. When we have more glycogen than our body can convert into energy, our body will then store extra glucose as fat. By cutting back on your sugar intake, you reduce fat stores.

#### So, how do you cut out sugar?

- Eliminate sugary beverages.
- Choose whole grains and limit carbohydrates that have refined flours and little-to-no nutritional value.
- Avoid sweets, desserts, and calorie dense snack foods.
- Scale back on portions of carbohydrate-rich foods. You don't have to cut them out completely, but start halving your portion sizes.

### 2. Increase your protein intake

Research continues to prove that protein-rich diets are most beneficial when it comes to overall weight loss. Protein-rich foods will fill us up quicker, keep us full longer, and may help improve overall metabolism. The goal is to eat lean proteins with each meal or snack. Then, balance out proteins with fruits and veggies, which are packed with vitamins, minerals, and extra fiber. Remember to keep serving sizes moderate! Too much and you will exceed your calorie intake for the day.

#### So, what does a serving size look like?

- 3 ounces of fish, chicken, pork, or lean beef
- 1 ounce of cheese, 6 ounces of plain yogurt, 1 cup milk
- ½ cup beans, lentils
- 1 egg
- 2 tbsp. nut butter or 1 handful of nuts

### 3. Do the best kind of exercise

No surprises here! Exercise is essential for weight loss and fat burn. But I'm not suggesting adding another ab workout to your day. Instead, aerobic exercise such as walking, running, stair climbing, swimming, etc. is considered ideal for helping to burn fat.

Don't stop with aerobic exercise, though! Strength training continues to be the champion in helping to burn calories longer, resulting in successful weight loss. For best results, aim for 30-60 minutes of physical activity at least five days a week.

— Jen Hartman, YMCA Registered Dietitian Nutritionist

## Eat Those Vegetables!

**As a kid, did your parents make you eat your vegetables?** For many of us, that was the case. So, let's get to it. Why are they so important to our health? First, let me clarify what exactly I mean by vegetables. I'm not talking about a huge mound of cheesy, buttery potatoes on your plate or cooking your cauliflower in butter, mayo, and cheese. I am talking about colorful and cruciferous vegetables that are low in calories, high in fiber and high in micronutrients. These are a key part of a balanced and healthy lifestyle and if prepared right, can have many benefits.

There are many benefits to vegetables. Let me put it to you this way, what we eat is quite literally what we are made of. So, if we are eating a bunch of junk then our bodies will have nothing to repair and build cells with but junk. In the same way, if we eat whole food sources that are high in nutrients we will be giving our body what it needs to function in the way that it is designed.

**Firstly**, vegetables have tons of vitamins, minerals and antioxidants that our body needs to run efficiently. Everyone wants to talk about how to have a fast metabolism, but the focus needs to be more on understanding that the key way to have a high metabolic rate is to give your body all of the vitamins and minerals that it needs to convert energy efficiently. Vegetables are a key source of these vitamins and minerals in our diet. If we are not getting our vegetables in, then our bodies may not be able to run as efficiently.



**Secondly**, vegetables contain a good amount of insoluble fiber that can help keep our digestive system moving and healthy, especially in the colon.

**Thirdly**, they can help with fat loss. Cruciferous vegetables are very low in calories so this means that we can eat a lot of them and not rack up tons of calories in one sitting. This is helpful for fat loss because we are able to eat a lot of something that is high in nutrients to help our bodies convert that stored fat into energy we can use.

So instead of coating vegetables in tons of butter, cheese, and sugar try steaming them or sautéing them in a little bit of oil high in omega 3's. Make sure that you are not immersing them in a lot of water or overcooking them as all the nutrients can seep out into water and if overcooked can be destroyed by being under high heat for too long. My favorite way to sneak them in is to blend a ton in with a smoothie! Try it out and see how many healthy ways you can prepare your vegetables so that they can taste great and you can feel great!

— Ashton Tate is a Certified Personal Trainer, Nutrition Specialist and owner of Glory to Glory Fitness in Franklin, TN. His passion is helping people live a balanced and healthy lifestyle by making fitness uncomplicated.



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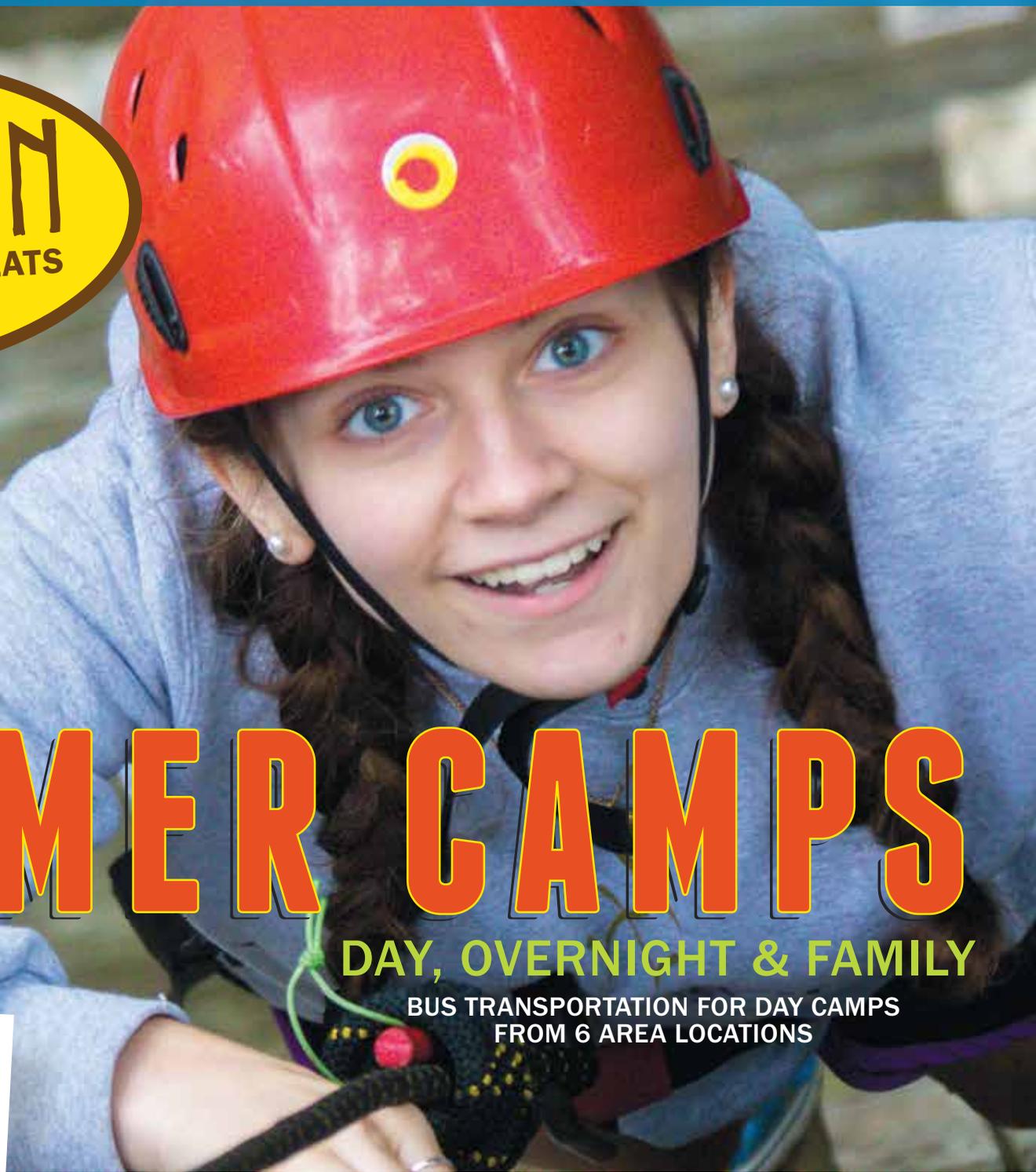


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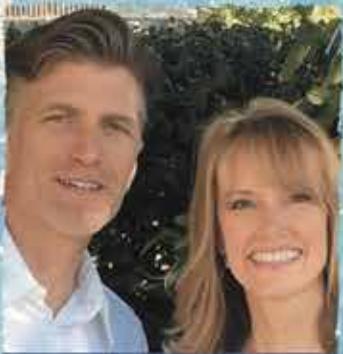
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## PLAN OF SALVATION

*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.*



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Photo by Daniel C White of Food for the Hungry

## HASSLE FREE ZONE

### Curtain Drain VS French Drain

Curtain drain is at ground level. French drain is at the bottom of footer.

If you are having problems with Water shed. Water running down hill on top of ground. Ditch or curtain drain may be an option. A true curtain drain should be 2x2 full of gravel. The gravel works as a filter, collecting the water and taking it away form the surface.

But if you are concerned with water in crawl space or basement a curtain drain will not take care of the problem. Water runs downhill, even under ground. In growing areas these problems may also be worse. Development disturbs water's natural and it must find a new path.

A French drain typically sits at least 8 feet below the ground, at or below the footing. The French drain is a pipe covered with filter fabric. Do you know a filter that does not need to be changed? At some point the pipe will clog. Depending on settlement and type of soil is a factor in how long a French drain will work. This area we have a lot of clay soil so they tend to clog faster.

Assume the French drain is a pipe 4" around. Now look a few years down the road and add 1" debris to 4" pipe; you only have 3" pipe for water to flow. Fast forward a little further, 2" of debris now only 2" pipe for water flow. And so on, before you know it you have more water than this narrow drainage canal can handle. Heavy rains, higher pressure - can't handle the flow.



#### Heartaches of French drains:

- Most common problems with French drains is root intrusion, crush or collapsed drains, and clogging.
- They don't last forever, they cannot be tested or cleaned out.
- Repairs are expensive and messy. Lots of digging. Disruption to outside of home and daily life.
- Dig down to pipe around home, under porches, decks, HVAC units. Etc.

The solution to protect your home from these concerns is an interior waterproofing system. Depending on the foundation and amount of moisture in your space determines the best permanent solution. An Interior drainage system sits safely out of the mud zone and does not require digging around the foundation outside your home. It can be serviced from inside the home with no mess, no large equipment digging, no large cost. These systems are able to waterproof concrete block foundation walls by collecting water form the block or concrete walls and will not clog with mud or debris.

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[www.frontierbasementsystems.com/basement-waterproofing/french-drain](http://www.frontierbasementsystems.com/basement-waterproofing/french-drain)

— Brittney Griffy, Marketing Manager – Frontier Basement Systems

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# March 2018 Calendar



## List Your Event!

If you have an event you would like listed in the Nashville Christian Family Community Calendar e-mail us at: [NCFPublication@gmail.com](mailto:NCFPublication@gmail.com) subject line - Calendar

### March 21

#### Save the Date! - Join

Tennessee Right to Life on March 21, 2018 at the 15th Annual Pro-Life Women's Day on the Hill as we unite with one message: Be Strong

and of Good Courage! This wonderful event features a luncheon, silent auction, an opportunity to meet with your legislator, and our special guest speaker, Catherine Adair, former Planned Parenthood worker. Catherine's story of hope and healing is more timely than ever. All pro-life women are invited to attend. For more information or to register, please call 615-298-5433 or visit [www.tnrtl.org](http://www.tnrtl.org).



Catherine Adair

### March 23-25

#### Married Couples Romance Weekends

at Deer Run - Experience romance, renewal, and refreshment to build a stronger relationship with each other. Spend an intentional intimate weekend focusing on each other without interruptions and without to-do lists! For couples in all seasons of marriage — cozy fires, relaxing couple time, valuable speaker sessions, relationship-building activities and 5 delicious meals including a romantic candlelit dinner — at The Lodge at Deer Run, nestled within 100 wooded acres of beautiful rolling hills near historic

downtown Franklin, Tennessee. In order to create a more intimate setting, this weekend retreat is limited to 15 couples. Package pricing determined by room choice. All rooms are private. REGISTRATION & INFO: [www.deerrun.camp/events](http://www.deerrun.camp/events) or call 615.794.2918.

#### ONGOING

**Tennessee Christian Chamber of Commerce - Monthly Luncheon** Last Tuesday of every month except December. For meeting locations, times and dates or for more information

about the Chamber and events, visit [www.tnchristianchamber.org](http://www.tnchristianchamber.org) or email [rstringfellow@yahoo.com](mailto:rstringfellow@yahoo.com).

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#### Immediate Job Openings For Lifeguards

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tive. Early morning, mid-day afternoon and evening hours are available. Anyone age 15 or older may apply. The positions require current Red Cross Lifeguard and CPR/AED certification. To apply, visit [www.williamsoncounty-tn.gov/jobs.aspx](http://www.williamsoncounty-tn.gov/jobs.aspx), or apply in person at the Williamson County Administrative Complex, 1320 West Main St., Franklin, TN 37064. For more information about employment as a lifeguard, contact Kristin Pitts at (615) 370-3471, ext. 2122.

## Coming in

## APRIL



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

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

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