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**100th
ISSUE**

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**SEC
Nation's
LAUREN SISLER**

*The "Spirit of Music"
Lives in Bon Aqua*



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Lives Here!



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Cover: Amelia Barton/ESPN Images

Nashville Christian Family is published monthly by Clarion Concepts, P.O. Box 463, Spring Hill, TN 37174. The phone number is 615-815-8765.

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Circulation and Distribution: *Nashville Christian Family* is free and available at targeted, high traffic locations throughout the Nashville Metro Area and surrounding counties, Williamson, Wilson, Sumner, Rutherford and Maury. 10,000 copies are printed each month. Copies are available by subscription, \$25 for one year (12 issues). To subscribe, e-mail ncfpublication@gmail.com

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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

“It is fine to be zealous, provided the purpose is good, and to be so always, not just when I am with you.” Galatians 4:18 (NIV)

August has rolled around again and I am getting excited because I know that in less than a month, college football will kick off and another exciting season will begin. I love sports, but college football is my favorite of the ones that I follow throughout the year.

I am a University of Alabama Crimson Tide fan through and through. My father attended there and then taught there for many years, my mother worked there and I attended as did a son. Add to that, throughout his life, my father was a college football fan, followed Bear Bryant’s storied career that ended at Alabama, and until his death at 96, my dad got great enjoyment from following and watching college football and “our” team. So it is no surprise that friends and family would say that I am a rabid fan.

Understanding where I am coming from, during the season, from time to time, I try to stop and ask myself a couple of questions: in God’s scheme of things for my life and his desire for me to be an example of a follower of Jesus, is a football game really that important? Does my enthusiasm for my team interfere with my example and calling as a Believer to spread the Gospel and witness? Do I get as excited when the Lord presents an opportunity for me to witness to a non-believer about Jesus as I do for a big game?

College football or sports in general may not be what gets you excited, but whatever we have a passion for other than serving God as a witness, should take a backseat as we ask ourselves the questions that I ask myself during football season.

I believe that the most important thing that we as Believers must do is to spread the Gospel and the Good News of Jesus Christ with as much excitement and enthusiasm as we can, remember, the Lord will provide not only the opportunity, but help us with the words that we need to say.

“Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.”
Romans 12:11 (NIV)



Publisher, 615-815-8765

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Photo: Scott Clarke/ESPN Images

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Best known as the “SEC Nation” pregame reporter who sits alongside Tim Tebow, Marcus Spears and Paul Finebaum on football Saturdays, Lauren Sisler shares how her faith in Christ carried her through tremendous grief and led her to serve as an addiction prevention advocate. See page 16.

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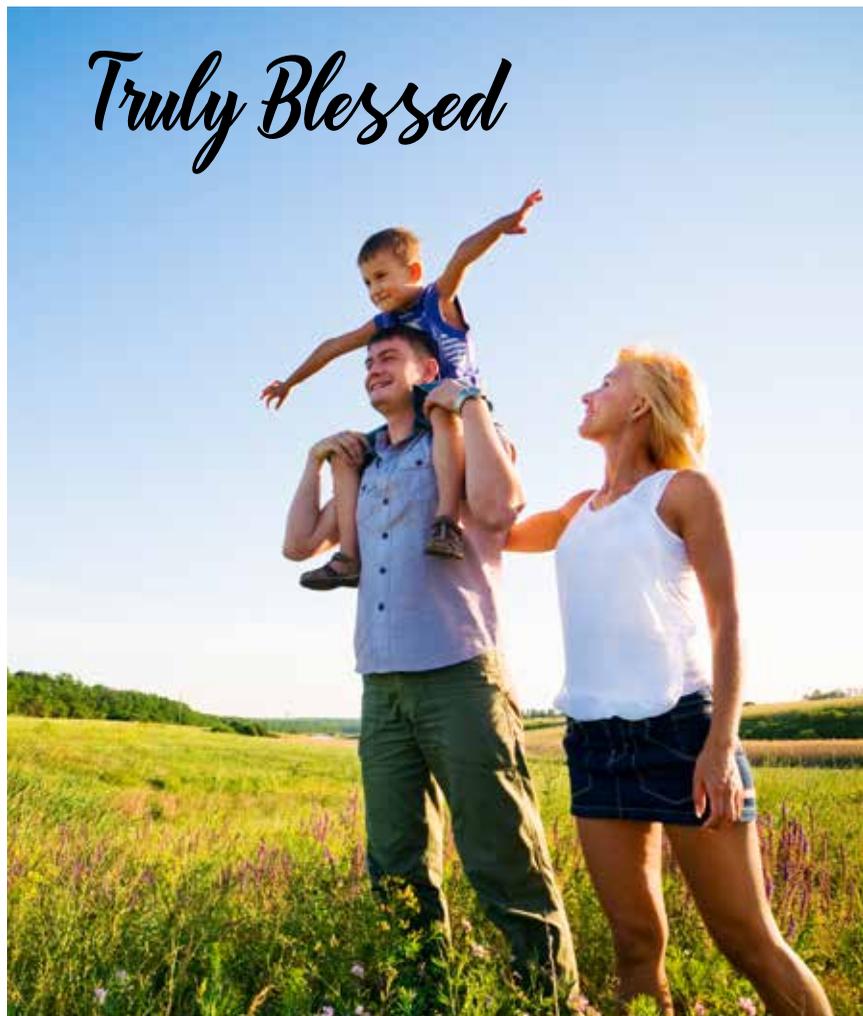


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Truly Blessed

“Blessed are the undefiled in the way, who walk in the law of the LORD. Blessed are they that keep his testimonies, and that seek him with the whole heart.” Psalm 119:1-2

So many people say “I just want to be happy!”

Maybe you have said it too. In a world filled with frustrations and disappointments, we long for a ray of sunshine. The founders of the United States considered being happy important enough to put it in their Declaration of Independence, saying that we all have the right to “life, liberty, and the pursuit of happiness.”

The first section of Psalm 119 points us to the Lord and the great blessing he gives, filling our lives with happiness. God blesses us through his Word, and that calls for a wholehearted response on our part. Simply knowing what’s in the Bible is not enough. We can read it from cover to cover and still feel miserable.

That’s because unhappiness is caused by our self-will and our sinful disobedience. When we live according to our own ideas and values, we will always run into trouble. But when we willingly conform our lives to what the Lord Jesus wants us to be, we will find the blessing he promises.

Is this easy? No - again and again we have to resolve to seek God’s will and not our own. The author of this psalm cries out, “O that my ways were directed to keep thy statutes!” And with God’s help we can do what He has called us to do. Are you in this pursuit of happiness? Remember you will only find it God’s way!

— Dr. Ben Graham, Senior Pastor Music City Baptist Church

Is Technology Interfering With Your Romantic Relationship?

Technology can and has interfered with intimacy within a relationship.

A 2014 Pew Research Center poll found that one in four cell phone owners in a relationship or marriage found their partner too distracted by their cell phones, one and ten argued about the time their partner spent on devices while in the company of the other, and those younger reported that it brings tension and enhances closeness to their relationship, but also can create a distraction for the relationship. In one research article, they conducted a study with a sample of 143 married/cohabiting women, overall about 70% of the women in their sample said that technology interfered in their relationship with their partner at least sometimes or more often.

- 62% said technology interferes with their leisure time together.
- 40% said their partner gets distracted by the TV during a conversation.
- 35% said their partner will pull out his phone if he receives a notification even if they are in the middle of a conversation.
- 33% said their partner checks his phone during mealtimes that they spend together.
- 25% said their partner actively texts other people during the couple’s face-to-face conversations.

Technology takes away from the emotional connection that is forged together by couples through body language, nonverbal communication, tone of voice, and facial expressions that are essential to relationships and can not be replicated through or with technology.

What type of boundaries regarding technology need to be created in your relationship?

1. Talk about technology use with your partner. Set mutually agreed upon rules, especially to manage technology use during times you are together or could be together. (Careful, this can be a touchy subject for some though and needs a light touch.)

2. Carefully and critically examine your own technology use. Ask yourself...

- How often are you on your device during family time?
- Is all of that use necessary?
- Why are you getting on the device?
- How do you think your partner or family feels when they see you get on your device or hear its notifications during family time?

3. Choose some technology-free times each day to just be with your romantic partner or family. For instance, parents might decide to turn off their devices once they return from work and put them someplace out of sight. Then they can turn them back on after the kids are in bed and they have had a few minutes to talk and connect as a couple. Other people may simply put their phones and tablets out of sight during mealtimes. These are just some examples.

Feel free to get creative with it, but make sure you and your romantic partner agree! Couples should work out ways that they can use technology, but not increase feelings of conflict and satisfaction when they are together. Be open and have an honest conversation as you work together to find strategies that work for the both of you. Do not get defensive when your spouse calls you out when a rule that is created for boundaries on technology use is broken, but look it as a way of them telling you that they want to connect.

— Dashia B. Brandon, *The Center for Modern Family Dynamics, Psychology Intern*



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SPECIAL FEATURE

3D KAMRA: Breakthrough Eye Procedure

The state's first 3D KAMRA, a new breakthrough eye procedure to treat age-related loss of near vision (presbyopia) was performed by Dr. Ming Wang, Harvard & MIT (MD, magna cum laude); PhD (laser physics), at Wang Vision 3D Cataract & LASIK Center, Nashville, Tenn.

Presbyopia is the loss of the ability to change the focusing power of the eye. It occurs with normal aging – generally in adults 40 to 50 years of age and older – and results in difficulty with near vision.

LASIK surgery is generally designed to treat nearsightedness, farsightedness and astigmatism, but not up-close vision loss due to aging. Hence, until now, there has been no effective surgical treatment available to treat presbyopia – except for invasive lens surgery – so our baby boomer patients (i.e., those over the age of 45) have been left on the sidelines of modern laser vision correction treatments.

“3D KARA involves implanting a ring into the cornea to produce a pinhole effect, which enables us to improve our patients’ near vision without compromising their distance vision”, Dr. Wang explained.

“When we implant a pinhole device such as the 3D KAMRA, it forces light to enter the eye in a narrow beam, which greatly increases the depth of focus and range of vision for our patients. Range of vision is the distance between the farthest and the nearest points that you can see. As we age, our range of vision naturally decreases. That is why after about age 45, we often have difficulty reading and doing other up-close activities, and need reading glasses because the near point of our range of vision moves away from us. 3D KAMRA restores range of vision and depth of focus for our patients, and it allows them to feel young again because they can read without reading glasses once again!”

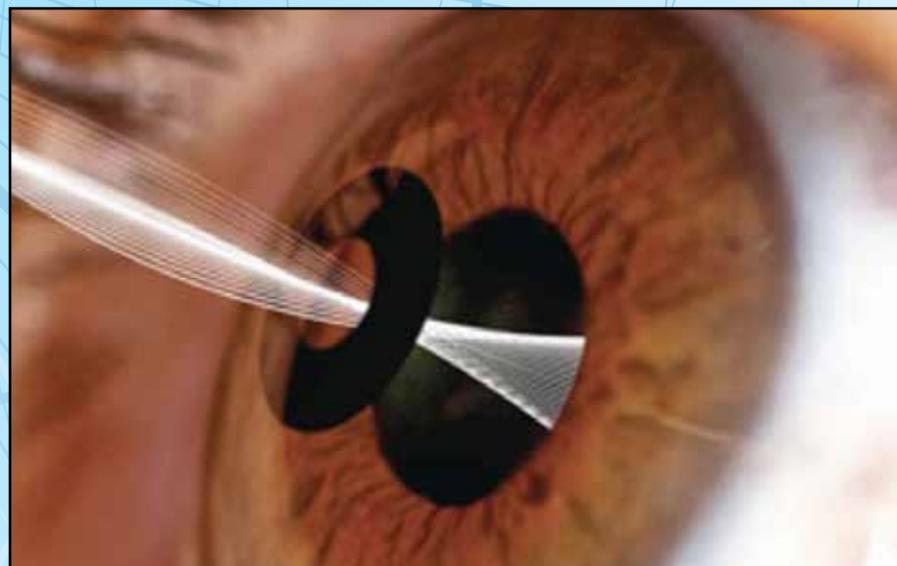
“It used to be that when patients would complain to me about their near vision problems and their frustration with having to push things further out to read, since we had no solution for them, I would jokingly tell them that their arms will continue to get shorter as they get older, a condition referred to as ‘short arm syndrome.’ I would then have to disappointingly inform them that presbyopia is not an eye problem that I could treat surgically, so they would have to accept that they will need to use reading glasses from now on.”

Until Now!

Ms. Cynthia Chafin is a 48-year-old project manager from Old Hickory, TN. In recent years she developed a dependence on reading glasses, which she hated. She was excited to be the first patient in the state to enjoy this breakthrough new vision correction technology. Her 3D KAMRA surgery went smoothly.

Ms. Christine New is a 49-year-old patient from Mt. Juliet, TN, who became the second in the state to have the 3D KAMRA procedure, and her surgery was a complete success as well.

Mr. Kervon Brust is a 51-year-old airline operations agent from Greenbrier, TN, and was the third patient in the state to have the 3D KAMRA procedure.



Immediately after his surgery he was able to read without reading glasses! Thrilled, Mr. Brust said “I feel like I have a bionic eye!”

In recent years, Wang Vision 3D Cataract & LASIK Center has introduced several new eye surgeries. Dr. Wang performed the state's first 3D SMILE, 3D All-laser LASIK and 3D Laser Cataract Surgery, to name just a couple.

“We are excited to again be the first, and this time the first to introduce a new generation surgery to treat aging eyes,” Dr. Wang exclaimed. “The focus of 21st century ophthalmology is to improve patients’ sight – even as they age – to enable them to see better, longer. 3D KAMRA improves the quality of our patients’ lives.”

For information about Wang Vision 3D Cataract & LASIK Center, go to www.wangcataractLASIK.com or contact Wang Vision 3D Cataract & LASIK Center, 1801 West End Ave, Street 1150, Nashville, TN, 37203, 615-321-8881(O), 615-321-8874 (fax). Dr. Wang can be reached directly at drwang@wangvision-institute.com.

Dr. Ming Wang is a Harvard and MIT graduate (MD, magna cum laude) and one of the few cataract and LASIK eye surgeons in the world today who holds a doctorate degree in laser physics. He has performed over 55,000 procedures, including on over 4,000 doctors. Dr. Wang has founded a 501c(3) non-profit charity which to date has helped patients from over 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-of-charge. ☪



Dr. Ming Wang

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LEGAL MATTERS

WHY HAVING A WILL MEANS PROTECTING YOUR FAMILY

It's been said that the only thing certain in life is death and taxes. That may be so, but it's also certain that if you don't have a will in place when you die someone other than you will decide what happens to your assets and the care of your minor children. There will also no doubt be confusion and unrest among your heirs. Don't leave it up to chance, draft a will.



As with most things in life, a little planning goes a long way. Taking the time to clearly articulate your wishes in a will allows you to care for those that come after you and ensure that the fruits of your labor go where you want them to. The good news is that this process is relatively painless. I say relatively because nobody really wants to think about their own death. But with some forethought, and guidance from an attorney, you can set it up so that your wishes will be carried out. Besides distribution of assets and caring for children there are other considerations such as taxes, charitable giving or perhaps specifically keeping assets out of the wrong hands.

You may think that having a will is only for the wealthy. While that's an easy misconception, it is far from the truth. Regardless of net worth, having a plan in place and setting up a guardianship for your children upon your death is beyond price. Wearing a seatbelt won't keep you from having an accident, but when you have an accident you'll be glad you had the seatbelt on. Similarly, having a will is no guarantee of total control of things after you die, but without one in place you almost guarantee that at best your heirs will be left guessing and at worst assets could end up where you don't want them to. Keep in mind that certain life events can also necessitate changes to your will. Divorce, marriage, birth of a child, retirement or relocating from a different state should all be cause for a review of your will. Once it's written it can always be changed during the course of your lifetime to reflect changing relationships and circumstances.

So, take a moment and talk to an attorney about your specific needs. You owe it to your family. Besides, the peace of mind you'll have after setting up your will is worth the small amount of time and money. Remember, each day is a gift and there is no guarantee of tomorrow. So, get a will in place and take care of those you love. You'll be glad you did.

— Jim Catalano is an attorney and founding partner of The Catalano Firm, PLC. He has practiced law in Tennessee for over 20 years and enjoys helping people solve problems and plan for their future. When not practicing law, he enjoys spending time with his family and being outdoors.



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MICHAEL W. SMITH, TBN to Host Free Concert At Nashville's Bridgestone Arena, Aug 30

'SURROUNDED'

Local Pastors, Leaders to Join In Prayer During FREE Event Open to Public

Trinity Broadcasting Network (TBN) will partner with three-time Grammy Award-winning recording artist Michael W. Smith to present a free concert and worship event at Nashville's Bridgestone Arena on Thursday, August 30th at 7 p.m. "Surrounded: A Night to Pray, Worship and Be Awakened" is free to the public and will begin with a time of prayer for the city of Nashville, surrounding communities, and the nation, led by area pastors.

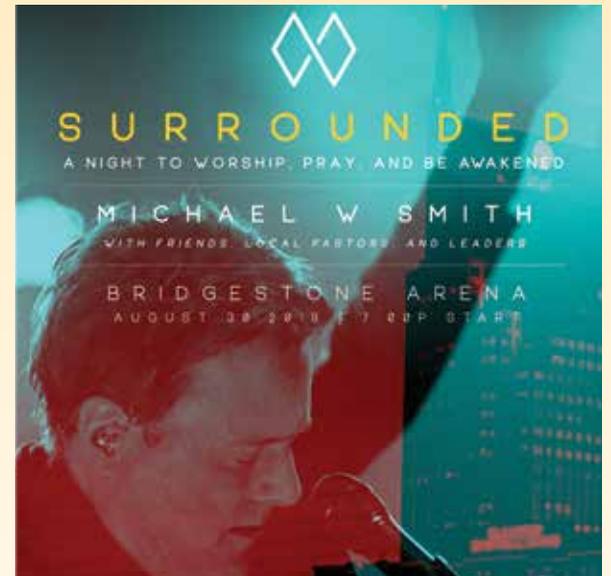
Following a time of prayer, Smith and his band will lead a Worship service from the floor of the Bridgestone Arena – surrounded by those that attend. It is Smith's hope that this event crosses all denominational, ethnic, racial and generational lines for a real night of Unity in middle Tennessee.

"The growth and energy happening in our city is not just material, but profoundly spiritual," said Smith. "It's time for a night of prayer and worship for Middle Tennessee. My hope is that individuals, families and even whole congregations will attend 'Surrounded' for a night we'll never forget."

The event will be taped, with plans from TBN to air "Surrounded" as a network special later in the fall. All seating will be general admission; doors open at 6 p.m. For more information visit www.surroundevent.com.

Michael W. Smith has been releasing new music regularly and performing around the world to sold-out crowds for the last 30+ years. During his storied career, he's written 32 No. 1 singles, been honored with three Grammy Awards and 45 Dove Awards, was inducted into the Gospel Music Hall of Fame and has sold more than 15 million albums. He's also given back to the global community. Michael has raised funds to battle AIDS in Africa; started Rocketown, a safe haven for young people in Tennessee to meet and find hope; and has helped more than 70,000 children through Compassion International.]

TBN is the world's largest and most watched faith-and-family broadcaster, reaching over 175 nations across the earth with inspirational and en-



tertaining programming 24 hours a day in 14 languages and on 32 global networks. As the world's most influential non-profit religious broadcaster, TBN has led the way in expanding the impact of faith-based television across the earth through the creation of innovative content designed to reach every viewer demographic with the life-changing message of hope and grace. To find out more about the TBN Networks, visit www.tbn.org.

— Paige Collins

BODY & SOUL

Choosing Good Memories

I know a woman who has nothing good whatsoever to say about her young children. Her grown children are great—she's so proud of how they turned out! But I've never heard her say anything but negatives about their growing up years. It's like she looks back thirty years and sees nothing but messes, tantrums, and bad behavior.

Her attitude makes me sad. As a mom of little ones, I know this is a hard time of life. It's busy, sweaty, stinky, and heartbreaking. There are a lot of losses and only a few wins. It's easy to look back at the day and sum it up:

- ten syrupy fingers on my front window
- one skinned knee
- twelve time-outs
- one wasted sandwich
- one lost dessert
- nine muddy footprints in the front hallway
- three million suds splashed all over the bathroom
- one early bedtime

But, if you choose, that same day could also be re-told:

- six pancakes
- one blanket fort
- one long bike ride
- one picnic
- thirteen books read
- one healthy dinner
- half a 200-piece puzzle completed
- two freshly-laundered foreheads to kiss goodnight



Parents have to make the choice—which memories do you focus on? It's about more than today. I do not want to turn into that poor woman who looks at her grown children and only sees successful adults. I want to look back and laugh over the peanut butter cheeks and milk mustaches. I want to be a grandma who smiles and says "he reminds me of his daddy" when I'm wistful, not one who glares "he reminds me of his daddy" when scornfully shushing for silence and stillness.

I don't want to get so wrapped up in their normal (albeit sinful), child-like behavior issues that I can't also remember the times we laughed and smiled. Because, even on a day with a long list of wrongs, there are a lot of rights.

— Kelley Rose Waller

SPECIAL FEATURE

THE “SPIRIT OF MUSIC” LIVES IN BON AQUA

New Owners Of Johnny Cash’s Historical Farm Offer A “Must See” Destination In Middle Tennessee

Just over the hills west of Nashville nestled in the rolling landscape of Hickman County sits a little piece of heaven. In fact, its new owners, Brian and Sally Oxley, were drawn to it for that very reason. They’re on track toward it becoming a “must see” destination of choice for a new generation of families and music lovers in Middle Tennessee and far beyond.

The Oxleys have opened “The Hideaway Farm,” the 100 plus acre creative retreat music icon Johnny Cash called “the center of my universe,” to the public for tours. After taking his ownership of the farm which sits just outside of Bon Aqua, in the early 70’s the singer spent significant time there during the last thirty years of his life. Center-piece on the property is Cash’s pre-Civil War two story log home, built in 1837 and now replete with the history of not only housing a music legend but of surviving with stately dignity the bullet holes from battles long past that scar its log exterior. Cash’s pride in the farm led him to use it as the creative location for the filming of several of his major television specials. The Oxleys have lovingly restored the house with original furnishings and memorabilia from both the Civil War and the Cash era of rustic living out on the farm. They have recently opened the doors not only to tourists from around the world, but to media guests such as the *Tennessee Crossroads* TV production, a lavish color spread for New York based *Closer* magazine, and most recently for Governor Mike Huckabee’s tour for viewers of his new program “Huckabee,” which airs on the TBN Network.

“We wanted to carry on Johnny Cash’s tradition of honoring God with excellence in all we do,” noted Brian Oxley in a recent interview. “The farm was the location of visits by spiritual giants such as Billy Graham, who was a close friend of Johnny and June, as well as the home of countless creative friends and ideas that Johnny pointed to God after his conversion to Christianity. We say of



the property, “the Spirit of music lives here,” and that becomes obvious to all that visit and find the unique feeling of peace and tranquility that blesses this property.”

Growing up as missionary kids on the mission field in Japan, the Oxleys were totally unaware of Cash’s musical influence, or of American music in general. Brian became fascinated with the spiritual side of the story. Now a successful global business man, film producer, author, and entrepreneur, Oxley in the past several years has become a “patron saint” in the preservation of American music associated with Nashville.

In 2015 after finding a VHS tape of a 20th anniversary party for Cash held near the Bon Aqua farm, Oxley became interested in tracking down the location of the building. What he found was a sad, crumbling frame near the railroad tracks that had once served as a general store in the 1800’s. Months from total collapse, the historical beauty of the building is now restored and



The Oxleys have lovingly restored the house with original furnishings and memorabilia from both the Civil War and the Cash era of rustic living out on the farm.

opened as “The Storytellers Museum,” just a mile down the road from The Hideaway Farm. Housed inside the museum is the new home of the restored “Little Stage,” an original landmark in Hickman County which provided weekly presentations of ‘Saturday Night in Hickman County,’ jam sessions. It later served as stage of choice for “guitar pulls” that included Cash family members, June, the Carter Family and friends such as Waylon Jennings and Carl Perkins.

Today, visitors at the Storytellers Museum can experience a regular schedule of special live musical performances at the renovated Little Stage as well as rare videos, historical photos, musical memorabilia, and unique treasures gathered from around the world. Of special interest to those visiting will be “The One Piece At A Time Car.” “Immortalized in song by Johnny Cash in 1975 in his #1 Billboard hit of the same name, the car has its hubcaps polished and is ready to meet visitors. Built as a gift for ‘The Man In Black’ and housed by him for years at the Cash Museum in Hendersonville, the car, as the hit song relates, is a one-of-a-kind collection of authentic Cadillac parts, no two of which match. Featured in several videos and often at his concert events, the car is now happily resting its wheels on display in Bon Aqua. With so many visuals and hands-on treasures for visitors to experience at both the farm and museum, there’s even more to come. The owners have recently renovated the rustic barn adjacent to the log house, equipped it

with state-of-the-art sound and lighting systems, and formatted covered and open air seating with ample bus parking for major concerts to come. Private events, weddings, corporate gatherings, and special occasions are also being offered the opportunity of booking this extra-ordinary setting in which to celebrate.

The Oxleys are also hoping *Nashville Christian Family* readers will bring a blanket, a picnic basket, and of course, the kids, and plan to enjoy a full day of late summer or fall ‘family fun’ at the farm. As all who make the short drive to Bon Aqua will discover: The Spirit of Music Lives Here!

Directions: From downtown Nashville, take 1-40W towards Memphis. Exit #172 in Dickson and take a left onto Hwy 46S and follow the signs. The Hideaway Farm is located at 9347 Old Highway 46 in Bon Aqua.

Phone: (931) 996-4336.

Ticket information: www.storytellersmuseum.com

— Jackie Monaghan is Creative Director of Nashville based Morningstar PR. She can be reached at (615) 646-5990.

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Even New Homes Can Suffer From Foundation Issues

It is a common misconception that settlement is normal. The truth is no settlement is good, a permanent structure should not shift, twist, or sink. Your foundation shouldn't move. It is always better to catch a problem in the early stages before significant damage occurs or safety is an issue.

For many families this is not an experience they save up for, add to the family photo album, or share beautiful stories many years down the road. It is an inconvenience, sometimes the elephant in the room, you see the concerns and think "I'll worry about that later, maybe next summer." The problem is that it will not fix itself and in all honesty will only get worse over time. And most of the time we don't want to keep looking at those scary signs and symptoms that deep-down make us uneasy. Those things we try to avoid and put off become subconscious stressors and rob our peace. We have even heard stories about planning vacations around the weather so a family can be home. If the forecast calls for rain or sleeping in the basement with older sump pumps to help keep them running. We don't think this is any way to live.

Our soil works much like a sponge. The soil absorbs water and expands putting pressure against the foundation wall during wet seasons. During dry seasons the soil dries out and contracts. This movement causes a lot of stress on a structure. This does not mean we want the structure to move. This shows how important it is to have a solid structure. A home built on the ground that is packed but not load bearing will sink as the weight compresses the earth.

Things to look for:

- Doors and windows stick or jam
- Horizontal cracks across the block foundation
- Stair step cracks on bricks or foundation block
- Pulling away or twisting of foundation or bricks
- Movement and the top or bottom of the foundation/basement wall.
- Moderate to Major leaks in the foundation.

Foundations QUIZ questions

My doors and windows open:

- A. Easily
- B. Require some effort but stick
- C. Rarely do they get jammed

My foundation is cracking and looks like:

- A. Stair steps
- B. Have horizontal lines that run across a section of the wall
- C. Smooth. There are no cracks

When I walk across my floors:

- A. I hear dishes and items rattle
- B. My floors seem uneven and sag in certain areas
- C. I do not have any issues when walking across my floors

I can't fix my foundation because:

- A. It is too expensive
- B. I feel it will take too much time
- C. It's fine. These issues are normal

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— Brittney Griffy, Marketing Manager @ Frontier Basement Systems

Focused Time Together Escape to the Outdoors for a Parent-Child Weekend

In a culture where our eyes tend to be looking at our devices, parent-child weekends at Deer Run Camps & Retreats provide the perfect opportunity to get outdoors and connect one-on-one with your son or daughter on a deeper level.



The 13th annual Father-Son Adventure Weekend

for all ages is August 24-26. Everything is planned for you so you can enjoy a weekend of adventure with plenty of opportunities to focus on your son and create special memories that will last a lifetime. Activities include football challenges and a wiffle ball home run derby as well as working together on a special take-home project that will be a reminder of your weekend! Enjoy fishing? Try the amateur fishing tournament. Love to hike? Enjoy a self-guided night hike together. If you are looking for more adventurous activities, sign up for the 3-D archery tournament, 800-ft zip line adventures, paintball, climbing tower, and more. The weekend also includes hearty guy meals, one-on-one devotion time with questions provided to initiate conversation, Saturday night worship with a speaker who connects with all ages. Sunday morning concludes with an awards ceremony and special father-son blessing.

The 6th annual Mother-Daughter Getaway for ages 5 and up takes place September 14-16. This exceptional weekend experience provides an opportunity for moms to slow down the pace and focus on your relationship with your daughter without the usual distractions of everyday life. This year's Hawaiian theme is complete with luau and hula-dancing, and delicious meals are provided throughout the weekend leaving time for you to enjoy your time together. Bond through recreational activities such as lake time, restorative yoga, climbing tower, archery, crafts, stargazing and more. Also connect through morning personal devotion time with a scripture focus and questions provided to guide your conversations, as well as hearing from Terra Tucker, founder of CNC (Confidence in Christ) Ministries, who speaks to the hearts of moms and daughters alike. The weekend ends with worship and a memorable mother-daughter blessing.

Both weekends provide a unique opportunity for parents and children to connect in a way that is increasingly difficult and rare in our society. Parents can relax, recapture a bit of the magic of childhood and engage the hearts and minds of their children. Children have an opportunity to see their parents in a new light, to capture their attention, and to rest in the knowledge that they are seen and loved. Above all, this time together refocuses everyone's attention on the most important relationship of all — the one between themselves and their Creator.

You can make this a multi-generational experience by including a grandfather or grandmother; or uncles, aunts and mentors are encouraged to bring boys or girls who do not have a father or mother present in their life.

For more information or to register, visit www.deerrun.camp/family or call (615) 794-2918.

— Jennifer Burns



Can a special needs trust help you?

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SEC Nation's **Lauren Sisler**

Weighs in on What Matters in the Game of Life



The United States makes up four percent of the world's population yet experiences 27 percent of the world's drug overdose deaths. This is a jarring statistic for sports journalist Lauren Sisler. It's also a personal one. In 2003, while a freshman at Rutgers University, she lost both parents to prescription drug overdoses within hours of each other. Best known for her work as an "SEC Nation" pregame reporter alongside Tim Tebow and Paul Finebaum, she reflects on how her Christian faith bolstered her journey through grief, gave her the courage to trust in God's timing, and has led her to serve as an addiction prevention advocate in Central Alabama.

Originally from Virginia, Sisler describes her upbringing as sports-centered, happy and rich in family relationships. Saturdays were for college football, Sundays for church then the NFL or NASCAR. She and her older brother, Allen, were lovingly competitive. They'd challenge each other to foot races, to see who could throw a ball the furthest. By high school, Sisler was a competitive gymnast training 20-25 hours a week. Many weekends were spent driving to out-of-town meets. Even with a hectic weekend gymnastics schedule, faith in Christ remained center stage. Her coaches were Christians, and she collected inspirational quotes and Scripture passages passed from them and her mother. Her favorite was the poem "Footprints in the Sand." And prayer time was important. Before bed, Sisler would yell down the stairs for her father to join her for evening prayers. "Those memories are very vivid and strong," she says.

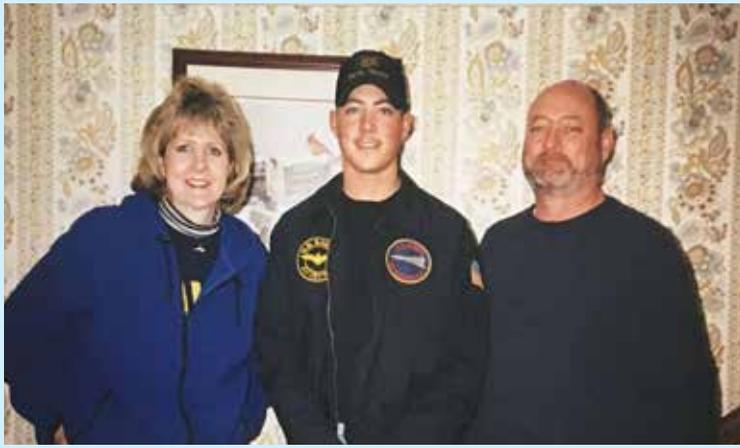
In March 2003, however, her faith was tested. While a freshman at Rutgers University in New Jersey, Sisler woke up to a distressing late-night phone call from her father. Her mother had died, and she needed to get on the next flight home. Hours later, she arrived in Roanoke expecting her father to pick her up at the airport. Instead, her uncle and cousin were waiting at the curb. Just hours after her mother died, her father had died as well—both to accidental prescription drug overdoses. Lesley Sisler, 45, had struggled with a degenerative disk disease that required multiple surgeries. George "Butch" Sisler, 52, had PTSD from his service in the Navy and had chronic back pain.



Watch Lauren Sisler alongside host Laura Rutledge and analysts Paul Finebaum, Marcus Spears and Tim Tebow Saturday mornings this fall on the SEC Network. Sisler shares about Tebow, "Tim has recognized his ability as an athlete but also as a leader and as an influencer. Even just sitting on the bus of SEC Nation and listening to him sing, to recite Scripture. He gets fired up about a particular topic and you think [it's because the cameras are rolling]. He's like that 24/7. He is the hype man, and I absolutely love it." Photo: Scott Clarke/ESPN Images

Their daughter had no clue their dependence on Fentanyl, which according to the DEA is 100 times more potent than morphine, had spiraled out of control.

"When I received that news at first it was very unbelievable. I thought I was having an out of body experience. I'm dreaming," she explains. "In my mind, the word *addiction* and *drug overdose* could not be used in the same sentence as my parents. And I struggled with that emotion and that guilt and that shame for so many years. It took me seven years to acknowledge how my parents actually died," remembers Sisler. "In the back of my mind, I knew bits and pieces of the story, and my Aunt Linda did her best to try to educate me, but I put up walls of denial and made it hard for her to get through to me. The one thing she finally told me was 'Lauren, you can't allow the way they died to define how they lived.' As I went through that grieving process, I realized OK, wait a sec... you're right... this is something that happened, I can't change it, but maybe I can do something with it."



“If you walk into an ER and you’re bleeding, you’re going to be treated right away. Mental health issues aren’t as easy to recognize because you don’t have a physical scar to show for it,” says Sisler, pictured here are her brother Allen and her parents not long before their parents’ death.



Sisler’s brother Allen was in the Navy, stationed about four hours from home, when their parents died of prescription drug overdoses on March 24, 2003. Today they both live in Birmingham, Ala. and attend Church of the Highlands together.



Sisler’s role at SEC Nation includes sideline interviews with coaches like Alabama’s Nick Saban and Auburn’s Gus Malzahn (above).

By the time Sisler came to terms with her family’s past, she had graduated from Rutgers University (2006) and was working as a weekend sports anchor in West Virginia. She moved to Birmingham in September 2011 and spent nearly five years at WIAT 42 In Birmingham, AL, where she was nominated Best Sports Anchor by the Alabama Associated Press in 2014 and 2015. In 2016, she became a sports reporter and host for AL.com and was offered a job as a sideline reporter for ESPN, covering college football and gymnastics. Keeping her role at AL.com during the week, she moved to the SEC Network on weekends in September 2017. The transition has inspired her to reflect on what it means to be content. “You hear Nick Saban talk about being where your feet are. For a long time, when I was at the local TV station, I started getting complacent and getting anxious for what’s next,” she says. “Now that I’ve reached this level of getting to work with some of the best in the business, I’ve started to realize ‘be where your feet are,’ don’t always focus on the destination. I think this is where God intended me to be. Everything that I’ve been through up unto this point has taught me patience, has taught me to better appreciate where I’m at and the people that are around me.”

Sisler has become a speaker and advocate on addiction. She has worked as a mentor at The Foundry Ministries and is on the Board of Directors and Advisory Board at Addiction Prevention Coalition (APC), based in Birmingham, AL. “Unfortunately, this is a disease, and this is an epidemic that a lot of people turn their heads to—not my problem, not my child, our school

system doesn’t have this problem—so there’s a level of denial. Prevention is such a big part of APC’s philosophy... trying to get in front of it before it begins.” Reflecting on her own experience, Sisler wonders if being able to see and acknowledge her parents’ problem would have made a difference. “Hindsight is always 20/20. I wanted to believe that my parents were the strongest people on this planet. They were strong, they were loving, they gave me and my brother everything we needed to succeed, and that was what I believed in my mind. I tried to hide from the fact that they were struggling internally and behind closed doors were having to resort to medication and to alcohol and to other things to try and cope with the pain they were feeling—both chronic pain as well as addiction pain, and then also emotional pain and depression and financial struggles.... I truly wanted to believe that I was invincible and my family was invincible and nothing could tear us apart.”

For years, Sisler was critical of herself for her own denial, for taking so long to admit her family’s story and make a difference in addiction prevention and recovery. Today, however, she acknowledges her journey has been in God’s hands all along. “I truly believe that God paved this path and gave me the tools that I needed to deal with the grief myself, to take me through my own process before He was ready to open me up to the concept of sharing their story so openly with other people,” she says. “... Now it’s very apparent to me that it’s not on our timeline, it’s on His timeline. While we sometimes want to suit up and get back on the horse and ride into the night as soon as tragedy strikes, that’s not how things work. The lessons that have been taught to me throughout this entire process have certainly been a product of faith, perseverance, and really a testament to being the person that I was brought onto this earth to be by our good Lord above.”

As she prepares for football season, Sisler acknowledges that just as she has found her own story to tell, it’s finding the story in others that makes being a journalist so fulfilling. “I just enjoy getting to know people more than just their sport and their game. What drives them? What motivates them? What gets them out of bed every morning and ultimately how did they overcome tragedy? What have they faced in their lives that has made them who they are? What has helped them to identify with themselves and identify with others?” Sisler says. “Nick Saban said it best: when you wake up in the morning, do you pray to be blessed or do you pray to bless others?

“I’ve rested on that quote and thought that was a great way to encapsulate my thinking,” Sisler concludes. “If I have an opportunity—whether it’s one person or a million people—to make an impact through my story and telling my parents story, then it’s worth it.”

— Camille Smith Platt

For details on common signs of opioid misuse and what parents can do to specifically help teens avoid risks visit www.birminghamchristian.com/0001

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AN ENCOURAGING WORD

Fruit From the Same Tree

“People are all fruit from the same tree. Not all are sweet; especially if they are tried before they have had the chance to ripen, others turn bad because of the experiences they endure and the rest bring joy to all who value what they have to offer.”

- Anthony “Tony” Boquet, *Modern Solutionary*

We are each born of the human race; innocent, pure and good. As we mature or ripen, flaws begin to appear as dark blemishes on our soul; invisible to the world until we act. This darkness is a byproduct of our acting out against the truth through the selfishness of our free will and the negative influence of a harmful environment. Through the passage of time we will either allow this darkness to rot our decisions or we can take steps to scrub away the damaging thoughts, words and deeds that spoil the original fruit we were created to be.

As I age, I am prone to turn to the Power of the Wisdom of Three for answers. These lessons can help us Learn, Understand and Apply the solutions against the forces that cause us to pull away from one another. I am learning daily that, just like the tree in the quote above, we are “planted” securely in our own environment. As a society our environment does not allow us to quickly change our view of the world in which we live. In our environment each “fruit” starts as a bud struggling for Survival, if it can draw enough nourishment from the tree it will reach a state of Adequacy and with care, nourishment and strength it can eventually arrive at a place of Prosperity. Unlike the fruit of a tree, we individually have the ability to make decisions that will impact our future environments. These choices will differ based on our unique perspective. But just as the fruit in the tree has to deal with outside influencers like, heat, wind and insects so are we are challenged to not succumb to the destructive effects of selfish perceptions, emotionally charged lies or inscrutable people but instead to base all decision on the truth. We are assured that the truth does not change, regardless of which environment we find ourselves in.

Think back to when you were young; you depended on others. This dependency, through the lessons of experience, should drastically reduce as we matured. As we become self-reliant we learn that there are only three attributes of a self-sufficient adult who strives for a state of prosperity; we must first become Dependable, then be held Accountable and once accountable we must become Responsible. People who possess these attributes must abide by the truth or be ridiculed when they are stripped of them. This cost is high and the reason why too many people choose to be dependent instead of dependable, unaccountable instead of accountable and irresponsible instead of responsible. It will always be those who choose to be dependent, unaccountable and the irresponsible people who draw the focus away from the truth. The last three proofs of the “ripening of the fruit” rest in the character of the person. To finally reach prosperity one must be viewed as Honest. When someone lives an honest life they will be said to have Integrity. Living a life of integrity will naturally foster the Trust of all whom you deal with. These three character traits will always be present in those people who follow the truth. For anyone who leads others to the truth will be said to be trustworthy.

So, even though we all are fruit from the same tree, the only way for us to become a unified society is to follow the truth and the truth will not and cannot be different for everybody, it never changes, and it requires a selfless nature. Until we understand and live these facts there will never be unity.

— Anthony “Tony” Boquet, the author of *“The Bloodline of Wisdom, The Awakening of a Modern Solutionary”*

MONEY MATTERS

What’s Quality of Life Worth? It’s Priceless!



Do not let an inheritance, financial windfall or personal injury settlement disqualify your loved one from the public benefits needed for basic care. Special Needs Trusts safeguard your loved one’s personal assets and provide for the comforts of life that public benefits do not cover—all without jeopardizing his or her eligibility for government assistance.

Can a Special Needs Trust Help You?

A Special Needs Trust is a legal contract under Federal law, in which someone (a trustee) agrees to hold assets (money and/or property) for the benefit of a disabled individual. This type of trust provides the disabled individual with resources that can be used to pay for special or supplemental needs while preserving eligibility for government benefits, particularly Supplemental Security Income (SSI) and Medicaid. Trust funds can be used for many items or services such as: medications, non-essential medical care, comfort services, companion services, entertainment, electronic equipment, and education without risking the loss of public benefits.

Your loved one may be a good candidate for a Special Needs Trust if he/she:

- Inherited money from a deceased friend or relative
- Received a personal injury settlement
- Was awarded assets in a divorce settlement
- Has personal financial assets

What You Realize from having a Special Needs Trust

With a properly-designed trust, you acquire the peace of mind that comes from knowing that your loved one is provided for and assets are safe. You also achieve:

- Protection for inheritances and personal injury settlements
- Continuation of your government benefits, while the trust fund pays for special or supplemental needs
- Professional management of your funds, by experienced trustees
- Less burden on your family
- The ability to set aside funds for a disabled child
- The ability (in certain situations) to leave assets to other family members, upon your loved one’s death

Without A Trust, Your Loved One Is at Risk

If your loved one does not have a Special Needs Trust to protect his or her personal assets, you are taking a big risk.

- Your loved one risks not qualifying for government assistance, thereby relying on personal assets to provide for basic care and to maintain quality of life.
- Your loved one will go through the time and aggravation of reapplying for benefits, after all personal assets are depleted.
- Your loved one risks mismanagement of assets, if you rely on non-professionals to handle his or her finances.
- Unless your advisor knows how to protect your loved one’s eligibility for government assistance programs and understands the law in your state, you are at risk.

A Special Needs Trust helps you look out for the best interests of those in your care. Help your loved ones keep what is rightfully theirs. Let Vista Points, a nonprofit organization, show you the way. For more information, please visit the Vista Points, Inc. website at www.vistapoints.org or call 615-758-4660.

— Darlene A. Kemp, MPH, MBA-HCM, Vista Points, Inc.

The Power Of Praise

Earlier in my life I discovered the power of praise.

While studying the subject of praise, I found this summary by a seminary professor, Dr. Bruce Leafblad, “**PRAISE is celebrative worship in which believers magnify and exalt the Lord through expressive acts, enthusiastically proclaiming the unrivaled excellence of His Name, His character, and His actions in a spirit of uninhibited rejoicing!**”

Isn't that awesome! We can get excited about who God is and what He does... and bring our children into the CELEBRATION.

First, our children must know there is an actual “someone” who made them, and loves them. And that “someone” is GOD. Then, we thank Him and praise Him. In our house we say this, “God made me and God loves me...YAY GOD!! Look what the Bible says about little children praising God: *“Nursing infants gurgle choruses about you; toddlers shout the songs that drown out enemy talk, and silence atheistic babble.”*

PSALM 8:2 (MSG)

My experience with children has shown me God created them ready to PRAISE HIM! So, let's talk about HOW to practice praise... I was thrilled to find that God has specifically given direction on what praising is. Remember, praise is always a VERB and something we CHOOSE to do. And this is what I discovered...there are 7 words in the Hebrew language that are almost always translated into our English word, praise. And, they all mean different things.

These specific terms encourage us to CELEBRATE, SING, SHOUT, CLAP, SPIN, JUMP, DANCE, RAISE HANDS, KNEEL, PLAY STRINGED INSTRUMENTS. Even little children love to do these things! So, there are many ways to give God praise, and He is pleased with all of them.

SING about God. Sing Bible verses and stories. I often say, “Music is Magic.” It's like glue and is the fastest, most permanent way to get information AND God's truth into little hearts and minds. Find a melody – make it up or use one you know – and SING what you want to say. Songs plant seeds of truth and of faith. Songs will “stick” in their minds. Children already love music, they don't even need much encouragement from us to sing. I love to say,



SING YOUR WAY THROUGH YOUR DAY. Psalm 22:3 tells us “God lives in the praises (singing) of His people.” Singing invites His presence!

The good news is you are probably doing this. As a family, sing the blessing over food, sing the ABCs, sing a goodnight song and a prayer before bed. Your children are not music critics...they already love the sound of your voice.

“Sing songs from your heart to Jesus. Sing praises over everything, any excuse for a song to God the Father in the name of our Master, Jesus Christ.” Ephesians 5:19 MSG

PLAY – For a child, play is work and play can be praise to God! Play is the way they learn and express themselves. Synapses connect when they use imagination, when they build, when they work a puzzle, color a picture, draw, create a craft, dance, run, swing, jump, clap, spin... speaking of spinning, I learned something new from the Bible recently – something fun! The word ‘rejoice’ in Psalm 118:24 is this Hebrew word, giyl, which literally means, “to spin around under the influence of strong emotion”! WOW - a biblical way to point your children to God as they play! Look for ways to turn play into PRAISE.

Another fun way to play is to have a PRAISE PARADE... find or make instruments, march around using your voices, drums, horns, strings and more and celebrate God!

SAY- Often, I say to my children, “use your words.” Our words are important, they have power, and

we can use them to praise the Lord. Deuteronomy 6:7 instructs us to talk about God when we sit at home, when we walk along the road, when we get up in the morning, and when we lie down at night. Using our words and helping our children learn words to praise the Lord is our JOB as a parent.

If you will practice praise as a family, and do it often, it will change the way you deal with your circumstances, and it will lighten the atmosphere in your home. As a parent, practicing praise will help you in the great work of spiritual formation, which is the joy of laying a biblical foundation on which salvation and a life of faith can be built.

— Jean Thomason

CITY SCENE

END OF SUMMER FUN

Hi ya Neighbors! Before we say goodbye to Summer, I hope you and your family will enjoy all that Franklin and the surrounding areas have to offer in August!

Get ready for the incredible **Williamson County Fair**, running August 3rd through the 11th at the Williamson County Agricultural Expo Park in Franklin. All stage shows and attractions are free with admission. There's something for everyone! Magician Lady Houdini, Kids Celebration stage, Pro BMX bikes and competitions in Agricultural arts, Creative Arts, Culinary Arts, Jr/Open Livestock, 4-H & more! Bring the family and join in the fun at the Williamson County Fair!

August 11th is the **Franklin Improv All Stars** in the little brick theater in the Factory. Enjoy a night of razor-sharp wit, instantly created songs, celebrity impersonations, slapstick and more! Everything on stage will be made up on the spot, making it great for groups, date nights, and fun for the entire family. Show starts at 7pm.

On Saturday August 18th is the **Sweet Corn Festival** at Lucky Ladd Farms featuring everybody's seasonal favorite – fresh roasted sweet corn on the cob dripping with warm butter and covered in your favorite flavored seasoning for only \$2.99 plus tax. There's Corn Eating, Corn Shucking, and Sweet Corn Selfie Competitions. Fresh picked sweet corn available for purchase – great for grilling up for a late summer party!



Finally there are two events happening on Saturday August 25th, start your day at the **Great American BBQ Festival** at Harlinsdale Farm. Visitors will enjoy finger licking good barbecue prepared by professional pit masters and iron chefs from across the country. There will be grilling demonstrations, a whole hog smoking contest, and a Kansas City Barbecue Society (KCBS) sanctioned barbecue competition featuring 60 teams competing in five categories for over \$8,000 in total cash prizes.

Then later that evening there's **Music in the Meadow**, featuring Barrett Baber a finalist on The Voice. Baber's recently released full-length album *A Room Full of Fighters* debuted in the top 10 on iTunes Top 100 Album Charts. Gates open at 5:30 pm for picnics, hikes and meeting the owls; Music starts at 7:00 pm. As we say goodbye to Summer, we hope all our friends and neighbors have had a chance to enjoy all the wonderful sights and sounds that Franklin has to offer. Never hesitate to stop in and say Hi to your friends at Hyundai of Cool Springs.

— Frank Odrobina, Owner of Hyundai and Genesis of Cool Springs -
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SWIMMING UP STREAM

Back to school, hot & humid, the dog days of summer – August – you gotta love it. What does August mean to you? For my wife Sheryl and I, it means losing weight. That's been our "Up Stream" journey since April, when we began our most recent weight loss with the team of professionals at Cool Springs MD.

Since then, I've lost just under 20 pounds, while my wife has dropped almost 15. Along with the team at Cool Springs MD – I know I can point to my wife as a huge key in my weight loss success, something that recent research also backs up.

If you and your spouse need to lose weight, focus on cheering each other on, and you'll both be more likely to shed those unwanted pounds. According to a University of Texas, Austin study, couples who see weight loss as a joint effort have an easier time slimming down than couples where just one partner is trying to shed weight. Why does it work? Your partner's encouragement re-

duces stress, making it easier for you to make smart food choices.

Makes me think of the verse in Ecclesiastes that says "Two are better than one... If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up!"

If you can – don't go it alone on your weight loss journey, and if you are single – find an encouragement partner, or partner with a team of encouragers like a workout class at the "Y", neighbors who agree to walk it out and work it off together – or the crew of encouragers and medical professionals at Cool Springs MD.

What will you commit to do this month that will contribute to your success next month? For me and my wife, we want to not lose sight of the goal – it's so close, but the weariness of dieting can also



take a mental toll. We need to remind ourselves that this is a season and the calorie count will open up once the goal is met – but we can't gain it back. We need to focus on a lifestyle change – now and forever! How about you?

I very much welcome your feedback, thoughts and ideas – 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

So You Want To Build Some Muscle?

So you want to build some muscle? Good. Not only is it good aesthetically, but it is extremely good for our longevity physically and mentally. One of the best things that we can do to combat the effects of aging, such as becoming weak and brittle, is to build a solid foundation of muscle, strong bones and a healthy heart. To be clear, I'm not saying that everyone needs to be a bodybuilder or a powerlifter to have the benefits of resistance training. Though, what I am saying is that we must put our body under a healthy amount of stress physically in order to build a healthy foundation that will last a lifetime.



Why is this so important? It seems that it has been made so complicated and hard to attain but, it really doesn't need to be! When we get older our body declines. We lose muscle and bone mass and our heart is not as efficient as it once was. Our metabolism also slows simply because these processes are not quite as efficient as they once were. We must combat these by building up our body in a way that will last. Resistance training

and HIIT training (High Intensity Interval Training) are two great ways to do this! Take Sally for an example. She just fell at age 70 and fractured her shoulder and her hip. She has eaten pretty well all of her life and has done some light walking with her friends, but she has not put any healthy stress on her muscular and bone system. Now, when she has an unhealthy amount of stress, like falling, her body cannot handle the impact and she can become badly injured. Had Sally focused on building up her muscular and bone systems, she would've lessened the impact a fall might have had on her. I'm not saying that if you lift weights that you will never break anything when you are older, but you will absolutely be able to withstand more than a sedentary person!

I recommend meeting with a trainer and having them help you with the details of resistance training for your specific age and stage. But, for now, I want to help with three perspective changes that if implemented can change everything!

THREE POWERFUL MINDSETS:

1. Progression and Intensity

We must train with intensity. If we do not then there will be no results. The harder you work your body the quicker it will respond. We also must progress... this will keep us from staying in the same place all of our lives (Glory to Glory baby!). We must progress in some way each week in our training. If you can only do one sit up then next

week try and do two, if you can only do pushups on your knees then make it your goal to get to a place where you can do regular pushups. There is always something that you can progress in, this helps us to get away from those plateaus.

2. Rest and Recovery

We must give our body time to rest and build back up what we have torn down. Remember we don't build muscle in the gym, we tear it down so that we can build it back up stronger.

3. Fuel

If we are not fueling our bodies with the nutrients that it needs then we will not gain anything. If you tear muscle down and don't give yourself the nutrients to then build it back up then you will get nowhere.

Make note of these mindsets and implement them in your daily life! As you begin to walk out these new mindsets, you will see your health move from Glory to Glory!

— 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. www.glorytogloryfitness.com
glorytogloryfitness@gmail.com



HASSLE FREE ZONE

How and When to Change Your Home's Air Filters

Keeping your home's HVAC system running efficiently isn't only a money concern, it can also be a matter of health. One of the simplest and most effective ways to keep the air in your home clean, while also improving the life of your HVAC system, is to regularly change furnace air filters.



How do you know when to replace your filters? If the dirt or dust is thick enough to block the filter material, you need to replace it. If your filter becomes too dirty, airflow is restricted and your unit has to work extra hard to circulate air through your home. That means higher energy costs and an overworked HVAC system. Telltale signs of a dirty furnace filter are extra dirt or dust particles around your house or the onset of a musty smell. Sinus congestion can also be related to the air quality inside your home. Lastly, if you haven't used your system in a while, it's a good idea to check your filters before you turn things back on.

How often should you replace your filters? For standard HVAC units, check your filters monthly for dirt buildup. If a filter is dirty, it's time to replace it. At the very least, most filters should be changed about every three months, and high-efficiency units can go up to four months. Still, we suggest checking filters monthly to gauge how quickly they become dirty. Finally, it is recommended to replace filters on a shorter schedule if you have pets in your home, if anyone in your house suffers from allergies, and during months when your unit is used more heavily.

Pro tip: Quality over quantity. Buying the least expensive filters can be tempting, however they're often designed to only last a month between replacements so you end up spending more for lower quality air in your home.

How to replace your filters. Replacing your filters is a simple process. The first step is to locate the filters in your home either on your furnace or inside your return air vents. Then write down the sizes of your filters. Once you have the correct filter size, open the vent and look for an arrow on the current filter indicating the direction of airflow. It may be helpful to write this down as well as your filters will need to point in that direction to function properly. Remove the old filter and install the new one with the arrows going in the same direction. Close the vent and you're all set. Make a note on your calendar to check in a month to see if any dirt has built up in that time.

Changing your filters regularly is an easy step to keep the air in your home clean and to improve the life of your HVAC system. If you have questions about the right filter sizes and types for your home, give us a call at Lee Company.

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

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SMILE Debuted Statewide in Nashville

New and Minimally-invasive Surgery for Myopia (Nearsightedness) is First Major Advance in LASIK Technology in 25 Years, Reducing Dependence on Glasses and Contacts



The first major advance in LASIK technology in 25 years, the SMILE procedure, was performed in Nashville recently at Wang Vision 3D Cataract & LASIK Center by its director, internationally renowned ophthalmologist Dr. Ming Wang, Harvard & MIYT (MD, *magna cum laude*); PhD (laser physics).

“We are extremely very excited to be the first again to introduce the next generation laser correction procedure to the state, helping out patients with this new and minimally invasive procedure,” said Dr. Wang.

Myopia is a common eye condition in which close objects can be seen clearly but distant objects are blurry without correction. LASIK and PRK have been the main stay treatments for myopia for over two decades. But SMILE, which stands for **S**mall **I**ncision **L**enticule **E**xtraction, has unique advantages over LASIK.

The SMILE surgery is minimally invasive as the surgeon needs only to create a small, precise opening to correct vision. No flap is needed. The laser incision is smaller than 5 millimeters for SMILE, compared to approximately 20 millimeters for LASIK. This helps the cornea to retain more of its natural strength and reduces

the risk of rare flap complications. Dry eye after SMILE is also reduced compared with LASIK, as nerves responsible for tear production during the cornea remain more intact in SMILE.

One of the state’s first SMILE patients was Margaret Coleman, 34, a manager of the world-famous Bluebird Café, in Nashville, which was prominently featured in the ABC TV drama *Nashville*, among others. Ms. Coleman has had poor eyesight all of her life, legally blind in both eyes without correction. Ms. Coleman’s 3D Laser SMILE procedure went beautifully and she is thrilled to have her crystal clear new vision and newly gained independence on glasses or contacts and being one of the first patients in the state to receive SMILE!

“I am so happy!!!” exclaimed Margaret at her postop visit.

The U.S. Food and Drug Administration approved the VisuMax Femtosecond Laser for SMILE procedure for -1 to -8 D myopia with up to 0.5D astigmatism. During a SMILE procedure, a femtosecond laser with precise short pulses is used to make small incision in the cornea to create a dish-shaped piece of tissue. This tissue is then removed by the surgeon through the opening

which causes the corneal shape to change, permanently changing the prescription.

SMILE has a proven track record of success. It has been used internationally since 2011 and more than 750,000 procedures have been performed worldwide. Dr. Wang noted that currently, the procedure has not been approved to treat large amounts of astigmatism and cannot treat farsightedness and that LASIK is still a better option for a majority of the patients seeking laser vision correction.

Dr. Ming Wang, a Harvard & MIT graduate (MD, *magna cum laude*), is the CEO of Aier-USA, Director of Wang Vision 3D Cataract & LASIK Center and one of the few laser eye surgeons in the world today who holds a doctorate degree in laser physics. He has performed over 55,000 procedures, including on over 4,000 doctors. Dr. Wang published 8 textbooks and a paper in the world-renowned journal *Nature*, holds several US patents and performed the world’s first laser-assisted artificial cornea implantation. He established a 501c(3) non-profit charity, Wang Foundation for Sight Restoration, which to date has helped patients from more than 40 states in the U.S. and 55 countries, with all sight restoration surgeries performed free-of-charge. Dr. Wang is the Kiwanis Nashvillian of the Year.

**Dr. Ming Wang can be reached at:
Wang Vision 3D Cataract & LASIK
Center, 1801 West End Ave, Ste 1150
Nashville, TN 37203, 615-321-8881
drwang@wangvisioninstitute.com
www.wangcataractLASIK.com**

KIDS KORNER

HOLY STRENGTH

BIBLE TRUTH

Through God all things are possible!

WHAT THE BIBLE SAYS

Matthew 19:26

New International Version (NIV)

Jesus looked at them and said, "With man this is impossible, but with God all things are possible."



HANDS-ON EXPERIMENT

EGGCELLENT EGGS

INGREDIENTS

- 3 Eggs
- 6 Plastic Bottle Caps
- Several Heavy Books

INSTRUCTIONS

STEP 1: Place three of the plastic bottle caps, open end up, on a flat surface.

STEP 2: Place an egg into each bottle cap.

STEP 3: Place the rest of the bottle caps, closed end up, on top of each egg

STEP 4: Place several heavy books on top of the eggs and observe. Provide evidence of the effects of balanced and unbalanced forces on the eggs.

EXPLANATION

The books exert multiple forces on the eggs. The bottle caps help distribute the forces, creating zero net force on the eggs, which keeps the eggs from cracking.

BIBLE CONNECTION

The bottle caps were key, helping distribute multiple forces on the eggs. God is your bottle cap, giving you the strength to do the impossible.

— Jason Lindsey is a STEM Certified Educator and Meteorologist and Executive Director and founder of Hooked on Science, www.hookedonscience.org



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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God Bless You!



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TEACHABLE MOMENTS

Are You Unemployed? Have You Asked Yourself Why?

NASHVILLE IS HIRING! Nashville, and Tennessee, have one of the nation's lowest unemployment rates as a city and as a state. We keep hearing: the work is out there. Yet there are many, even within the Household of Faith, still "missing the boat." As I studied the writings of wise old Solomon, I came across these work "pressure points."

When we are in any type of crisis or trouble, our God tells us to "consider our ways." If you are out of work and having a hard time finding and keeping it, HERE IS A BRIEF, BIBLICAL QUESTIONNAIRE FOR THE UNEMPLOYED. (Many issues may also apply to the currently employed who are struggling in their jobs or about to lose them, as well as the underemployed—those who have work that is insufficient to provide for their needs.)

You say, "This is me, Pastor Mark. How do I progress?" These are some factors to consider:

1. Do you have an anger/temper problem?

Prov. 19:19, 14:35,17, 29

"If the ruler's temper rises against you, do not abandon your position, because composure allays great offenses. A live dog is better than a dead lion." Ask: is there a "rebel-lion" inside you?

Short fuse, short trigger? Too ready to enter into contention, arguing, and strife? Eccl. 10:4, 9:4

2. Are you trying to get rich quick?

Prov. 28:20, 22

"He who loves money will not be satisfied with money." Eccl. 5:10

You cannot demand higher wages if you only bring minimum wage skills, and usually, the only job in the world where you begin at the top is digging a well.

3. Were you "spoiled" growing up?

Given whatever you wanted even unto the teen years? Maybe now you are not handling the pressures of work and your boss' requirements because of this. Prov. 29:15

4. Did you manifest a "big mouth"?

Does an overactive mouth get you in trouble? Prov. 13:3

5. Have you been caught in treachery, theft, fraud or dishonesty?

Prov. 13:15

6. Have you been undisciplined in work? Late? Bad work habits? Are you addicted to alcohol or

drugs? Prov. 13:18 Many jobs are lost because of modern mandatory drug testing.

"Whatever your hand finds to do, do it with all your might. Through indolence the rafters sag, and through slackness the house leaks." Eccl. 9:10, 10:18

7. Who do you hang out with? Did bad company corrupt your work record? Maybe you were late to work, because of getting in too late after hanging out with the wrong crowd. "Do not join in an evil matter." Show me your friends and I will show you both you, and your future. Prov. 14:7, Eccl. 8:3

8. Are you cautious or careless? Is your mind on your work? "A wise heart knows the proper time and procedure." Or have you allowed outside phone calls, smart phone and social media use, and concerns outside the workplace to hinder your concentration? Prov. 14:16, Eccl. 8:5

— Mark Simpson



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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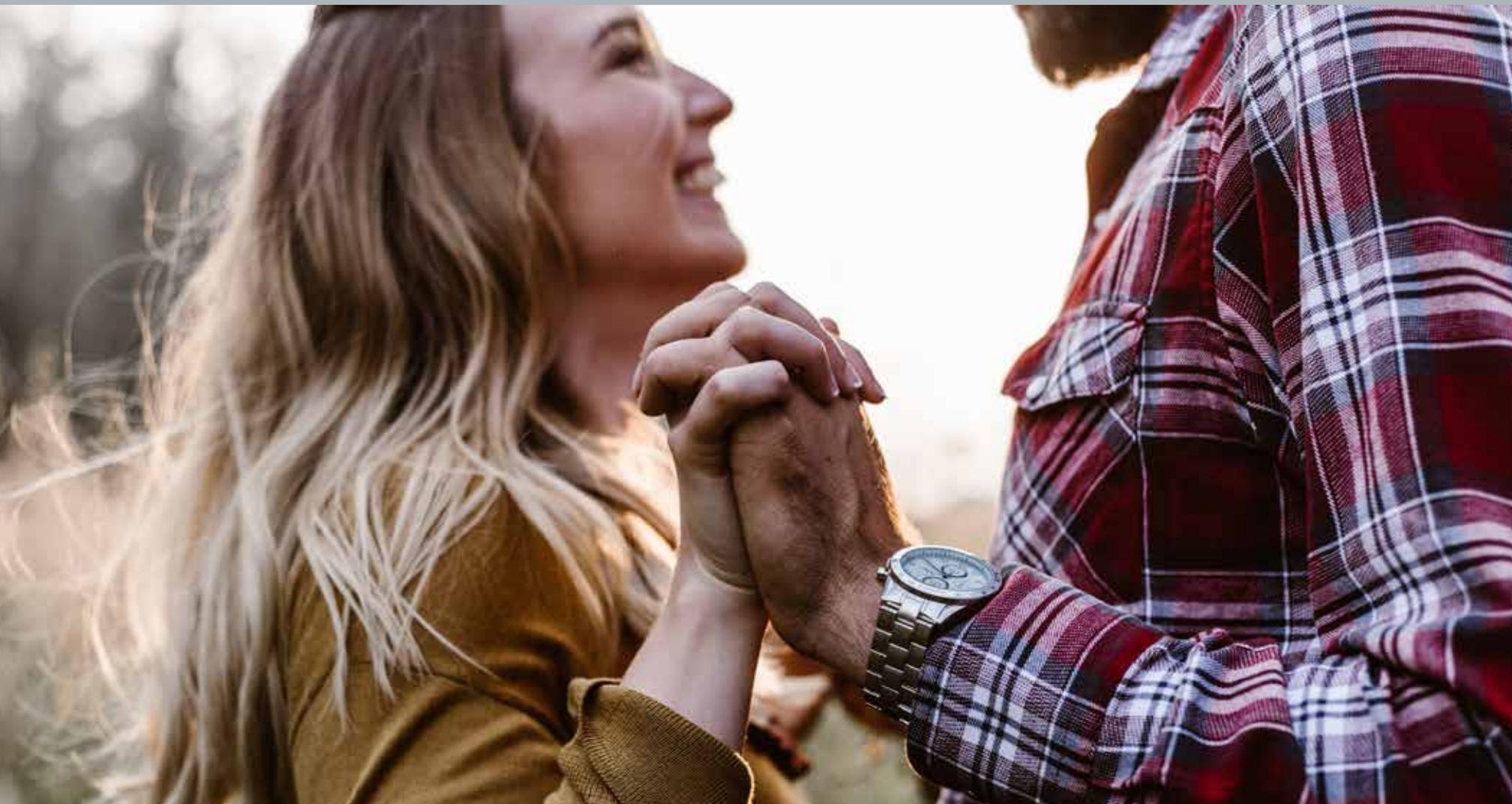
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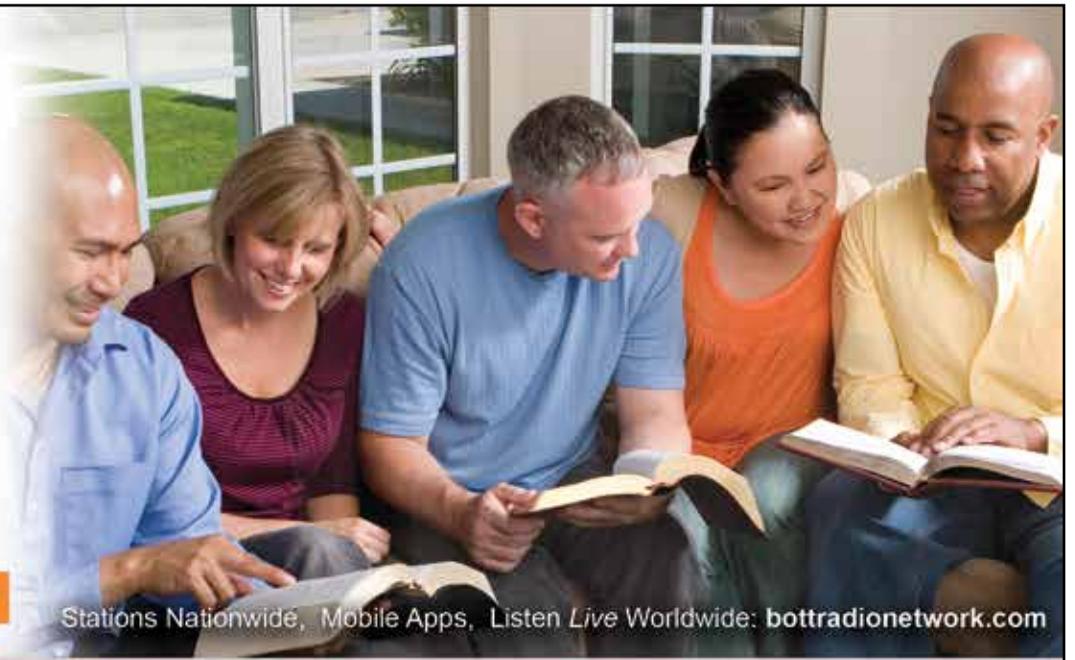


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August 2018 Calendar



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 subject line - Calendar

Men's Softball and Basketball

Register now for Fall Leagues - The Williamson County Parks and Recreation Department has opened registration for Fall 2018 men's basketball (30+) and men's softball in Nolensville. Registration for teams and free agents in both leagues is available at www.wcparksandrec.com.

Fall Men's Basketball

The Williamson County Recreation Complex at Nolensville, 7250 Nolensville Rd., will host a Sunday men's basketball league (age 30+) with play beginning September 9, 2018. Registration is now open for teams (\$425, #12380) and free agents (\$55, #12381) at www.wcparksandrec.com.

Fall Men's Softball

A men's 3A softball league in Nolensville is now open for registration. The league will play double headers on Thursdays at the Nolensville Park located at 2310 Rocky Fork Rd. Play begins August 28, and registration is now open for teams (\$465, #12540) and free agents (\$50, #12820) at

www.wcparksandrec.com.

Discover Williamson' Seeks Seniors For Fall Class

Unique learning opportunity - Williamson County Parks and Recreation is pleased to announce registration for the Discover Williamson program for seniors (55+). Active adults interested in learning more about Williamson County and the many homegrown opportunities to make a difference in our community are invited to enroll. Through lectures by Williamson County leaders, discussions and tours, the group will explore a number of topics including county history, government, economic development, health, community resources, volunteering, culture and arts. The Fall 2018 session of Discover Williamson will meet every Tuesday from 9:00 a.m. to 2:00 p.m., September 11-October 16 at the Williamson County Enrichment Center at Academy Park, 110 Everbright Ave. Lunch and any group transportation are provided for each meeting. The program is open to all area seniors, age 55 and older and is

limited to 30 participants. Registration is available on line at www.wcparksandrec.com, activity #12489, and the cost is \$99 per participant. Participants may also register in person at the Williamson County Enrichment Center front desk. For more information, call (615) 786-0186, ext. 2519 or 2520. The Discover Franklin program was founded in 2015 by the Council on Aging of Middle Tennessee and is now presented as Discover Williamson in collaboration with the Williamson County Parks and Recreation Department. The Fall 2018 session is sponsored by Jackson National Life Insurance Company, Williamson Medical Center, the Fountains of Franklin, HealthSouth Franklin, Alive Hospice, NHC Cool Springs, and the Williamson County Sheriff's Office.

ONGOING

Tennessee Christian Chamber of Commerce - Monthly Luncheon

Last Tuesday of every month except December. E-Groups - Networking/

Leads Meetings held in these locations: Brentwood, Cool Springs/Franklin, Downtown, Hendersonville, Mt. Juliet, Murfreesboro. For meeting locations, times and dates or for more information about the Chamber and events, visit www.tnchristianchamber.org or email rstringfellow@yahoo.com.

Coming in

SEPTEMBER

Labor Day -

Monday, September 3



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Saint Thomas Health - www.sths.com, 615-284-LIFE,

Story Tellers Museum and Hideaway Farm - www.storytellersmuseum.com/

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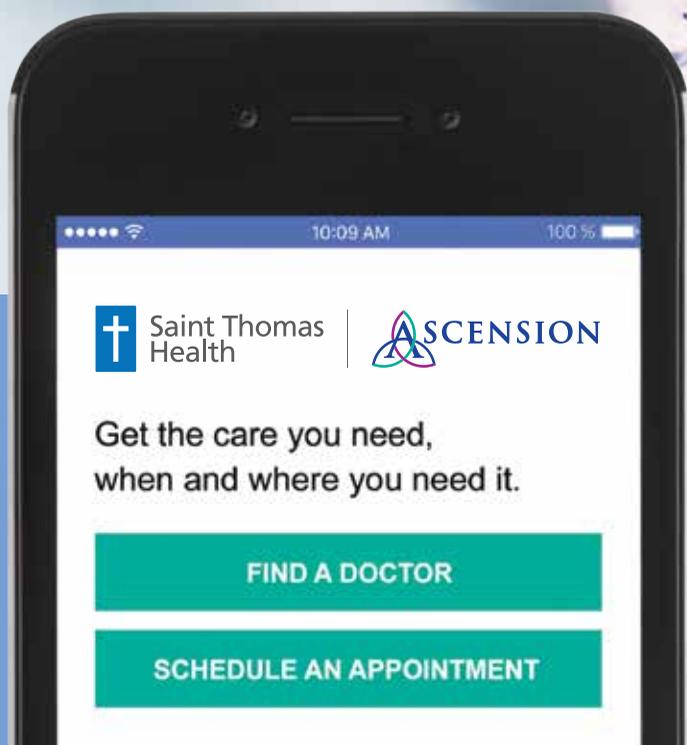
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