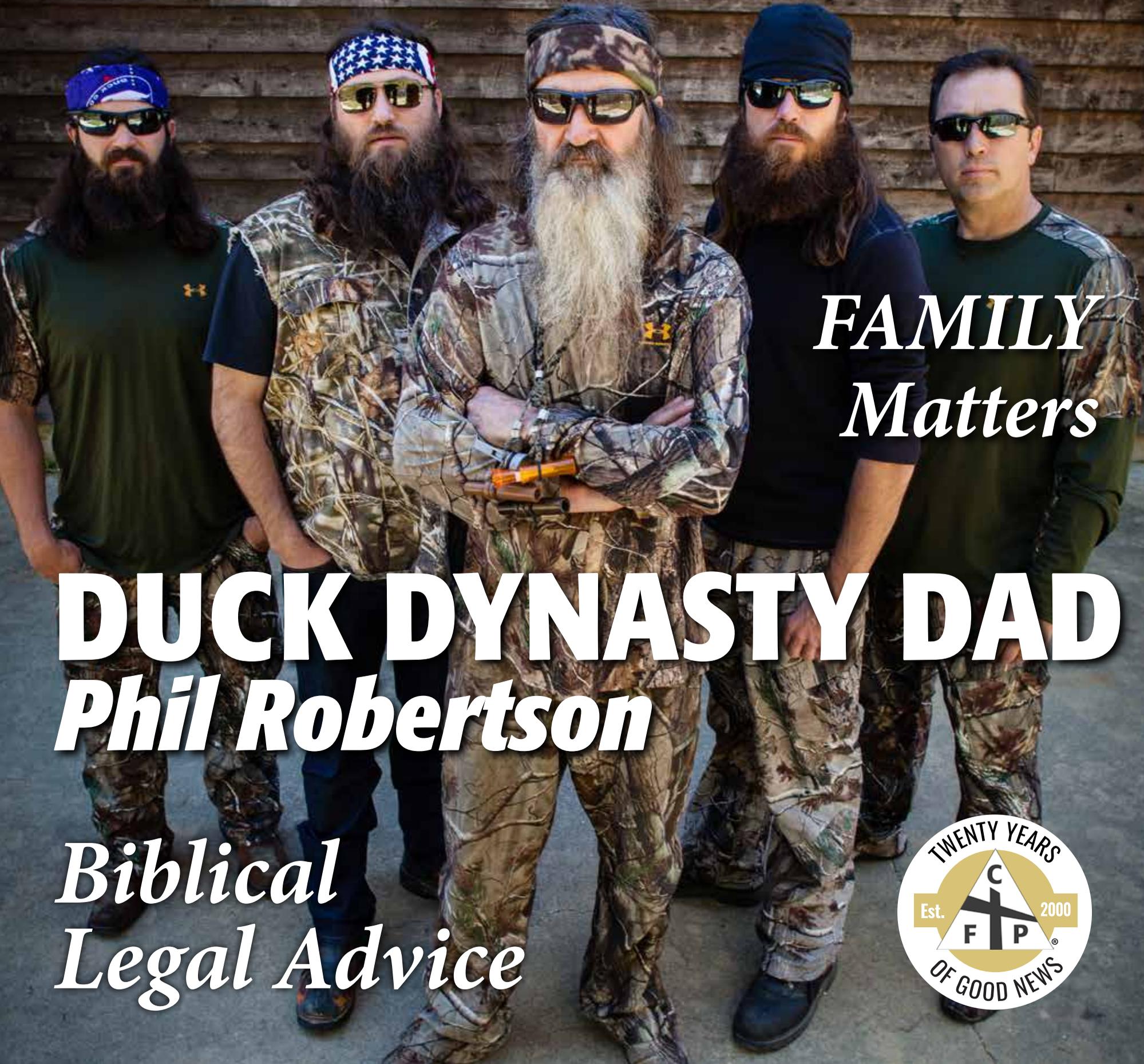


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OUR MISSION



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

As we celebrate the birth of our country on Independence Day, please 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.

At the same time that we thank God for the many freedoms that we are able to enjoy, we should also thank God for the more important eternal freedom from our sins and eternal life with Him that is available to anyone by His ultimate sacrifice of the death of His son Jesus and His resurrection.

Add this activity to your July 4th celebration and activities or treat this as a special time several days after the holiday. 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.

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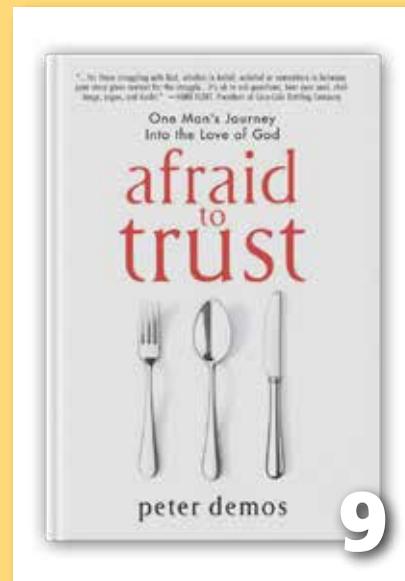
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VOLUME 10, NUMBER 9



SPECIAL FEATURE

Dr. Siegel On Why Teens Are 'Growing Horns' From Prolonged Cellphone Use

New research suggests that teens are sprouting "horns" at the base of their neck, and Fox News medical contributor Dr. Marc Siegel argued that it's likely connected to prolonged cellphone use. Because teens are constantly hunched over on their phones texting or on social media, the muscles in the neck become overused, causing what's called "text neck," Siegel explained on "Tucker Carlson Tonight."

"The muscles of your neck get weakened, and guess what happens when your muscles get weakened?" he asked. "Your body responds by making more bone and it's making these external occipital protuberances that are spurs that are growing out the back of our heads, especially in teens," he continued.

The research is based on a study by David Shahar, a health scientist at the University of The Sunshine Coast, Australia, according to BBC. Shahar realized that the growths at the base of the skull he observed in patients from ages 18-30 were particu-

larly prominent, and theorized that it was due to a "text neck" phenomenon.

Dr. Siegel added that these shocking physical changes are not the only shifts we're seeing due to smartphone use. "Not only are we seeing alienation and anxiety and depression from frequent use of smartphones and too much screen time, we are also seeing physical changes, blurry vision and headaches," he said.

These changes are permanent, Dr. Siegel argued, and will only get worse over time. In some cases, he said, the bone growths extend larger than an inch from the base of the skull. Not only that, but through epigenetics, we're likely to pass the skull formations on to the next generation.

"They are helping us to keep our muscles tied to our heads, so they have a purpose, but they are going to be transmitted," Dr. Siegel said. "Your grandkids are going to have them and they are going to get larger and larger the more screen time you have."

Fortunately, the medical contributor said, he has a prescription. "I want us to go out to dinner with each other, not bring our smartphones, to exercise, to talk to each other, to hug each other. Maybe the spurs will shrink if we go back to hugging each other," he said.

— Marc Siegel, M.D. is a professor of medicine and medical director of Doctor Radio at NYU Langone Medical Center. He has been a medical analyst and reporter for Fox News since 2008.

THIS ARTICLE WAS FIRST PUBLISHED BY FOX NEWS



PARENT WITH PURPOSE



Donate Your Small Talk

The first scene's setting is a waiting room at a mechanic's shop. The second is a business meeting conference call. The final is the back seat of a taxi. Three short commercials offer representative glimpses into everyday life: quick snapshots of the fleeting, unremarkable moments of each day that we won't remember later. But in a new campaign aimed at raising

awareness of foster care, these moments are transformed into very notable opportunities.

When the mechanic calls for a car to be moved to bay 34, a woman in the waiting area shares, "Bay 34? You know, 34 is the number of months it takes for a foster kid to get adopted on average."

When the conference call gets placed on hold, one of the waiting participants fills the silence with, "So my sister's a foster mom. She's raising four siblings. Did you know there are over 400,000 kids in foster care?"

And when the taxi hits traffic, the driver notes, "Busy day for foster care, too. Around 700 kids entered the system today. Like they do every single day."

All three compelling spots end with the phrase, "Just talking about foster care can help foster care." I encourage you to look up these spots (search "donate your small talk" or go to fostermore.org/donateyoursmalltalk) and watch them. They offer great examples of how you can transform regular moments into moments that spark change. The simple act of sharing information about foster care can make a difference.

As a foster parent, I am constantly overwhelmed at the abundance of misinformation people 'know' about fostering. You can combat that by speaking and sharing truth, and it's a way you can make a free "donation" toward promoting safe homes for kids!

Here are some statistics that might surprise you:

- More than 700 youth enter the foster care system every day.
- 23,000 foster kids age out every year.
- 1 in 5 kids will be homeless when they age out of foster care.
- Adopting children from Foster Care can be of little or no cost.
- 1 in 184 kids in the U.S. are in Foster Care.
- The average age of a child in foster care is 8 years.
- There are over 400,000 kids in the foster care system at any given time.
- 70% of foster youth aspire to pursue a college education.
- 34 months is the time it takes for foster kids to get adopted.

Since I first watched these spots, I'll admit, it was easier to memorize the facts than drop them into discussions. I failed once at the grocery store but succeeded once at Target. It's hard to work these little truths into conversation, but even if you only succeed 10% of the time, that's better odds than some people see. For example, did you know that 1 in 5 kids who will be homeless when they age out of foster care. That's 20%. Hey, look! It wasn't that hard after all.

Statistics from Foster More www.fostermore.org/donateyoursmalltalk

— Kelley Rose Waller and her husband Matt are foster parents and have two biological sons. She is the vice president of Masterpiece Marketing in Lancaster, PA. Her second novel, *Going Back Cold*, will be released in October 1, 2019. Read more at www.kelleyrosewaller.com.

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FAMILY MATTERS

Healthy Traditions

While I was perusing the internet one morning, I came across an article about encouraging kids to spend more time outdoors. Kids are turning to Snapchat, Instagram, TikTok, Houseparty and all other forms of tiny dots on their phone (apps) to pass the time. Before the days of having a device glued to our hand, kids were playing freeze tag, riding bikes, climbing trees or swinging in the backyard. I have two kids, so this article resonated with me. As I read the article, and agreed with everything it said, I found the moment was incredibly ironic. I was reading it while sitting inside my home, drinking coffee ... while on the internet! I am guilty of this behavior too!



Like most of you, I am a busy working parent. I have a wonderful job at Lee Company, leading the People Services team, but that means I spend a good amount of my time in an office setting: in meetings, behind a computer, or connected to my mobile device. When I’m not at work, the weeknights tend to be spent on homework, dinner, carting kids to sports leagues, band concerts, etc. I have to be intentional about encouraging myself and my kids to participate in healthy, outdoor activities. I needed to make this a part of our regular routine.

Several years ago, we started a tradition of visiting a different greenway or walking trail every weekend. This has been one of the best decisions I have ever made! There is something special about the quiet serenity of the outdoors. Not only are we out being active, but I have a deeper bond with my kids because of it. When it’s just us and the open trail, my kids have my full undivided attention, and I have theirs. We have a chance to talk, listen, and connect without the distractions. These walks have also led to some hilarious stories, like that time I suggested we take the side trail on the right (or what I thought was an actual trail), that ultimately led us into the wilderness for almost two hours before we found our way back to civilization. Our phones still worked, so it wasn’t a scary moment, but boy did we laugh the rest of the way home!

In addition to our walking trails, we regularly play basketball, throw the football, and play badminton. Usually this includes my son telling me I’m no LeBron James or Tom Brady, or me shortening H-O-R-S-E to P-I-G, but we all enjoy it! At the end of the day, that’s the whole point – find something you all love to do, and do it together regularly! Build these activities into your daily routine. You will make some great memories along the way, and who knows, your kids may grow up to carry on these traditions with their children.

— Shelley Lambing, Director of People Services at Lee Company, www.leecompany.com

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SPECIAL FEATURE

Brian Schnelle's Story: A Celebration 12 Years In the Making

Earning a diploma is an achievement for every graduate. But for Brian Schnelle, who graduated from Trevecca Nazarene University on May 4, it's even more so.

Brian, who is on the autism spectrum, began working toward his bachelor's degree in sport management in 2007. For the past 12 years, he's diligently pressed toward his goal, taking a few classes a semester, often accompanied to class by one of his parents. For Brian's father, Jeff, the moment was a little bittersweet.

"I have mixed emotions," Jeff admitted. "I'm delighted for Brian. He has really worked hard to do this. But I've also enjoyed my time at Trevecca. I found the University really refreshing. I've become friends with several professors. I've just really enjoyed those relationships, and the people at the school have been wonderful to Brian."

The Beginning

As high school drew to a close, Brian knew he wanted to continue his education. His parents supported him but wanted to find a school and a campus community where Brian would get a quality education, but also feel encouraged, accepted and safe. They found it at Trevecca.

"Trevecca is different," Brian said. "I felt comfortable, safe. It was the right fit for me. I knew I should go there and get my degree." Jeff agrees with his son. "We had looked into local community colleges, but we visited Trevecca, and it just felt like a good fit," Jeff recalled. "Amy Murphy in the Center for Leadership, Service and Calling (now part of Trevecca's Center for Student Development) was our point of contact back then.

"Amy told us that Trevecca was a Christian school and if they weren't willing to try, then they shouldn't call themselves a Christian school," Jeff continued. "She also made it clear to Brian that he wasn't going to come and coast through it. He had to do everything every other student did."

As the countdown to Brian's college graduation slipped from weeks and days to hours, Jeff found himself growing a bit nostalgic. He can remember so many moments from Brian's college career with clarity—sometimes better than Brian does. "Wonderful memories of a wonderful experience," he calls them.

The 8 a.m. classes and the race to get there in Nashville traffic. The unwavering support and encouragement of faculty and staff members, especially those in student development. And those early days when Brian came to orientation, a weekend filled with excitement and a little anxiety. "At orientation, there were activities where students went off by themselves," Jeff recalled. "For people on the autism spectrum, events like orientation can be overwhelming, but from the beginning, Trevecca was prepared for Brian. We were touched by the kindness."

The Classwork

Brian found a home in the sport management department, with professors like former director Dr. Joe Cole and current director Dr. Brenda Patterson, who is one of Brian's biggest advocates, Jeff says. "It has been exciting to witness Brian's fulfillment of one day graduating with a bachelor's degree in sport management—with academic honors," Patterson said. "As this chapter in Brian's life journey comes to a close, I can honestly say he has taught me the importance of perseverance and of staying focused on our abilities and not our limitations."

For Brian, leaving Trevecca before he finished his degree was never an option,



Brian Schnelle graduated from Trevecca Nazarene University with a degree in Sports Management.

though it wasn't always easy. "I kept going because I wanted to get my degree," he said. "My degree was important, so I kept chugging along."

The Future

Brian and his family is carefully planning Brian's next steps after graduation. Once again, they're looking for the right fit, which means considering Brian's interests, gifts and talents.

"He likes Pokemon," Jeff said, "and he plays in an adult league every Sunday. He likes animals and volunteers some at the Metro Animal Control Center. He's helped with special needs baseball and basketball leagues for several years as a volunteer."

Empower Me Center, an organization in Wilson County, has also been a huge part of Brian's life. He's attended a camp there for 20 years and plans to stay involved.

— Mandy Crow, Trevecca Nazarene University
Manager of Content and Media Relations
Office of Marketing and Communications

An advertisement for Nashville Christian Family. The background is a warm sunset with a bright sun low on the horizon. In the foreground, there are several wooden planks or beams of wood. The text is centered and reads:

If something in this month's issue of
NASHVILLE
CHRISTIAN FAMILY[®]
has awakened in you a desire to learn more about the **Freedom** and **Eternal Life** that Jesus Christ offers, we encourage you to seek out a **Bible-based church in our community.**

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Preach The Gospel and ALWAYS Use Words

St. Francis of Assisi has reportedly said, “Preach the Gospel, and when necessary use words.” Although there is plenty of historical evidence indicating he did not say this, many Christians want to hide behind this quote to justify not speaking out. We want to live our lives in a fashion of doing good things and hope that no controversy or conflict comes from these interactions.

Can you imagine if recent evangelists like Billy Graham, DL Moody, Angus Buchan decided to take this approach? Do we really think they would have the Kingdom impact if they just lived a simple pleasant life on thousands of people allowing them the opportunity to know God?

Even worse, can you image Paul to have this approach? Everywhere the apostle went, there were riots, beatings, imprisonment, etc... for him and those around him.

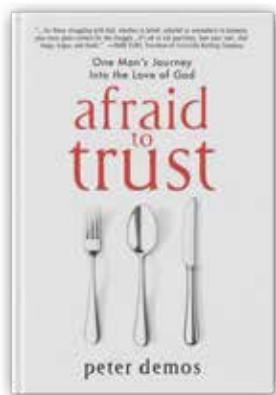
Christians around the world praise these great men and many more that speak up, but remain scary silent when it is time for them to speak.

Then, when questioned, they come up with an excuse on protecting their business, keeping the peace among family and friends, not sure what to say, or how they would respond, talk about how they “will pray for you,” but don’t pry for the person on the spot, etc..

The truth, when it boils down to most of us, myself included, is that we don’t preach the Gospel because we are either too distracted and missed the opportunity, or we are afraid of the consequences.

What is the source of that fear?

In my book, *Afraid to Trust, One Man’s Journey into the Love of God*, I talk about my realization of coming to grips with my fears, and I recognize that the opposite of fear is not courage. The opposite of fear of trust.



Medal of honor winners and brave police officers will admit that during moments of courage, they were afraid. It is possible to have courage and fear at the same time.

Our fear, which manifests itself in the excuses we use, boils down to a trust issue. We do not trust God to be faithful enough to see us through a lost business/sale, to provide peace and restoration among family and friends, not give you words to use or not listen to or understand our stammering, stuttering, etc....

There were many people of the Bible who were afraid, Moses, David, Jesus, Paul, etc... but their trust in God allowed them to serve Him. Now, God has asked you to serve by opening your mouth and letting the Holy Spirit finish the work.

So, when you get that urge that you should and you want to shut down, then just quickly pray. “God I trust You. Please help.” And watch what He does.

God put that person and that circumstance in front of you for a reason. Trust He will provide.

— Peter Demos, President of Demos Brands,
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MIRACLE MOMENTS

From Messy to Meaningful – *Lessons From the Junk Drawer*

I remember being warned when I was a little girl not to play with matches. Thankfully, I never did. I do remember the joy of birthday parties and the scramble to find a book of matches to light the candles. Why did my parents look in the junk drawer last? Little did I know as a child about the kind of fire that could be lit in your heart when you make Jesus your Savior.

On a Mission To Ruin My Life

By the time I was 13, I had already run away from home. I skipped school frequently and experimented with drugs occasionally. I had zero interest in Christianity, and I thought my teachers and parents were on a mission to ruin my life. The days seemed long at my Christian school.

One student, Leslie, went out of her way to befriend me. When she invited me to movie night at her church I said yes. When the movie was over, I raised my hand for prayer.

Weeks later, my family was invited to a healing service. We weren't church goers, but we went to the healing service out of love for my brother. My brother was sick frequently and has Down Syndrome. After they prayed for my brother, they extended an altar call for those who wanted to

make Christ their Savior. Much to my surprise, I felt the same nudge I experienced at Leslie's church. I fought it for a bit and then stood up and walked down the aisle. With tears streaming down my face I knelt at the altar and gave my heart to Christ.

On Fire

After that, service my brother was never hospitalized again. My life was also dramatically changed. I went from troubled teen to on fire with the love of Christ.

One Sunday, my pastor preached a sermon using Psalm 2:8: Ask of me, and I shall give thee the heaven for thine inheritance, and the uttermost parts of the earth for thy possession (KJV).

Pastor Gardner explained that I could rewrite the history of my family through prayer. After that sermon I started believing that my family and friends would all eventually come to faith in Christ. Over the years I have seen God honor my prayers.

I Found Her on Facebook

More than 40 years had passed, but I wanted to find Leslie and say thank you. Where would I be



without her boldness? I was ecstatic when I found her on Facebook. I messaged her and expressed my appreciation. She and I keep in touch now. We pray for one another and encourage each other to stay bold and share Christ every opportunity we get.

Rewrite Your Family History

We can all rewrite the history of our families through prayer. We can light our world with the power of Christ by daring to share His love without undue concern over the response. It's never wise to play with matches. It's very wise to allow the love of Christ to ignite a flame in your heart that burns so brightly it extinguishes the darkness.

— Monica Schmelter,
General Manager, WHTN,
Mt. Juliet - Christian Television
Network, Originally appeared in
Leading Hearts (leadinghearts.com)
magazine January 2018.
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Churches Need Biblically-Informed Legal Guidance

At Crain Law Group, we seek to provide legal guidance from a Biblically-informed perspective. We are lawyers and do not purport to be theologians, but we do take seriously the obligation of all believers to “rightly handl[e] the word of truth.” Our Statement on Church Governance describes of 1) how we serve churches, 2) a statement of our views on what the Bible says about how the New Testament church is to be governed, and 3) an explanation of the models of governance we recommend. See a copy of this resource at: <https://www.crainlaw.legal/church-ministry-cases/>



At CLG, we regard our commitment to what we term our “Healthy Church Initiative” to be among the most critical of all the services we provide. The Healthy Church Initiative is born out of the lessons we have learned as attorneys representing churches across the country that have experienced

both internal and external conflict. Regrettably, we have witnessed firsthand the devastating effects of inadequate legal safeguards in place before internal church issues arise.

Without careful and proactive planning, congregational church governance can lead to deadlock between rival factions vying for authority. Strong organizational structures that reflect the Biblical principles for church governance allocate authority so as to reduce the likelihood that a dispute will cripple or destroy a ministry. Hence, autonomous, congregational churches stand to benefit the most from Biblically-informed legal guidance in this vital area.

The lessons to be learned from a lack of legal guidance can be very costly to a church ministry. As this article goes to publication, I am representing a large church in a legal battle over a church split. The case has pending in the Chancery Court of Robertson County for seven years! A jury trial is set in the next few weeks, and the jury will be asked to decide important questions that will determine the future of this church and who is entitled to govern this congregation. The trial and the hundreds of thousands of dollars in litigation expense this church has incurred could all have been prevented had the church sought legal counsel years ago in drafting a set of church governing documents.

We take great honor in our legal work with churches and ministries. The greatest reward from this work is seeing churches whom we have served of all denominations flourish in their ministries and the fulfillment of their biblical purpose and calling.

— *Larry L. Crain, Attorney with Crain Law Group, PLLC*
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HEALTHY LIVING

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Be Happy Be Healthy Be Whole

This month – I’ll get right to the point - Still not losing weight even though you’re on a diet? The office may be sabotaging your weight loss efforts. According to the Centers for Disease Control and Prevention, the average worker eats 1,292 extra calories every week because of the free food circulating around the office. And to my co-workers at 94FM The Fish, I’m sorry. I’ve been guilty for adding to that problem. For the record, I am just trying to make my wife happy, who is the first to say, “Hey let’s get this out of here, I don’t want to be tempted ... You can take it to work.” Will power – wish they sold that in a bottle.



Each month this column is dedicated to the mantra at Cool Springs MD, “Be Happy, Be Healthy, Be Whole”. Weight loss, diet and exercise and other factors all contribute to us being our best.

If you are able to avoid the treats in the break room – and are looking for another weight loss tip, this one came across my desk recently – Skip Breakfast before exercising.

Skipping breakfast before exercise might reduce how much we eat during the remainder of the day, according to a small but intriguing new study. When we eat a meal, our bodies rely on the carbohydrates in those foods as a primary source of energy. Some of those carbohydrates are stored in our bodies, but those internal stores of carbohydrates are small compared to the stores of fat. Some researchers believe that our brains may pay particular attention to any reductions in our carbohydrate levels and rush to replace them. This is where breakfast comes in. If we skip eating in the morning, we have no calories from a meal available for fuel during exercise and instead will rely on — and reduce — our internal carbohydrate stores, along with some of our fat.

In the study, participants who skipped breakfast before working out seemed ravenous at lunch, consuming substantially more calories. But afterward their eating tailed off and at the end of the day, they maintained an energy deficit of nearly 400 calories, meaning they had replenished few of the calories they had burned while exercising.

Of course, before you take on any major changes, it’s always good to talk to your doctor. If you don’t have one, then Dr Lodge and his team at Cool Springs MD are always ready and willing to help.

This monthly column is a two-way street. I would love to hear from you. 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. You can email me at Doug@94FMTheFish.net or feel free to call me during my live radio show – weekdays between 3 pm – 7 pm on 94 FM The Fish, 800-826-3637

— *Doug Griffin*

MISSION MAKERS

Be A Voice, Not An Echo

Grace Chapel Church in Franklin, TN has been involved in global mission efforts for decades. Until this year, Grace Chapel has primarily focused on ministry in Haiti, Dominican Republic, Mexico, India, Israel, Jordan, Uganda, and South Sudan. Another country has now been added to the list.

“Be a voice, not an echo” is the theme of the 2019 Music in Worship conference in Kyiv, Ukraine, a ministry started by the Ukrainian Evangelical Theological Seminary and MusicWorks International. This year, Grace Chapel Church became directly involved with Ukraine through this conference.

This conference focuses on training up worship leaders in Ukraine to lead worship inspired by a sound biblical foundation and their own cultural perspective. Worship leaders, speakers and pastors across all denominations gather to celebrate what brings them together—worship.

Long-time Grace Chapel member Fred Heumann, director of MusicWorks International and founder of the Music in Worship conference, remembers the first time he set foot in Ukraine in 1992. He was touring Europe to create 20 worship albums

in 10 different languages, and he was immediately struck at the musical talent of the Ukrainian people. When he heard a group of students singing a jazzed-up version of “I Love You Lord,” Heumann was stunned.

Heumann noticed that much of Ukrainian worship music consisted of poorly-translated American songs. But worse, the songs contained no traces of Ukrainian culture.

After spending a week in Ukraine, Heumann hoped to go back some day. He returned 20 years later to find that modern Ukrainian praise and worship music spawned from the worship cassettes that he had recorded and left there during his first trip to the country.

Now, Heumann mentors students and worship leaders in Ukraine, equipping them to embrace the musical heritage of their own culture. “Where is the Ukrainian song?” is a question Fred frequently asks his students, reminding them to focus on what makes their worship songs unique.

This conference is not just about music—it is also about cultivating spiritual growth, which is the

heart of Grace Chapel’s mission. In May of this year, Grace Chapel Missions & Adult Equipping Pastor Myron Goodwin attended the conference with his wife Carol, where they spoke about identity in Christ and walking in spiritual freedom.

“I believe that finding your voice really begins with understanding what God’s word says [about] who you are in Christ,” Pastor Myron Goodwin said.

At the conference, the Goodwins also facilitated a well-received time of prayer with students, staff and leaders, where they felt language, denominational and cultural barriers were invisible in the presence of the Holy Spirit.

Grace Chapel looks forward to continuing pastoral and financial support for the Music in Worship conference, encouraging the nation of Ukraine to be a voice, not an echo.

— Jenna Crenshaw is in the Communications Department at Grace Chapel and serves as the feature editor for the *Liberty Champion*, Liberty University’s campus newspaper.

BODY & SOUL

What Has Happened To Health?

The human body. What an amazing creation. It is arguably the most complex of all God’s creations. It was created for a purpose. Our body was created for us to do everything that God has called us to do. Health nowadays seems to lead to the opposite conclusion. It can seem like people’s physical bodies get in the way of what they want to do. Do our bodies hold us back from what He has called us to do? Or are we just not stewarding what God has given us and as a result we are holding ourselves back? I believe the answer is the latter.

So, what has happened to our health? It seems so complicated in today’s world, and in truth, it has been. Why? Well many reasons, but I won’t go in to every detail now. A big reason that health has been made so complicated is because the health industry wants to make MONEY off of people any way they can. That’s why there is always a new program or plan to buy... I’m not saying that everyone in the industry is like that and I am most certainly not against making a decent living. But not at the expense of the consumer. This is not right. That is why I started a company whose mission is to make health uncomplicated for people.

How can health be uncomplicated for me? I’m not saying that it’s easy but with some simple changes in choices and habits, everyone can live a healthy and balanced lifestyle. Health is a process. This is why these extreme diets don’t work. They expect you to go from unhealthy to healthy overnight; and most of the time it’s for the wrong reasons. It cuts out the process of renewing your mind and learning new habits that you can sustain. We must treat health as a process.



Practically, this seems impossible. I’m here to tell you that it can be very practical indeed. One of the first questions to ask is “What is God calling me to in this season, and how can I be available and able for that?” Once you nail down that question you can work backward from there asking questions like “How do I eat, move, and rest to be able to do those things that God has called me to?”

This is a little different for everyone, but I will sum it up very simply in one sentence as I don’t have time in this article to go into the detail specifically for you individually.

- 1. You must eat whole foods** in the right amounts and at the right times.
- 2. You must put healthy stress on your body** by exercising with the right amounts of resistance training and cardio.
- 3. You must rest** by getting 8-9 hours of sleep and allowing your body to recover by having rest days.

If you do these three things you will have started the process of going from Glory to Glory for a lifetime of healthy habits.

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



How is your loved one with special needs this Independence Day?



Peace of mind does not have to cost a fortune.

Special Needs Trusts provide for your loved one's supplemental needs when you cannot.

A Third-Party Supplemental Needs Trust is established and funded by a person who is not the person living with a disability – hence the term “Third-Party.” The Trust provides for the disabled person during his or her life while preserving funds for other descendants in the family upon the disabled person’s death.

Vista Points is focused on helping people living with disabilities, their parents and caregivers, and the professionals who serve and guide them.

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The Special Needs Trusts & Resource Center

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www.vistapoints.org

Ducky Dynasty's

PHIL ROBERTSON

on Faith, Family & Fatherhood

Since the final season of *Duck Dynasty* aired three years ago, family patriarch Phil Robertson has been shocked by the number of people still hoping for a taste of West Monroe, Louisiana preaching and an Ouiachita River baptism. When fans find him (and find him, they do), he invites them for a meal and then uses the book of Acts as a guide for the rest of their day. "If you had seen the mighty throng since *Duck Dynasty* that we've baptized, you'd be stunned," Robertson says, noting it's not unusual for him to perform a marriage on the same day. "We explain to them how serious marriage is, so we marry 'em right here on the living room floor. Then we share the Gospel with them... [and] take 'em down by the river... and they go on their way rejoicing." It's a momentary glimpse into the Robertson's life: simplicity, Scripture, family, nature. In a way, it's the antithesis to the violence and immorality Robertson says is destroying mainstream America.

In his new book *The Theft of America's Soul* (Thomas Nelson), Robertson responds to the 1966 *Time* cover that posed the question "Is God Dead?" When he saw the magazine as a college student, the question reflected dialogue he had heard among peers and professors at Louisiana Tech University. It was suggested that rejecting a belief in God would free man to be his own judge, define his own truth and virtues, change laws that seem inconvenient, and chase self-gratification. It's this very way of thinking, Robertson writes, that primed our country for mass acts of violence and celebration of sexual sin. It's the same way of thinking that drove him to "the drugs, the drinking, the sleeping around" that devastated his family in his early 20s. And yet the freedom he was chasing only led to a prison of shame.

In their time encouraging inmates in prisons, Phil Robertson says he and wife Miss Kay have witnessed how growing up with a "splintered" family structure can result in chaos as a young adult.



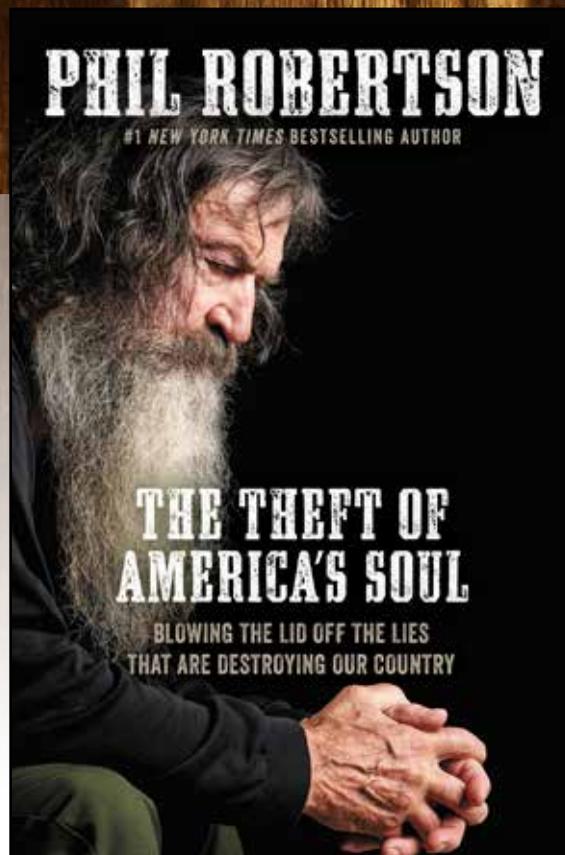
"Logically, I don't really see the downside for a family structure to be together and the overarching verse that they live by is love God and love your neighbor. That's what I instill in my sons and that's what I go around telling America," says author and Duck Dynasty family patriarch Phil Robertson seen here with his family including wife Kay (at left) and four sons Willie Robertson, Jase, Jules and Alan (above).



During the writing and production of his book, Robertson witnessed media coverage of the mass shooting from a Las Vegas high-rise hotel, the dismissal of Matt Lauer from NBC's *Today Show*, and a violent neo-Nazi march in Charlottesville, Virginia. In response, Robertson recalls John, Chapter 8, when Jesus hints that his Jewish opponents in the temple courts are doing the work of Satan, not the work of God. Many Americans think they are committed to something important, but they don't quite know who they are working for, Robertson says. "It's not the human beings that we're wrestling with, it's the evil one in them. He's the father of lies; he's the father of murder. We've killed 60 million of our own children in their mother's womb. It's the lies the evil one whispers in our ears: Make it legal! Make it legal! We practice perversion and we flaunt it in front of America."

A Need for Male Leadership. "Overall in America, we have lost our family structure and the fear of God. We've lost it," Robertson says. "And just look at us now, it's a sad thing to watch." Calling his family a "patriarchal system," he suggests strong male leadership grounded in Scripture is not a picture of tyranny, as has been suggested by his critics, but a picture of direction and peace in his family. Robertson is now 72 years old, and his children have children of their own, but living in close proximity and teaching them to respect wisdom from their father in their youth set them up for the relationships they maintain today. "We're still all together all the way down to we hunt together, we pray together, we sing together, and we're still a tight family structure," he says. Each of his sons has thanked him in adulthood for making the Bible central in their childhood because they felt prepared to train their own children.

Another priority for Robertson as a father was being an example of how to treat a woman. "The greatest thing about what I had to show my sons was I loved their mother. They had to see that," he recalls. "And they saw the way I treated Miss Kay when I became a Christian. You gotta remember, I didn't become a Christian until I was 28. I almost waited too late because two of my sons was already here. They were young, so I was



"What inspired me to write *The Theft of America's Soul* is my observation of my fellow Americans over about the last 30 or 40 years," Phil Robertson says. "I've been on the earth 72 years, and the sinful behavior that I have been witnessing I didn't think was possible."



and good. I keep waiting on someone, and I ask these various audiences, if they have a better story. So far, no one has come up and topped that one."

able to rebound in time and start applying godly principles."

Peace of Mind. In *The Theft of America's Soul*, one of Robertson's most powerful charges to readers comes at the end of Chapter 4, on appreciating God as the creator of all life: "Partner with the Almighty in tending to life... as you see the beauty of God in his nature, recognize the beauty in the life of your fellow man also. See how he was created in the image of God." Walking alone in the woods, watching deer run through a trail, Robertson says, it's hard to sin. "We're down here on the river, and among us, we never hear any profanity, we never hear fits of rage--nothing, zero. We're withdrawn somewhat, but we're still reaching a lot of people in a public way... we're still getting the Gospel preached." In a way, he writes later, "sin management in isolation is easy."

Robertson asserts that his family's lifestyle--intentionally simplistic in hunting for their meals, sharing the Gospel, and training their children--is a picture of comfort. It's the opposite of the chaos that's the result of sin. "I've learned what a rare commodity peace of mind is. And that's what God

gives you, peace of mind while you're on the earth and immortality in the end," he says.

For Americans who find themselves tangled in the lies that bring chaos, Robertson adds, the only way to be free and experience true peace of mind is to have an encounter with the living God. "Once you understand and embrace the bad news, the good news really is great news. All my sins removed and never counted against me. None of my future ones counted against me because He's at the right hand of the father mediating for me," he says. "He's given us His spirit so that we can be loving and kind and peaceful and patient

— Camille Smith Platt



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Financial Abuse and Special Needs Trusts

You may have heard of “Medicaid Spend Down.” This is when someone must spend their money, down to \$2,000, to be able to qualify for government benefits such as SSI (Supplemental Security Income) and Medicaid – to cover their healthcare needs. Instead of having a person “spend down”, by federal law, a person who is living with a physical, mental or intellectual disability can establish a Special Needs Trust, using this money.

There are three different types of Special Needs Trusts, a person living with a disability, can establish. Special Needs Trusts are used to protect assets while allowing a person to qualify or keep their government benefits. All guidelines for these types of trusts are governed by federal and state laws. As each type of trust is explained, please think of your family and friends. You may see someone in a similar situation where a Special Needs Trust can be of benefit to them. These scenarios are fictitious, but the situations could occur.

The first type of trust is a First-Party Special Needs Trust. To have this type of trust a person must qualify by being under the age of 65 and disabled. The money, to be deposited into the trust, must be the individual’s own assets. Ginger was young woman injured in a traffic accident. She became paralyzed – a paraplegic. She developed severe depression. Over the course of a few years, she was able to adapt to her condition and her overall mental health greatly improved.

One year, Ginger was feeling so good that she entered the Ms. Wheelchair contest and won first place! Little did she know that a photographer was lurking in the background ready to pounce on his next victim. This photographer showed Ginger a lot of attention and gained her trust. He also learned that she had recently received a large sum of money from the lawsuit settlement.

The photographer preyed on Ginger. He ended up pilfering over \$20,000 – the money Ginger was awarded to help her live – by telling her she needed to have various photo shoots and specially designed photo layouts. Ginger was scammed!

Many times, a relative – such as a parent or grandparent – wants to do something special for their family member who is living with a physical, mental or intellectual disability. A Third-Party Supplemental Needs Trust can be used in this type of situation. There is no age restriction. The money can be from a relative, friend, or anyone who would like to give a monetary gift.

Joe inherited \$250,000. Joe was living with bi-polar disorder. He was receiving treatment through therapy and medication. When Joe inherited this money, he was entering a “manic” phase of his illness. He felt energized, happy, and ready to live it up. He also decided he did not need his medication anymore because he was feeling “great”.

Joe went out one night, from bar to bar, drinking. In each bar, he talked to people, telling them about the money he inherited. The more he drank, the more he talked about his money. In one bar, a seemingly nice woman took a liking to Joe. She asked him many questions about his money and Joe was more than willing to share information with this woman. Little did Joe know that while he went to the bathroom, the woman drugged his drink.

Joe returned, drank his drink, and became incapacitated. The woman and her accomplice helped Joe out of the bar, took him to his home, got Joe to write a check for \$10,000 to the woman and robbed him. It was not until a few days later, when Joe was coming off his manic phase, did he realize his belongings were missing and his bank account was down \$10,000. Joe was scammed!



The last type of trust is a Pooled Special Needs Trust. A person, of any age, living with a physical, mental or intellectual disability can have a Pooled Special Needs Trust. But if a person is 65 years of age or older and the money rightfully belongs to the individual, this is the only type of trust that can be used. Bob was an 82-year-old farmer who lived alone. He had a hefty savings of over \$1 million. He had the beginning signs of dementia. Bob was a lonely fellow.

One day the phone rang. The caller talked with Bob and showed interest in him. During the call, the caller asked Bob for some money to help with a local charity. Bob gave a donation of a few hundred dollars, over the phone. Every few days, the caller would make another call to Bob. During the call he would tell Bob a story and ask for more money. Bob willingly gave the caller money – donations – over the phone. Soon, the caller had his friends calling Bob. Bob enjoyed the attention. He also felt good that he was helping his new friends by making these donations. Little did Bob know; the money was not being used for what the callers told him. The money was being pocketed for the callers’ personal gain.

Over the course of six months, Bob gave these callers over \$80,000. It was not until his adult daughter reviewed his bank account that she found the money missing. By then, Bob was so emotionally attached to these callers that he banned his daughter from helping him or doing anything to stop these calls.

A year later, Bob had \$30,000 remaining in his life’s savings. He was spending most of his days on the phone talking to his friends, the callers, and giving them money. Bob had not paid his monthly utility bills, taken care of the farm, or paid his property taxes. Within another few months, Bob was broke. His daughter ended up moving Bob to a state-run nursing home. Bob lost the farm. In the nursing home, Bob waited by the phone, for his “friends” to call. No one ever called. Bob was scammed!

From these three fictional scenarios, each one provides awareness of how a Special Needs Trust may have helped each person to be able to keep the money they had. The money in the Trust would have been used to help the person live a better quality of life and have the needed government benefits to pay for individual healthcare needs.

If you would like to learn more about Special Needs Trusts, please contact the Vista Points office at 615-758-4660 or visit the company website at www.vistapoints.org.

— Darlene A. Kemp, MPH, MBA-HCM, is the Executive Director of Vista Points, Inc.



GOD'S FORCE

SCIENCE SAFETY

PLEASE follow these safety precautions when doing any science experiment.

- **ALWAYS** have an adult present.
- **ALWAYS** wear the correct safety gear while doing any experiment.
- **NEVER** eat or drink anything while doing any experiment.
- **REMEMBER** experiments may require marbles, small balls, balloons, and other small parts. Those objects could become a CHOKING HAZARD. Adults are to perform those experiments using these objects. Any child can choke or suffocate on uninflated or broken balloons. Keep uninflated or broken balloons away from children.

FLOATING BALLOONS

INGREDIENTS

- 3 Balloons
- Fan

INSTRUCTIONS

STEP 1: Inflate and tie a small balloon, medium balloon, and large balloon

STEP 2: Turn the fan to the lowest speed.

STEP 3: Place the balloons, in order, from smallest to largest, in the flow of air. Provide evidence of the effects of balanced and unbalanced forces on the balloons.

STEP 4: Turn the fan to the highest speed. Compare the effects of different strengths or different directions of pushes and pulls on the motion of the balloons.

EXPLANATION

Air from the fan pushes the balloons upward while gravity pulls the balloons downward. The balloons float where the forces balance.



BIBLE TRUTH

God is the force, keeping us balanced, keeping us afloat, in life.

WHAT THE BIBLE SAYS

Psalm 46:1

God is our refuge and strength, an ever-present help in trouble.

BIBLE CONNECTION

Just as balanced forces keep the balloons afloat, God is the force, balancing us, keeping us afloat, in life.

SCIENCE WORDS

FORCE – A push or pull, which can cause an object to be in motion.

MOTION – A change in position.

What's In a Logo?

The primary role of a logo is to identify. Our logo is supposed to identify who we are and what we do. We have stood behind the Frontier Basement Systems logo for over 17 years, but it was time we took a further step back. We looked it over and discussed what message our logo was conveying. Was it communicating who we are and what we represent? Does it tell others what we do, the name of the company, inspire trust, and is it memorable? The answer was no, and thus began the beginning of our new logo.

We started with a few of the problems that we had encountered. A common misconception was that we had only worked on basements and with basements in our logo and “All Things Basementy” as our slogan, we understood why! We wanted a logo that was clean and concise, and most importantly, we wanted a logo that would clearly portray that we repair crawl spaces, basements, foundations, and concrete.

In the past, we had taglines that went under our logo, but sometimes the font would appear too small. Basement Systems was taking up a large portion of space, and other times people just were not reading it. So we dropped

the Basement Systems, and replaced it with easy to read bullet points. The Frontier will appear larger and consumers can glance at our logo and know exactly what we do.



We are on a mission to redefine our industry and change expectations people have of contractors. The homeowners experience is important to us even from the first time they see our logo. We wanted clean and simple.

Changing our logo after 17 years was a huge decision, but a necessary one. Eliminating “Basement Systems” was an easy transition, because many already call us Frontier. It was also important to us that our name was not abbreviated to FBS. With this design we can transition easily by keeping that same font as well as the pink line.

So, we are glad that they know exactly who we are and what we do when they come across our new logo.

— *Brittney Griffy & Mikaela Lopez, Frontier Basement Systems*

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How To Clean White Shoes



White shoes make a serious fashion statement in the spring and summer, but only when they're looking fresh and clean. Removing stains from white shoes can pose a serious challenge. Fortunately, we have tips for cleaning every type of white shoe in your closet.

How to Clean White Leather Shoes

Tennis shoes, dress shoes, and specialty dance shoes are often white and made of leather. While there's more than one way to clean white leather shoes, here's the method we have found to be most effective:

- Combine 1/4 cup vinegar with 1/2 cup olive oil in a medium-size spray bottle.
- Screw on the spray top, and then shake the bottle vigorously to combine the ingredients. (The solution separates naturally, so repeat this step each time you clean your white leather shoes.)
- Spray your shoes with the vinegar and olive oil mixture, coating the entire surface thoroughly. Apply more solution to particularly dirty or discolored areas.

- Let the solution sit for five minutes. The vinegar and olive oil should soak into the leather and bring stains to the surface.

- Wipe off the solution with a soft, dry cloth. As you do, the stain should come off with it.

How to Clean White Canvas Shoes
Canvas is the ideal material for casual shoes. It's soft and comfortable—and, unfortunately, attracts stains. Here's how to hand-wash your white canvas shoes with baking soda and laundry detergent:

- Fill a bucket with a gallon of warm water and one cup of baking soda. Add a drop of laundry detergent for a boost of cleaning power.
- Remove the shoelaces and submerge your shoes in the solution for at least an hour.
- Lift the shoes out of the water and scrub them clean with a small brush, such as an old toothbrush.
- Rinse your shoes with clean water and set them out to air dry before lacing them back up.

How to Clean White Mesh Shoes or White Fabric Shoes

Are your white mesh tennis shoes or fabric slip-ons dirty? Get them as clean as the day you bought them with these tips:

- Sweep dirt off your shoes with a soft-bristled brush.
- Combine warm water and a few drops of mild laundry detergent in a small bowl.
- Prepare a second bowl of clean water to rinse your shoes as you go.
- Apply the soapy solution with a soft cloth, sponge, or brush. Clean one section at a time using small, circular motions.
- Periodically rinse the cloth or brush in the second bowl of clean water to prevent spreading the stain around.
- You can use this method to clean the inside of your shoes as well.
- Dip an old toothbrush in the soapy water and scrub the rubber parts of your white mesh or fabric shoes.
- Dampen a clean cloth with water and wipe the shoes to remove soapy residue. You can also dunk fabric shoes in water to rinse them, but avoid fully submerging mesh shoes to prevent affecting their shape.

While the professionals at Molly Maid don't clean shoes, we can tackle other household chores while you work on that project. Our housekeeping services free up your time, so you can get outside and enjoy summer in your fresh, clean white shoes!

— Ashley Farrar

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TEACHABLE MOMENTS

STEPMOMS: Are There FIREWORKS In Your Stepfamily?

How are you planning to spend the 4th of July this year? If you are like many other stepmoms you might be trying to get all the “moving parts” organized to have a few hours of overlapping time to have everyone you love together for a BBQ or cookout, or maybe a day on the lake together? Quite often something out of your control will throw a “kink” in the game plan. Maybe

the kids’ bio mom had a change of plans and is going out of town? Or maybe one of your step kids just doesn’t want to participate? Maybe your own child had something come up with your ex-husband’s family and he/she will be out of town unexpectedly... No matter what, the organization and collaboration of keeping stepfamilies “functioning” comes with much challenge and sometimes a lot of “fireworks!”

A common concern I hear stepmoms share is that they feel like they are alone in the journey of complex family. Often a stepmom may feel like an “outsider” inside her own home or feel like the step children’s mother is always at odds with her and so she wonders if her step kids even like her? I know sometimes a stepmom is well received by the children and they sincerely love and appreciate her and sometimes the children are a bit

stand-offish for the first few years because they feel confused with the on-going emotional challenges that (sometimes) come with liking a new stepmom but wanting to be loyal to their own mom. I have heard that sometimes the bio moms are nice and supportive of their children’s new stepmom and sometimes the bio moms are quite harsh and threatened by the new woman in their ex’s life. Unfortunately, we cannot all get a positive outcome all the time; however, there are some common strategies and considerations that stepmoms can share together when they find a group of women who really “get them” and who will help them find HOPE in the midst of the confusion.

I believe we all need a tribe and a set of close friends that we can be authentic with, be completely real and sometimes even come “a bit undone” if we need to. I call those our “3:00 AM friends!” As a stepmom it’s even more important to find a few other stepmoms to talk to who are maybe a few years or a decade further down a similar pathway, especially if we are in a season of experiencing the “fireworks” within our stepfamily. Please consider joining us July 20th for The Stepmom Connection being held at The Grove in Franklin, TN. You can find all the info at: www.TheStepmomConnection.com. Don’t go it alone – we are always better when we are together with other stepmoms who can offer insight and strategies from their own years of experience. I hope you will join us!

— Tammy Daughtry, MMFT Author,
National Co-parent Expert and Co-Founder of
The Center For Modern Family Dynamics in Nashville.
www.ModernFamilyDynamics.com



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(from left) Jim Daly, Chuck Swindoll, Anne Graham Lotz, Tony Evans, Alistair Begg, James MacDonald, Crawford Loritts, Ravi Zacharias, David Jeremiah, John MacArthur And More!

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IN CONGRESS, JULY 4, 1776

The unanimous Declaration of the thirteen United States of America

When in the course of human events it becomes necessary for one people to dissolve the political bands which have connected them with another and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. — That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, — That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn that mankind are more disposed to suffer, while evils are sufferable than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security. — Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world. †

Please take a few minutes to discuss with your family the fact that the men who literally authored our freedom with the Declaration of Independence, did so with the guidance and blessing of God. There was no doubt in their minds that they were being led in their efforts by Divine power from the Lord. We are One Nation Under God. - The Publisher

"It is impossible to rightly govern without God and the Bible" - George Washington

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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MIGHTY WOMEN

Empowering Women



Patricia Leonard allows passion to fill her life. She has a passion for helping everyone become their best self and she particularly has a passion for empowering women. She strongly believes in inspiring women to fulfill their full potential of strength and grow their confidence through leadership and contribution. Her pursuit of this goal of empowerment is clearly evident in the organizations that Patricia is a part of.

As a volunteer board member at Nashville Women in Film & Television and a coach at Dress for Success, Patricia has had the opportunity to make a difference in people's lives.

Her association and work with the women has given her an avenue to meet people and discover talents in people that she never would have discovered otherwise. Once she made those discoveries, she was able to empower them to chase their dreams and she even coached them through the beginning steps.

Something that sets Patricia apart is not only her passion but her honesty. From listening to her describe how she coaches the women at Dress for Success it is evident that her coaching style can be described as tough love. She truly cares for the people that she encounters and therefore wants to be completely honest with them in hopes that her honesty will lead to their success. She tells people what they need to hear. She told me, "I maybe don't volunteer like everyone else, but I get stuff done and I help people take the next step."

Patricia's drive for volunteering simply comes down to the fact that she wants people to be happy and feel accomplished. She wants to help them get what they want out of life. This is what pushes her to volunteer for Nashville Women in Film & Television, Dress for Success, YWCA, TEDxNashville, and as a mentor for students at various universities. She wants to help other people get what they want out of life because as she said, "what is it worth if you aren't getting what you want out of life?"

— Katie Christ

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JULY 2019 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 subject line - Calendar

July 4 Independence Day

**July 20
The Stepmom Connection at The GROVE, Franklin, Tenn.** - Join stepmom authors and experts from 10 states who will be sharing at a day-long event designed to encourage and support stepmoms in many different areas of the stepmom journey. Topics include: What about the ex, his hers and ours, What about infertility and loss as a stepmom, and much more. See website for all info: www.TheStepmomConnection.com

ONGOING

Homeschool Soccer Program Registration Now Open - The Athletics Division of Williamson County Parks and Recreation will be offering a six-week soccer program for homeschool students in Middle Tennessee. This coed program (for ages 7-17) will be held at the Indoor Arena at Crockett Park, 1485 Volunteer Parkway in Brentwood on Friday afternoons, August 9 - Sept. 13 from 1:00 to 2:30 p.m. Cost is \$35 per child with a \$10 discount for additional child(ren). Registration is now open and will continue through July 22 or until full at www.wcparksandrec.com. For more information contact Mike Arnold at (615) 377-6530 ext. 6602 or Mike.Arnold@williamsoncounty-tn.gov.

Summer Jobs Available With Williamson County Parks And Recreation

- The Williamson County Parks and Recreation Department is accepting applications for temporary/seasonal jobs for summer 2019. Temporary, part-time positions are available in several divisions. Camp counselors are needed for general summer day camps in Franklin and Nolensville, specialty camps and field trips (age 17 or older), as well as Camp Will therapeutic day camp (age 18 or older) and Academy Park Summer Camp. The Aquatics division is seeking lifeguards (certified) for all pool locations and Franklin Splash Park attendants (age 15+) as well as pool cashiers (age 16+) for outdoor pool locations in Franklin, Spring Hill, Nolensville and Fairview. To apply, contact the Williamson County Government Human Resources Department at (615) 768-0192 or visit www.williamsoncounty-tn.gov/jobs

Healthy Living Potluck - Join us the First Friday of each month for Biblical-based Inspiration, Motivation and Information on living a consistent and sustainable healthy lifestyle. 1st Friday of the month, 6:30-8:30 pm, The Cloister Community Center, 105 Emma Neuhoff Ct, Nashville, TN, behind St. Henry's church. Cost: \$5 plus a healthy dish to share, bring your recipe! Each month has a topic and a theme. You can find more on our Facebook page, www.facebook.com/benourished4life, email thewellnessworkshop@msn.com

NEW LAW: Beginning July 1, drivers in Tennessee could face a fine up to \$200 for using their cellphone while driving. Drivers 18 and older will be prohibited from holding or physically supporting a phone while driving. Hands-free devices will be allowed, including "earpieces, headphone devices or a device worn on a wrist to conduct a voice-based communication," the legislation says. Dashboard mounts will also be allowed.

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