

September 2021

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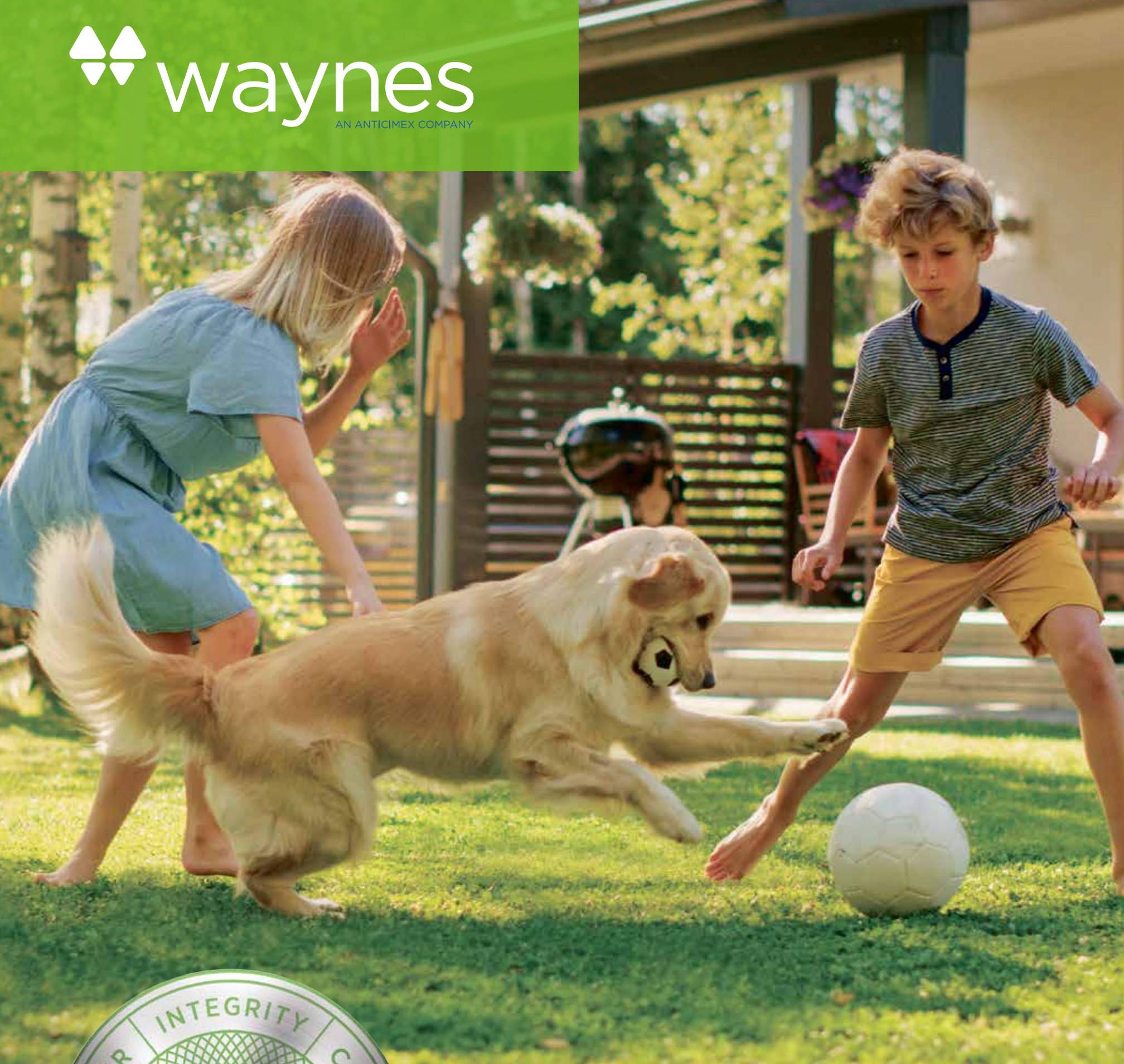
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TIPS*

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OUR MISSION



Nashville Christian Family® exists to provide Christians and the community at large with ways to strengthen and grow as a part of the Middle Tennessee Christian Family. This local monthly publication is designed to promote positive living by sharing with readers of all ages relevant and timely news and information related to health, faith, parenting, youth, finances, Christian entertainment, missions, church leaders, and much more 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 an enjoyable month for my wife and I.

The kids are back in school, sort of, Labor Day signals the end of summer, daylight grows shorter, flocks of geese are 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, even seem to be more active, sensing a change of weather in the air.



I love this time of year anticipating the beautiful changing of colors of the leaves on trees that will begin later this month. In spite of what our nation is experiencing with the Pandemic, unending civil unrest on several fronts and an international crisis, the seasons, particularly fall and spring should serve as reminders and examples of the awesome and incomprehensible power of God exhibited through His creation, the order of the universe and this earth that we inhabit.

With the world, our country and our lives seemingly in constant turmoil, it can be easy to take for granted the beauty of creation. During the next few weeks, please make a special effort with your family to slow down and take time to enjoy the beauty of God's world and give thanks to the creator of it all. Read Psalm 104 and Genesis as a Biblical reminder.

"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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Music City Baptist Church &
President of
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September 2021

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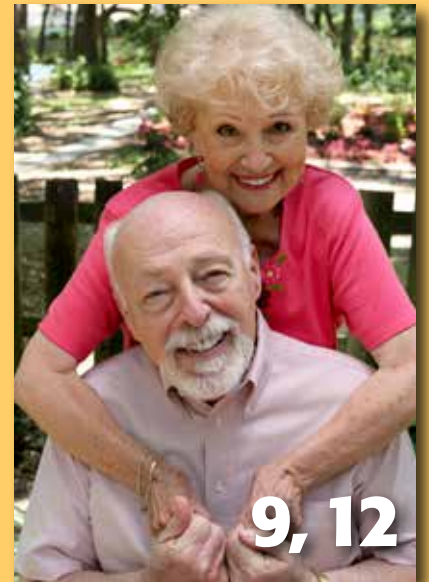
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*Darlene Kemp
MPH, MBA-HCM
Executive Director*

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includes weekly phone calls, social media management, content writing, creating and managing a podcast, and mass texting clients or employees (starting at only \$50/month).

The Consultancy's founder is Megan McInnis, a local Christian woman, marketing professional, and native Tennessean. She offers high standards, practical experience, and excellent customer service.

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BODY AND SOUL

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Real Growth...

I was sitting in a hotel meeting room with a Briley Parkway address, (now it's an open field ironically just 100 yards or so from my current office), with a 100 plus very nervous college students. We were being challenged to read *How to Win Friends and Influence People*, to get up early and hit the ground running and being taught the "Bookman Song". I was being trained on how to sell educational books door-to-door. It was as much an indoctrination as training and it formed a lens through which I still view life. It was an amazing process for a 19 year-old kid. I was, and am, grateful to have had the experience selling books in the Texas heat for a summer. But recently I have had to "unlearn" one of those lessons as I have attempted to grow my business.



"If it's gonna be, its up to me" is catchy and it screams self-reliance but if you are attempting to achieve scalability and long-term success it is a recipe for failure. Ask me how I know.

For years I saw myself as the best sales professional you would ever encounter. I could get it done when others would surely fail. Such

arrogance. The last couple of years and a recent personal journey of 100 Meetings in 100 Days, (stalk me on Facebook if you are intrigued), revealed some flaws in my thinking as well as some rock solid truth.

You can't do it alone. The great news is you don't have to. Intentionally building a network of smart people who can be trusted but who also know, love and trust you is how you achieve real success and only you get to define what "real success" is for you.

When your real network grows, (not just your Linked IN or Facebook friends), it changes everything. Those relationships will trump all. They will often supersede your ability, education, and intellect in their ability to "get things done."

My relationship with Christ began on July 14, 1986. My relationship with my wife a few years later followed by my children. If those are in alignment then we can move forward from there building out new relationships and networks.

— Kevin Anderson-General Manager 94 FM The Fish Nashville

OUR HOUSE

How to Thrive When the Nest is Empty

Seven years ago, my husband and I dropped off our youngest daughter at college. We had prepared for that day—or so I thought. Because she was an athlete, the swim team showed up to help. The move took all of 30 minutes. We bought her lunch, stretched out the goodbyes, and left. Stunned, I sat in the car and bawled. As a stay-at-home mom, I had poured myself into my three kids. And now they had all left.



My husband and I spent a lovely weekend in Indianapolis, Indiana. However, we returned to a house that sounded and felt like an empty tomb. It took a while to find my footing, to navigate this humongous change. But with time I survived, even thrived, and so can you!

Prepare in advance. Plan for this empty nest phase while your child is still a senior in high school. As you step back and give your child a longer leash, step out and dream your future.

Keep in touch. Find a balance between communication and independence. Determine the method and frequency of communication (with your child's input). A couple Facetimed the whole family on Sunday nights. It's helped to see each face and not just hear their voices.

Build relationships with others. Now is your chance to pour into relationships. You may need a group of friends to walk through this time. Don't do it on your own. In a couple years, you may be the friend a younger mom needs.

Find ways to show your love. Send care packages once a semester. Send flowers on her birthday. Take that visit on parent weekend. Our child, whose love language is quality time, didn't tell us until after the fact that she wished we had come for family weekend her junior year. We thought she didn't want us around anymore! So ask!

Explore new possibilities. After the kids left, I started writing. I attended conferences, secured a contract job writing Sunday school curriculum, submitted articles, and wrote devotionals for my church. I loved learning the craft and getting paid. Find your passion, take your hobby to another level, or try something new.

Reignite the marriage. My husband and I took a while to identify as husband and wife rather than just mom and dad. Since he traveled frequently, he was content to stay at home on weekends. I needed to get out of the house! Slowly, we worked out a rhythm of dating or going out with other couples.

Celebrate. You did your job. Now allow them time and space to grow. Your teenager is off on a new adventure, independent, and paving her own path. Isn't that how you raised her? Good job!

— Sally Cressman

Sally and her husband enjoy an easy rhythm in the empty nest stage of life. You can read more by her at www.sallycressman.com.

SPECIAL FEATURE

The First Lady Volunteers With Tucker's House

Meet James. James is 42 years old and has severe Cerebral Palsy. He is non-verbal but has a beautiful smile and loves people. He lives with his mother, who also has medical issues that make caring for her son very difficult. James can assist slightly with transfers from his wheelchair to and from his bed, but he is otherwise dependent for all of his care. His mother has the most significant difficulty bathing James due to his size and both her and his physical limitations.

Tucker's House was honored to host the First Lady of Tennessee, Maria Lee, who volunteered on this project in August as part of her Tennessee Serves initiative. In August, the focus of this initiative was serving individuals with intellectual and developmental disabilities and their caregivers.

The First Lady first learned of Tucker's House through her friend who used to serve on the Tucker's House board. Her office reached out to serve on a project which happened to fall at the same time that Tucker's House was named as a 2020 recipient of the Governor's Award for Excellence from the Office of Faith-Based and Community Initiatives.

The First Lady was there on the first day of the project for James. She had the chance to interact with James and his mother. She was also able to get her hands dirty by helping with the demolition of the current bathroom. She took a tour of the home and learned of the struggles James' mother has endured not only with her son but also with her daughter who is a recent double amputee. She learned what a difference it will make for this family to have their home retrofit with modifications to assist this mother to take care of her children.



Maria Lee, wife of Governor Lee, was onsite on the first day of the Tucker's House project to create a more accessible living space for James and his mom.



We consider it a privilege to be a part of these family's stories and help provide dignity and inclusion for children and young adults in our community. We have a core belief that every child should feel at home and this drives us in everything we do.

Tucker's House is a 501(c)3 non-profit in Middle Tennessee that serves families who have children with disabilities by making their homes safer and more accessible. We receive no state or federal funding and our ability to perform services depends on the support of our Middle Tennessee community. The average cost of a project is \$15,000 and your continued support goes to help children like James and their families have safe and accessible homes. Graham Honeycutt, Executive Director of Tucker's House, to learn more or to donate visit www.tuckershous.org. ☺

Medicare Open Enrollment

October 15th through December 7th

(Effective coverage date 1-1-22)

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



Ben Davis, CSA

Certified Senior Advisor

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Q & A With Darlene Kemp



Q: My child, who lives with special needs, is asking me for a computer. He says it will help him to be able to do his school homework. Will his special needs trust pay for a computer? He'd also like some new school clothes, for this fall. If I buy the clothes for him, will the trust reimburse me?

A: The answer to both of your questions is “yes”. You can purchase the computer and your son’s clothes, submit the itemized receipts along with

your completed distribution request, for consideration of reimbursement. If our staff has any questions, you will be contacted. Payment is usually made within seven business days.

For more information on Special Needs Trusts, please contact Vista Points, Inc. at info@vistapoints.org or call 888-422-4076.

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





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Are You Ready for WAR?

You try and try, but sometimes your goal seems to get farther away. Maybe it's a project at work, remodeling a house, or getting in shape. Every time you seem to make progress something kills your momentum. You might say, "I feel like I take two steps forward and one step backwards."



There are many whose Christian walk is that way. They get in a groove walking with the Lord and are moving forward in grace and maturity, and then...WHAM! Something knocks them backwards. Often it is past failures or a particular sin. Satan pounces and convinces Christians they are not worthy of God's grace. He recalls those sins and whispers to our souls, "If people knew what you've done, you'd be exposed as a hypocrite." Once that thought is planted in your mind you often drift back into guilt and struggle to understand why Jesus would forgive you of anything.

That's when it's time to make W.A.R.!

- Wash in the blood of Christ.
- Armor up for the fight.
- Refill with the power of the Holy Spirit.

Washed in the blood. Too often Christians think that when they come to Christ it is a “one-and-done” kind of decision. But think about it. You don’t take one bath or shower and think you’re clean for the rest of your life, do you? Jesus said to take up your cross daily. He knew the fight against the fleshly desires of this world would require daily confession of sin; daily recognition of our dependence on Him; daily committing our lives to walk in obedience to His commands. The way we succeed in all these things to go back to the saving, healing, cleansing blood of Christ that was shed on the cross to liberate us from the slavery of sin and death. Remember? “There is no condemnation for those who have in Christ Jesus” (Romans 8:1). Kill Satan’s whispers by washing in the blood!

Armor up. We cannot expect to win a spiritual battle using the conventional weapons of religious activity. We need the supernatural weapons provided by God in Ephesians 6:10-18 if we are to “stand against the schemes of the devil.” We are in a fight. Don’t get lulled to sleep by an easy life. Armor up!

And finally, you've got to refill with the power of the Holy Spirit. War is exhausting and can wear you down. You may have been washed in the blood and be dressed for battle, but if you forget the Lord and fight in your own power, you will lose. Stay "charged" by frequent prayer and Bible reading. Those are the two primary means through which the Holy Spirit keeps you fresh. Even when the struggle is unbearable, prayer and Scripture will sustain you in the fight.

So are you a “two steps forward and one step back” kind of Christian? Don’t be. Wake up every day and get ready for WAR!

— Mark W. Koch is an Author, inspirational and Hollywood Film Producer. To order a Free Copy of, “The First Hour” for Men 30-Day Journey, Visit www.thefirsthour.com and use promo code NCF



Medicare Open Enrollment Beginning Soon

So, what is Medicare Annual Enrollment Period (AEP) also known as Medicare Open Enrollment about?

If you have a Medicare Advantage Plan (MAPD) or a Prescription Drug plan (PDP) you have the option to review how that plan & carrier has worked for you this past year. And if you need to make a change, you can do so during the time frame of October 15th through December 7th. Whether you make a change or not your new plan or your existing plan will have a start date of January 1, 2022.

Ok how do I find out about the plans offered for 2022?

You have many resources (good news/bad news) in which you can find out.

• **First:** You will receive via mail from your current plan/carrier what the plan you are on now will look like in 2022. You should receive it by the first part of October. Information on next year's plan cannot be made public until October 1st. It will tell you what changes (if any) will happen starting January 1, 2022. Once you have that information you can discuss with your Agent any questions you may have.

• **Second:** You will receive a bunch of mail/flyers/postcards about the benefits other plans will offer next year.

• **Third:** Starting October 1st you can go on Medicare's website (www.medicare.gov) type in your zip code and review plans there.



• **Fourth:** The Medicare & You publication from CMS will be out and plans are listed in the back of the booklet.

And lastly you can contact your Agent and review with him or her.

Whew! That's a lot!

May I make a suggestion? Starting now any correspondence you get from your current carrier or Medicare or Social Security please at least open the letter to see what's

inside. If you have had an 'issue' with your plan or if your health circumstances have changed or gosh, I just want to know what's out there get with your representative. Each year we must get certified to represent plans we are going to offer as well as continue to be licensed with the state of Tennessee.

There are a lot of options available in the Middle Tenn. area. We are talking about your healthcare coverage. Make sure your coverage is right for you for 2022. Then next Fall we will do this all over again!

— H. Ben Davis, III CSA Select Pointe, LLC 615-584-4946
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Vaccines, Masks and Individual Freedom

Few health-related issues are more divisive today than government and private employer mandates involving facial coverings and vaccine requirements. As a firm that dedicates much of our practice to constitutional and civil liberties litigation, our office has been recently inundated with calls for legal advice from government workers, employers and individuals wrestling with how to balance rights of conscience and individual liberties on the one hand, versus the power of federal, state and local governments to impose such regulations.

Like many legal issues that have surfaced since the emergence of the COVID-19 pandemic, these are not simple or esoteric questions. They are complex and involve real life challenges. This is an area in which personal decisions have drastic consequences and may cost one their livelihood and subject them to public ridicule and stigmatization.

Here is a small sample of the types of legal cases in which clients have sought our advice.

- An Air Force lieutenant with an impeccable military record has received through his chain of command a bulletin from the Joint Chiefs of Staff stating: “COVID-19 is a threat to force protection and readiness. With this in mind, the Secretary of Defense intends to mandate vaccinations for all Service members in coming weeks.”
- A graduate student at Vanderbilt University was singled out in class by her professor when he learned she had been granted a religious exemption to taking the vaccine. She was to stand in class, gather her belongings and to move the back of the class. Her student peers were advised not to sit near her or engage in social contact with her while in class.
- Parents of school age children enrolled in a local school system are turning to us for advice over the juxtaposition of the Governor’s recent “opt-out” Executive Order and the school system’s insistence that masks be worn by all children. Their concerns are that school officials will treat their children as social outcasts if they choose to exercise the opt out option.
- A prominent business owner who posted a message expressing her personal opposition to vaccine mandates was the target of organized picketing outside her business and the cancellation of product orders from her national suppliers in an effort to shut down business.
- A professor at a distinguished private university was faced with the forfeiture of his tenure and the loss of tuition credit for his two children who were enrolled as students unless he received the vaccine.

Many who are conscientiously opposed to receiving the vaccine base their objection on their sincerely-held religious convictions which they say compels their faith-based decision. Generally, the government cannot burden religious liberty unless it has a compelling reason and its regulation must



impact religion in the least restrictive way.

Others have pragmatic, health-based concerns. For example, one university student who came to us for help has a genetic predisposition to an illness that exposes her to risk of anaphylactic shock if she is vaccinated. Despite the fact that ample medical evidence of this risk was presented to the university, it is still demanding additional proof before granting her an exemption from its on-campus residency requirement and other protocols.

So far, there are 24 states that require vaccination for employees of various categories. Of those, twenty-one specify requirements for healthcare workers, and the majority of those states require vaccination or regular testing of unvaccinated employees. Six states have taken a “vaccinate or terminate” approach.

The vast majority of these laws only apply to state and local government employers, and several private industries such as airlines, hospitals and nursing homes now require mandatory vaccine status documentation from their employees. States like Florida and Tennessee which have Governor Executive Orders making vaccines and/or mask mandates voluntary have been the subject of recent class-action lawsuits challenging the authority of these Governors.

Title I of the Americans with Disabilities Act (ADA) requires employers to provide reasonable accommodation to qualified applicants and employees with a disability, unless they can demonstrate that doing so creates an undue hardship to them as an employer or poses a direct threat to the safety of the employee or others in the workplace.

Employers also have an obligation to accommodate an employee's sincerely held religious belief under Title VII of the Civil Rights Act (Title VII), unless the accommodation creates an undue hardship. A sincerely held religious belief can include an employee's religious-based objection to vaccinations.

There are compelling arguments on both sides of this issue. Those who stridently advocate for universal vaccination often cite to the overcrowding of hospitals and the need to sacrifice individual preference for the greater good of others.

This article will doubtless stir some amount of controversy among our readers. Many on both sides of this issue hold fast to their convictions about the efficacy or propriety of the COVID-19 vaccines. While some insist that it is a matter of civic duty; others as just another intrusion into their personal liberty. Like all rights of conscience, this issue involves political rights that protect one's ability to do what they believe is morally best, and in some cases, required by their most sincere, core beliefs.

— Larry L. Crain, Crain Law Group, PLLC
www.crainlaw.legal



FAITH UNDER FIRE

Fear or Faith

What a crazy time we are living. Due to Covid-19, there will be those that will live the rest of their life in fear and dread; especially if they immerse themselves in television or pay attention to the loud voices of social media and mainstream media.

Fear is tormenting and crippling. Fear is straight from the devil himself and fear has no place in a Christian's life, nor should it dictate how a Christian should live or react to the current circumstances of the day.

Throughout history, there have always been opportunities to let fear rule, and yet, there have been heroes and heroines that emerge at the right time and place.

In 1 Samuel 17, we read about one of those heroes. The story begins with a man referred to as a champion from Gath that stood over 9 feet tall, his name was Goliath. He was massive! His armor weighed over 125 pounds. Every day this giant would terrify God's chosen and therefore, caused God's people to be frozen in fear. "On hearing the Philistine's words, Saul and all the Israelites were dismayed and terrified." (1 Samuel 17:11).



Sounds like many Christians today. Dismayed can also mean great anxiety and living in a worrisome state. Being terrified not only means being fearful but extremely fearful!

When young David showed up to the scene, he could not believe his ears. An "uncircumcised" Philistine had the gall to defy God's chosen. (1 Samuel 17:26). As the story continues, David is taken to Saul, the King. David convinces Saul that

Goliath is no different than any other "enemy" that he has faced in his past. David takes down Goliath with a smooth stone and cuts off Goliath's head with his own sword.

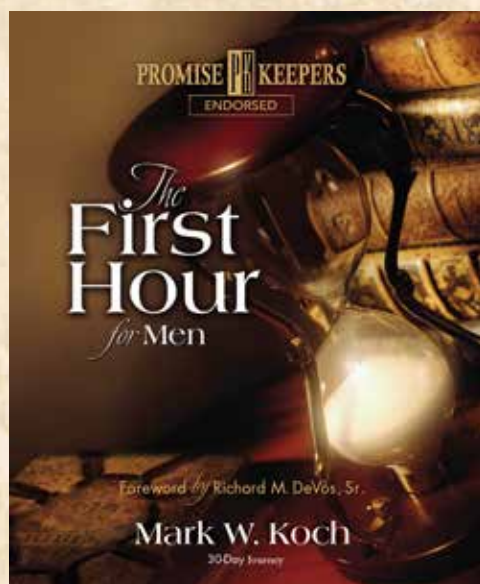
The way we have faced our enemies in the past have prepared us for the enemy of today. God's chosen are being defied and have caused many Christians to be silent – frozen in fear. Instead of standing in faith and confidence, we are reacting in fear just as the unsaved who do not know God.

David could face his enemy with confidence because he had seen God come through for him many times before.

God stands ready to come through for you. Live in faith and not fear. Put your trust in what God has already done for you and choose to react in confidence. It is time to live differently than the unsaved world lives.

— Rhonda Smart, rhondalsmart@gmail.com

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A MESSAGE FROM THE AUTHOR:

Marriages are being healed, relationships with children are being restored, miracles are happening in all areas of the lives of the men who are earnestly seeking God and spending their first hour with Him daily. God promises to answer the prayers of the righteous and to those who diligently seek him. I challenge you to find out for yourself!

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If An Older Adult is Showing Signs of Dementia: Don't Jump to Any Conclusions. . . Just Yet

I have dedicated my life's work to becoming a Certified Dementia Practitioner (CDP) at Amada Senior Care and I've worked with hundreds of seniors who have had a form of vascular dementia and many others who have not, even though their family thought they had it. If you're worried that your older adult could be showing signs of Alzheimer's or dementia, it's important to not jump to any conclusions. That's because other medical conditions, medication side effects, or psychiatric issues could be causing dementia-like symptoms.

Where should you begin? The first step is to schedule an appointment with their primary care doctor for a full physical and mental exam. To look for possible cognitive issues, many doctors use a common screening test called the Mini Mental Status Exam (MMSE). It's a useful tool because it's quick, simple, and can be used by any doctor without special training. However, it has significant limitations and cannot be used alone to make a diagnosis of Alzheimer's or dementia.

Outlined below are what the MMSE doesn't test for and why a too-quick diagnosis could be harmful to your older adult's health. The MMSE can't be used alone to diagnose Alzheimer's or dementia because the majority of questions test only memory and recall. Someone who knows what day it is, what a certain object is, or who can remember a short list

of random things could do well on the test; however, that doesn't mean they don't have dementia. Some types, like Lewy body dementia, affect judgement far more than memory. Some dementia symptoms the MMSE would miss include examples like freely giving out bank account information to strangers, suddenly spending money like crazy when they've always been frugal and making risky investment decisions when they've always been conservative investors.

Simply put: MMSE results do not give enough information for an accurate diagnosis or treatment. Non-geriatrics doctors often aren't experienced in diagnosing Alzheimer's or dementia. As a result, they might not know about the recommended testing and could jump to conclusions based solely on MMSE results. As a caregiver, it's important to know that it's simply not possible to get an accurate dementia diagnosis in just one office visit. A basic physical exam and MMSE screening doesn't give enough information to declare a case of Alzheimer's and prescribe medications like Namenda or Aricept. Jumping to conclusions could cause your older adult to get the wrong treatment, which could be harmful to their health. Their dementia-like symptoms could be caused by a treatable medical condition like heart disease, vitamin deficiency, or kidney failure. Their symptoms could also be caused by a medication side effect or drug interaction, which can be easily

rectified. Many times, seniors can display signs of depression or another psychiatric issue.

Different types of dementia can require different treatment. Even if your older adult does have a form of dementia, how would the doctor know whether they have vascular dementia or Alzheimer's or another type based solely on the MMSE? As a caregiver, the best thing you can do is document behavioral changes, when they occur and the frequency of those changes. Keep a running list of odd or "off-beat" questions or stream of consciousness communicated by the older adult. Have these documented observations available when you meet with the primary care physician. This can help forge a path forward that can be more beneficial for the care of your loved one. At Amada Senior Care, we have developed a specific training curriculum on vascular dementia & Alzheimer's so our caregivers are equipped to handle the real life challenges these diagnoses can present. If you have any questions or would like a complimentary consultation today with a Certified Dementia Practitioner, give our office a call at 615-933-7494. Amada Senior Care provides caregivers in the comfort of your home and proudly serves all of Middle Tennessee.

— Kevin B. Fehr, CSA, Certified Senior Advisor,
President & CEO, Amada Senior Care



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Silence That Speaks Louder Than Words

In television, dead air (the absence of video and audio) is to be avoided at all costs. At WHTN, we have a silence alarm that monitors our television signal. If we go just a couple of seconds without audio the silence alarm calls me to let me know that

WHTN is experiencing technical difficulties. Let's just say that in television, silence isn't golden.

Silence isn't always golden in conversations either. I can recall many conversations in which I've scrambled for words, because the silence was making me uncomfortable. As a television host, one of my earliest fears was that silence would take over because I couldn't think of what to say next. Thankfully, my fear was never realized, but silence has taught me a valuable lesson on more than one occasion.

The Conversation Goes Quiet

Sometimes silence is an opportunity to hear someone's heart. In those moments where the conversation goes quiet, there is a silence that speaks louder than words. Like Lorraine Whoberry, a mom who shared her story on Bridges. Tragically, her oldest daughter was murdered, and her youngest daughter was assaulted and left for dead. As she shared her grief and untold sorrow there was a long moment where no words spoken. Even though this conversation was being filmed, this was a moment when silence spoke louder than words. It would have been rude to utter a word in the presence of such grief. There was no question or comment that would have added value or understanding. Instead, silence spoke the language all its' own. In this in-



stance, silence uttered compassion, love, and sorrow without the necessity of mere words.

You May Be Missing Out

In our quest to keep the conversation going and avoid the discomfort of silence, we may be missing out on authentic opportunities to connect with others. Maybe running out of things to say may not be so bad after all. Perhaps the silence gives us the time we need to hear another human being's heart. Silence gives us the opportunity to pause, reflect and listen. While words are essential to conversation, they can also be unnecessary. After 25 years in the studio, I no longer worry that that I will be at a loss for words. Instead, I am careful to listen. I welcome the pause the silence, the reflection, because they are the key to human connection.

Vulnerable and Authentic

Relationships are not forged by the exchange of information. Relationships are cultivated by vulnerable and authentic communication. Of course, words are welcome and necessary.

Today's Secret from the Studio: There is a Silence that Speaks Louder than Words.

— Monica Schmelter is the General Manager of WHTN, Christian Television Network and host of daily television show Bridges. You can watch Bridges on demand at monicaschmelter.com. Her podcast is available now on iTunes.



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Body & Soul

The 12 Resolves for Growth

Lately, I have been doing a lot of reflection on attribution. I have been looking at seasons of my life where I was crushing it, and seasons of my life where I wasn't, to see what foundational things I did differently. I also took a look at other leaders who are successful in business AND life to see what resolves they have in their life.

Here are 12 KEY resolves I have that may not yield an immediate increase, but will build the character of a successful person.

1. Wake up time- Having a consistent bedtime/wake up time. NEVER snoozing the alarm. This first decision sets the tone of your whole day, even if it seems small.

2. Eating- Eating quality foods to fuel your body every day. Being prepared and in control of what you put in your body is key for controlling your success through the day.

3. Workouts- Constantly progressing in a disciplined routine of functional movement. Movement is one of the best things you can do for a healthy and focused brain.

4. Recovery- Having a focused recovery routine every day: stretching, icing, sauna, adequate sleep. Be intentional about how you recover your body.

5. Client-Focused- Having your full priority on serving your clients/customers in the best way

possible over revenue. Serving and stewarding the clients you have will yield an increase in more clients.

6. Media- No media during the week. (tv, Netflix etc.)

Instead, have intentional connections with your family and friends, reading a book, or going to bed earlier. Media during the week can often cause us to get lazy and passive when we should be learning, growing, and connecting.

7. Reflection/Reviews/Journaling- Spend intentional time each day journaling, reflecting, and reviewing. This allows us to gain some perspective.

8. Integrity- Every action, no matter how small, comes from a place of honesty and integrity. Having this resolve on the inside helps you have a reputation that you can be trusted and relied on.

9. Resolve- Be a man/woman of your word. If you make promises or commitments, whether it is to OTHERS or to YOURSELF, stick to them relentlessly. Even the smallest things. The worst thing you can do for your confidence is not keeping promises you make to yourself.

10. Community- Have consistent times with mentors/leaders you want to be like. Whom we behold we become like. AND have intentional consistent



time with close friends. Having this community around you keeps you sharp and

helps us to feel safe and covered.

11. Maturity and predictability- Be the same person at ALL times. Whether you are at work, at home, with your friends, in your health, or at church... be the same person in each setting. Our integrity and lives shouldn't look different when we are in different settings.

12. The "Secret Place" (Matt 6:6)- Having focused time first thing in the morning to spend time in God's Word, journal, and pray. This gets you clear and aligned for your day as you put first things first.

While these may not be "tactics" or "strategies" on how to instantly lose weight, make more money, or perfectly lead your family, they are foundational works on the inside that will yield fruit in due time as you continue to sow good seed.

— Ashton Tate is the founder of Glory to Glory Fitness in Franklin, Tenn. His passion is partnering with Christians to see revival in their health and increase in their life.

Mission Makers

Justice Prevailed: Annual JMI Clay Shoot

For close to a decade, Lee Company has proudly supported Justice & Mercy International (JMI), the global non-profit organization that exists to "make justice personal for the poor, the orphaned, and the forgotten of the world." At our annual clay shoot at the Nashville Gun Club, we continue to raise both money and awareness for the organization and its mission. "The Justice Shoot event and Lee Company are such a blessing to the work

of Justice & Mercy International. All the money raised at this event goes to help the people JMI serves. Thank you for making a difference" says Mary Katharine Hunt, Executive Director for Justice & Mercy International.

Over the past nine years, with the help of our sponsors, friends, and customers, Lee Company has raised over \$143,000 for this terrific organization!

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Lee Company has raised over \$143,000 for Justice & Mercy International in the last nine years.

Another special thanks goes out to all the shooters who participated, and to our wonderful team of dedicated volunteers from both Lee Company and JMI!

At this year's tournament, we had 117 people rotate through 20 stations. The rain held off and we enjoyed having a great day outside for this annual fundraiser. Thanks to Select Foods for catering, Blue Dog Merch for printing the t-shirts, and Halo for providing the banners and signs.

Connecting with old friends and making new ones while coming together for a cause made the day memorable, and we look forward to continuing our commitment to this worthwhile organization.

To learn more about JMI and how you can get involved in their cause, please visit www.justiceandmercy.org.

— Emily Bonomo, Brand Specialist with Lee Company, www.leecompany.com



*You didn't choose me. I chose you.
I appointed you to go and produce
lasting fruit, so that the Father will give
you whatever you ask, using my name.*

John 15:16 NLT

The Prayer Box Story

WHTN General Manager and Host of Bridges, Monica Schmelter, gave her heart to God at age 13. He has been a faithful part of her life ever since. See how she shares her prayer journey and how her "Charlie" prayer box has been a huge part of that journey.

Find Monica's prayer story and how to order your own prayer box at the link below.



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The Tide's Chris Stewart:

A Miraculous Journey



Crimson Tide Sports Network broadcaster Chris Stewart stands with former University of Alabama quarterback Mac Jones at the 2021 Spring A-Day game at Bryant-Denny Stadium in Tuscaloosa. This fall Stewart will be commenting for the Tide while Jones takes to the field with the NFL's New England Patriots. Photo: Kent Gidley, Univ. of Alabama

Chris Stewart's story is nothing short of miraculous. After two health emergencies that nearly cost the popular Crimson Tide Sports Network(CSN) broadcaster his life, Stewart testifies of the blessings he's experienced because of God's provision. The current host of CSN's football broadcasts, play-by-play announcer for Alabama basketball games, and host of "The Nick Saban Show" knows that his recovery from a stroke and near-fatal infection following heart surgery fits the description of "miraculous," but instead likes to focus on that other word— "blessings." "It was the absolute worst thing that I've ever encountered and also the greatest blessing God has ever given me," Stewart says of the upheavals that changed his life starting in 2018.



Stewart has hosted "The Nick Saban Show," each week during football season, since 2011. He's also the host of "The Nate Oats Show" during Alabama basketball season. Photo: Kent Gidley, Univ. of Alabama

An Unexpected Crisis. Stewart had recently finished broadcasting his 17th season of Alabama basketball and was in the throes of the baseball season (where he also serves as play-by-play announcer for the Tide) when, in the middle of the night in April 2018, his wife tried to rouse him from sleep. She noticed him in an unusual position, grunting slightly; after a second visit from local paramedics to an unresponsive Stewart, he was rushed to St. Vincent's Hospital in Birmingham. Because of Stewart's general health and lack of warning signs, it was hard to detect a stroke until a scan revealed a blockage in an artery to his brain. Emergency surgery was necessary. "My doctor, Jitendra Sharma, got me on the operating table as quickly as possible. I had two clots on the brain. He told me that the clot was not budging, and I was running out of time," Stewart says. "He basically made a last attempt, and the clot busted and passed, and I opened my eyes. That told him that the clot had cleared."

Stewart and others in his life thought that, while the stroke had been scary, that he was well on his road to recovery. He managed to make it back for a baseball game in May near the end of the season. He looked

**"Trust in the LORD
with all your heart and
lean not on your own
understanding; in all your
ways submit to him, and he
will make your paths straight."**

Proverbs 3:5-6

Chris Stewart and his wife Christy held tightly to these verses during his medical crises. They also kept this quote from TobyMac close to their hearts. "What God is bringing you through at this very moment is going to be the testimony that will bring somebody else through."

forward to another season covering Alabama sports. Then came the afternoon when Stewart realized something else felt "off" about his health; it was a moment that Stewart, looking back, knows God orchestrated to save his life again. Fifteen months after his stroke, Stewart attended the grand opening of Dr. Sharma's new weight loss business; while there he admitted that he'd been experiencing some strange symptoms. "I told the nurse practitioner and the doctor that I had a small tingling and tightness in my arm," he recalls. "He said, 'Chris, that's your heart. We gotta get you in for a stress test.'" Stewart scheduled an appointment, then went to Gulf Shores for a family vacation before his oldest daughter went to college; while there, he experienced similar symptoms. He knew that there was a problem, based on an experience he'd had in his own family when he was a teenager. "My Mother died when she was 55 after a second bypass," he says. "She died on the elevator after surgery, when I was just 17." The surgery on August 12 was a success and Stewart followed it with a regular schedule: visits from friends, church on Sunday, and plans to record "The Nick Saban Show" in another week. And that is when his memories stopped. "I didn't remember anything



Stewart treasures his friendships with Coach Nick Saban and his wife Terry, especially as he recovered from a stroke in 2018 and infection from bypass surgery the following year. Photo: Kent Gidley, Univ. of Alabama



Chris Stewart and wife Christy live in Hoover, Ala. with their three children. Anne Raylee is a junior at Alabama, Parker is an 11th grader and Hudson is a 5th grader.

until the following month,” he says. Stewart had developed an infection and his vital organs--liver, kidney, pancreas--shut down. He developed sepsis, was put into an induced coma for two weeks, and had to undergo dialysis. Even though he couldn’t remember what had happened, Christy recounted that after he’d had tests run and they’d come back normal, he still felt like something was wrong. “I told her that I wasn’t leaving the hospital, so she took me back in,” he says. “She saved my life a second time.” Stewart’s recovery was slow and, this time, even more miraculous. His organs healed, while he also dealt with muscle atrophy, wounds on his tailbone, and almost constant pain. “The word ‘blessed’ is used an awful lot and we encounter blessings every day,” he says, reflecting on the fact that he’s now pain-free, healed, and back to work. “But when I use the word blessed, it’s because I’m not intelligent enough to come up with another, better word.”

Reliance on Faith, Family, & Friends. Stewart grew up in a Christian home attending a small Methodist church. His faith has been key to making it through the challenging health crisis, and other pivotal moments in his life.

“Like everyone who is a believer in Christ at any level, we tend to cling to Him in times of tragedy. You cling to God and Christ and if you’re not a believer, you cling to whatever your life preserver is,” he says, “but nothing has pushed my faith more and also proven His existence more than this.”

Stewart says that he also learned about the goodness of others during his illnesses and recovery. “I was reminded of the goodness that does exist in people from the kindness they showed me,” he remembers. “It was from friends and total strangers, and it still happens almost daily. I’ll encounter someone who will come up and say something extremely kind or tell me that they prayed for me.” Stewart knew that the Alabama family would display such kindness, but he was equally struck by the responses from Auburn fans, and coaches. “Maybe even more meaningful was going to Auburn for the first time after all of it and to have Bruce Pearl reach out to me and shake my hand right before tip-off. And then others from Auburn whom I’ve never met, came up to talk to me. The kindness shown to me has absolutely blown my mind,” he says.

Back in the Booth. Stewart found his way back in the broadcasting booth for the first time at an Alabama basketball game, then segued back into action for football season. Working Alabama games has been a “full circle” moment for Stewart, who grew up not far from Legion Field in Birmingham and watched his father work as an usher in the stadium. “The caravan of Alabama buses would go by our house, and I attended my first game as an usher when I was 12. I still remember that it was Alabama against Arkansas State,” he says. His family had idolized former coach Paul “Bear” Bryant, and now he relishes the opportunity to work with Saban and other Alabama leaders. “I work with the best people,” he says. “Having watched Coach Bryant and Charley Thornton do his show, it’s sometimes unbelievable to know that I’m now doing the same thing with Nick Saban.” Stewart has been recognized as the Alabama Sportscaster of the Year by the National Sports Media Association on five occasions and was inducted this year into the University of Montevallo Athletics Hall of Fame. Looking at his life and career, Stewart maintains that his blessings have fallen like dominoes. “I can see how one domino fell into the other to get me to the next step,” he says. “We all have those in our lives, and I can see it many times over. The dominoes have all been directed by God and they fall where He wants them to fall.”

— Cheryl Wray

If something in this month's issue of

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MISSION MAKERS

BrightStone's Land Of Dreams Campus Hosts Governor And First Lady

Governor Bill Lee and First Lady Maria Lee were guests of honor August 13 during a BrightStone community briefing held at the organization's 140-acre campus now under construction in Williamson County. BrightStone's Land of Dreams Campus, designed for adults with special needs, will open its first phase Fall 2022 with a 23,000-square-foot teaching and job training facility built by Solomon Builders. This phase also includes two teaching homes for students to learn independent living skills. These will be constructed by DeFatta Custom Homes. Lee spoke to families and students, as well as business and community leaders, about his hope for BrightStone students with special needs and their future campus, the first of its kind in Tennessee.



Governor Bill Lee, left, and First Lady Maria Lee are greeted by BrightStone student Reggie Gift.

The Master Plan for the Land of Dreams Campus features programming and facilities, including a Horticulture Center; Stables and Equine Therapy Arena, an Aquatics Center, Gymnasium, Student Clinic and Chapel. "There are moments when you realize that the things you do outside of your regular everyday life are really worth it--and, in fact--eternal," Lee said during the briefing, also attended by Senate Majority Leader Jack Johnson, Williamson County Mayor Rogers Anderson, and Franklin Mayor Ken Moore. "I just want to say thank you to your board; to elected leaders who have been supportive; to the private sector that have made this happen with funding and financing," Lee added. "I often say I want Tennessee to be a leader in this country. This is going to be an example to the country of what can happen." Beyond the tuition provided by parents of BrightStone students, the philanthropic giving of a generous community provides the funding for BrightStone's operational budget.

Speaking to Brenda Hauk, founder and CEO of BrightStone, whose early work with special needs students began in the classroom, Lee offered his profound support for the mission of BrightStone and its Land of Dreams Campus. "And Brenda, it does take a Holy Spirit-inspired person, an empowered

person, to take on such a task and see it through, and you are that."

BrightStone's mission is to provide a comprehensive work, social support, and residential community for adults with special needs, expanding their potential and helping them develop mentally, physically, socially, emotionally, and spiritually.

Visit www.brightstone.org to learn more about the Land of Dreams Campus. To schedule a tour, call 615-790-4888.

— Pam Horne, Community Relationships Manager at BrightStone's Land Of Dreams



Gordon Inman, Director Emeritus of First Bank, left, with Linda Moore, Franklin Mayor Ken Moore and Will Powell, First Bank Williamson County president.



Governor Bill Lee accepts a gift from BrightStone student Alea Carroll and Reggie Gift, with Brenda Hauk, executive director and founder, center.

TEACHABLE MOMENTS

The Passage of Faith

Faith! What is it? Faith is the complete trust and confidence in someone or something. Can it be taught? This is a complicated question. Faith and fear share the same definition; the only difference is one is positive, the other negative. Humans build trust and confidence in others by the reliance on their repeated, consistent actions. These actions shape our experiences which create a form of knowledge we come to rely on. Since all knowledge is learned, the true answer, as it applies to faith; and fear by proxy, is yes it can be taught as long as the entity creating the actions can be depended upon. Actions matter! "A mirror's reflection can only be seen by direct interaction with it. The reflection of our actions remains a viewable witness of our character long after our physical presence fades."



control the doctrine they believe to be true and are willing to follow. Sadly, most people don't want to know the truth, they only want the constant reassurance that what they believe is the truth.

To have faith in God or His Church, we once more must depend on the Power of the Wisdom of Three. The faithful must possess three-character traits. We must have a strong undeniable belief in the eternal living nature of God. (The living God truly does exist.) We must implicitly trust what we know and believe to be true of God. (My knowledge of God is true.) Finally, as a follower, we must have unshakable confidence that God will always act in our best interest. (I can always depend on God.)

How do we acquire faith as it pertains to our God?

The spiritual lessons learned from our guardians are passed down to us as children. They are usually our first experiences with God, with religious denominations, and religion in general. As children mature, they experiment with other religions, dive deeply into their current denomination or choose to evade their spiritual persona all together. This is a normal process; to question what one believes. It is the method we use to seek out any truth. All the Saint went through the exact process. During this examination process, some people even go so far as to create their own denomination so they can

God existed long before any religion or denomination. Religion is man's way of trying to understand our creator by using the church's doctrines and traditions to bring us closer to our God and to His eternal truths. The man Jesus came into the world as a Jew and Christians believe He left as a Christian but not before teaching all people the dogmas and traditions He/God wants us to follow.

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



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.

— Doug Griffin

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



SPECIAL FEATURE

How to Pray for America: An Outline

I Timothy 2:1, 2

- A. **The Exhortation of Prayer** – vs. 1 “I exhort...that first of all...prayers...”
- B. **The Expectation of Prayer** – vs. 2 “...that we may lead a quiet and peaceable life...”
- C. **The Examination of Prayer** – vs. 3 “...this is good and acceptable in the sight of God...”

This passage deals specifically with praying for our leaders. However, I want to broaden the subject to praying for our country. The Bible is filled with examples of people that prayed for their nation.

- 1. Moses prayed prayers of COMPASSION – Exodus 32:10-14
- 2. Joshua prayed prayers of CONFUSION – Joshua 7:6-11
- 3. Elijah prayed a prayer of CONDEMNATION – 1 Kings 17:1
- 4. Elijah prayed a prayer for CONFIRMATION – I Kings 18:36-37

But the example I want to examine is the one Solomon prayed in II Chronicles 6.

His prayer was specific in its relation to the nation of Israel.

- A. It was a Public Prayer – vs. 12 “he stood...in the presence of all the congregation...”
- B. It was a Prepared Prayer – vs. 13 “Solomon had made a platform...”
- C. It was a Passionate Prayer – vs. 12, 13 – “he spread forth his hands toward heaven...”
- D. It was a Prolonged Prayer – from verse 14 until verse 41.
- E. It was Prayer on Prayer – Solomon’s prayer was actually a prayer about prayer.

He mentioned the word PRAY or PRAYER or PRAYS no less than 15 times. He used the word SUPPLICATION 6 times. HEAR or HEARKEN is mentioned 11 times. CONFESS is mentioned 2 times. That’s at least 34 references to prayer in 28 verses, 2 Chronicles 6:12 - 41

- F. It was a Powerful Prayer – 7:1

This prayer was detailed. Solomon prayed for very specific things. I’d say from God’s response in 7:1 that Solomon did something right. I also believe that the very things that Solomon prayed for Israel, we can pray for America. Let’s examine his prayer.

1. A Prayer for Recognition – vs. 17-20

Solomon begged God to open His eyes and look at them.

He prayed for God to hear their prayer and to bless His house with His divine presence.

2. A Prayer for Revenge – vs. 21-23

Solomon prayed for the God to take care of the enemy. We have to give it to God. He says Vengeance is His.

3. A Prayer for Repentance – vs. 24, 25

Solomon prayed for his people to be forgiven when they acknowledge their sin.

4. A Prayer for Restoration – vs. 26-31

Solomon prayed for the land to be restored from pestilence and drought.

5. A Prayer for Revelation – vs. 32,33

Solomon prayed that God would reveal Himself that all the people of the earth would know God.

6. A Prayer for Reinforcement – vs. 34, 35

Solomon prayed for God to aid them in their military endeavors and in time of war.

7. A Prayer for Recovery – vs. 36-39

Solomon prayed that if the people are taken away captive that they would be returned.

8. A Prayer for Remembrance – vs. 40-42

He begged God to remember the mercies of his father David, and to let God’s people rejoice.

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

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Squeaky Clean Heart

BIBLE TRUTH

A pure heart expands as it fills with the love of Christ.

WHAT THE BIBLE SAYS

Matthew 5:8

Blessed are the pure in heart, for they will see God.

HANDS-ON EXPERIMENT

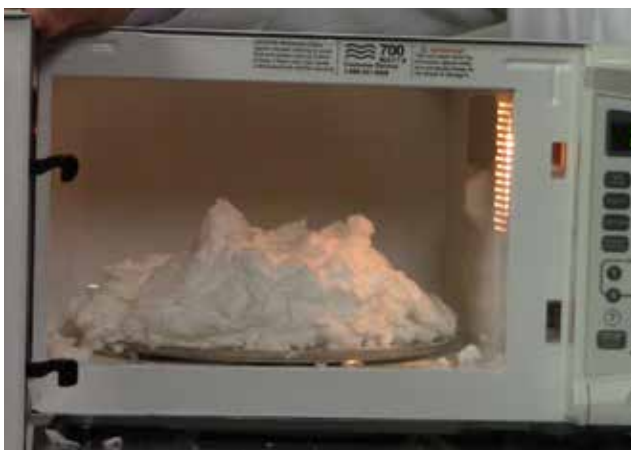
Hot Soap

INGREDIENTS

Ivory Soap
Microwave
Paper Plate

INSTRUCTIONS

STEP 1: Place the bar of Ivory Soap on a paper plate. Describe and classify the soap by its observable properties.



STEP 2: Using the microwave, heat the soap for one minute.

STEP 3: Remove the Ivory Soap from the microwave and observe. Describe and classify the soap by its observable properties. How can the soap be used as a model to describe how matter is made of particles too small to be seen.

EXPLANATION

The water and air trapped inside the bar of Ivory Soap are heated by the microwave. This causes the water to evaporate and the air to expand. The expanding air, forces the Ivory Soap to puff up.

BIBLE CONNECTION

A pure heart expands to an incredible size as it fills with the love of Christ.

— JASON LINDSEY
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Are You Thirsty?

God can do anything, you know--far more than you could ever imagine or guess or request in your wildest dreams! Ephesians 3:2a, The Message

Today, I was into self-denial. I walked down an aisle in the store, passing a sign offering three bottles of my favorite sparkling water at a discount. Until that moment, I didn't know I was thirsty. Seeing the display gave me a mental picture of a large, chilled glass, a thin slice of lime floating on the edge. For some reason, I kept walking, telling myself that even when you have everything imaginable to drink—iced tea, juice, alkaline water, soft drinks—you still want something else. After all, I came to the store for coffee. So, I passed it by. But, of course, as soon as I returned home, I regretted not permitting myself such a small indulgence.



The experience reminded me of the Old Testament story of a young woman named Acsah. Hers is a riveting picture of a loving father-daughter relationship, and it is a lesson on the power of asking God for whatever you need. The lesson is simply this: just ask.

Acsah was Caleb's daughter. After marrying the mighty warrior, Othniel. Caleb gave her the Negev—the hilly desert region of southern Israel. What does a young girl do when she has inherited a desert? In her case, Acsah did the logical thing. She asked herself: what else do I need to make my inheritance fruitful? What she needed was an additional portion, not just what her father promised.

Acsah decided to find her father and present her request. As Caleb's daughter got down off her donkey, Caleb asked, "What is it? What can I do for you?" Joshua 15:8

"She said, 'Give me a further blessing. You have been kind enough to give me land in the Negev. Please give me springs as well.' So Caleb gave her the upper and lower springs." (Joshua 15:19) Isn't that just like a loving father? You want springs? All right, then; I'll give you a double portion of springs! Because he loved her, Acsah's father gave her twice as much. How much more does our heavenly Father give good gifts in abundance when we ask.

In John 4, Jesus converses with a Samaritan woman who came thirsty. There are parallels between Jesus' conversation with the Samaritan woman and Acsah's request. These examples teach us a great deal about prayer. God can and will do more for all who believe for more!

This is your season of more. Walk into your season.

— Regina M. Prude is an inspirational speaker and author. Send comments to regina@reginaprude.com. Read her blog posts at www.reginaprude.com; follow her on Twitter, Instagram & Facebook.



How To Clean Hardwood Floors

Hardwood floors look great in any home. However, if a cleaning routine isn't established, debris can mar and scratch the wood. Scratches are one mess that can't be removed with a mop! Whether you have real hardwood floors, laminate wood floors or engineered wood floors, Molly Maid can help you make them look great.

Best Way to Clean Hardwood Floors

Before you begin, gather your supplies and create a plan. If you have pets, put them in the yard or a bedroom while you clean so they stay out of your way. Move any furniture and area rugs away from the areas you'll need to clean. Take the rugs outside, and give them a good shake to remove loose dirt and dust.

Always Vacuum First

Begin by giving the floor a thorough vacuum. Pay attention to high-traffic areas like doorways and hallways. But don't forget about hidden spots – small stones, pet hair and dirt often get kicked around and collect in low-traffic areas like the toe kick under the cabinet or under furniture. While you're vacuuming, thoroughness is key!

Establish a weekly routine of vacuuming your floors.

Once a month, the floors should be mopped to deep-clean the wood and make it shine.

How to Mop Hardwood Floors

1. Never mop a floor until you've swept and vacuumed it. Once that's finished, grab your mop!
2. Fill the sink or a bucket with hot water and your preferred wood-floor cleaning solution. Alternately, you can mix a tablespoon of dish soap or one cup of white vinegar in a gallon of hot water.
3. Evaluate your floor. Are there any sticky substances? Use an ice cube to freeze stuck-on gunk; then scrape it off with an old credit card or plastic putty knife. Establish a cleaning route; begin in one corner of the room and work backward so the floor has time to dry before you walk over it.
4. Before mopping, rinse the mop in the sink with hot running water to loosen any debris from last time you used it. Work the mop in a "S" motion, leading with the same edge every time to capture debris instead of just spreading it around.
5. You should never saturate wood floors with water, so wring the mop each time you dunk it in the solution. How often should you dunk the mophead? Rinse it in the cleaning solution every time you finish a four-foot-square section of floor. Replace your mopping solution every time you move to a new room.

6. Once the floors are clean, use a wax or floor polish to make them shine.

How to Keep Your Hardwood Floors Clean

- Enforce a no-shoes policy in your household to keep your floors clean. Make it easy for people to take their shoes off by placing a small bench by the door. To capture dirt before it's tracked inside, place an interior and exterior floor mat at each entry point of your home. A good choice for an outdoor mat is a heavy-duty rubber one. Inside, you might go for a natural-fiber floor mat, which looks great and is also easy to occasionally shake out outside.
- If you have pets, keep a towel by the door to quickly wipe their paws before they enter the house. You may also invest in a paw-washing bottle, which makes it easy to quickly wash muddy dog paws.
- Is it mud season? Use a microfiber cloth and an all-purpose spray to "hand mop," or wipe down, small areas on the floor before the dirt has time to spread around the house. This method will help you go even longer between deep cleans and only takes a minute or two.
- Once your floors are clean, don't stop there! Clean your baseboards while you're in floor-cleaning mode to give your home an even deeper clean.

Provide Additional Protection

Use floor protectors on chair and furniture legs to protect your floors. Window film treatments can prevent UV damage, slowing down fading or damage to your hardwood floors. And don't forget to trim your pet's nails regularly to avoid floor scratches.

Need help taking care of cleaning your home? Call the experts at Molly Maid today to schedule an appointment at 615-794-0200 or 615-603-3766, today www.mollymaid.com/s-davidson-williamson-maury-counties We're Maid for This!

— Ashley Farrar

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A portion of Molly Maid's sales support victims of domestic violence in the communities we serve. To date, Ms. Molly has proudly raised more than \$3 million – and we are not slowing down! This non-profit organization aims to increase public awareness of domestic violence and to provide victims with support. We believe everyone deserves to feel safe in their homes. The Ms. Molly Foundation strives to empower communities to end the cycle of violence in the home. It's our goal to help give victims of domestic violence a second chance at happiness.

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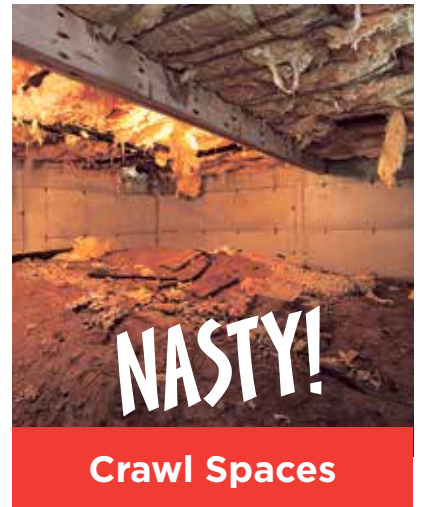
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How Can Cockroaches Affect Your Business?

You might think cockroaches are common enough that they aren't a big deal, but don't turn a blind eye if you spot one in your business. Cockroaches are hide-and-seek champions, so if you spot one, there are likely many more nearby that you don't see. They also possess insane survival skills that allow them to live headless for a whole week because of their open circulatory system. Worst of all, cockroaches are known to carry all types of diseases. Cockroaches can pose a big issue for your business. Let's take a deeper dive just to see how they can affect your business.



Health Issues

When you think of allergies, you likely think of spring and pollen, but cockroaches are a huge allergen. Certain proteins found in cockroaches feces, saliva, and body parts can cause allergic reactions or even trigger asthma symptoms. Dust or even dirt in commercial settings can contain dead cockroach parts carrying these allergens. It is recommended to not touch the dead parts with bare hands if you do notice some.

They are also known to carry more than many pathogens (ex: E. coli, Staphylococcus, and Salmonella)! These bacteria are ones you never want associated with your business, especially if you own a restaurant. Just one cockroach can spread one of these dangerous bacteria from one surface to another, which can lead to many people getting sick.

Reputation

Once customers notice a cockroach issue, your reputation goes down. For regulated environments, cockroach problems can lead to low or even failed inspection scores, patient safety concerns, and lost points on audits. Cockroaches feed on just about any food source, making food supplies and other products vulnerable to contamination. Like stated earlier, cockroaches are hide-and-seek champions, so it is no surprise they can crawl their way into delivered packages or supplies.

Prevention Is Key!

Our Commercial Service Professionals say prevention is key in discouraging cockroaches from entering your business. Some tips are:

- Keep your business clean and dry. Roaches love moisture!
- Food should always be kept in tightly sealed containers or put away immediately after use.
- Wash dishes frequently if in a restaurant setting, that way food doesn't sit on the counters or sink.
- Keep your garbage covered and take it out regularly.
- Seal any cracks and crevices that allow entry from the outside to the inside.
- Remove any unused cardboard boxes or paper, roaches can use these as shelter, and can add to clutter in your business.

These tips may not always be the solution. Once these pests have made their way in your business, they are hard to get rid of. Cockroaches are typically more tenacious than us humans. In short, it takes a well-trained Pest Professional with all the right tools to truly eliminate the infestation.

For a comprehensive, effective, and lasting solution to rid your business of cockroaches, call Waynes at 866.WAYNES1 or contact us at callwaynes.com. Our Commercial Pest Professionals can identify your treatment needs and ensure your business is roach-free.

— Meredith Boyd, Social Media and Marketing Coordinator for Waynes

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AN ENCOURAGING WORD

Greater Is He

I don't think there is any question that we are living in such a perilous, fallen world.

We will certainly have incredible stories to pass on to our grandchildren or for those of us who don't have any, well, how about great nieces and nephews? Ok, the latter is myself and I am always trying to set the best examples I can for all of them. However sometimes us big kids struggle at home or the workplace, once in awhile, even our faith. You can't turn on the television now without seeing commercials and programs that we as Christians find very offensive and counter to our Biblical beliefs. I sure never thought I'd see that day, did you?



As Christians it is hard to understand. I really don't think we will ever be able to. It's almost like living someplace you don't know very well. It does say in the Bible, that in the last days, men's hearts will grow cold, people will be more wicked and slothful. Satan definitely rules the earth. He even roams quietly up and down the church aisles looking for any desperate soul.

However here is the glorious side of all of this: We have a choice. Again, we have a choice. That choice is to "rise up and draw as near to God, and He will draw near to you." (James 4:8)

So if you are enduring a season in which you seem to be struggling with or wondering if the Holy Spirit is really residing in your soul, take a minute and open your bible, visit 1 John 4:4 (NIV). This is one of my favorites I say it to myself over and over, "Greater is He in you than he who is in the world."

Just talk with Him. He is a person. Pray fervently all through out the day. Listen. Watch. Be still. Once you send out your invitation to the Lord Jesus, oh yes, He'll not only accept it, but you will be filled from within.

The Holy Spirit is power. Don't get down, even if it seems there is no light at the end of the tunnel, there most certainly is. God tells us, "I will never forsake you. I will never leave you." (Hebrews 13:5). Choose to imagine something good. Choose to imagine having a great productive day. Spend time in the word. Select one scripture that touches your heart. It will give you peace and great comfort.

Satan is on a tight leash. He knows he is running out of time. You just remember who your rock is... who your source is and who is your Savior, "Greater Is He."

— Tammy Merritt lives in Columbia, Tenn.
She teaches guitar and is working on her first book.

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FAMILY MATTERS

Celebrating Step, Bonus & Blended Family Parents

September 16 is National Stepfamily Day and represents many different types of families. Some prefer to be called “Bonus” and others prefer “Blended” while some really don’t want to be called anything besides a “Family.” No matter the terminology, being in a family with his, hers and sometimes “theirs” is very different than a traditional in-tact family. Different does not mean it’s bad or less than, just simply different.

Here are a few ways these families (including my own) are different:

1. There are biological parents connected to the shared children that do not live with the children full-time. They may have parenting time that is 50/50 or they may only see their children a few weeks in the summer; although every schedule is unique, it’s a hard dynamic that exists in these families, both for children and parents.
2. Some blended families are formed after death – someone lost a much-loved spouse and then later marries again, bringing along their children as well as a lifetime of good memories of the one who is missing.
3. Some families don’t see their extended families very often, due to divorce and hard feelings afterwards.
4. Kids in stepfamilies can sometimes feel caught in a war between their biological parents; where in a traditional family their bio parents would be together, under one roof, and even if they argue it’s a less intense situation for the children. Kids can go to their room or possibly go to a friend’s house while parents argue – not the same in a divorced / remarried family
5. Most stepfamilies have a “handoff” every week or two where kids leave one house and go to the other house. The way parents act at the handoff determines a depth of internal pain or joy for the children. Having a “Happy Handoff” is actually something that is good for kids, and they may experience 500-1,000 times in their lifetime.



6. A child who loves their stepparent (bonus parent or blended family parent) may often feel they cannot tell their biological parent the truth about all the good things. It may trigger their bio parent and cause stress for children, so many kids just decide early on not to talk about how much they like and love their stepparent to protect their other parent.

7. If a child can enjoy a strong marriage between their biological parent and the stepparent, it can have an incredibly strong impact on the child’s view of marriage and their own future family. Research shows that a child in a blended family that is healthy and strong is much more likely to enjoy a lifelong marriage of their own one day.

The last interesting tip about stepfamily life is you get “more credit” for your anniversary than a traditional couple. Take the number of kids you blended, multiply those times the number of years you have been married – that will give you the “anniversary credit” you get instead of a traditional year. Since there is so much happening all at once in bonus family, we believe the parents should get more credit! Happy National Stepfamily Day to all the blended, bonus, stepparents out there! You matter and your role is very impactful for the children!

— Tammy G. Daughtry, MMFT is Founder of Co-Parenting International and the “One Heart, Two Homes” Digital Resource. She and her husband, Jay, are a blended family of four with four amazing grandkids





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It's Time for a September Cleaning

Let's talk about a good flame and bad flame – our work is all about the flame and keeping families safe!

We are a local service that provides professional industrial grade specialty cleaning for BBQ Grills, Dryer Vents, visit www.jackrabbitcleanchoices.com & www.bar-b-clean.com/nashville or www.dryerventcleaningteam.com for detail. Marc, the owner is passionate about extending the life of BBQ GRILLS and DRYERS by keeping them clean and operationally safer.

The BBQ Grill needs a good flame to produce the best results for your family and guest who depend on you for the best BBQ experiences in your area. It is what you are known for, good times and good food.

Bar-B-Clean.com/Nashville serves middle Tennessee and extends the life of many grills with professional cleaning and repair and protects the patios from grease melting into the varied unique and expensive patio surfaces. We utilize specialized processes and training. The National Fire Prevention Association reports that grills cause more than 10,000 fires a year leading to hospitalizations, fatalities and expensive repairs. We clean away the Grease, rodents/bugs, leaves, and burnt leftover carcinogen containing food particles that builds up over time creating fire hazards and reducing the grill's operating ability.

So, the GOOD FLAME is connected to your BBQ Grill. Where is the BAD FLAME? Yes, the bad flame is connected to the Dryer's vent and all the lint and debris that can collect and heat up in that small space and then light up. Dryer vent fires are the number one cause of home fires, be careful, have your vent inspected and cleaned at least - what? Depends on how much you use the dryer but a good practice is at least once a year have us come out and clean it, there is almost always something in the vent that should not be there.



Dryers last a long time if they can breathe, watch for the signs that your dryer is gasping for air which means a clogged vent – longer drying times, more lint in the area than normal, humidity, etc. Our company **DRYERVENTCLEANINGTEAM.COM** serves middle Tennessee with value pricing and competence.

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1. Schedule your next BBQ grill or dryer vent cleaning
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4. Value pricing - Ask Marc why his pricing is the best value.
5. Gifting is an opportunity - Gift a professional dryer vent and or BBQ grill cleaning to a father, mother, friend, relative, or other person for whom you have found it difficult to find that right gift.

— Marc Tepner, 615-594-9052 (CALL OR TEXT FOR PRICING/SCHEDULING) Marc is a graduate of Abilene Christian University. He brings a wealth of customer care experience from his time with Bridgestone, Schokolad Chocolate Factory, Greener Solutions Lawn and Yard, and more. Marc is energized by his amazing wife Elise, son Cole, their Church and Life Group Family.







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(from left) Jim Daly, Chuck Swindoll, Anne Graham Lotz, Colin Smith, Alistair Begg, Adrian Rogers, Tony Evans, Charles Stanley, Janet Mefferd, Richard Hamlet, Michael Youssef, Robert Jeffress And Many More!

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@christianfamilynashville.com and we will make sure you receive one.

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— Karol Hernandez, Director of Marketing and Communications, Lee Company



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