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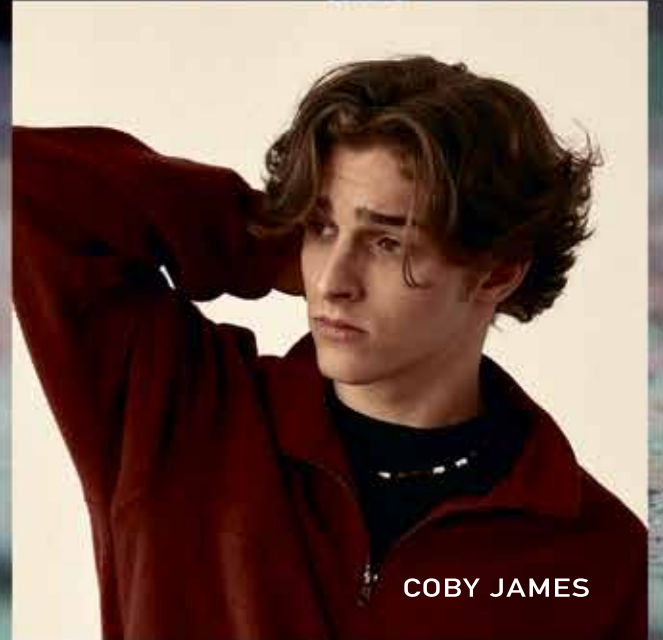
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Nashville Christian Family® exists to provide Christians and the community at large with ways to strengthen and grow as a part of the Middle Tennessee Christian Family. This local monthly publication is designed to promote positive living by sharing 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

Goodbye Summer, Hello Fall

“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)

For me, September is a transitional month that I enjoy.

The kids are back in school, Labor Day signals the end of summer, daylight is growing shorter, flocks of geese begin honking overhead 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.



I love this time of year looking forward to the beautiful changing of colors of the leaves on trees that will begin 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 through His creation, the order of the universe and this earth that we call home.

During fall and autumn I give thanks to God, not only for the literal beauty of the world we live in, but also for Him blessing me by allowing me to be a part of and enjoy His creation with all the senses that He blessed me with.

Sometimes we take for granted the beauty of creation. During the next few weeks, please make a special effort with 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)

Robert Stringfellow, Publisher, 615-815-8765
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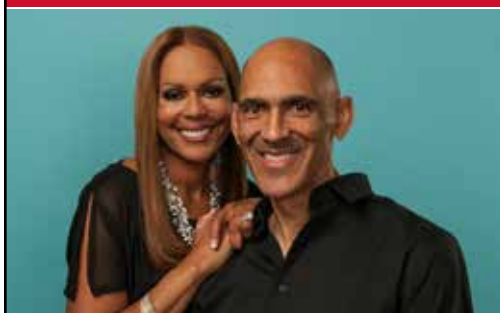
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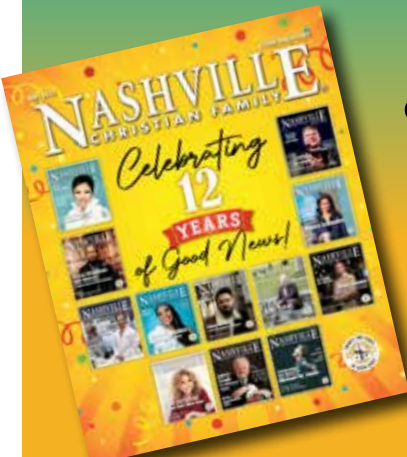
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Spilling Water

Ever had one of those awkward but oh so funny situations happen at work? Of course, you have --- because those moments happen to all of us. We don't plan them. We may not want them. But they happen. In today's Secrets from the Studio, I am sharing an embarrassing but oh so funny moment that happened on LIVE TV. This is one of those moments best shared over coffee but since that is not an option right this moment --- I will tell you now. There I was on LIVE TV interviewing a nervous guest. Most of her responses were just one word. One-word answers make for a long interview. Then I decided to take a drink of water. Somehow the sip of water concluded with me spilling the entire glass of water all over the front of my dress. We were LIVE on the air ---so that's a really BIG oops. Please tell me you can feel my pain or at least understand how totally embarrassed I felt right at that moment.

Laughing and Wiping Up Water

Now, this is the kind of mishap for which there is no media training or clean up protocol. Instead, this is the kind of awkward moment in which a healthy sense of humor pays great dividends (or at least keeps you from running out of the building in the middle of a live TV show). With this in mind, I did the best I could to keep the conversation going -- while laughing and wiping up the excess water. If we had this comedic moment on tape, I would share it with you so we could laugh together.



My guest's reaction? She laugheda little. After all, she was just 8 years old and she seemed nervous about being on television. You might be wondering why an eight-year-old girl was making a guest appearance on Bridges. I wondered about that myself and was initially reticent about booking her on the Bridges show. However, her well known Nashville publicist assured me this 8-year-old was TV ready. This little girl was no stranger to the stage, and she loved singing about Jesus.

With that in mind, I don't know why the little girl was so nervous. I also don't know why I spilled an entire glass of water during the interview. If you've ever wondered whether the glasses on a set are filled with liquid --- here is your answer. Sometimes they are.

I Don't Know if She Remembers

Today that eight-year-old girl is a grown woman. I don't know if she remembers the interview, but I certainly do. I even remember that I wore a peach dress. Well, a peach dress with a large water spill across the front of it. It is not an incident easily forgotten. It is an incident though about which I can laugh. I hope that today's Secrets from the Studio highlights how a healthy sense of humor can make even the most awkward moment lighter and brighter.

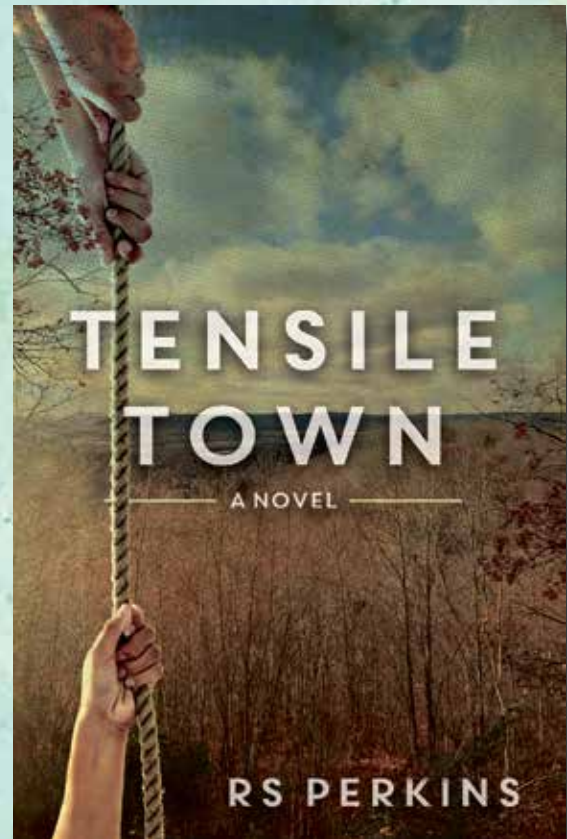
Here's to laughter that really is good like a medicine.
Blessings.

— Monica Schmelter is the General Manager of WHTN, Christian Television Network and host of daily television show Bridges. This article is an excerpt from Monica's latest book *Messy to Meaningful – My Purse Runneth Over* to learn more go to monicasmelter.com



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The Devil's in the Details

One of my favorite artists and musicians from the 80's was Don Henley, a founder and lead vocalist with the group, the Eagles. In 1989, Henley co-wrote a popular hit called "The End of the Innocence". It is a melancholy ballad about a young man's gripping encounter with the reality of grief and death over the loss of his father. One poignant line in the song goes: "When happily ever after fails, and we've been poisoned by these fairy tales. The lawyers dwell on small details." Contracts, wills, mortgage documents, insurance documents, prenuptial agreements, marital dissolution agreements, and the list goes on of documents that contain "small details" which lawyers must dwell on when representing their clients.

Whether we realize it or not, our world is filled with examples of legal terms and conditions that, if we took time to examine their content, many might find shocking. On Facebook, there are over 100 pages of legal policies, platforms and conditions governing your use of Facebook. The surprising fact hidden among these terms is that whatever content you post, you forfeit to Facebook any intellectual property rights.

How is it we can run the country on a 16-page Constitution, yet it takes 2,074 pages and more than 400,000 words of gobbledegook to present the Senate Health Care Bill? Essentially "the devil is in the details" is a warning that bad things can lurk in the specifics of a contract or agreement, and the client must be advised to approach them with caution.

Why do lawyers make documents so darn hard to read and understand? Why is there a need for so much legalese? Would not making legal language more straightforward help people better understand their rights and obligations?

Why not scale down all of the mind-numbing "mumbo-jumbo" and replace it with simple, every day, understandable language?

Here is one explanation. When drafting complex legal documents, lawyers are not merely mincing legal-sounding words and phrases; they are trying to exercise a form of clairvoyance by anticipating every possible contingency or "what if's". This is particularly true when drafting wills and trusts. Seemingly insignificant words often carry a great deal of import. For example, take the legal phrase "per stirpes." This is a Latin term you can include in your last will and testament to explain who will inherit your assets if one of your beneficiaries passes away before you do. With a per stirpes distribution, if one of your beneficiaries dies before you, their share of your estate will pass to their descendants, such as your grandchildren. If this phrase is omitted, then your beneficiary's bequest will lapse, and pass instead to the other remaining heirs or beneficiaries.

There is a growing body of thought today that lawyers should strive to simplify legal documents and eliminate legal jargon so that it does not require a law degree to understand them. Thomas Jefferson said: "When the subject is strong, simplicity is the only way to treat it."

The way we interact with the government, large corporations, involve many times the use of complex, legal documents. So, until the legal profession adapts to a simple, sensible redesign – and plain English – it is best to seek legal counsel before signing any legal document.

— Larry L. Crain, www.crainlaw.legal



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Medicare Open Enrollment Starts Soon

Yes, it has come around again and soon your mailbox, email, and TV commercials will be telling you that open enrollment is here!

So, let's take a look at what Medicare Annual Enrollment Period (AEP) is all about. If you have a Medicare Advantage Plan or a prescription drug plan (PDP) this is the time of year you get to review how those plans have done for you. You will be receiving from your plan's carrier toward the end of September a letter called the ANOC letter (annual notice of change). It will tell you what the changes on your plan will be for 2023. Remember to open this letter from your carrier and not put it in file 13!

If you don't do mail, then hop on your computer beginning October 1st you will be able to log on to Medicare.gov and check out your plan there.

You may also see your plans info in the 2023 Medicare&You that will be mailed to you. It's available on their website but does not have local information on plans/carriers.

The open enrollment signing period is October 15th through December 7th. If you decide to make any changes your new plan will start January 1, 2023. If you don't make any changes then your current plan will roll into 2023 and you don't have to do a thing!

Suggestion – call your Medicare Rep and discuss next year's plan with him or her! Every year we must get recertified with Medicare and the carrier's to be able to offer suggestions as to what would



be the best route for you in 2023. We are blessed to have such a great healthcare system in middle TN and that attracts many companies that want to do business here. I believe there will be several new carriers/plans available.

Remember this is about your healthcare coverage for next year. It's worth taking a look! And this time next year – we get to do it all over again!

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SPECIAL FEATURE

Passing the Torch: Retiring and Incoming Leaders at TSSAA Share Trevecca Connection

With the retirement this summer of Bernard Childress, who had served as the top executive with the Tennessee Secondary School Athletic Association (TSSAA) since 2009, new Executive Director Mark Reeves has some large shoes to fill. But he also has a great example to follow.

In his 14 years working as an assistant director with and for Childress, Reeves hasn't had to look far in drawing inspiration for the way he wants to lead. "Bernard is an incredible leader, and it's been a pleasure learning from him," Reeves said. "I never saw him rush to judgment, and he always tries to make the decision that's best for the kids he serves. More and more over the years, I've seen how much wisdom and consistency there is in his approach, and I hope to emulate that." For Childress, staying grounded in faith was crucial, and a daily prayer was part of his routine. Each morning he'd ask God for strength to do His will for young people.

Parallel Pathways

When he was working as a middle school principal in his previous career, Childress began taking some matters to the TSSAA about the consistency of the rules for middle school sports. That led to the establishment of a rules committee for middle schools, and Childress agreed to serve on the volunteer committee. When the TSSAA brought middle schools under its umbrella in 1995, Childress was offered an assistant director position, and accepted. Over the course of his tenure as an assistant director and then executive director, middle school membership in the TSSAA expanded from 69 schools to more than 450. Reeves' journey also started with interactions on the school side. His introduction to the TSSAA came as a high school wrestling coach and school administrator seeking guidance for his program. Later, he was checking on an eligibility issue when he came across the TSSAA job posting, and that led to his career with the association.



Bernard Childress



Mark Reeves

Trevecca Connection

Childress and Reeves each earned a master's degree from Trevecca while working as a teacher. Though neither had specific designs on becoming a school administrator, advice from mentors or peers steered them to higher education. In both cases, a decade and a half apart, convenience was a big reason for attending Trevecca.

Childress had been accepted at another college, but he found Trevecca to be a better fit for his schedule as a teacher and coach. Attending classes on Saturdays in Columbia, where he lived and worked, he earned his master's in administration and supervision in 1985. For Reeves, it was the option to attend satellite courses in Clarksville – along with positive feedback from a colleague – that made Trevecca the best choice for an advanced degree. He completed his master's in education administration in 2001.

Impactful Leadership

Serving student athletes has given both men motivation and a sense of purpose. They're often reminded what it was that drew them to the job. "I love education-based athletics and what they did for me personally," Reeves said. "Playing sports in school had an impact on me, and I want to be sure the same is true for our kids now and into the future." In making the decision to retire and handing over the duties of this office, Childress found closure in a similar overarching mission. "I could walk away knowing I was able to help young people, and that's what made the job truly rewarding."

— Brian W. Bennett, Communications Director, Trevecca Nazarene University, www.trevecca.edu



Benefits of Journaling for Caregivers

Caregiver stress is no joke. Not only can it make you resentful or depressed, it can also cause serious health conditions. That’s why adding stress reduction and coping tips to your daily routine is so important. One effective stress reduction technique that’s perfect for caregivers is journaling. Writing in a journal is free, takes as much or as little time as you’ve got, and can be done anywhere. I will outline 6 ways journaling makes caregiving easier and reduces stress, but first let’s explore how to get the ball rolling.

To start journaling, all you need is a paper notebook or a notes file on your computer or mobile device. Keep it private so you won’t have to worry about anyone reading what you wrote. It’s a wonderful ritual if you’re able to journal for a set amount of time each day, but you don’t have to follow any rules to get the full benefits of journaling. Write for as long as you want as often as you’d like. The one thing many people recommend is to write continuously and use a “stream of consciousness” approach. That means writing down whatever thoughts come into your mind. It’s important to let it flow and not edit your thoughts or worry about grammar or spelling. You don’t even have to use full sentences – anything goes.

6 benefits of journaling for caregivers

1. Reduce caregiver stress

Writing about anger, sadness, resentment, and other painful emotions helps to release the intensity of these feelings. After getting these thoughts out, you’ll likely feel calmer and less stressed.

2. Improve your health

One study found that when people wrote about emotionally difficult events or feelings for just 20 minutes at a time over 3 or 4 days, their immune system functioning increased. The relief gained by writing also improved the body’s ability to withstand stress, infection, and disease. Additional benefits of journaling include decreased blood pressure, improved sleep, less need to visit the doctor, faster healing, greater mobility in people with arthritis, and more.

3. Find solutions to tough challenges

Journaling can also be used for problem-solving. Writing out your thoughts helps you connect dots and come up with solutions that you wouldn’t have otherwise thought of. Next time you’re up against a sticky caregiving



challenge, try writing about what’s going on. It could help you think of a creative way to solve the problem.

4. Make caregiving easier

Journaling makes caregiving easier because writing things down helps you see patterns. That gives you the ability to spot things that could be improved, simplified, or eliminated to make life run more smoothly.

Maybe you’ll start to notice that mom gets upset every time you talk about leaving the house, but doesn’t make a fuss if you just leave. Or maybe you’ll find that your spouse is much more willing to bathe during the early afternoon than in the evening.

5. Resolve arguments with other people

Writing about fights or misunderstandings helps you keep from stewing over it in your mind. It might even help you see the other person’s point of view or figure out a way to resolve the conflict.

6. Get in touch with yourself

It’s easy to lose yourself to the pressures of caregiving and your older adult’s needs. Journaling helps you clarify your thoughts and feelings. Taking a few minutes to write down your unedited thoughts and emotions will help you get in touch with your true self. At Amada Senior Care, many of our caregivers journal daily and have great professional satisfaction as we help our seniors in need. Feel free to reach out to me if you or a loved one may need some assistance at home with all aspects of personal care, light housekeeping, meal preparation, transportation needs, etc. Amada Senior Care is here to help. Please call 615-933-7494.

— *Kevin B. Fehr, CSA, CDP, President & CEO, Certified Dementia Practitioner, Amada Senior Care Nashville, www.amadanashville.com
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— **Daron and Maricela Farrar, Owners Molly Maid of S. Davidson, Williamson and Maury Counties**

Train Them Up

Proverbs 22:6 says “Train up a child in the way he should go: and when he is old, he will not depart from it.” Most of us have heard this scripture. We usually relate it to our faith. We want to raise our children up to have a relationship with Jesus and to follow him. This becomes our goal and call as a parent.

Today I want to build upon that great foundation by communicating the importance of training up our children not only to know Jesus, but also to serve him unhindered by stewarding the very body we have been given by God. The fact is, we can desire to be used by God in this lifetime and to do all that He has called us to, but if we don't steward our bodies we may not be able to physically sustain the call He has on our life.

It doesn't matter how much we desire to serve God and others if we wake up every day tired, in pain, and with various sicknesses. Many times this causes us to default to focusing on ourselves rather than others. Our body is a vehicle given to us by God in this lifetime to accomplish everything he has for us. Are we stewarding that vehicle in a way where we can get maximum use and longevity?

We ponder this question with our adult clients as we seek to structure their health plan in a way that will help them have full focus and freedom on serving God. But it is very rare that our children experience this type of education in school. They are taught random facts about the body and how to play various sports. But they are rarely taught to think rightly about health and how it can impact others. They are taught how to pass a test instead of how to apply what they are learning to sustain health in any season of life.

As parents how are we intentionally training up our children not only to follow Jesus, but also to sustain that walk throughout our whole life? Are we being the example they need of what it looks like to be good stewards of the body we have been given?



These are a few questions I invite you to consider. If you don't fully understand how that's ok, we can help each other. We have a lot of curriculum based on helping you as parents equip your kids to build a biblical foundation in their health that makes health fun for students. We are here to support you any way we can.

Check the F.O.R.M. Curriculum out on our website. God can use YOU to help train the next generation up in the way they should go!

— Ashton Tate is the founder of *Glory to Glory Fitness* in Nashville, Tenn, and the creator of *The F.O.R.M. Curriculum*, a turnkey and biblically based health curriculum for schools and homeschool families.



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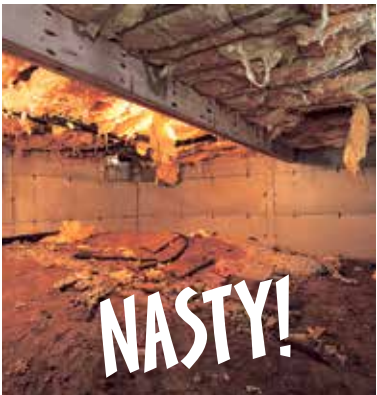
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Resilient Child Discipleship in a Rapidly Changing Culture

What comes to mind when you hear the word “discipleship?” For many, discipleship is associated with church gatherings, Bible studies or small groups, and while discipleship certainly takes place within these spaces, it is by no means limited to them. This might sound odd, but discipleship isn’t a uniquely Christian process. Yes, Jesus commissioned His followers to make disciples, but what makes this commissioning unique is not the call to discipleship but the object of it (i.e. Jesus).

Discipleship is Formation

Broadly speaking, discipleship is formation. Whatever is developing someone and directing the course of their life is discipling them. This means that the process of discipleship is taking place every day in every place to everyone.

At the 2021 Child Discipleship Forum, Darren Whitehead made the emphatic statement that, “The culture is discipling Christians more effectively than the church... we must begin with the assumption that our children are being over-exposed to worldly discipleship and underexposed with biblical discipleship.”

Culture spares no expense and leaves no stone unturned in its efforts to disciple our children. Christian Parents and church leaders must recognize this reality and seek to understand it. With that said, what is the dominant belief of our rapidly changing culture? It can be summarized in one word: secularism. Simply put, secularism replaces the God of scripture with the god of self. Instead of people seeing God as the source and ultimate reference point for understanding truth, reality and meaning, the self is given this authority, making people their own point of reference for reality.

Child Discipleship is Counter Formation

Understanding the thinking of the dominant culture around us not only informs our practices in reaching the next generation, but it also provides parents and churches with a laser-sharp focus in its vision. The church must actively seek to transform kids as followers of Christ through counter-formation. At Awana, we call this “resilient child discipleship.” This is a Christ-centered formation that has lasting faith in mind.

The Power of a Loving, Caring Adult

In a new research project by Barna Group and Awana, “Children’s Ministry in a New Reality,” we not only see the need to shift from the broad goals of children’s ministry to the specific target of child discipleship, but we also see the primary factors that reinforce spiritual resilience. One of the major findings that surfaced in this project was the power of a loving, caring adult. The research shows that children who have a meaningful relationship with an adult are more likely to engage in their church and are nearly three times more likely to be rooted in scripture. This makes it clear that what children believe and who they become are greatly influenced by where they belong.

So what does this mean for parents and the church? Our job as the broader church community is to build a community of loving, caring adults around our children, teach them the truths of scripture, and help them become lifelong followers of Christ.

— Matt Markins is the President and CEO of Awana.
Hunter Williams is a missionary with Awana in Tennessee.

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Larry Crain: Constitutional Lawyer

Many of the rights secured by the Constitution of the United States are facing persistent attack nowadays. One local attorney stands in the gap for religious freedom assured by the Constitution.

Beginning very early in his practice, Mr. Crain received calls for help from clients facing all sorts of constitutional challenges to their exercise of religious liberty: parents facing prosecution for merely wanting to homeschool their children consistent with their religious faith; ministries that faced arbitrary zoning restrictions on their church schools; churches facing internal struggles over self-governance; and myriad other religious issues affecting individuals, families, and ministries.

While a case that Mr. Crain handled led to legalization of homeschooling in Tennessee, the scope of other religious liberty issues affecting individuals and churches continues to expand. His dedication to First Amendment issues, particularly the rights of individuals to be free of religious discrimination, led Crain to litigate a broad spectrum of constitutional issues on a national level before The United States Supreme Court, several Circuit Courts of Appeal, and several state Supreme Courts, including Tennessee, Massachusetts, North Carolina, and California.

As a nationally recognized constitutional lawyer and a frequent lecturer and commentator, Crain has litigated, debated, and widely practiced constitutional law, especially in the realm of parental rights and religious liberty. His work in this area also opened the door for a number of ministry and nonprofit clients to operate their ministries over the years, including an adoption ministry called Small World Adoptions, Teen Challenge International, and the Church Law Institute, a non-profit legal and educational ministry serving churches all across the United States.

Crain remembers: “Before reading Francis Schaeffer’s works, I had never thought about the preeminence of God in the law: ‘The law must be anchored in moral absolutes which trace their origin back to God’s preeminence’: ‘all authority is from God’ (Romans 13) and that truth transcends the Constitution. It is where we get the notion of inalienable rights.”

Two specific scriptural precepts serve as anchors in Crain’s life testimony: “The steps of the righteous man are ordered by the LORD, and He delights in his way. Though he fall, he shall not be utterly cast down: for the LORD upholds him with His hand” (Psalm 37:23-24) and secondly, “whenever you turn to the right or to the left, your ears will hear this command behind you: ‘This is the way. Walk in it’” (Isaiah 30:21). Crain learned how to incorporate his faith into his legal practice and how to serve ministries that serve the Lord—top priorities.



Attorney Larry Crain devotes a major portion of his time representing churches with a variety of legal issues. Contact him at 615-376-2600, Larry@crainlaw.legal or visit www.crainlaw.legal. His office is located in Brentwood, Tenn.

Today, while his law practice has expanded to a number of areas, he continues to devote a major portion of his time representing churches on a wide variety of legal issues. Crain explains, “The legal landscape involving churches is changing dramatically. As more major denominations shift their focus to accommodate changing norms in our society, serious rifts afflict their member churches.”

“Theological schisms are never pretty,” Crain cites as an example, the United Methodist Church—America’s third-largest religious body—undergoing major changes over its teachings on sexuality. Crain has represented over a dozen Methodist congregations in Tennessee that have voted to leave the denomination over its rejection of traditional scriptural teachings concerning marriage and human sexuality. “The problem is that when these smaller congregations vote to pull out, the denomination claims it now owns all of the church’s property. Some of these congregations date back to the early 1800’s, but in the 1960’s, when they added the word “United” to their names, they did not realize that they were assigning all right, title, and ownership of their sanctuary to the denomination.”

“I represent one church now in a lawsuit that has been pending for over eleven years. We are seeing a rise in such cases, when with just a little proactive legal advice and planning on the front end, many such cases could be avoided.”

Crain’s approach to his law practice mirrors his personal faith: “Respect in this profession from judges and fellow members of the bar must be earned, and once obtained, must be carefully guarded.” The highest Source of all says it this way: “A good name is more desirable than great riches; to be esteemed is better than silver or gold” (Proverb 22:1).

Crain summarizes: “I believe God has blessed me over the years with some of the most courageous clients a lawyer can have. Their humility and courage have always born witness to their faith in Christ.”

— Sheila E. Moss: author of *Living to Matter: Mothers, Singles, and the Weary and Broken; Interrupting Women: Ten Conversations with Jesus; and international publications derived from teaching Bible and Christian ethics in Africa, Ukraine, Venezuela, and England; teacher of Bible classes for 35+ years; mother of five adult children and grandmother of eleven grandchildren.*



Lives Changed Through the Programs of The Salvation Army: Walk with Tiffany, a LIFNAV Coach

“Your shirt says HOPE, that’s the way, the love, and the light.” Those were the words of a friend I encountered walking down the street today. He sat down and we engaged in conversation about life. He opened up to tell me about his substance abuse, and of course my first offer was to assist him in getting into rehab. He replied “Yes, when can I go? Can we go now?”

I waited for my co-worker to finish up her conversation and off we went to the ER to get started. I know the process of getting into rehab is often very lengthy and frustrating to walk through because the need is great, and the space is limited. Today, however, something felt different, and I felt this was all going to work out somehow.

My friend was getting anxious and asked, “Is today the day you think?” I replied, “Absolutely today is the day.” I got a phone call about ten minutes later from the amazing ER social worker who gives her all for her patients! She said, “I have a representative here from a treatment center, would your friend want to talk?”



The treatment center had ONE bed left open today, and my friend got it. Today’s journey for my friend and I ended on the path to healing.

It was a sweet reminder of my why, the mission behind the shield and the longing of my heart to see the One. It was a reminder of how simple kindness and conversation can change lives in this world. It is amazing how such a small action is vitally important to our survival. I whole heartedly believe God’s hands were all over this situation today! It was as a reminder that something so basic can be the HOPE someone needs to keep on living...and it costs only time.

When you feel hopeless, remember HOPE is on the WAY!

— *This is a first person account as written by Tiffany Ladd, LIFNAV Outreach Team Lead www.salvationarmynashville.org*

TEACHABLE MOMENTS

Birds Of a Feather

My mom would remind me of this little statement from time to time growing up, “Birds of a feather flock together”. Meaning, I would find my group, a like-minded community as I navigated life. It made me aware of the type of people my life attracted and what I was being attracted to. I

will say, I have had some amazing friends come through my life and thankful for each one.

Jim Rohn, motivational speaker, has famously quoted, “We are the sum total of the five people we spend the most time with.” There is another quote, “Show me your friends and I will show you your future.” Turns out this is not just a catchy quote or good advice from my mom, it is biblical... Proverbs 13:20, “He that walketh with wise men shall be wise: but a companion of fools shall be destroyed.”

So, who are you spending most of your time with and, do you like the direction your life is going? I love the story in the Bible of the group of friends that carried their sick friend to Jesus, lowering him down on a cot through the ceiling.

Not only was it brave for the friends to carry their sick buddy across town, but he had to be pretty trusting to allow his friends to lower him down through the roof on a cot! What a great relationship. The healthy friends took on the responsibility for their sick friend to do what he could not do for himself. He was paralyzed. (To read the entire story see Luke 5:17-20).

As I take a personal inventory of the type of friend I am, I want to be like one of those guys – taking my friends to Jesus! Equally, I want to make sure I am spending time with friends that will take me to Jesus! As a result, guaranteeing my life moves in a positive direction, attracting birds of a feather.

Proverbs 17:17, “A friend loves at all times.”

— *Rhonda L. Smart, rhondalsmart@gmail.com*





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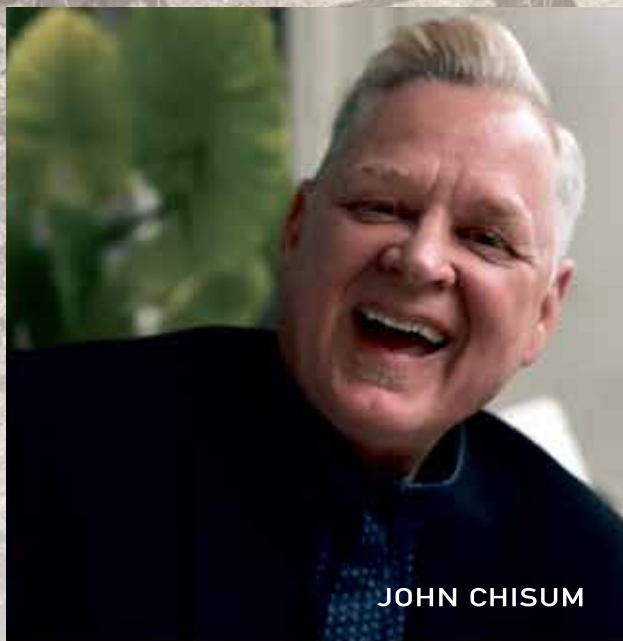
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Centricity Artist Coby James Joins “An Evening with John Chisum & Friends” to Benefit Childhood Literacy



JOHN CHISUM



COBY JAMES



DON MOEN

At only 20-years old, Coby James is already a music business triple threat. As a singer, songwriter, and producer, James has landed both No.1 and No.5 singles on Billboard’s Christian Hot AC/CHR chart, performed on a national tour with Grammy nominated and Dove Award winner Danny Gokey (of American Idol fame), signed with indie label Centricity (Lauren Dagle, Jordan Feliz) and released two self-produced EPs.

“Coby was seventeen when we first met and after that time I remember thinking there was hope for this world if people like him are eventually running the place,” says Centricity Music A&R Director John Mays. “It’s rare that we find someone that age with that much talent, maturity, work ethic, and heart. After a couple of years of working together now, I’ve seen him weather the storms of the music biz with an inspiring commitment to his craft and calling.”

Adding to his already busy music making schedule, James will be part of “An Evening with John Chisum & Friends” at the historic Franklin Theatre on Sunday night, October 16th. Also featuring iconic worship leader Don Moen and possible surprise guests, proceeds from the event will benefit Hands Across the Sea, a children’s literacy organization that has supplied new books, built libraries, and supported over 850 schools in the Eastern Caribbean for over fifteen years.

Billed as “a night of music for a lifetime of learning,” the event is being sponsored by long-time songwriter and worship leader, John Chisum, and his wife, Donna. The Williamson County couple have supported the charity for over twelve years, even traveling to the island of St. Lucia in 2019 to sponsor a fresh coat of paint for one of the schools Hands supports deep in the rainforest.

“It has been inspiring to experience Hands Across the Sea’s mission through John and Donna Chisum’s eyes,” says Hands Across the Sea Executive Director, Amanda Sherlip. “The spirit of service is so abundant in their hearts, and their care and commitment to the children has truly touched all of us at Hands Across the Sea. I am so excited to share in music and community with so many wonderful artists and people who share in our vision for building the future by helping to prepare our children.”

Also featuring global worship leader and recording artist, Don Moen, “An Evening with John Chisum & Friends” is going to be an upbeat, fun, and worshipful evening in the intimate setting

of the historic Franklin Theatre in downtown Franklin, Tennessee. Those attending in-person or streaming online can expect to be encouraged and blessed by a variety of musical styles and inspirational moments.

“Coby is a powerful musician and vocalist who captures the Gospel beautifully in his songs. He’s got so much energy and people are going to love him,” says Chisum. “And there’s no one like Don Moen! His songs are sung the world over - he’s literally a global artist with millions of followers worldwide. Plus I just might have a couple of surprises up my sleeve to make this an even more amazing night to provide amazing resources for thousands of children through Hands Across the Sea!”

Offering both in-person and online streaming tickets, Chisum hopes to simultaneously fill the Franklin Theatre and reach a global audience. “This is going to be an unforgettable night of worship and a lot of fun,” Chisum says. “All proceeds after we recoup concert expenses goes directly to Hands Across the Sea to continue their work. Donna and I have seen firsthand the impact they’re having and want to dedicate the rest of our lives to support them and to make more trips for service projects. We have to be the Body of Christ in the earth and roll up our sleeves to do His work instead of thinking it’s always up to someone else.”

Chisum urges readers to “show up, share, or stream” this event and to take an active part in making the world a better place and to share the Gospel by resourcing literacy throughout the world. “These children are our children too,” he asserts. “We have a global responsibility to show Jesus’ love to all people, especially children whose lives could be changed forever by learning to love reading.”

— Candace Mendes

To purchase tickets to attend in person or to stream online visit:

www.bit.ly/CHIZFRIENDS

For further information about the Franklin Theatre and this event visit

www.franklintheatre.com/tickets/music

www.donmoen.com

www.nashvillechristiansongwriters.com

www.johnchisum.com

www.cobyjames.com

www.handsacrossthesea.org

How To Organize Your Bathroom Stuff (And Keep It Tidy)

Nothing gets as cluttered as a bathroom countertop. The morning rush wreaks havoc on the best of us, leaving a daily layer of debris piling up: toothbrushes, makeup, shaving cream, hair ties, countless lotions, soaps, balms, and hair dryers. Get your bathroom organized to prevent clutter and make your morning routine less stressful.

Bathroom Organization Ideas

The key to organizing your bathroom is to create a place to keep your most-used items. This will usually require getting things off your bathroom countertop since there's only so much room on the periphery of your bathroom sink.

That means you'll have to get creative when it comes to organizing bathroom storage locations like:

- Bathroom cabinets under the sink
- Bathroom shelving
- Bathroom drawers

Bathroom Cabinet Organization Ideas

Whether you have a spacious cabinet beneath your bathroom sink or a standalone sink, utilizing this space helps you make the most of the sink's footprint. The key to knowing how to organize under your bathroom sink is to assign space to the essentials and find a new home for other items:

- Store cleaning supplies somewhere else if space is limited. If your bathroom cabinets are filled beyond capacity, move your cleaning supply caddy to a high shelf in a nearby closet. Not only will this create more room, but it will also put those cleaning chemicals further out of reach for young family members.
- Use clear bins. Place clear acrylic storage bins below the cabinet and label them based on what goes in each bin or drawer. You might even assign a drawer to a specific family member. If their drawer is overfilled, they need to pare down their bathroom stuff!
- Use the backs of cabinet doors. Just like hanging your towels on the back of the bathroom door, use small organization hooks and bins to store small items like toothpaste, contact cleaning solution, or deodorant where it's easily accessible yet still out of the way and out of sight.
- Use drawer dividers. Create a space for all of your everyday items with drawer dividers. You can find drawer dividers online, at a local hardware store, or you could make your own!

Install Over-the-Toilet Bathroom Shelves

Not enough storage under your sink? Add storage over your throne! Installing additional bathroom storage with weight-bearing shelves over your toilet or anywhere else you have room is a smart way to get organized:

1. You can greatly increase your bathroom's storage with additional shelving. This is a great way to keep items within reach but away from countertops. Like your cabinet drawers, you can further organize this area by using clear bins that allow users to see exactly what's inside. Match your bathroom décor



with wicker baskets or small porcelain bowls but find a balance between form and function.

2. Keep hand towels handy. Roll up hand towels and washcloths and store them on dedicated bathroom shelving. This is a handy way to keep tabs on when you need to do laundry next by giving you an easy look at how many are clean. It also prevents the problem of forgetting your towel!

How to Organize Your Makeup in the Bathroom

Depending on your morning routine, you might use a half-dozen different forms of makeup before you even brush your teeth! The best way to organize your makeup is to dedicate a bag to the purpose. Make a point of restricting your makeup supplies to what fits in the bag. Here's the only tip you need: put your makeup back in your bag when you're done with it— every time.

The Ultimate Tip to Declutter the Bathroom Is...

Using the bathroom organization tips above will help, but there's one tip that will always help your family stick to your bathroom tidiness goals: create and enforce a "clear countertop" rule. With this rule, nothing stays on the countertop except hand soap. Toothbrushes, toothpaste, glasses, and everything else has a place in a drawer, under the bathroom sink, or on a nearby shelf. Make consistent cleaning a part of your bathroom hygiene routine. Get a helping hand with recurring cleaning services from your local Molly Maid.

Stay on Top of Your Bathroom Cleaning with Molly Maid

You keep your bathroom tidy; and we'll help keep it clean. When it comes to cleaning, your trusted and reliable professionals at your local Molly Maid can make your bathroom, and the rest of your home shine. Let us put together a cleaning plan that meets both your needs and your schedule. Whether you weekly, occasional, or special event cleaning we can help you get it all done. Contact your local Molly Maid – 615-794-0200 or 615-603-3766, today to discuss a cleaning plan that's right for you. <https://www.mollymaid.com/s-davidson-williamson-maury-counties/about-us/contact-us/>

— Ashley Farrar

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THE HOME FRONT

Prevent HVAC Problems this Winter

Your car probably has lights on the dashboard telling you when to change the oil or put air in the tires. The HVAC system in your home doesn't come with warning lights, but keeping up with its maintenance can cut your energy bill and make sure your family is comfortable this winter.

Luckily, you can take simple DIY steps to keep your home's HVAC system in good condition. Of course, if you have a serious problem or an emergency, our pros at Lee Company are here to help 24/7/365.

Clean the air vents

You should vacuum out the air vents regularly. This keeps the vents clean and allows air to flow freely, regulating the temperature in your home. Cleaning air vents on a regular schedule will help everyone in your home breathe easier. Consider scheduling air duct cleaning to remove buildup if you notice extensive dirt and grime on your vents.

Replace the air filters

Checking your air filters regularly is one of the best things you can do to keep your HVAC running efficiently. We recommend you check them every month and clean or replace them at least

every three months. If you see a lot of dirt on the filter, clean or replace it right away.

Test your thermostat

If your thermostat isn't working properly, you might need to simply replace the batteries. We offer quick tutorials on our website to show you how to operate a programmable thermostat.

Check the coils

Condenser and heating coils can become dirty and cause your HVAC system to become less efficient. These are not parts of the system that you'll want to attempt to clean yourself. It's best to call a professional.

Replace your old HVAC

A new HVAC system is costly, but if it's old and inefficient, investing in a new one can save you money by significantly lowering your annual energy bill. Your HVAC has a SEER rating, which stands for Seasonal Energy Efficiency Ratio. It measures the amount of electricity your HVAC's air conditioning system uses. An old system with a SEER of nine uses about 40 percent more energy



than a newer system with a rating of 15. Some systems have SEER ratings that are even higher. With the energy savings, your new HVAC system could pay for itself in just

a few years. Contact Lee Company to learn how HVAC financing can ease the financial burden if your old system breaks down.

Last but not least: Preventive HVAC Maintenance

As you already know, we're here and happy to help you with your preventative maintenance needs. Lee Company's HVAC pros can check your HVAC system and provide the best solutions for your home. Join our Home Maintenance Plan and receive annual HVAC inspections of your heating, air conditioning, plumbing, and electrical systems for less than \$9 per month. Plan members also receive discounts on service calls, parts and labor, new installations and renovations, and priority service with no emergency service rates.

— Kyle Herndon, HVAC Service Manager, Home Services for Lee Company – leecompany.com

MIRACLE MOMENTS

Moving on After the Empty Nest

The empty nest can present a fresh start for you. Initially, it hurts. It shuffles the family dynamics and gnaws at the title of mom. When the day arrives, you realize you aren't as prepared as you thought. No one leaves open cereal boxes or half-used cans of soda scattered around the house any more. What used to irritate you, you now wish you had back.

After my husband and I dropped our youngest off at Ball State University in Muncie, Indiana, my husband and I took off a few days. We toured Indianapolis, stayed at a fancy hotel, and dined at yummy restaurants. When we arrived home, my husband went about his job. Our oldest daughter lived with us while looking for a job after college graduation, so the nest still had one left.

But weeks later, I watched her pull out of the driveway in her compact car filled with her dog and meager belongings. I gulped and maybe flicked away a few tears as she drove off to New York to start her new job. To distract me, I visited my mom in Wisconsin, who needed hip replacement surgery. I stayed a week, as she had grown weaker. I thought the hip pain was the problem,

but a month later, my sister rushed her to the hospital. She died three days later from lung cancer.

Not only were my kids in three different states, none of which were Tennessee, but now both parents were gone. I had envisioned filling my empty nest days with visits to my mom. But those were not God's plans. I grieved not only the loss of my mom but also the loss of being a hands-on mom to my kids. I wrestled with God and called and texted my kids (maybe too frequently).

But as time ticked, I thought maybe God had plans for me, too, not just my kids. My husband and I visited our three kids and discovered new coffee shops and restaurants. We attended the Theater for Performing Arts Broadway shows and Predator hockey games. I took my writing from a hobby to



a career. We enjoyed our time together and our separate careers.

My thinking shifted. What if this was the beginning of a new season, not just the end? After taking time to grieve the empty nest, what if we approached this season as a fresh start for us? Yes, treasure family together times and create memorable moments. But spread your wings, date your husband again, discover new places, meet up with new and old friends, and follow your dream or passion. God is not yet finished with you. He has plans for you, too.

— Sally Cressman and her husband enjoy an easy rhythm in their empty nest. She'd love to connect with you on Instagram at [@sacressman](https://www.instagram.com/sacressman), Facebook, or her blog at www.sallycressman.com.

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The Fisher Center

AT BELMONT UNIVERSITY



The Fisher Center at Belmont University is a new \$183 million-dollar multifunctional performing arts center that completes the performing arts district along Belmont Boulevard. Moreover, the venue promises ultimate adaptability with design features that make it a perfect fit for a wide variety—from classical, Christian, Broadway and rock n’ roll to intricate broadcast tapings. At 150,000 square feet, the Fisher Center is home to performance areas, rehearsal spaces and a stunning lobby that’s nearly the length of a football field, creating a multi-purpose venue that can be utilized for nearly any type of performance or meeting.



The sophisticated and elegant performance hall is the crown jewel of the facility. Fashioned after traditional European opera houses, the hall is acoustically designed to provide an exquisite listening experience. An acoustically transparent domed ceiling, constructed of ornate plaster and metal grillwork, allows sound to travel up into the attic volume before being diffused, or absorbed, depending upon the nature of the event. Variable acoustic system within the hall includes curtains placed in wall pockets that can be deployed to manage audio needs, or literally tune the room, for different events. The hall features four floors of seating and holds 1,727 patrons at capacity.

The Fisher Center’s Grand Foyer invites guests into a sweeping, three-story space sure to make a lasting impression. Set upon a floor displaying an Alaska White/Dakota Mahogany necklace featuring glittering Cerulean blue jewel tones, the foyer is capable of holding up to 900 guests and designed to host elegant banquets, galas and special events. Adjacent to the main Grand Foyer space are two ballrooms—the Brad and Kimberly Williams-Paisley Ballroom and the South Ballroom. The ballrooms can be cordoned off for intimate receptions or opened to increase the size of the Grand Foyer. (The Foyer itself

can seat approximately 500 at a seated dinner and can be expanded to 900 by incorporating the neighboring ballrooms.)

Designed by local architectural firm ESa, the venue is framed with fluted Corinthian columns and double height clear art glass windows. The drama of the overall architecture is complemented by three 30-foot pendant chandeliers in golden tones that perfectly accompany the blue pearl granite features throughout the grand foyer. At night, the light glinting off of the fixtures can be seen through the windows on Belmont Boulevard, reflecting onto the side of the building.

Situated within two miles of downtown Nashville, the Fisher Center also offers its guests an abundance of nearby amenities with ample restaurant choices in the Belmont Boulevard, Hillsboro Village and 12 South neighborhoods. In addition, convenient parking is available as the venue is bordered by both the Curb Event Center garage and the South garage, collectively able to hold more than 1,600 vehicles.

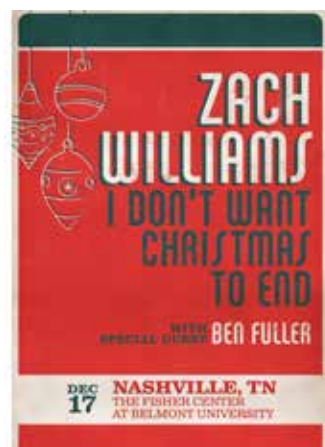
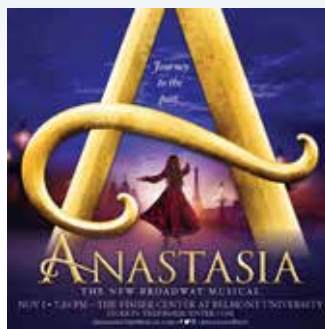
Music Veteran Chaz Corzine was appointed as Executive Director in February and is executing a vision to make Fisher Center the best performance venue on any college campus in the world. He said, "Having had the privilege of visiting literally hundreds of venues in my professional career, I can honestly say that the Fisher Center is the greatest combination of classic beauty and cutting-edge functionality of any Performing Arts Center - anywhere. The learning opportunities for the students at Belmont are limitless and the quality of shows that the public will see here combine to make the Fisher Center a gift from Belmont to the Nashville community."

Corzine has worked in the entertainment industry for decades in tour promotion, event production and artist management, working with Christian singers Michael W. Smith and Amy Grant, as well as supporting the careers of gospel artist CeCe Winans and ice skater/author/speaker Scott Hamilton. Those who have worked with Chaz Corzine sing his praises. Amy Grant said, "Everything about Chaz's personality and character are perfect for this job. He is a natural networker and has friends in every area of entertainment - music, sports, racing... He will give the same respect and consideration to the middle-aged usher as he will the artist standing center stage. Belmont is lucky to have him."

Thanks to Corzine's extensive connections in Nashville and beyond, along with the ambitious vision Belmont's leadership has for the hall, the Fisher Center is on a path to make a significant impact in the performing arts and beyond. University President Dr. Greg Jones noted, "The beauty and performance capabilities of the Fisher Center are simply unmatched, and its possibilities are unparalleled. From inspiring audiences with globally - minded performances to celebrating our students' talents onstage and behind the scenes to serving Middle Tennessee through partnerships and programs, the Fisher Center offers unlimited potential. This venue will equip students with the confidence and real-world experiences that set them apart as Belmont graduates while also attracting world-renowned artists to share their immense talents with our campus and the local community."

The Fisher Center is named in honor of retired Belmont President Dr. Bob Fisher and his wife Judy, who have been long-time advocates for the arts. Traces of Fisher's legacy can be seen in the intricate details of the building. At the center of the aforementioned dome ceiling design is a ten-foot-wide medallion with fiber optic night-sky lighting details, showcasing the star formation from the day of Fisher's inauguration as President of Belmont University back in 2000. Icons of bees, roses, trees and fountains can be seen in the columns as a nod to Bob and Judy Fisher's passion for conservation and the beehives on the top of the Ayers Academic Center. The front area of the center is named Dickens Plaza for the former Board of Trustees Chairman Marty Dickens and his wife Betty.

The Fisher Center for the Performing Arts opened its doors in September of 2021, and in February of 2022, the Belmont's Department of Theatre and



Dance put on the first student performance, and one of their largest shows ever produced, "Peter and the Starcatcher." The center's state of the art theatrical equipment allowed for incredible adaptability, with an extendable orchestra pit, two additional lifts, and cutting-edge rigging and lighting in the main hall.

Last fall, the department put on a production of Broadway-favorite "42nd Street." Caroline Eiseman, a then-senior who played the lead role of Peggy, described her time there as a gift. "Through the Fisher Center, we are finally going to be able to pull off some of those bigger shows that weren't possible before and get to see the full picture of the talent of our students." Now graduated, Caroline's Fisher Center experience helped catapult her into quick success as a new alum—she recently announced that she will be joining the upcoming North American tour of Hairspray.

Since its dedication one year ago, the venue has already experienced a multitude of incredible performances. From special invitation-only events with alumnus Brad Paisley and a masterclass for students with Garth Brooks and alumna Trisha Yearwood, to a summer from the Nashville Ballet and a Nashville Opera season-ending performance of Richard Wagner's masterwork "Das Rheingold."

The upcoming fall semester alone is set to provide a wide range of performers. This September, Belmont alumnus Cody Fry is bringing his new sold-out show "Cody Fry & Friends: Live with Symphony Orchestra," while comedian Tim Hawkins is set to perform in November. The Fisher Center will have an incredible lineup of events throughout the holiday season, including a ticketed performance of the signature "Christmas at Belmont" event, a touring production of Broadway musical Anastasia and a live show of the beloved "A Charlie Brown Christmas."

In addition, Corzine added, "Some of the most exciting things that take place at the Fisher Center are student productions and concerts. Our hope is this beautiful facility will provide an opportunity for friends in the Belmont neighborhood to see the type of world-class productions that the Belmont students produce."

To view a complete list of upcoming events or to buy tickets, please visit www.thefishercenter.com. Here is what's next at the Fisher Center:

- Cody Fry on September 22**
- Chonda Pierce on October 16**
- Anastasia, The New Broadway Musical on November 1**
- Tim Hawkins on November 13**
- A Birth of a King on December 6**
- A Charlie Brown Christmas on December 9**
- Christmas with Michael W. Smith on December 15**
- Zach Williams on December 17**

— April Hefner, Associate Vice President Of Marketing and Communications at Belmont University, www.belmont.edu

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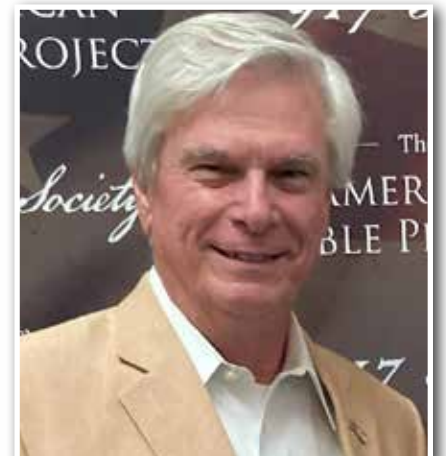
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The Day My Great Grandparents Died

The reality is that my great grandparents didn't just die, they were murdered. They were two of six million Jews murdered by the Nazis and their willing accomplices throughout Europe. And it wasn't just the two of them, but their children and grandchildren, and scores of cousins, nieces and nephews, and neighbors. They were lined up and shot in a communal grave on the outskirts of Kanczuga, the Polish town in which they lived and raised their families for generations. Their murder took place 80 years ago this week.

We know what happened from the testimonies and writings of some who had escaped, or those who were deported earlier and survived. Survivors communicated with their neighbors years later. My great aunt told me she would write to the mayor of Kanczuga after the war, sending along care packages as a bribe for him to provide information, any information, about her parents, siblings, and nieces and nephews. Even if he said was made up as the historical record seems to demonstrate, it gave her some sense of closure.

When the war ended, some survivors came back to Kanczuga to look for other survivors, and try to start their lives over in the only place they knew as home. Several Jews who had returned were murdered by their Polish neighbors in a pogrom that took place in April 1945, after the war officially ended. I knew the three young men who buried the victims and extricated the survivors to safety from their Polish neighbors threatening to finish the job. As old men they shared vivid details with me. Willie Kramberg, with whom I became close, was always "happy" to do so, but prefaced that he won't sleep for three days as a result of reliving the horrors.

I have written and spoken about my family's life, and death, in Kanczuga many times. I heard stories from my grandmother and great aunt, about their parents, siblings, and nieces and nephews. Though I have never been there, Kanczuga is part of my family's history, but in the distant rear-view mirror. I have a sense of nostalgia for this place which I have never visited, in which my family lived for generations, yet no urgent desire to do so.

I am grateful that my great grandparents had the sense to begin to get their children out of Poland in the 1930s. But now, as a grandfather, close in age to that of my great grandparents were when they were murdered, I look back and weep at how painful it must have been not to be able to save everyone much less themselves. They knew they needed to get their families out of Poland, that time was running out even before the Nazis arrived, but didn't know when that time would be. Until that last Shabbat, when the Jews of Kanczuga were rounded up and massacred, I suspect they did everything they could to save their family.

Shabbat is a joyous day to celebrate surrounded by family. The sense of helplessness that must have overcome them in those last hours, on their last Shabbat, is incomprehensible as I think about what happened that Saturday 80 years ago.

The Jewish community had been rounded up and crammed into one of the synagogues. A hot August day with many times more people packed in than the building was built for. I don't know if they were told they were being "deported" and given any hope, or not. I just know how they perished.

While the bullets were German, the jeers from the those lined up to celebrate, or just watch, were Polish. If they were close enough to the Poles, no doubt my relatives saw neighbors they had known all their lives. The Nazis needed wagons and the like to move the Jews from the synagogue in the center of



town to the communal grave that the men had been forced to dig outside the town. The Nazis didn't just bring in their trucks and buses to deport Jews when they invaded. In many places they were forced to walk kilometers to their death, or carted out of town as it might be too "unpleasant" to massacre hundreds or more people too much in public. Where vehicles were needed, they were borrowed or requisitioned from the local Poles, often with the Polish "driver" leading his own horse to carry away his neighbors to their death.

I met Benny Schanzer decades ago. He was a teenager when he was being deported 80 years ago. He shared with me that my great grandmother, Dreizel, saved his life by telling him simply, "You're too young." I don't know if my great grandmother had any hope for herself or any of her family being saved even at those last horrible moments. She knew the end was near. Benny understood, escaped, and survived to tell me the story decades later.

Before the war and the Holocaust, Kanczuga had about 1000 Jews, representing between a third to half of the population. There were instances of Jews and the mostly Catholic Poles getting along including attending school, doing business, even serving in civic capacities together. Antisemitism existed as it did throughout Europe, largely but not exclusively due to Catholic teaching about the Jews. That sowed the fertile ground in which antisemitism thrived. My grandmother used to me that the ground was soaked in our blood. She did not mean it metaphorically. Antisemitism didn't always involve overt persecution, but it was pervasive to the degree that at least my great grandparents had the sense and ability to be able to get four of their children out of Poland. And that when the Jewish community was being deported to their death, local Polish neighbors celebrated, and then took the homes and property of the Jews who once lived next to them.

As a result of four children surviving then, I am here. Including my brothers, our wives, children, and grandchildren we are 22 people. 80 years is not that long ago, but it feels like ancient history. It's a significant milestone we cannot let pass without remembering our relatives who were murdered, and honoring the survivors, thanks to whom we are here.

This year dozens of descendants of the former Kanczuga Jewish community will gather virtually from at least three continents, to remember. We represent one very small group of descendants of one very small Jewish community, in one very small Polish village. And my family, a few dozen within that one small town, whose matriarch and patriarch did everything possible to have their children survive. On that level, the incomprehensible number of six million becomes real. It's the sum of hundreds of thousands of entire families, like mine.

You're invited to join the memorial for the Jewish community of Kanczuga, Monday, September 5 at 9:00pm Israel time, 1:00 pm CST (US), to remember the victims and honor the survivors who suffered so much but thanks to whom we are here.

— Jonathan Feldstein

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Faith, Family and Frontier Foundation & Crawl Space Repair

Family owned by Layne, Judy and Dustin Gebers, Frontier Foundation & Crawl Space Repair has served the Middle Tennessee and Southwestern Kentucky communities for more than 20 years. The company has gone through many ups and downs, nevertheless, what has remained steady is their faith in God and their focus on family. Judy fills us in on the history of Frontier and how these values have helped them get through the most challenging times.

Frontier Foundation & Crawl Space Repair is celebrating its 20th anniversary this year. Can you describe the journey you and Layne went through to establish your company?

When we moved to Tennessee from Nebraska in 1999, owning a waterproofing and foundation repair company was the last thing we had on our minds. We moved here for a company Layne was working for at the time in Cumberland City, TN. They helped to relocate us to this area. Soon after, Layne became disheartened by his new manager's practices and philosophies, which were the opposite of what he believed in. It wasn't easy, but we decided to back away and leave everything on the table, trust God, and do our own thing. We knew how to be a general contractor, that's what we always did, so we decided to start our own company called Apple Hollow Contracting. We started doing a lot of remodeling for people we met through the church and word of mouth. When you have a church full of happy people, you have a good customer base.

How did basements and crawl spaces become your point of interest?

Houses in Nebraska have basements, not crawl spaces, so when we moved down here, Layne wasn't quite sure about crawl spaces at first, but he could immediately identify their issues and see that they were collapsing in due to moisture. Layne met Larry Janesky, the founder of Basement Systems in Connecticut, at a home show. When they saw they shared the same values, our company became one of their dealers, and we have been serving Middle Tennessee and Southwestern Kentucky area ever since.



Left to right, Layne, Judy and Dustin Gebers

Frontier FOUNDATION & CRAWL SPACE Repair

Frontier Foundation has strong core company values: Faith, Respect, WOW Service, Passion, Loyalty, Integrity, Excellence, and Determination. How does hiring people who share and personify these values affects the company?

It sets us apart from someone who just wants to make money. Our mission is to help and serve others. All those core values are just wrapped around essential caring for someone else, that could be your co-worker, manager, or customer. We want to treat each customer as if they were your grandma and care for them as if they were a family member. We have always felt like all our employees are not just employees, they are a family. We like to invest in the family because we want them to have the best tools, resources, training,

and a facility they can be proud of, and we want them to feel at home here in our company.

You have gone through a lot of ups and downs along the way. Your company's story proves your strong determination never to give up and your ability to start over not once but multiple times, which is admirable and unimaginable for many of us. What helped you stand strong in difficult times?

It's all about finding the right people. It was important to realize that it doesn't have to be me doing it all, I just need to find the right people, and that makes our company successful. All of us at the Frontier have a common heart to help homeowners, and that's our foundation. You build a company by having one happy customer at a time, and that's how we grow. It was a big wheel to push for a long time until it started moving on its own at some point. We are very blessed. We have amazing people with the hearts of servants. And that's how you run a service industry - by people who genuinely care about each other and customers.

There have been many times when there was a struggle, but sometimes you need to trust God and His timing, and He will send you the right person with the right set of values. We are very blessed as a company, and I will lift that daily, but I'm not pushy about it. I feel people in this world want Jesus but are afraid to have that conversation. Faith is about connecting with others and showing Jesus to them by how you act, by being a family for them, and by caring about each other.

A holocaust survivor Corrie Ten Boom, said: "Every experience God gives us, every person He puts in our lives is the perfect preparation for the future that only He can see." I have seen that over and over in our lives and in our company, for example when we met Larry two decades ago. God works very well behind the scenes, if we only let Him.

— Martina Brindley, Marketing Coordinator
Frontier Foundation & Crawl Space Repair
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THE GREAT OUTDOORS

The Dogwood Tree

The Legend of the Dogwood Tree is just that, a legend, but an interesting one as told by the Winning Ways Foundation. Two thousand years ago, few trees in the Middle East were big enough to construct anything. However, one tree was valued above the others for its thick trunk and fine, strong wood. When the Romans came to rule over Jerusalem, their government used this same timber to build the crosses for executing criminals. A group of workers were assigned to gather wood for the crosses. Before long, every Roman official knew the best wood came from these gatherers of execution wood, so those workers became popular.



One day, the wood gatherers received a special request. An officer of the Roman court came and said, "The King of Jews is to be put to death. Deliver an extra-large cross made from your finest wood." So, a fresh tree was cut from the forest of the trees with thick trunks and fine, strong wood. An extra-tall (and extra-heavy) cross was quickly made and delivered.

Three days after the death of Jesus of Nazareth, the chief wood gatherer got alarming news. "All of our finest trees are withering!" the messenger whispered. The wood gatherer hurried to the forest and saw that it was true. Several years later, the chief wood gatherer heard that, every spring, many people visited the old forest that had once made his job so easy. Despite his advancing years, he set out to discover why. He saw the remains of forest, now like a salty bottom, with only a few trees still standing tall, bare, lifeless and rotting. But what was this? As he drew closer, his feeble eyes could make out the people walking among thousands of beautiful, flowering bushes. Seeing one of his own workers there, the old man said, "No one could ever make a cross out of this twisted wood. Our finest tree has gone to the dogs!" He noticed the beautiful white flowers, each blossom looking as if it had been burned from the touch of a miniature cross.

As told to Ben Baston by his grandmother, Louise Brown.

There Is a Legend

At the time of Crucifixion the dogwood had been the size of the oak and other forest trees. So firm and strong was the tree that it was chosen as the timber for the cross. To be used thus for such a cruel purpose greatly distressed the tree, and Jesus nailed upon it, sensed this. In His gentle pity for all sorrow and suffering Jesus said to the tree: "Because of your regret and pity for My suffering, never again shall the dogwood tree grow large enough to be used as a cross. Henceforth it shall be slender and bent and twisted and its blossoms shall be in the form of a cross--two long and two short petals. And in the center of the outer edge of each petal there will be nail prints, brown with rust and stained with red, and in the center of the flower will be a crown of thorns, and all who see it will remember." The pink dogwood is said to be blushing for shame because of the cruel purpose which it served in the Crucifixion. The weeping dogwood further symbolized the sorrow. The red dogwood, called the Cherokee, bears the color to remind us of the blood that was shed by our Savior.

Jesus' cross was most likely made from either cypress, cedar, or pine. Of the three, pine is the wood thought to be the favored choice because of its ease of use.

— Anthony "Tony" Boquet, the author of "The Bloodline of Wisdom, The Awakening of a Modern Solutionary" and the soon to be released "The Power of the Wisdom of Three"

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The Truth About PRP for Pain

Platelet Rich Plasma (PRP) has been making its way into more media headlines, as numerous professional athletes are turning to this treatment option for their injuries.

The question on so many minds is: “Can it work for me?”

PRP is a treatment that uses a patient’s own blood cells to accelerate healing in a specific area. Using advanced techniques, white blood cells and bioactive proteins, called growth factors, and stem cell markers can be concentrated. This concentration can then be injected into the damaged area for tissue regeneration and repair. PRP signals for stem cells and re-generative cells to initiate a process, called the healing cascade, that can be active for a 4–6-week period after each injection. Many patients notice reduced pain, increased strength, accelerated healing, and overall improvement in function following treatment.

While PRP can be used with a multitude of musculoskeletal conditions, it is most commonly being utilized for pain in the knees, shoulders, hips, back, and neck. Many are choosing this minimally invasive option because it has less risks and side effects when compared to surgery or steroid injections and offers patients minimal to no downtime. Because the treatment is from the patient’s own blood, there is no danger of reactions, rejections, and little to no risk factors from the procedure.

For years, athletes have been choosing PRP treatments to avoid surgery and pain medications while rapidly advancing healing times. In recent years, because of advancements in technology, PRP is now widely available, and an



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affordable option, for the average American; however, before you sign up for PRP injections, there are some things you should know:

What You Should Know

- 1) Secondary conditions and compensations can impact the effectiveness of your treatment. Many individuals are seeking treatment after years of dealing with pain. By that time, their bodies have learned to compensate or favor the damaged tissues. Specific treatments (sometimes just stretches and exercises) need to be determined for the compensations, not just the painful parts.
- 2) The precision of the injection is an incredibly important factor. In highly damaged joints, such as a bone-on-bone knee, it can be very difficult to find the narrow joint space. Technologies, such as fluoroscopy, used during the procedure can make a world of difference in the overall outcome.
- 3) Diet matters. Because the concentration of PRP is coming from the patient’s blood, those who want the best possible results will want to eliminate inflammatory foods from their diet before the procedure; furthermore, avoiding cigarettes, excessive alcohol intake, and other drugs can improve the quality of the injections.
- 4) Patients need to be prepared to get enough injections to address the severity of the damaged tissue. While some experience relief after just one, significantly damaged tissues can require three or more injections to get the results they are looking for. PRP has proven to be a wonderful option for many dealing with pain. Find a qualified physician who will evaluate your condition and be able to offer you the treatment options to address your individual concerns.



For years, athletes have been choosing PRP treatments to avoid surgery and pain medications while rapidly advancing healing times.



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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 another liquid that can help us lose weight.

According to research journal, *Medicine and Science in Sport and Exercise*, drinking a glass of fat-free milk each day can double weight loss. People sometimes steer clear of dairy because they believe it is fattening — actually, the reverse may be true.

Milk contains both vitamin D and calcium, which have both been linked to weight loss.

And while, we’re at it – you might want to switch from coffee to tea. Black and green tea can be an effective way



to increase weight loss, according to studies in Naunyn-Schmiedeberg’s Archives of Pharmacology. Drinking between two to four cups per day has been linked to weight loss in multiple studies. People in the studies lost weight without making any other dietary or lifestyle changes, apart from drinking tea.

And one more nugget about what we put in our mouth as it relates to weight loss. According to the *Journal of General Internal Medicine* if you want to lose more weight, ditch the steak and pick up a carrot. Vegetarian diets produce the most

weight loss, research finds. Diets that do not contain meat are linked to significantly more weight loss. Vegetarian dieters typically lose around 4.4 pounds more than those following diets that include meat.

So, how is your weight loss journey going? Need encouragement, knowledge, and accountability? Let me point you to the place I’ve found success – Dr Lodge and the crew at Cool Springs MD. In 2011, I met with Dr Lodge and 16 weeks later lost 65 pounds. How much weight would you like to lose? Connect with Dr Lodge and his team and they will show you how.

This monthly column is a two-way street. I would love to hear from you. What has helped you lose weight? Any tips you would like to share? I welcome your feedback, thoughts and ideas and look forward to sharing them in a future article. You can email me at Doug@94FMTheFish.net or feel free to call me during my live radio show – weekdays between 3 pm – 7 pm on 94 FM The Fish. (800) 826-3637

— Doug Griffin
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Unplanned Grandparenting: Expecting the Unexpected Gives Grace Under Pressure

In 1978, the United States Congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparents Day. Therefore, this year we will celebrate Grandparents' Day on September 11th. I am thankful that there is a joyous reason to celebrate on 9/11 and we in no way want to disrespect or under value the other significant experiences our country has been impacted by on 9/11.

Becoming a grandparent usually happens years after a child graduates high school, completes college, dates, get married and then gets pregnant with a child. When these circumstances happen out of sequence or in another timeline, it can create a very surprising and quite often confusing situation. For the families in our community that find themselves facing an unplanned pregnancy, this would include the young lady and young man as well as their biological parents, siblings, and their church families. Since the overturn of Roe v. Wade, we as the church, and as community at large need to be the arms and feet of Jesus to young women and men when faced with an unplanned pregnancy.

The first place to point them is to a local pregnancy care center. In middle Tennessee there are several amazing locations that are there to walk alongside a young lady and her partner from pre-birth through their child's third and sometimes fourth year of life! They offer parenting classes, baby boutiques and boundless resources like diapers, car seats, clothing and maternity related items as well. When a young couple walks into a pro-life and pro-love pregnancy center, they will be surrounded by kind and supportive people who can help them discuss and create a gameplan on what to do next. Sometimes,



the first step is to tell their parents. Sometimes, the first step is to figure out how to organize their educational goals to ensure they can continue to pursue and accomplish all they have desired to do around the considerations of the baby. Sometimes, it is simply to find out if they are truly pregnant.

If you or someone you know is facing an unplanned pregnancy, please reach out and don't go through it alone. For the parents, becoming an "unplanned grandparent" can be overwhelming and can even come with some components of loss and grief.

However, once you hold that little baby for the first time, once you realize this child comes from your genealogy and carries your DNA in its little body, it comes with an overwhelming sense of love and joy that always outweighs the fear and confusion. You may be facing some hard decisions about what to do next. More than anything, please remember this is a time your child needs your unconditional love and support, your patience and kindness. The baby is a beautiful gift and comes with a specific purpose and plan for his/her life. The options to parent the child, to get married, to co-parent or to consider the loving choice of adoption are important discussions you will want to be part of as your child and his/her partner explore the future. You don't have to figure it all out at Day One. Just take one step at a time and again, please don't go through the journey alone.

— For more information, contact Tammy and Jay Daughtry at www.CoParentingInternational.com



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Technology - 1 Infestation - 0: How Waynes Smartpest Solution Keeps Rodents Away

How would you feel about a pest control solution that could identify and eliminate intruders that were hoping to remain unnoticed? Rodents like to stick to the shadows and spend their active hours at night, so they can go days (or more) without being noticed. So, when a rodent tries to come to YOUR home, there's only one solution: Smartpest.

Are Mice a Problem In Your Home?

Roughly a third of American households experience rodent visitors. These problems are especially prevalent in the fall and winter months when these tiny creatures are looking for somewhere warm to spend the cooler months. Since mice choose basements or attics as their most preferred hiding spots, it's easy for them to sneak around your home undetected. Rodents are likely the LAST thing you want to see in your house. That's where Smartpest comes in to save the day.

What is Smartpest?

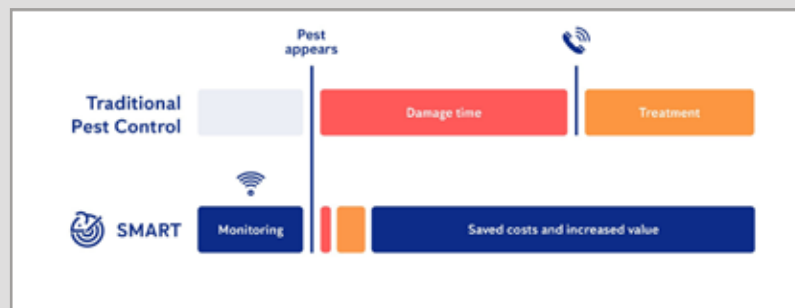
Smartpest Residential uses game-changing technology to provide an enhanced pest-control experience for a more sustainable future. SMART is an intelligent system that keeps an eye on the things you don't want to see. It works by constantly

monitoring and instantly reacting to prevent costly infestations. We use an initial assessment of your home to create a customized Smartpest plan. Our Service Professionals will strategically place our digital SMART system around your home to detect rodent infestations and include as-needed non-toxic traps to eliminate these intruders.

Waynes Smartpest System: How It Works

Our Smartpest system is made up of three components.

- The Smart Connect Mini is a communication hub that tracks data and informs of any pest problems.
- The Smart Eye Mini uses a passive infrared sensor to detect motion up to 6 feet. If pest movement is detected, it lets the Connect Mini know.
- The third component is the Smart Snap. It is a covered trap that uses a sensor to detect and eliminate mice. When a pest is caught, we will come out to remove it and reset the trap!



Why Choose Smartpest?

Smartpest works faster than traditional pest control. In many instances, we can identify a pest problem and eliminate it before you've noticed something is amiss! Smartpest minimizes damage and treatment time, saving you money and increasing the value of your investment in protecting your home from unwanted guests.

To learn more about our exclusive Smartpest solution, visit us at callwaynes.com or call us at 866WAYNES1.

— Meredith Boyd, Social Media and Marketing Coordinator, Wayne's

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Spiritual Goal For The Month

Psalm 100

WORSHIP the Lord with Gladness

Know that The Lord is God...and deserves being honored by all the world. Let us start today by giving thanks and praising His Name...for God is good...and His love for us endures forever.

The Lord made us...and we are His. We are like sheep in His pasture. He has always been faithful to those who seek a personal relationship...bask in His love...desiring to serve and honor God.

Prayer: Lord, we are significant in Your Master Plan...because You gave us worth and value. Otherwise, we would be like grains on sand on a beach. You are our EVERYTHING. You are our Purpose. We are Your purpose. When we look at Your creation...while gazing at the sky...the clouds...and all around...including others made by You...we see how spectacular...how marvelous...how awesome...how wonderful You are.

Lord Jesus, You are beyond any comparison. You are sovereign and Absolute in everything...causing us to worship You with gladness *today*.

Ralph E. Vaughn

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.

If you do not have your own Bible, email publisher@nashchristian.com and we will make sure you receive one.

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