

September 2019

COMPLIMENTARY

NASHVILLE

CHRISTIAN FAMILY

**FREE
Good
News**

*Be Happy
Be Healthy
Be Whole*

**Hee Haw's
LuLu Roman
*This is My Story***





© Ascension 2019. All rights reserved.

Middle Tennessee's leader in joint replacement surgery



Saint Thomas
Joint Replacement Institute



Ascension

As Middle Tennessee's orthopedic leader, we perform more joint replacement surgeries than anyone else in the area. Ascension Saint Thomas orthopedic care teams employ the latest advancements in less-invasive surgical techniques and technologies. Our goal is to help you live with less pain, so your next step can be a leap.

Get the orthopedic care that's right for you at ascension.org/TennesseeOrtho

NASHVILLE CHRISTIAN FAMILY®

Publisher: Robert Stringfellow • 615-815-8765

publisher@christianfamilynashville.com

Editor: Raymonda Jagers

Contributing Writers:

Bruce Riley Ashford, Jr.,
Bree Barnett
Anthony “Tony” Bouquet
Katie Christ
Larry Crain, Esq
Tammy Daughtry, MMFT
H. Ben Davis
Peter Demos
Ashley Farrar
Brittney Griffy
Doug Griffin
Darlene A. Kemp, MPH, MBA-HCM
Jason Lindsey

Ashley Lauren McClain
John McKinney, Sr.
Ashley Lauren McClain
Jackie Monaghan
Kenneth Oosting, Ph D
Caleb Parke
Janet Rich Pittman, SCALA, CDP
Dave Ramsey
Ashton Tate
Marc Tepner
Ron Tepner
Ralph E. Vaughn
Amber Yun

Production and Art Direction: Wendy Satterwhite

Website Development, Digital Marketing & SEO Services:

The 5by5 Agency

Sales & Marketing: Robert Stringfellow, Brenda Delgado/Marketing Specialist, Dasha Brandon/Administrative Assistant and Social Media Manager

Cover Photo: Mary Elizabeth Long Photography

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

E-mail ncfpublication@gmail.com. Reproduction of any part of *Nashville Christian Family* without permission of the Publisher is prohibited. Distribution of this paper does not constitute and endorsement of information, products or services. Views expressed in *Nashville Christian Family* do not necessarily represent those of the Publisher. Every effort has been made by *Nashville Christian Family* staff to insure accuracy of the publication contents. However, we do not guarantee the accuracy of all information nor the absence of errors and omissions; hence, no responsibility can be or is assumed. All Rights Reserved. Copyright 2019 by The Christian Family Publication, Inc.

Unless otherwise noted, scripture taken from the Holy Bible, New International Version, copyright 1973, 1978, 1984 by International Bible Society. Use by permission of International Bible Society.

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

– *Nashville Christian Family* is a part of The Christian Family Publication, Inc. celebrating 20 years of Good News! Visit www.ChristianFamilyNashville.com



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 GOOD NEWS!

FROM THE PUBLISHER

“Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the sixth day.” Genesis 1:31 (NKJV)

“While the earth remains, seedtime and harvest, cold and heat, winter and summer, and day and night shall not cease.” Genesis 8:22 (NKJV)

September is one of a couple of seasons transitioning months during the year that I enjoy.

School is back in session, Labor Day signals the end of summer, daylight begins to decrease, flocks of geese are honking from the sky and another football season is underway. Autumn and fall are in the air and I am invigorated. Even our two cats, Rocky and FE, seem to be more active, sensing a change coming from the hot and muggy long days.

My wife and I love this time of year looking forward to beautiful changing colors of the leaves on trees toward the end of the month. To me, the seasons, particularly spring and fall, serve as a strong reminder and example of the awesome and incomprehensible power of God by the never changing order and consistency of His wonderful creation of humans, plants, animals, planets and stars.

During fall and autumn we should thank God, not only for the literal beauty of His world that we inhabit, but for Him blessing us by allowing us to be a part of and enjoy His creation with all the senses that He blessed us with.

Sometimes we take for granted the beauty of creation. During the next few weeks, make a special effort for you and your family to simply slow down and take time to enjoy the beauty of creation and give thanks to God, the creator of it all. Also, read Psalm 104 and Genesis in their entirety.

Enjoy and appreciate what the Lord has made.

“O LORD, how manifold are Your works! In wisdom You have made them all. The earth is full of Your possessions” Psalm 104:24 (NKJV)

Publisher, 615-815-8765

publisher@christianfamilynashville.com



ON THE COVER 16

Lulu Roman celebrates the release of her new autobiography, *This Is My Story, This Is My Song*. This year marks the 50th anniversary of "Hee Haw." See Page 16.

11 Be Happy, Be Healthy, Be Whole

1-32 FREE Good News

SPECIAL FEATURES

6 Lee Company Hosts Vans4Cans Drive

10 Jack Rabbit Cleaning Choices

27 Bad Boy to Good Guy

NEXT ISSUE



**The Rojas Family –
Seventh Day Slumber**

AND MUCH MORE!

September 2019

DEPARTMENTS

3 From the Publisher

6 Miracle Moments
Do You See Me?

7 Cool Stuff With a Mighty
Message
Meet Swanson Direct –Gifts That
Inspire

8 Senior Scene
• It's Medicare Enrollment Season!
• Brain Food: Secrets to
Eating Right

9 Mighty Men
World Outreach Church Men's
Event With Angus Buchan

11 Healthy Living
Be Happy, Be Healthy, Be Whole

12 Mission Makers
The Making Of a Hearty Mind and
A Mindful Heart

12 Business Today
Integrity

13 Legal Matters
Top Four Benefits Of Hiring a
Small Law Firm

14 Body & Soul
Sharing Thoughts:
When Jesus Is
Really, Really Real

19 Faith Under Fire
God's Plan For Service –
I'd Rather Have Jesus

20 Kid's Korner
The Seal Of God

22 Hassle Free Zone
How To Keep Your Oven and Cabi-
net Gap Clean

23 An Encouraging Word
Failure Is An Option

24 Teachable Moments
The Right Questions Matter

25 Parenting Points
You Might Be a Stepmom If
Part 2

27 Money Matters
From The Desk of Dave Ramsey

29 God's Plan For Salvation and
Eternal Life

30 Calendar

30 About Our Advertisers

CONTENTS VOLUME 10, NUMBER 11



6



7



10

NASHVILLE
CHRISTIAN FAMILY®

available online!

You're favorite place on the web for
Christian content about

**Family, Parenting, Social Issues,
Healthy Living and Much More!**

ChristianFamilyNashville.com

SPECIALTY CLEANING

BBQ GRILLS

A hot new process utilizing Industrial Grade Steam Cleaners!



Bar-B-Clean.com/Nashville



WE DO MORE THAN JUST GRILLS AND DRYER VENTS

CHECK OUR WEBSITES AND
CALL OR TEXT MARC
615-594-9052

DRYER VENTS

Camera Inspection



ALERT!
Many fires
start in
vent



\$19

refundable
camera inspection

JackRabbitCleanChoices.com

Medicare Open Enrollment

October 15th through December 7th

(Effective coverage date 1-1-20)

*"Get the answers to questions
you don't even know to ask."*

 **Select Pointe LLC**
"helping you know which way to go"

Ben Davis, CSA

Certified Senior Advisor

615-584-4946 cell

615-617-9953 office

ben.davis@selectpointe.com





Do You See Me?

Have you ever felt unseen? Like the people you talk to day after day don't really see you? Have you felt forgotten or overlooked? Like you try to do your very best and live the best Christian life that you can...but no one sees? Nothing you seem to set out to achieve happens? Someone else gets the promotion you worked so hard for? The life you thought you were meant to live was ripped away when you were unexpectedly let go from your job? You find yourself as the bridesmaid or groomsman for the fifteenth time as all of your friends seem to be finding the one and none of your relationships have worked out. Maybe you felt unseen when your last child left for college and you became an empty nester and now have to figure out your purpose in life all over again. I don't know about you, but I have felt unseen many times in my life. I have spent many days spinning my wheels, asking why and why not or why her and not me? Unseen.



Isn't it like this with our relationship with God sometimes too? We pray and He doesn't answer immediately or not the way we wanted. He doesn't give us what we have been praying for...or He gives it to someone else we know, which forces us to have to celebrate something in someone else's life that we so desire for our own. Unseen.

It's in moments and seasons like this that I have to remind myself that God sees me. That He knew me before I even breathed my first breath. That He has a great plan for my life, and He does for yours too. One of my favorite promises in scripture is found in Jeremiah 29:11, it says "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (NIV) This verse gives me so much hope. It helps me to remember that just because my life may not be going or have gone the way that I had planned, God sees me and knows me and has greater plans for my life than I could have ever dreamed of myself.

If you find yourself today feeling unseen, I hope that you can find encouragement knowing that God sees you. He knows where you are, He knows the desires of your heart, and more than anything He loves you and knows the best path for you. It may seem out of reach right now, maybe you even feel like it's too late for you... can I encourage you today with this verse in Ephesians "Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think." (Ephesians 3:20 NLT). So as you go about your day today, stand on the promise of His Word. Stand on His unchanging character and unfailing love for you. Stand firm and confidently right where you are today and let His power that is at work within you lead you and guide you throughout this day and the days ahead.

— Ashley Lauren McClain



SPECIAL FEATURE

Lee Company Hosts Vans4Cans Food Drive To Help Our Hungry Neighbors



Pay the bills or put food on the table for your family. How would you decide what to do? Unfortunately, too many of our neighbors have to make this decision every day. They're not worried about what's for dinner. They have to worry about whether there is anything for dinner.

Lee Company is working to change this through their Vans4Cans Food Drive. By partnering with Second Harvest Food Bank of Middle Tennessee, they will be collecting non-perishable food items that will help feed our hungry neighbors.

"It is an unfortunate reality that one in eight people, including one in five children, struggle with hunger in our community," said Jaynee Day, president and CEO of Second Harvest Food Bank of Middle Tennessee. "We are so thankful for our continued partnership with Lee Company and the collective generosity of their staff and customers for helping provide much-needed food and resources to our neighbors in need."

Through the Vans4Cans Food Drive, Lee Company invites everyone to join in helping to provide the much-needed food and resources to our neighbors in need. Here are the many ways you can participate, now through September 30:

- Give canned food and other non-perishables to a Lee Company technician during your next service call.
- Drop off food donations at a Lee Company office.
- Donate to their Virtual Food Drive where just \$5 provides 20 meals for a family in need. Visit www.leecompany.com/vans4cans to donate today.

It is not a hidden fact that Lee Company loves to serve their communities beyond repairing an HVAC unit or fixing a burst pipe. By joining them you too can help make a difference in the lives of our hungry neighbors. Together, we all can fight hunger and feed hope!

To see this year's Vans4Cans Food Drive's updates and results, make sure to follow Lee Company on Facebook, Twitter, or Instagram.

— Bree Barnett, Communications Specialist with Lee Company,
www.leecompany.com

COOL STUFF

Meet **Swanson Direct:** Gifts That Inspire

Swanson Direct offers inspirational gifts such as Bible Covers, Boxed Greeting Cards, Drinkware, Home & Office Décor, Hats, Umbrellas, Jewelry, Puzzles and much more.

As summertime comes to a close, and fall is in the air – it's time to start thinking about decorating your home for fall and holiday parties. Whether you are entertaining 4 or 40, or simply enjoying decorating for the upcoming season to enjoy yourself – Swanson's has many home décor ideas to make your home special this season.

Swanson-Direct has recently introduced a new line of Engraved Wooden Signs straight from Amish country. Made in the USA, these signs will make any house a home. These wooden signs

are available in sizes from 1 ¾" x 9" to 3 ½" x 24" in length. With over 14 different designs, there is something for everyone. Swanson offers a wide variety of designs for both men and women. These make great wedding or house-warming gifts, or even start your Christmas shopping early.

And don't forget – for a limited time Swanson-Direct is offering Nashville Christian Family readers FREE SHIPPING on your order when you use the code provided in the advertisement within this edition.

Swanson-Direct is based in Murfreesboro, TN, and is a direct-to-retail division of Swanson Christian Products. With over 80 years of providing inspirational gifts and more as worldwide wholesale supplier, Swanson-Direct now offers their product direct to the general public.

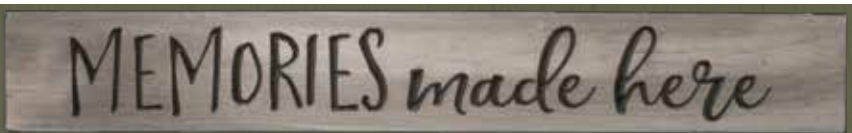
“With the closing of many Christian retail stores in the last several years, consumers need way to find quality faith-based gifts at a fair value from



a supplier they can trust.” states John McKinney, Sr, President of Swanson Products/Swanson Direct. “Consumers need to have trust in the companies they deal with, and Swanson's offers over 80 years of service as our backbone to our trusted success.” added McKinney.

Check out Swanson Direct and the many inspirational gifts that they offer by logging onto www.swanson-direct.com

— *John McKinney Sr is the President of Swanson Products, Murfreesboro, TN. With over 40 years in the retail industry including retail store management, corporate retail management and wholesale and import management – John brings a unique vision and passion that encompasses all aspects of manufacturing, logistics, distribution and ultimately providing products to consumers and retailers worldwide. McKinney has resided in Murfreesboro, TN for the past 20 years and enjoys fishing, traveling and spending time with his five grandchildren.*



CRAIN LAW GROUP, PLLC

WE SOLVE LEGAL PROBLEMS

— **Dedicated to the Practice of Law as an Honorable Calling**

— **Over 30 Years of Court Room Experience**

— **National Litigation Experience in Over 26 State and Federal Jurisdictions**

- | Civil Rights and Constitutional Law | Injury | Contracts |
- | Business | Church Law | Non-Profits | Employment |
- | Conservatorships | Wills |
- | Civil Litigation | Real Property Disputes |

615-376-2600

Larry@crainlaw.legal | www.crainlaw.legal

5214 Maryland Way | Suite 402 | Brentwood, TN | 37027



IT'S MEDICARE OPEN ENROLLMENT SEASON!

Yes it is back again. Medicare open enrollment time. Starting Oct. 15th and ending Dec. 7th if you are on a Medicare Advantage (MA) Plan you have the option to make changes to your current carrier. This includes MAPD (Medicare Advantage Prescription Drug) plans or PDP (Prescription Drug Plan) or MA plans. Your current carrier's plan is good through Dec. 31st . You will be receiving an 'Annual Notice of Change' (ANOC) letter (in late September or early October) stating the changes in your plan for 2020. If you have not had any issues with your plan and the changes for 2020 is acceptable to you, you need not do a thing – you will be renewed for the plan year 2020.



“However” states Ben Davis, CSA (Certified Senior Advisor) “this is a great time to look at the other options available in your county/area.” He has been in the Medicare arena since 2005 and has seen many changes since MA plans started being sold in the middle Tennessee market. “Drug formularies change, tier co-pays change, co-insurance amounts change, and providers may change”. “It can be a bit overwhelming for the over 65 age group especially for those folks that are new to Medicare”.

There are 3 options when it comes to selecting Medicare plans. Which option is right for you? “That depends and that is why you should seek out professional help to guide you to the best decision as it relates to your current situation” says Davis. That is what he has done since 2012. Do you want to have original Medicare (Parts A, B, and D), or add a Medicare Supplement (also known as Medi-gap), or is a MA/MAPD (parts A, B, C, and D) plan right for you? “We have been helping people for the last 7+ years by asking them questions they didn't even know to ask and then make a decision based on that information”. Making sure Hospitals, Doctors, and providers accept a MA/MAPD plan is very important.

Medicare Advantage plans have been in the Nashville area since 2006 and here is what is covered in these plans. There are 4 parts to Medicare: Part A is Hospital insurance coverage, Part B is Medical insurance coverage, Part C Medicare Advantage coverage, and Part D is Prescription Drug coverage. The types of Medicare Advantage plans are Health Maintenance Organizations (HMO), Preferred Provider Organization (PPO), Private Fee-for-Service (PFFS), and Special Needs Plan (SNP). This information as well as other information can be found in the 'Medicare & You 2019' booklet that has just come out.

So if you need help, have questions, or you are just getting started with Medicare coverage give Ben a call and let's get the process started.

— H. Ben Davis, III, CSA, Select Pointe, LLC 615-584-4946
ben.davis@selectpointe.com www.selectpointe.com

Brain Food: Secrets to Eating Right

You're following this column nearly every month, hopefully along with my emails and FaceBook posts giving hints and facts of what to eat or not eat to make you 'brain smart' and age 'successfully', healthily. So...you're feeling great. But now it's time to go out to or host the family BBQ to bring summer to a close.

The centerpiece of nearly any summertime cookout spread features BBQ pork ribs or pulled pork laden with sauce loaded with high fructose corn syrup (HFCS) and other preservative chemicals. The table will most probably feature store made potato salad or store made cole slaw, potato chips, jarred spinach dip complete with watermelon, maybe a big store box cake and/or 'gourmet' cookies size of mini Frisbees. Except for the watermelon, it is highly glycemic so pushing it, this table serves no brain foods. Okay, so what do you serve? Here is a short list of typical cookout foods, why they are brain bad for you complete with suggested substitutions. And that's the secret, substitution!

BBQ pork with store bought sauce

Why Bad: Just read the ingredients, if you can't pronounce or define the words, your gut and head brain can't successfully digest the ingredients either. And when reading the ingredients, of all things avoid HFCS and preservatives, seek all natural ingredients. I mean that is what our brain is, right, all natural. Why inject it with non natural ingredients? You don't fill your car gas tank full of sprite.

Substitution: Make own dry rub or marinade from all natural ingredients, (paprika, garlic salt, onion powder, cinnamon, black pepper, cumin, allspice, oregano-make a paste with some coconut oil) keep basting or rubbing on the rub, use a catch drip pan when cooking and serve with jus after draining off some of fat, no commercial sauce needed!

Store Potato Salad

Why Bad: White potato is one of 5 White Brain Damaging foods we talked about in May. Find the article in my blog on my website.

Substitution: Sweet potatoes cut into chunks with skin on, doused in olive oil, with slices of apples (be sure to soak first in real lemon juice so they will not turn brown), raisins and throw in some roasted nuts.

Chips

Why Bad: Again, white potato problem but double damage because it is cooked in hydrogenated omega 6 bad fat. Over time, omega 6 oils cause hyper inflammation in your brain, killing brain cells.

Substitution: If needing a base for a dip try sliced cucumbers, zucchini and yellow squash as crackers.

Jarred Spinach Dip:

Why Bad: There is nothing natural in that jar of spinach dip.

Substitution: Make your own spinach dip with drained and thawed once frozen box of spinach and homemade mayo. Throw in few sprinkles of Cajun seasoning, be adventurous and add chopped water chestnuts, jalapeno peppers, cherry tomatoes or red bell pepper. What to dip it with? Celery hunks are GREAT!

It's traditional to close out summer with a cookout. Instead of grabbing or serving junk foods or processed foods, if a factory makes it, it's processed, celebrate the summer with foods you have made substitutions for. Want more suggestions for everyday substitutions?

Check out my three page white paper 5 Secrets to Getting Your Gut-in-Gear, at www.JanetRichPittman.com/gut-in-gear.

— By Janet Rich Pittman, SCALA, CDP
Dementia Practitioner for Prevention and REVERSAL!

www.ChristianFamilyNashville.com



WORLD OUTREACH CHURCH MEN'S EVENT WITH ANGUS BUCHAN

World Outreach Church will host South African best-selling author and evangelist Angus Buchan as guest speaker for the God-Strong Men's Event on Friday, September 13th, 7:00 pm on the WOC campus.

Angus Buchan is recognized around the world for his message of hope. The faith tools he identifies in Scripture result in enormous clarity and vision- thousands have experienced a personal "God-story". Buchan was a farmer in South Africa and after accepting Jesus as Lord and Savior, experienced a miracle of a massive potato harvest in the face of drought and seemingly impossible obstacles. This story was recorded in the book "Faith Like Potatoes" which was subsequently made into a movie by Sony pictures. Angus' schedule takes him across the world, speaking to crowds of hundreds of thousands.

Since 2003, Pastor Allen Jackson has called men together with the intent of becoming Godly men in their homes as husbands and fathers and in circles of influence with friends. These events have been held on the World Outreach Church campus; at Middle Tennessee State University, and at Nashville's Bridgestone Arena. Some of the events have been large scale with special guests- both speakers and musical guests, and others have been a series of monthly gatherings, predominantly evenings of teach-



Best-selling author Angus Buchan will speak at the Men's event on Sept. 13. Visit www.wochurch.org for tickets.

ing. Guest speakers and artists have included Angus Buchan, Oliver North, Lt. General William G. Boykin, John Maxwell, Eric Metaxas, Charlie Daniels and Josh Turner.

Pastor Allen Jackson describes the objective of these Men's Events: "To awaken men to their God directed opportunities as men, husbands and fathers. It's time for us to look at spiritual strength in the same way we look at strength training and other growth strategies. We are in a most unique time of history. Men have a vital role to play. Many have personally experienced more than one generation without a father's involvement. Concerns for family are taking front and center meaning. A world with God is a world with peace and hope. I intend to do my best to introduce as many men as possible to the places in Scripture that can help them through life challenges."

Tickets are \$10 and maybe be purchased online at www.wochurch.org

— G. Allen Jackson has worked with the congregation of World Outreach Church in Murfreesboro, Tennessee since 1981, and has served as Senior Pastor since 1988.

ALL NEW!

Engraved

WOODEN SIGNS

MADE IN THE USA

50044 3 1/2" x 16" Signs \$12.99 each SRP

50036
1 3/4" x 9" \$6.99 each SRP

WELCOME

50038
1 3/4" x 12" \$8.99 each SRP

be STILL

ENGRAVED WOODEN SIGN DISPLAY
50035 \$9.99 each SRP (SIGNS NOT INCLUDED)

14 DESIGNS TO CHOOSE FROM

50041 1 3/4" x 18" \$10.99 each SRP

GREAT IS THY FAITHFULNESS

GET FREE SHIPPING*

VISIT SWANSON-DIRECT.COM

USE CODE: NCFDISC

*Free Shipping not available on Communion Cups/Communion Ware

50047 3 1/2" X 24" \$15.99 EACH SRP

MEMORIES made here

swanson-direct.com

Jack Rabbit Clean Choices

A local service that cleans items which many of us do not want to clean! This article is about how we got started and what we do.

Over the next year *Nashville Christian Family* magazine will provide opportunities for me and others supporting www.jackrabbitcleanchoices.com to share a small company's big ideas, for example:

- 1. New ways to save dollars on specialty cleaning work.** Visit our web site(s).
- 2. Tips to help us be more attentive** to how we and our families can enjoy a better dose of health/safety within Jack Rabbit's (JR) cleaning specialties.
- 3. To share recommendations, we learn from customers.** We love to hear new ideas, old ideas that work, and more. Just text Marc 615-594-9052.

JR Clean Choices emerged from self-evaluation, advice from mentors, potential customers and opportunities that I could not see at first. This business continues to grow by listening and allowing our vision to unfold.

I have experienced the entrepreneurial world for over 15 years, first working the corporate "cubical jobs" after graduation from Abilene Christian University. These were great opportunities to learn and apply great customer care. It was a good fit at the time but now I enjoy a better long-term fit for me, my family and my customers. Like an old suit that becomes a bit tight over time, the cubical became a lot tight.... this is short for "I love how we have the freedom to create results for customers". Building success includes asking the right questions so we create the right result. Here are questions that went into creating Jack Rabbit:

- 1. What needs cleaned that may be out of sight, or like some of my experiences, in sight but not really seen?** Maybe dryer vents, dishwasher filters, bath exhaust fans, what else?
- 2. What is it folks may be able to clean but do not have the time to clean?**
- 3. What's the specialty cleaning services for which it is hard to find competent providers that also show up when scheduled?**
- 4. How can we add value and/or lower cost for us and our customer?**
- 5. How do we keep communications simple?** Example, sharing how cleaning impacts health, safety and creates better tasting bar-b-que. Simple! Delivering quality work with the "Jack Rabbit" efficiency & speed has helped us build sustainable success. Creating success months from now has a lot to do with what we work on today. This Christian publication, will help assure



we are consistently reaching a great audience. Every month we will work hard with the help of this publication to share details about our unique processes to clean/service such items as Bar-B-Que grills, Dryer Vents, Mattresses, Yard and Home services, AND MORE items listed (some not) on our web sites www.jackrabbitcleanchoices.com and www.bar-b-clean.com/Nashville.

The AND MORE opportunities come from customers who ask after we effectively complete a service (example is the high-pressure commercial steam clean that returns the BBQ grill to a like new healthy result.... eliminating the rodent buffet with a non-toxic process), Wow, what else do you do? Now this opens the door to use our large Jack Rabbit Ears to listen and find solutions/answers. One customer while on vacation just needed someone to mow and trim. So, using our small sharp-bladed commercial no rut producing mowers we worked her yard into the schedule. An added feature she liked was we transferred no contaminants from other yards because we clean mowers before visiting new yards. We are blessed that it is a sizeable (unique from home to home) list of custom items that may need attention on either a one-time basis or on a regular scheduled basis. We know that services bundled together and completed in one visit saves dollars and time. Bundling services means one trusted provider delivers services during one visit not 5 visits with real scheduling challenges.

Watch for our article next month and the next. We will reveal why we chose the Jack Rabbit, how cleaning the Bar-B-Que Grill helps with safe healthy better tasting food – it is football time everywhere, so let's party safely with a cleaner healthier BBQ GRILL for our guests, our family, and ourselves. We will also share in future articles the details about our mattresses and potentially how all of us may be sleeping with the little enemies growing and living in all our mattresses. and, how to avoid being a part of the several thousand fires a year that occur in dryer vents.

— Marc Tepner, 615-594-9052

Marc is owner operator of Jack Rabbit Clean Choices which includes Bar-B-Clean, Jack Rabbit Dryer Vent Cleaning, Hygienitech Green Mattress Cleaning & Sanitizing Systems for middle Tennessee, and other special Yard and Home Services. Marc is a graduate of Abilene Christian University and brings a wealth of customer care experience from his time with Bridgestone, Schokolad Chocolate Factory, Greener Solutions Lawn and Yard, and more. Marc is constantly energized by his amazing wife Elise, his son Cole, and his large church and life group families.

Brought to you by:
Community Partner Cool Springs MD
www.CoolSpringsMD.com



Be Happy Be Healthy Be Whole

A monthly column on diet, exercise and my weight loss journey.

Hydration – an important part of good health and good weight loss. One of the many healthy habits I have acquired on my weight loss journey is to drink plenty of water. Personally, I drink at least 100 ounces a day. In addition to water, I'm now reading about other liquids that can help us lose weight.

According to Bioscience, Biotechnology, and Biochemistry, a research journal, apple cider vinegar can boost weight loss without exercise or changing diet. People in one study who added two teaspoons of vinegar to their diet per day lost weight. They did it without making any other changes to their diet or doing more exercise. To make the vinegar easier to drink, it can simply be stirred into a glass of water, or any other drink.

Anyone want to give that a try? If you do, please email me about your experience and I'll share that in a future column.

When's the last time you had a glass of milk? If you're trying to lose weight, you'd better pick up some "moo-juice." Drinking a glass or two of fat-free milk each day can increase weight loss by 100 percent according to the American Journey of Clinical Nutrition. The likely reason is that milk contains both calcium and vitamin D, which are both associated with weight loss.



A personal aside my weight loss journey, which began in 2011 with Dr Lodge and his team at Cool Springs MD, has been fluid (pun intended) and I share that to let you know that it's not easy. You will have ups and downs. I don't claim to have it all figured out but I do know where I find success. 8 years ago, I lost 65 pounds in 16 weeks and haven't looked back. Not to say that some of the weight hasn't returned. It has. Sometimes up to 20 pounds – but I push it back off – and continue on. If you are frustrated with your weight loss journey, consider partnering with the knowledge, and encouragement that comes with physician driven weight loss at Cool Springs MD.

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.

— Doug Griffin

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

Better than what mom used to pack.



PDK

SOUTHERN KITCHEN & PANTRY

Ask us about catering for your group.

Box Lunches | Full Service Catering | PDK Delivers

615-848-1777

pdkssouthernpantry.com

MISSION MAKERS

The Making of a Hearty Mind and Mindful Heart

Abinaya Ramakrishnan is an Ingram Scholar at Vanderbilt University, joining a small, distinguished pool of socially minded, service-oriented students who received the scholarship. Abinaya is an accomplished pre-med student, double majoring in Medicine, Health, and Society and Biological Sciences, and doing double duty volunteering at five different organizations in the Nashville community. As a trans-buddy and doula-in-training at the Vanderbilt Medical Center, a helping hand and arm of emotional support at the Alive Hospice, and a mental health educator in local middle schools and high schools through NAMI (National Alliance for Mental Illness) in the Ending the Silence program, Abinaya has already impacted 3,000 Nashvillian lives in the past nine months alone.



Abinaya's primary passions are mental health and healthcare equality, and she sees them as recurring themes in her volunteering work. After a serious health scare in the family last year regarding her father's heart--which he has successfully recovered from--Abinaya has been inspired to take her heart surgeon career to an underserved area like India and provide quality healthcare to indigent populations there. India, her parent's home country, suffers from one of the highest rates of heart disease and access to quality healthcare is unpredictable.

Abinaya credits her volunteering experiences for deepening her understanding of people from diverse backgrounds and letting her see past the homogeneously privileged hometown she grew up in. From service in the suburbs of Chicago to the capital of the Volunteer State and far else in the future, Abinaya always brings it back home to her family, citing her parents as pivotal motivators who "instilled the importance of education and giving back to those less fortunate".

For Abinaya, service has been a part of her life from an early age. When she was nine years old, she remembers accompanying her family friends to a local branch of Feed My Starving Children, packaging dry foods for impoverished children in Africa and South Asia. Since that first taste of community service, Abinaya has continued to serve her community in increasingly consequential ways, establishing her own non-profit called Muzic Academy in the 9th grade. Muzic Academy connects music teachers and low-income students in the Chicago area, providing free private music lessons for those who otherwise could not afford them and still continues to this day. Although she has worked towards many issues in her community service,

Doing Good is a 501c3 non-profit that provides marketing and public relations tools, resources, and opportunities to non-profit and government agencies to celebrate their volunteers. www.DoingGood.tv

— Amber Yun

BUSINESS TODAY

Integrity

To side with integrity is to side with truth and honesty. That is the root of our company, because it defines who we are and what we believe in. Working with integrity means doing the right thing, even if we don't get immediate satisfaction from something that an unethical person might get. Instead, we get a long-term satisfaction from doing what's right and we are able to be a role model to other companies.

It is one of our 8 values, because it is important that our customers and employees trust us. If our customers can't trust us to suggest the correct products or install everything correctly, then we have nothing at all. Customers tend to stay away from companies that they don't believe they can trust. You know the feeling, the "something isn't right" voice in your head when you are speaking with a dishonest person. You can't shake the thought out about the person and it stays with you, and you definitely aren't going to be willing to throw your hard-earned money at them.



The same thing goes with Frontier Basement Systems and our employees. When hiring, we are putting trust in a person to wear our name proud and well. In return, they are trusting Frontier to make choices that are for the betterment of the company and therefore themselves. If we can't trust them and they can't trust us, then the relationship is over before it even begins. We have to move each day with ethical decisions in mind. It's not always an easy road, but it's always worthwhile.

P.S. I'd say we are doing a great job, considering we won Better Business Bureau's Torch Award for Marketplace Ethics... AGAIN!

— Mikaela Lopez,
Marketing Communications Specialist
Frontier Basement Systems
www.trustfrontier.com

LEGAL MATTERS

Brought to you by:
Community Partner Crain Law Group
www.crainlaw.legal



Top 4 Benefits of Hiring a Small Law Firm

When I graduated from law school, my first position was with a prestigious law firm in a tall, glass building in downtown Nashville. After several years of fighting the traffic every morning and afternoon, I persuaded a couple of like-minded attorneys to join me in opening a small law office in the suburban neighborhood of Brentwood. Nashville has grown considerably over the years, and today many new, tall glass buildings carve our city's landscape. The number of big firms occupying them has also grown, some with hundreds of lawyers. Today, my law office is just minutes from home. Several of my clients who appreciate not having to drive downtown and scramble for parking have since become longtime friends. And many continue to share with me the many benefits of coming to a small law firm to handle their legal matters. The following is a list of a few of their comments about some of the advantages they have found in Crain Law Group.



1. Dedicated Relationships and Service

"I felt like my case got lost in the shuffle," one client said who switched to us from a large, downtown firm. "The bigger firms may have greater staffing and resources, but it often felt cold and indifferent when I met with a different associate each time. I appreciate the personalized service I get from Crain Law Group, and the comfort of knowing that when I call about my case I am assured it is still in the hands of the same attorney and receiving the priority it deserves."

2. Focused Friendly Environment

"The friendly atmosphere at Crain Law Group, and the warm greeting I get whenever I call or come in the office makes me feel welcome, and lessens the anxiety that I have about my legal problem," one client shared. Our staff of secretaries and paralegals routinely receive this kind of positive feedback from our clients. Information on the progress of a client's case is updated regularly and available through a confidential, digital filing system enabling whomever takes a client's call to provide up to the last minute developments and information about the client's case.

3. Easier Access When Legal Help Is Needed

Whether the client lives nearby or travels some distance, access to the offices at Crain Law Group is much easier than it is to downtown firms. Several larger firms actually now require a photograph and some form of identification before allowing clients to access their offices. Walk in appointments are virtually impossible. Crain Law Group strives to provide a family friendly environment in which clients are encouraged to bring their spouse or children. Clients are free to stop in without an appointment to drop off or pick up needed documents, or to simply inquire about the status of their case.

4. Greater Trust and Confidence

Few things are more important to a client than establishing a relationship built on trust and confidence in their lawyer's skill and ability. A smaller law firm allows for closer ties to the lawyer assigned your case, which lends itself to these relationship qualities. The importance of these factors at Crain Law Group is apparent in the video testimonials of some of our clients which may be viewed on our website at www.crainlaw.legal



— Larry Crain

Your home is where our heart is



Sign up as a **Lee Company**
Home Maintenance Plan Member

Enjoy priority service and member-only discounts on replacements, parts and labor. Discover how well-maintained systems can help lower your utility costs.

ONLY
\$ **99** *
PER YEAR

Just **\$8.25**
per month*
gets you
4 visits
per year.

*Price valid for one system.
\$99/year for each
additional HVAC unit.

Air conditioning tune-up
Heating tune-up
Plumbing inspection
Electrical inspection

\$ **20 OFF** *

A SERVICE CALL
OF YOUR CHOICE

Heating and air conditioning (reg. \$79) Plumbing (reg. \$49) Electrical (reg. \$49)

*Residential service only. Cannot be combined with other offers or discounts.



visit us leecompany.com
or call **615.567.1000**



Sharing Thoughts - When Jesus Is Really, Really Real

I appreciate being able to “Share Thoughts”; contributing articles to this publication that include a spiritual emphasis about people, places and life in general.

For those who don't know me personally, I spent over 50 years in the business world; first in the media for 21 years and from there business development, marketing, and public relations. Included was a total of 18 years as a president of chambers of commerce; Rutherford County in Tennessee, Madison-Morgan County in Georgia and then three years with the Tennessee Christian Chamber of Commerce.

Everyone has a story. Mine began as the son of a “share cropping” family in DeKalb County, Tenn. My dad was the manager for a large land owner who provided the land. We provided the sweat equity...and then divided the fruits of our labor at the end of the growing season. They did that for 20 years.

I was fortunate at the age of six to have a dream for what I wanted to be “when I grew up”; a radio announcer. We had a battery-powered 1942 Westinghouse radio, which I still own.

One of my favorite highlights each day was tuning to 650 WSM Radio in Nashville; listening to the announcers, and trying my best to emulate the way they sounded their words while reading news or introducing records. I



practiced every day; maybe just a few minutes here and there...sometimes longer...but every day. This continued for 11 years.

When I auditioned for a possible job at the age of 17, the station manager said, “Kid, you are pretty good.” Without responding verbally, I thought...I should because I have practiced for 11 years. I went on to live that dream for the next 21 years.

As a youngster, I always wanted to be a “good person”; thinking that being kind, considerate and reading my Bible each day would be sufficient. But, on Wednesday, July 15, 1964, I learned The Truth. Realizing now that The Holy Spirit was dealing with my soul; I had felt a real void in my spirit. I prayed, “Lord, I don't understand. But if I am to be “saved”, You will have to do it.”

Immediately, an energy came over me; much like a balloon filled with air. I knew that I had been introduced to The Lord Jesus. Like most, that enthusiasm ebbed and flowed during the years, but The Lord has been faithful despite my ups and downs. Now retired for the second time, I am thankful that The Lord Jesus is really real in my life.

— *Ralph E. Vaughn and his wife June live in Nashville.*



CALL TODAY FOR A
FREE HOME ESTIMATE

**MOLLY MAID OF S. DAVIDSON,
WILLIAMSON AND MAURY COUNTIES
615-794-0200**



FEAR NOT.

MOLLY MAID
WE'RE MAID FOR THIS
a neighborly company

WE GOT THIS. PAWS AND ALL.

Molly Maid is man's best friend's friend. From your carpets to your couch, wood to tile, we'll make you wonder if you even have a pet.

Visit us at **MollyMaid.com** to learn more.

©2016 Molly Maid, LLC. Each franchise is independently owned and operated.



COOL SPRINGS MD

life management medicine

AGING IS A PART
OF LIFE, ...TIL NOW.

Morpheus 8
HAS ARRIVED!



Results after one treatment

Morpheus 8 is the next generation of microneedling, combining the latest and best technology that radio frequency has to offer.

This incredible laser is the first RF to be able to penetrate the superficial fat layer and destroy fat cells while simultaneously morphing your skin by rebuilding collagen. Unwanted fat, such as the jowls, can be melted and skin is tightened giving your skin a younger and healthier appearance. **Morpheus 8** can literally be used from head to toe, with little to no down time. Slow the effects of aging, restore skin to your youthful appearance, it's possible today!

WE ARE CHANGING LIVES.

Call today and get 20% off of our introductory prices!

615.690.6600 | CoolSpringsMD.com

1642 Westgate Circle, Suite 100 • Brentwood, TN 37207

WEIGHT MANAGEMENT • NATURAL HORMONE THERAPY • PRP PROCEDURES • AESTHETICS



Lulu Roman

This Is My Story, This Is My Song

Laughter and tears are the consistent threads woven through the zany, often misguided, sometimes tragic and ultimately miraculously redemptive life of “Hee Haw’s” beloved comedienne, Lulu Roman.

Photo credit: Mary Elizabeth Long Photography

This year marks the 50th anniversary of “Hee Haw” as Lulu celebrates the release of her new autobiography, *This Is My Story, This Is My Song*. She has reason to feel proud of the book as it retells the heart-felt, sometimes heartbreaking and transparently honest story of the little orphan girl who never knew the love of a family, but grew up to bring laughter and become “family” to millions of television viewers and fans..

Lulu debuted in 1969 on the first nationally broadcast episode of “Hee Haw” on CBS-TV with the original cast from the “cornfield” in a production that originated from the small studio space at WTVF Channel 5 in Nashville. Lulu had been brought to the attention of producer Sam Luvollu who was working on assembling the cast of what was planned by CBS as the new country version of NBC’s wildly popular hit series of the day, “Laugh In.” Through the recommendation of the show’s soon-to-be new co-host, Buck Owens. Lulu recalls the trip to Los Angeles that was arranged for her to audition—and that who but comedy legend Carol Burnett was her first thrilling star encounter at the sprawling studios at CBS. “The producers had told Buck they were looking for a cast that included one gorgeous blonde, one gorgeous brunette, one boy next door type, one girl next door, one fat dumb man, and one fat dumb woman. Buck yelled, ‘I’ve got your fat girl! She’s a dancer in Dallas!’ And believe it or not, at the time, I was -- all 300 lbs. of me!”

“Before I got to do ‘Hee Haw,’ I worked in Dallas night clubs for several years. It was the era of Goldie Hawn becoming a major TV hit on Laugh In, and like her, I was a go-go dancer! In my case—a huge one—who would act silly and make the audience laugh. Making people laugh was something I found I could do from childhood days on—I could always just make a face and have people falling down laughing, no matter what kind of pain I was in.”

She was 23 when the show hit the TV airwaves and Buck Owens instincts proved to be very right. Lulu was an instant hit! She stayed to become a household name in America and to bring old fashioned, down home laughter to millions of viewers from the first episode to the very last original broadcast in 1993. As “Hee Haw” celebrates its golden 50th this year, Lulu is the only remaining member of the original cast still living. The good news is the show now in reruns on RFD-TV as one of the top rated programs on the network.



Lulu was an original member of the cast of “Hee Haw” which ran from 1969 to 1971 and then in syndication until 1993.

As it brings a fresh audience of new viewers to the old cornfield antics, so has come a new generation of Lulu Roman fans.

In retrospect, there was nothing funny about being born in a home for unwed mothers, or at the age of four being deposited at the Buckner Benevolent Orphanage in Dallas. And so began the story of little Bertha Louise Hable, who would become famous for making people laugh. Even her name was “adopted.” It came post orphanage as a name pinned on her by one of her cellmates on an arrest made on her for using stolen credit cards at the age of 18. Her fellow short term inmate said she reminded her of “Little Lulu” from the comic strips. And so an identity for her budding career was born. Readers of the new book will find painstaking honesty on an early life marked with abandonment, broken marriages and relationships, several “busts” for drug possessions and a long and winding road of wrong directions before Lulu found herself. In the midst of all, the real heart of the story she shares is her acceptance while in her 20’s of Jesus Christ as the centerpiece of her life. Talking about the road she’s travelled, Lulu is quick to admit that

God has been the orchestrator of all that's good in her life. "Despite all I've experienced and all the bad personal choices I've made, I am a living example of God's grace," she tells her audiences today in summing up the hope she has that her testimony will change lives.

"When I look back now, my life has been like a whirlwind as I went through so many stages... stages where I can now see God's hand as it changed my heart, my attitudes, my opinions and choices... all for the better." And indeed God has proven to be a life saver for her a time or two. In 2004, she barely escaped death following complications of a gastric banding surgery. The band had to be removed. A second lap band surgery in 2007 almost turned fatal. "I was at a show in Texas and I had to have help even walking to the stage. I was weak and shaking and had no idea I had developed an infection inside my stomach, They did emergency surgery and found gangrene had developed around the second band. When all the ordeals were over, I had lost a total of 222 pounds but practically lost my life in the process. I can manage to find humor in it now. As I say in the book, 'You might have noticed I was once a little overweight. I was almost 400 lbs. at my heaviest and at 5'6" I wonder if maybe I was just 4 feet too short!"

In sharing her deepest moments—most recently the sudden loss of her youngest son Justin from a heart attack at 41 in 2017—Lulu shares the deep realization of where the courage to live life can be found. "In the first year after Justin's death, I would go out to the cemetery and just lay down on his grave. You don't ever think it's possible for your child to die before you. When it happens, you don't know how you can go on. The only thing that gave me hope and kept me going was knowing that my son knew Jesus. As I still struggle some days to trust God with my broken heart, it occurred to me: I felt my story being told about losing my baby could help other people. I don't know how, but I hope they will say 'Oh my God, she has been through what I am going through. Broken heart and all—she is making it day by day with Jesus, and I can too.'"

Lulu continues faithfully on the road to bring laughter as well as hope. Post "Hee Haw" life has found her receiving Christian music's highest honor, the Dove Award on her way to becoming a member of the Christian Music Gospel Hall of Fame. She has released more than 20 music projects that showcase her talent as a singer as well as her love of music and ministry. Churches, women's events, and gospel concerts are an important part of her travels these days, as is comedy. This year she has joined tour mates Buck Trent, Jana Jae and Misty Rowe on a series of "Kornfield Friends" reunion concerts—celebrating the 50th Anniversary of "Hee Haw" in reviving the familiar sights, country music and gags amid the cornstalks.

Lulu remains eternally grateful for the program that transformed her from orphan to stardom. "The show was a wonderful time in my life because I had no family to speak of and we became kind of like a family on 'Hee Haw.' We went through marriages and divorces and deaths together—all the things life takes you through in a real family. I don't remember anytime anybody had a fight. We were there to make each other look good. Everyone involved was a great support to me when I most needed it."



Lulu, with President Carter and his wife Rosalynn



Lulu's first promo shot from the '60's.



Country legend Roy Acuff was among the greats who visited "Lulu's Truck Stop," – one of "Hee Haw's" most popular regular skits.

At 73, her life today at home in Mt. Juliet, Tenn. is full of fun in unexpected forms! "As my assistant, Kim, will tell you. I love to zipline when we go up to Branson and I would do it ten times a day, everyday while we're there if I could! It's such a feeling of freedom. I raise my hands and praise the Lord and sing at the top of my lungs all the way across the line! I'm also a crafty person and I love to make jewelry, like button bracelets with crystal and glass. I love to make candy at Christmas and share it with friends. I love my three little Yorkshire terrier babies—they're like my grandchildren and I would so love to have a professional kennel someday to actually breed these little sweethearts if I could. And singing—it's still my favorite thing to do in life. I hope that the Lord will allow me to sing until I leave this earth. What I get to do in continuing to sing and make people laugh is a privilege and a blessing."



Praising the Lord as she flies high!

In endorsing her book, country music great Randy Travis perhaps said it best: "From the very early years of my youthful career through these days of waning ability, Lulu Roman has been an unexplainable constant in my life...she is an angel on earth."

And a blessing indeed.

— Jackie Monaghan



This Is My Story, This Is My Song is available from England Media Publishing in hardcover edition which features more than 200 photos, many in full color. Autographed copies may be ordered online at www.luluromanbook.com or Amazon.com. To order by phone, call (615) 804-0361.

THE

Right song

AT THE

Right time



UPLIFTING • UPBEAT • REAL®

◆ Listen to WAY-FM 88.7/89.9 Everyday ◆



FAITH UNDER FIRE

GOD'S PLAN FOR SERVICE

I'd Rather Have Jesus

Are you able to say, I'D RATHER HAVE JESUS? Luther Green Presley wrote the words to this song with the music by George Beverly Shea. The song has these words:

*I'd rather have Jesus than silver or gold.
I'd rather be his than have riches untold.
I'd rather have Jesus than houses or land.
Yes I'd rather be led by his nail pierced hands
Than to be the king of a vast domain and beheld in
sins dread sway.
I'd rather have Jesus than anything this world
affords today*

*I'd rather have Jesus than worldly applause.
I'd rather be faithful to his dear cause.
I'd rather have Jesus than world wide things.
I'd rather be true to his holy name.*

People tend to spend most of their effort in pursuit of silver or gold, riches untold and houses or land. We buy lottery tickets in order to acquire these things. We move to a better paying job to have these things. We save in order to have these things. But would we rather have Jesus when faced with a choice between the two? If so, would the money for the lottery ticket go into the church

collection plate? Would we support missions and special programs at our church? Would we be in church every Sunday instead of once in a while or just Christmas and Easter (C & E Christians as one of my professors used the term)?

The silver and gold, riches untold and houses or land are all left behind when our lives here end or the second coming occurs, whichever one is first. We can have Jesus both on this earth and in the life beyond in Heaven. We can have Jesus AND some silver and gold, riches untold as well as houses or land on this earth but if we would rather have Jesus, then Jesus will be our number one.

We can look at our calendar as well as our check-book and credit card statements to see if we would really rather have Jesus. Much of our time and money must go to maintain our lives (housing, work) but what about the time and money expended beyond what is necessary? Does the

amount for the boat payment, the extra car or vacations compare well with what we spend in time and money on our Church and other Christian activities? How well can you say, I'd rather have Jesus than silver or gold? Expenditures of time and money can be as Jesus commanded in Luke 16:16.

In addition to time and money, there is our attitude. If we would rather have Jesus than riches untold, then our attitude should reflect the life of Jesus Christ. Kindness, faith, empathy, generosity, listening, helping, caring, loving and fellowship are all characteristics of Jesus that we should emulate if we would rather have Jesus than silver or gold. How we live our lives here tells whether we really would rather have Jesus. How well are you doing in living such a life?

— Kenneth W. Oosting, Ph.D.



NASHVILLE

CHRISTIAN FAMILY

ONLINE!

ChristianFamilyNashville.com

You're favorite place on the web for
Christian content about

**Family, Parenting, Social Issues,
Healthy Living and Much More!**

Read uplifting stories and view issues of
Nashville Christian Family

Check it out now! 



Find us on:
facebook

www.facebook.com/NashvilleChristianFamily

Tennessee Christian
CHAMBER OF COMMERCE

Bringing Ministry to the Marketplace

SEPTEMBER LUNCHEON



Tuesday, Sept 24, 2019
10:45am - 1:00pm
Cornerstone Church
726 W Old Hickory Blvd
Madison, TN 37115

Keynote Speaker
Sheri Traxle, M.Ed
Founder, ViREO Life

EXHIBIT SPACE
AND
SPONSORSHIPS
AVAILABLE

REGISTER AT tnchristianchamber.org

PARTNER SPONSORS



FELLOWSHIP SERVICE EDUCATION



THE SEAL OF GOD

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.

LEAKPROOF BAG

INGREDIENTS

- Several Round Sharp Pencils
- Water
- Resealable Storage Bag

INSTRUCTIONS

STEP 1: Fill the resealable storage bag with water. Describe the resealable storage bag by its observable properties.

STEP 2: Gently push the round sharp pencils through the bag. What happens? Explain how pushing the round sharp pencils through the resealable storage bag can be used as a model to describe how matter is made up of particles too small to be seen.

EXPLANATION

The bag is made of polymers. Polymers are long, repeating chains of molecules. When the sharp pencil is pushed through the bag, these chains of molecules seal up around the pencil, preventing the water from leaking out of the bag.



BIBLE TRUTH

God is the chain that links us together, keeping us safe, during the rough times in our lives.

WHAT THE BIBLE SAYS

Joshua 1:9

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged; for the Lord your God will be with you wherever you go.

BIBLE CONNECTION

Long repeating chains of molecules seal up around the pencils, preventing the water from leaking out of the bag. God is the chain, which seal us together during the rough times in our lives.

SCIENCE WORDS

MATTER – Anything that takes up space and has mass.

POLYMER – Long, repeating chains of molecules.

WAYS TO WATCH CTN —NASHVILLE—MIDDLE TN—

CABLE/SAT PROVIDER	CHANNEL
Local Antenna	39
Comcast	1039HD 21SD
Dish Network	39
Spectrum	10

CTN
MIDDLE TN

CELEBRATING
40 YEARS

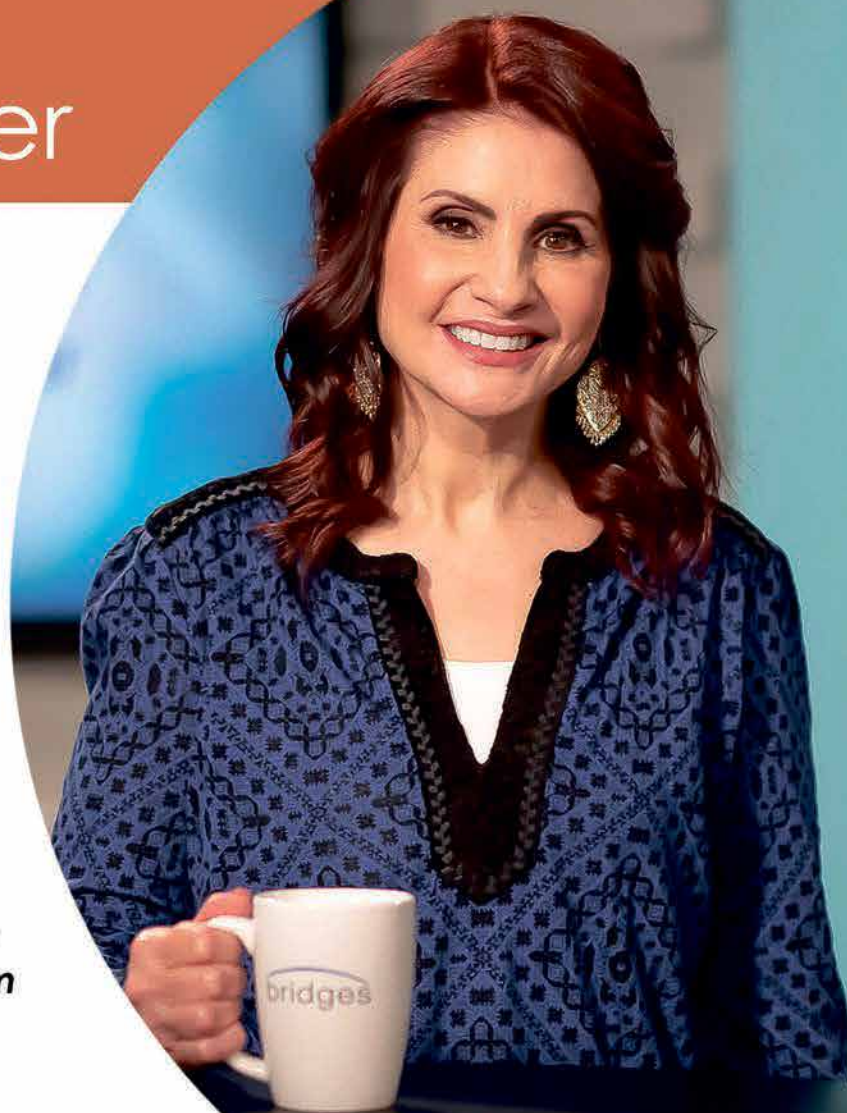
Watch Bridges with Monica Schmelter

CTN's talk show "Bridges" with host Monica Schmelter opens a conversation designed to shine God's light and love through real-life stories and relevant issues.

bridges
with monica schmelter

"Bridges" airs daily on CTN/WHTN
in Middle TN at 9:30 AM and 8:30 PM

To watch our Livestream, visit: ctntv.org/livestream
Watch Bridges on Demand at monicaschmelter.com



How To Keep Your Oven and Cabinet Gap Clean

The gap between your oven and cabinets is a pitfall for crumbs, spills, and splatters. Pulling out the oven is a real drag, but what other option do you have?

If the crevasse is already home to gunk and grime, you need to clean it out first. Then, with the gap looking spick and span, you can implement a few techniques to keep it that way.

Clean the Oven & Cabinet Gap

Don't want to pull your oven out just to clean that tiny gap? No sweat! Just follow these oven cleaning tips to clear the crumbs away:

- Dampen a washcloth and wrap it around a butter knife.
- Insert this makeshift tool into the crack as close to the wall as you can and pull it toward you. To help prevent crumbs from falling to the floor, tilt the knife upward slightly.
- After the first pass, shake the washcloth out in the sink.
- Repeat these steps on the opposite side of the oven.
- With both sides relatively clean, dampen the cloth again – this time with vinegar.
- Re-wrap the knife, and return to the gap, and do a bit more scrubbing to remove stubborn gunk. Rinse and re-soak the cloth as many times as you need.

Install a "Kleen Seam"

Once the dreaded abyss is sparkling clean, you want to keep it that way! One option is to purchase an affordable Kleen Seam or similar product designed to cover the gap between counters and appliances. By installing an insert on each side of your oven, you effectively stop crumbs and splatters from falling into the chasm.

Kleen Seam comes in several colors and materials, including white plastic, almond-colored plastic, clear silicone, black silicone, white silicone, and heavy-duty metal. All varieties are heat resistant and fire retardant. They can remain in place while cooking, increasing their effectiveness against splatters. Each insert is 20.5 inches long, and you can use kitchen shears to shorten it if necessary. When your Kleen Seam gets dirty, simply remove it and wash it off



in the sink. Sturdy construction and heat resistance help your Kleen Seam last for many years.

Make Your Own Gap Guard

The Kleen Seam is useful, but if your counter or oven has a lip, the rounded surface can render this insert impractical. Fortunately, it's not your only option. Here are other ways to make your own gap guard:

- Fill the gap with rubber weatherstripping: This material is designed to compress when you close a window or door on it, creating a tight, weatherproof seal. It's just what you need to seal off the oven and counter gap! Different sizes are avail-

able so you can cater to the gap's size.

- Insert clear plastic tubing into the gap: Available at home improvement stores, clear plastic tubing is a highly versatile product. Squish it between your oven and counter to fill the gap, cut it to length, and you're done!
- Fill a small crack with soft edge foam masking tape: Traditionally used to seal car doors, this thin product can fill particularly small oven and cabinet cracks.

Let Molly Maid Help Clean Your Kitchen

When it comes to cleaning your kitchen, the gap between your oven and cabinets is, unfortunately, the least of your worries. If you have too much on your plate to keep the rest of the kitchen clean, consider hiring Molly Maid. We have decades of experience making life easier for homeowners, and we're ready to take away some of your stress!

Contact your local Molly Maid, 615-794-0200 or 615-603-3766, today to discuss a cleaning plan that's right for you.
www.mollymaid.com/s-davidson-williamson-maury-counties/about-us/contact-us

— Ashley Farrar

**WE'RE LOOKING FOR
GREAT PEOPLE
TO JOIN OUR TEAM.**

Call 615-794-0200 today
for more information about
joining our team!



MOLLY MAID

Competitive wages.
No nights or weekends.
Comprehensive, paid training.
Company car while you work.

**Call today!
615-794-0200**

**MOLLY MAID
OF S. DAVIDSON,
WILLIAMSON AND
MAURY COUNTIES**

AN ENCOURAGING WORD

Failure Is An Option

Failure is an option. We are trained in our culture to be afraid of failure. We are used to watching movies and reading stories that do not allow for failure. We are taught that it makes us vulnerable and weak. But, when we go to, and through, failure is when we really get better. We must understand the concept of failure and its role in perfecting us in our health and training.



What does it really mean to be perfected? It isn't being perfect. Being perfected means that we "count it all joy when we fall into various trials" and know that we can let failure and trials "perfect us" so that we are available and able to do everything that God has called us to. Failure is a part of going from Glory to Glory. It is a part of the process. Health is a process. It is God's intention for us to get better and better as we become more like him; in health and in every aspect of life.

The concept I want us to understand as it relates to failure is two-fold.

First, we must not be afraid of setting goals that we may fail at. If we set goals that we are always hitting in our training, then we are not achieving our full potential. Think about it, if we set a goal to lose 1 pound a week and hit that goal then we will settle for those results. But if we set a goal that is bigger like losing 5 pounds per week but we only lose 3 pounds, then isn't that much better? By setting bigger goals we push ourselves to achieve greater results, even if we experience "failure" as a result.

Second, we must go through failure if we want to get better. If we just go to failure we will never get better because failure is our current limit of ability. Here, I am talking about our ability to engage our muscles in movement, until after they fail – this means we have worn down every available muscle fiber, pushing our bodies to rebuild them, stronger. So, if we just tow the line of failure then we will never push the line any further and get better. We stay at our current level. This is how people fall into the infamous "plateau" that we try so hard to avoid. We can get better and better by using this concept.

Let's be honest, it doesn't feel good to fail. It is a vulnerable place to be in. But failure is an essential part of the process that all of us walk through to get better and better. I would encourage you to set goals and hold you accountable. We can't do this alone. We need to have each other's back as we partner in health. Are you willing to go to and through failure as you go from Glory to Glory?

— Ashton Tate is a Health Coach, Personal Trainer, and owner of Glory to Glory Fitness where he applies biblical principles to make health uncomplicated.
glorytogloryfitness.com
glorytogloryfitness@gmail.com



MEET US BEFORE WE MEET YOU!



Safety & Security
with a
Technician
Profile
Appointment
Confirmation E-mail!

PEST, Inc.

PEST ELIMINATION SERVICES OF TENNESSEE

615-851-4912

www.pestinc.net

Serving the Greater Nashville area since 2001

- Free inspection, money back guarantee
- Security-screened employees
- Fast, courteous service with convenient, flexible scheduling
- Responsible treatment tailored to your home and family

**Ants • Spiders • Roaches
Rodents • Termites • Mosquitoes
Bed Bugs and more!**

Check us
out on
Angie's List



Sentricon
Colony Elimination System



The Right Questions Matter

The Parable of the Rich Fool

Someone in the crowd said to him, "Teacher, tell my brother to divide the inheritance with me." Jesus replied, "Man, who appointed me a judge or an arbiter between you?" 15 Then he said to them, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions."

And he told them this parable: "The ground of a certain rich man yielded an abundant harvest. He thought to himself, 'What shall I do? I have no place to store my crops.'

"Then he said, 'This is what I'll do. I will tear down my barns and build bigger ones, and there I will store my surplus grain. And I'll say to myself, 'You have plenty of grain laid up for many years. Take life easy; eat, drink and be merry.'"

"But God said to him, 'You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?'

"This is how it will be with whoever stores up things for themselves but is not rich toward God." Luke: 13-21

In the above parable the man asked the wrong question so he provided the wrong answer.

Every one of God's creations depends on balance to function at optimum performance. This balance is more difficult to achieve in the human species because we are the only creature that has the ability to act against the natural laws. It is our freewill which allows us to make choices based on the whims of our three states of humanity; our physical, mental and spiritual selves. Our higher level of intelligence also makes it possible for us to reach that perfect balance while at the same time creating internal battles over the complexities of protecting our body, mind and soul in unequal unity.

In essence the man in the parable should have been seeking balance of his financial treasures. Jesus is not against wealth; He knows we are responsible for balancing our financial matters in every phase of life, namely our three personas; our personal, professional and spiritual lives.

Needless to say, finding that perfect balance in the financial area of one's life could prove difficult, primarily because of the self-inflicted imbalance caused by the decisions we make emotionally. An important correct question would have been, "What would God like me to do with this treasure?"

The first answer is to learn, profess and live the truths of financial literacy. The first truth one should follow is the lesson of the three uses for our treasures. Once we earn any treasure, we must divide it into three buckets; what we chose to spend, save or share. Achieving balance in anything requires the appropriate distribution of the whole into the correct areas; thus balancing the unit. God created all things and all laws; He is fine with this. The optimum appropriation percentages for a healthy budget is usually; seventy percent of what we earn should be allocated for spending (paying our bills), twenty percent should be placed in savings (ten percent for long term needs and ten percent for short term savings) and the first ten percent should be shared. If your bills require more than seventy percent of your take home pay you are spending too much. For short periods of time going above the seventy percent might not be an issue but habitually exceeding that percentage will create problems. The same can be said about the other two components



as well.

in the parable Jesus was explaining that balance is critical and fighting the truth will never create balance.

— Anthony "Tony" Boquet, the author of "The Bloodline of Wisdom, The Awakening of a Modern Solutionary"

If this is my last post, I want all to know there was only one purpose for all that I have written; to have made a positive difference in the lives of others.

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.**

We believe this is the most important decision you can make for yourself and your family.

God Bless You!

www.BirminghamChristian.com

You Might Be a Stepmom If... Part 2

Celebrating National Stepfamily Day September 16, 2019

For those that missed last month's article, we recently gathered with stepmoms from nine different states for a time of hope and encouragement to gain wisdom and strength in the unique role of being stepmoms. Last month's magazine included a "part 1" article that can be found on the website and this month I want to share some of the "long-view" of being a stepmom. These are anonymous comments of adults who grew up with a stepmom.

You know you're a stepmom if:

- Your adult stepchildren deeply appreciate the love and consistency you gave them as you raised them, especially when they were rude to you as teenagers and back talked you about chores and homework. Now they realize they were just being bratty and selfish teens, but your boundaries and love made a big difference in their lives.
- Your adult stepchildren tell you that the ONLY time they remember having a peaceful family dinner was when they were at your house visiting their dad and your family because their bio mom was not very stable and when they look back they can see how important those family meals were even though they did not show appreciation them when they were kids.
- Your adult stepchildren ask you for advice because you have been a positive role model and they trust you. You have skills and talents they have admired as they grew up and they continue to stand out to them.



- When you become a grandma and the word "step" fades away and (sometimes) you just get to be a Grammy or a Gigi or a Nana. Love transcends time and labels.

- As an adult, your stepchildren actually thank you for loving their dad and taking such good care of him. When they were younger they may have been jealous of the relationship you had with their dad, but now they may really appreciate how you care for him and help him in his day-to-day living. Again, it's the long-view of consistent love that

eventually can bring good fruit.

I want to encourage any stepmom reading this to not give up. It may seem impossible today or the obstacles and pain points may seem overwhelming. God can give patience and grace for one more day. Don't go the journey alone. Find another stepmom or a counselor or a wise friend to talk to so that you don't have to hide the pain or struggle in silence; we are meant to do life together as the Body of Christ. Join us online September 16th as we celebrate National Stepfamily Day as we "go digital" for a free and fun stepmom experience! See more info at www.TheStepmomConnection.com.

— Tammy Daughtry, MMFT – Stepmom and Founder of TheStepmomConnection.com and ModernFamilyDynamics.com. She and her husband live in Nashville and have a blended family of four!

TOTAL LANDSCAPE SOLUTIONS

Landscaping

- Custom Designs
- Installation
- Full Line Nursery Stock
- Rejuvenation

Water Features

- Ponds/Streams
- Spas/Hot Tubs
- Waterfalls
- Lighting

Hardscapes

- Decks/Patios
- Retaining Walls
- Gazebos/ Arbors

Reclamation/Renovation

- Drainage/Irrigation
- Grading/Sculpting
- Swells/Burns
- Erosion Control



Landscaping by JOEL

Creating Custom Environments
at a Price You Can Afford

Joel Angulo
615.642.4492
20 years experience





**Special Thanks to our
Community Partners
who directly impact the ability of
Nashville Christian Family
to reach people with the
Good News of Jesus Christ!**



COOL SPRINGS MD

life management medicine

*Vista*Points

The Special Needs Trusts & Resource Center



DEMOS BRANDS



WANG VISION
CATARACT & LASIK CENTER



CRAIN LAW GROUP, PLLC

Become a Partner & Spread Good News!

**To find out how your company can become a Community Partner,
Visit ChristianFamilyNashville.com or Call 615-815-8765**

Bad Boy turned Good Guy

Seattle Seahawks Quarterback Russell Wilson is known as a good guy in the NFL, but he says it hasn't always been that way.

The star quarterback for the Seattle Seahawks and outspoken Christian role model said he was once a "bad kid," even a middle school bully until he gave his life to Jesus. "I was going to church to see the cute girls," Wilson told *Men's Journal*. "and then in sixth grade, I had a dream that my dad passed away. And that Sunday, I went to church, and I just start bawling all of sudden. And that's when my life kind of changed."

That was when the NFL's highest-paid player surrendered his life to Christ and his faith has since been a guiding light for him. "I've found peace and hope and love and joy in Jesus," Wilson told *The Rock Church* four years ago in a video testimony. "and He's the way and the only way."

Wilson, who recently became one of the owners of the MLS' Seattle Sounders soccer team alongside his wife Ciara, wasn't shy about the fact that he abstained from sex before marrying the Grammy Award-winning hip hop artist, who has also been vocal about her faith.

The Super Bowl champion, who posts more Bible verses on his timeline than almost anything else, hasn't missed a game since taking the reins in 2012 and Seattle has had a winning record in each season since.

Last season, Wilson threw 35 touchdown passes



Russell Wilson with his wife, Ciara and their two children.

and had seven interceptions last season, leading the Seahawks to an NFC Wildcard game against the Dallas Cowboys, where they eventually lost. It was a career-high in touchdown passes for Wilson a year after he led the league in the same category. Whether he wins or loses, one thing is for sure for the father of two, as his Twitter bio states: "I want to Love like Jesus!"

— Caleb Parke is an associate editor for *FoxNews.com*. You can follow him on Twitter @caleb-parke or visit www.calebparke.com
THIS ARTICLE WAS FIRST PUBLISHED BY FOX NEWS

MONEY MATTERS

A Key Element In Getting Out Of Debt

Dear Dave,
I've got about \$3,000 in credit card debt. Would it be a good idea to transfer the balance from my credit card to another one that has a much lower interest rate?

— Tammi

Dear Tammi,
Lots of people who find themselves in your shoes make the switch to low-interest rate credit cards. A lower interest rate will help you save a little money in the short-term, but the drawback is it can also make you feel like you've addressed your problem with debt when you really haven't. You've got to change the behavior and the mindset that put you in that situation in the first place. Besides, most low-interest, or no-interest, credit card offers are only good for a short period of time. There's always a catch!

I discovered long ago that personal finance is only about 20 percent head knowledge and 80 percent behavior. Emotion is a key element to getting out of debt and staying out of debt. You've got to get really mad at debt, the impact it has on your financial life, and attack it with a vengeance. Think about how many times debt has been a negative influence on your life. My guess is there were many occasions in the past when you could have done great stuff—I'm talking about meaningful, important things—if you hadn't had to send a bunch of money to those bozos at the credit card company every month. I want you to really think about it.

How about this? First, cut up your credit card and close the account. Then, sell some stuff and take a part-time job nights or weekends for just a little while. You could wipe out all your debt in less than a year by doing that and starting to live on a strict, written, monthly budget.

If you don't get mad about it and take a stand against debt, and become determined you're never going to fall into that trap again, you're liable to find yourself back in the same situation or worse! Keep The House.

— Dave

Dear Dave,
My wife and I are on Baby Step 2, and the only debt we have is \$90,000 in student loans. We bring home about \$90,000 a year. In addition to this, we have almost \$60,000 in equity in our home. We also have a toddler, plus another baby on the way. Do you think we should sell the house, and rent for a few years, while using the money from the sale of the house to pay down our student loan debt?

— Chris

Dear Chris,

No, I wouldn't sell your home in this situation. You're going to be out of debt in a couple of years or so, anyway. You'll just have to lean into it, and make sure you're living on a strict, written budget. I'm talking about no vacations, and no eating out. You shouldn't see the inside of a restaurant unless you're working there. And the new kid's crib may have to come from a garage sale, but so what? Mine did, too. Want to know something else? I survived without having a rich kid's nursery, and so did my kids.

There's a price to be paid anytime you decide to get serious about gaining control of your money and cleaning up a financial mess you've made. You're going to have to work like maniacs and have no lives for a while. That might even mean picking up a part-time job at night or on weekends. You've got a tough couple of years ahead of you, but I think it's worth the tradeoff. Keep your house.

—Dave

— Dave Ramsey is CEO of Ramsey Solutions. He has authored seven best-selling books, including *The Total Money Makeover*. The Dave Ramsey Show is heard by more than 16 million listeners each week on 600 radio stations and multiple digital platforms. Follow Dave on the web at daveramsey.com and on Twitter at @DaveRamsey.



BOTT RADIO NETWORK
Quality, Christian Talk Radio

Serving Nashville & Middle Tennessee

89.1 FM
1160 AM 107.1 FM

Strengthening Your Faith, Your Family, and Your Walk with the Lord.



Broadcast Ministries

Find Stations, Networks, Download Apps, Listen Live Worldwide: bottradionet.com



(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!
Visit www.bottradionet.com for a Program Schedule.

BETTER | SIDE GIG®

ENHANCING INCOME & LIFESTYLE

Whether it's \$1,000 or \$10,000 a month, if some extra income would help YOU in some way, give us a call...

615-434-5100

NASHVILLE

CHRISTIAN FAMILY®

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?

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.

We believe this is the most important decision you can make for yourself and your family. We encourage you to see out a bible-based church in our community.



SEPTEMBER 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

September 13

World Outreach Church Murfreesboro Men's Event with Angus Buchan –

7:00 pm, World Outreach Church will host South African best-selling author and evangelist Angus Buchan as guest speaker for the God-Strong Men's Event. Angus Buchan is recognized around the world for his message of hope. The faith tools he identifies in Scripture result in enormous clarity and vision-thousands have experienced a personal "God-story". Since 2003, WOC Men's Events have been a spiritual growth initiative for men and a time to pray for one another and gain strength by coming together, standing publicly for God. Tickets are \$10 and maybe be purchased online at www.wochurch.org/mens-event-with-angus-buchan/

Sept. 1 through Oct. 21

Homeschool Flag Football Program Registration – The Athletics Division of Williamson County Parks and Recreation will be offering a six-week flag football program for homeschool students in Middle Tennessee. This coed program (for ages 7-15) will be held at the Indoor Arena at Crockett Park, 1485 Volunteer Parkway in Brentwood on Friday afternoons, November 8 – December 20 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 October 21 or until full at www.wcparksandrec.com. Registration code #14673. For more information contact Chris Podunajec at (615) 377-6530 ext. 6602 or Chris.Podunajec@williamsoncounty-tn.gov.

September 2

Women's Indoor Soccer League Registration opens – Registration will open on Monday, September 2 for Williamson County Parks and Recreation's Women's Winter Indoor Soccer League playing at the Indoor Arena at Crockett Park, 1485 Volunteer Parkway in Brentwood. The league will play on Tuesday evenings beginning October 22 through mid December. The season will be a round robin format and will conclude with a single elimination tournament. Cost is \$350 per team. A maximum of 8 teams will be accepted. Registration will continue through October 11 or until full at www.wcparksandrec.com. Registration code #14595. For more information contact Chris Podunajec at (615) 377-6530 ext. 6602 or Chris.Podunajec@williamsoncounty-tn.gov.

ONGOING

First Friday of Each Month

Healthy Living Potluck – Join us the First Friday of each month for Biblically based Inspiration, Motivation and Information on living a consistent and sustainable healthy lifestyle. For women and men of all ages. When: 1st Friday of the month Time: 6:30-8:30 pm Where: 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 or email Celeste, thewellnessworkshop@msn.com

Last Tuesday of Every Month

Tennessee Christian Chamber of Commerce Monthly Luncheon – Last Tuesday of every month except December. Connection 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.



Find us on:
facebook

www.facebook.com/NashvilleChristianFamily

ABOUT OUR ADVERTISERS

Please support these local businesses that support Nashville Christian Family with their advertising. Support us by patronizing them.

Bott Radio Network – www.bottradionet.com, 615-871-1160

Cool Springs MD – www.coolspringsmd.com, 615-283-7291

Ben Davis – www.selectpointe.com/, 615-584-4946

Demos – www.demosrestaurants.com, www.pdksouthernpantry.com, 615-848-1777

Frontier Basement Systems – www.christianbasement.com, 615-547-8701

Landscaping By Joel – 615-642-4492

Jack Rabbit Cleaning Services – www.jackrabbitcleanchoices.com, 615-594-9052

Larry Crain – www.csafirm.com, 615-376-2600

Lee Company – www.leecompany.com, 615-567-1000

Molly Maid – www.mollymaid.com, 615-794-0200

P.E.S.T., Inc. – www.pestinc.net, 615-851-4912

Rick Teague – www.rickteague.com, 615-787-7688

Saint Thomas Health – www.sthealth.com, 615-284-LIFE

Swanson-Direct – www.swanson-direct.com, 615-896-4114

The Fish 94FM – www.94fmthefish.net, 615-367-2210

TN Christian Chamber of Commerce – www.tnchristianchamber.org 615-815-8765

Vista Points – www.vistapoints.org, 615-758-4660, 888-422-4076

WayFm – www.wayfm.com, 615-261-9293

WHTN TV – www.whtntv.org, 615-754-0039

How is your loved one with special needs this Labor 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.

VistaPoints
The Special Needs Trusts & Resource Center

Vista Points, Inc. | Special Needs Trusts & Resource Center
1550 N. Mt. Juliet Road, Suite 203 | Mt. Juliet, TN 37122
888.422.4076
www.vistapoints.org

Frontier

EXPERTS IN:

- CRAWL SPACES
- BASEMENTS
- FOUNDATIONS
- CONCRETE REPAIR

\$100 OFF

YOUR PROJECT

Not valid with any other offer. Only valid on projects of \$1,900 or more. Must be presented at time of contract.

**Call Today for your
Free Estimate!**

(615) 547-8701

ChristianBasement.com

