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PREMIERE ISSUE

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Welcome to the premiere issue of *Hendersonville Lifestyle*. We're very excited to bring you this new community magazine inspired by this city. *Hendersonville Lifestyle* will be filled with engaging articles, and great photography, delivered to you monthly in a high-quality format. More importantly, our pages will be filled with faces, places and businesses that you may or may not recognize, combined with in-depth stories, news or special events behind them.

I came to Nashville in 1993, to work for a very large newspaper (guess the paper), living in Antioch, where at that time was really growing. After 10 years my wife and I left here to work for large newspapers in Knoxville, Myrtle Beach, S.C., and Charlotte, N.C. Six and one-half years later we returned to the large - but smaller - newspaper in Nashville. When we came back my first thoughts were to find a home south of Hendersonville in Williamson County, or maybe Murfreesboro, because that's where most of our friends live. But my wife was very persistent about finding a home in Hendersonville. Today, after living here for nearly four years I am so grateful for her persistence. In my interview with Hendersonville Mayor Scott Foster, he talked about not only how Hendersonville has grown, but the projections for more growth in the coming years. You can see the signs of that growth all around town and feel the buzz in the air with new restaurants, businesses, and subdivisions like Durham Farms. This activity will propel Hendersonville over the next 10 years.

I would like to take this opportunity to thank the team responsible for the end product: our outstanding advertising partners, and the team at the Hendersonville Chamber of Commerce for their outstanding support of our publication. Hendersonville Lifestyle is YOUR magazine and our goal is to become your resource for all things Hendersonville. So if you have any ideas about content, articles or something you feel is missing, please feel free to contact us as we would welcome your feedback.

From my family to yours, peace out!

Lynn Bowles, Publisher
Lynn.Bowles@LifestylePubs.com

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ON THE COVER Thursday night Streets
Of Indian Lake concert series.

PHOTOGRAPHY BY RICK MURRAY

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Hendersonville

L I F E S T Y L E

AUGUST 2016

PUBLISHER

Lynn Bowles | Lynn.Bowles@LifestylePubs.com

EDITOR

Ed Atlas | Ed.Atlas@LifestylePubs.com

CONTRIBUTING WRITERS

Dennis Malcolm Byron, Holly Cowan,
Linda Dohse, Allie Windom

CONTRIBUTING PHOTOGRAPHERS

Lynn Bowles, Rick Murray

CORPORATE TEAM

CHIEF EXECUTIVE OFFICER | Steven Schowengerdt

CHIEF SALES OFFICER | Matthew Perry

CHIEF FINANCIAL OFFICER | DeLand Shore

DIRECTOR OF MARKETING | Brad Broockerd

ART DIRECTOR | Sara Minor

EDITORIAL DIRECTOR | Nicole Sylvester

AD COORDINATORS | Cyndi Harrington, Chelsi Hornbaker,
Megan Seymour

LAYOUT DESIGNERS | Nicolette Martin, Cyndi King

DESIGN SPECIALIST | Ashleigh Thomson

EXECUTIVE ASSISTANT | Melanie Carlisle

APPLICATION ARCHITECT | Michael O'Connell

WEB DEVELOPER | Hanna Park



Lifestyle
PUBLICATIONS
Inspired by Community™

P.O. Box 12608
Overland Park, KS 66282-3214

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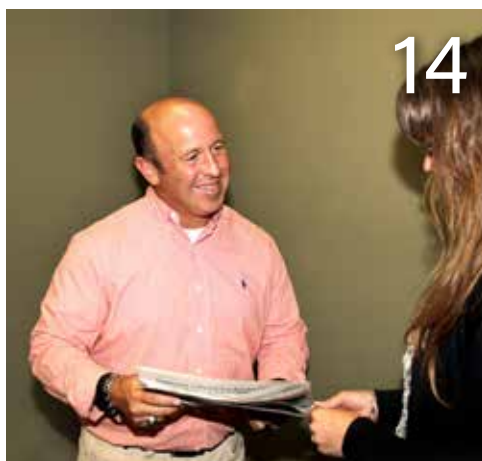
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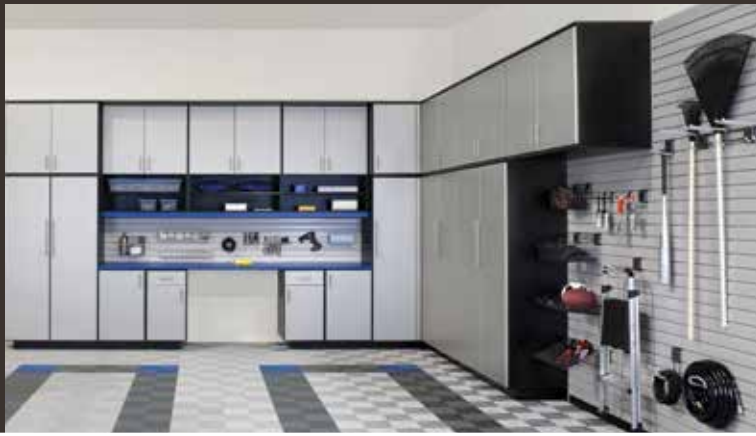


Good Times

On Friday, July 1, Sarah and Glen Mitchell celebrated the Grand Opening of their Salt MedSpa. The Jessica McNear Band recently entertained a large audience at the Streets of Indian Lake Concert Series. **PHOTOGRAPHY LYNN BOWLES AND RICK MURRAY.**







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"I was curious about the Senior Real Estate Specialist (SRES) designation because I was helping care for my parents. Also recently sold the home where we raised our children. I understand the emotions involved."

As a Realtor who holds the SRES designation, Vicki is dedicated to work with seniors searching for new housing options. Because seniors are living longer and baby boomers are aging, McNulty believes that having the knowledge to assist them is critical.

"Working with Seniors takes a lot of time, care, and compassion; but it is worth it because I'm helping someone and that is very important to me." Vicki provides a free Moving On guide that is tailored to Seniors and their families.

Vicki McNulty, REALTOR 615.579.1804
vmcanulty65@gmail.com



Vicki's dad
and granddaughter
Photos: By Holly Harms

6 STEPS TO GET YOUR HOME READY FOR A QUICK SELL



A great first impression is a key to selling your house or condo. Prospective buyers want to see your home in "show-place" condition. Remember, you have just a few minutes to create a winning first impression.

- 1. Un-personalize.** Take down picture of you and your family. It's hard for a buyer to imagine themselves in your home when there are pictures and personal items of another family.
- 2. De-Clutter.** Countertops, nightstands and coffee tables need to be cleaned off.
- 3. Organize.** Align items in your pantry and bathroom cabinets. Make your closets look their best by organizing clothes and shoes.
- 4. Repair.** Consider painting rooms a neutral color. Fix leaky faucets, squeaky doors, and anything a potential buyer would consider broken.
- 5. Clean.** And clean some more. Clean floors and vacuum daily. Dust furniture and baseboards. In the bathroom inspect the caulk and replace as needed.
- 6. Curb Appeal.** Spruce up the outside. Wash the face of your home. Clean windows and pressure wash the exterior. Trim shrubbery and bushes around the house.

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AROUND TOWN



KATHLEEN HAWKINS SELECTED AS PRESIDENT OF HENDERSONVILLE AREA CHAMBER

Kathleen Hawkins has been named President and CEO of the 750-member Hendersonville Area Chamber of Commerce. Hawkins comes to the Chamber from Heathrow, Fla. where she founded Women on a Mission to Earn a Commission, a women's professional organization that

grew to 71 chapters nationally.

Hawkins was selected following a national search that took nearly two months to complete.

"We said throughout the search that we would be done when we found the right person and we have definitely found the right person in Kathleen Hawkins," said Mike Incorvaia, Chairman of the search Committee.

"Kathleen's background in business and membership advocacy make her a great fit for the future of the Chamber and for Hendersonville," says Board Chair, Kori Langford.

"I am so honored and excited to lead a dynamic organization like the Hendersonville Area Chamber of Commerce," says Hawkins. "With a great team and board already in place, I feel we are poised for success and I gladly welcome the challenge. I plan to hit the ground running and look forward to meeting all of our members very soon."

Mayor Scott Foster applauded the hiring of Hawkins and expressed his strong support for the Chamber organization.

"The Chamber of Commerce is such an integral part of Hendersonville and a key partner for economic development," said Foster. "I was so impressed with Kathleen when I got the chance to meet her, and I am confident that she will lead the Chamber and the community to new heights."

Hawkins holds a M.B.A. from Florida Metropolitan University and an undergraduate degree in business administration from Tampa College.

Hawkins was born in Ohio but considers herself a Florida native. She is an accomplished business consultant, public speaker, and

nine times published author. Her essays have been published in numerous lifestyle, business and photography journals.

Personally, she is a licensed foster parent and adoptive mother of three. She and her husband, Jeff, are strong advocates of adoption and in 2007 were awarded the Volunteer of the Year Award by the Florida Coalition for Children.

She served as a committee member of The Governor's Faith Based Initiative Committee Work Group for Child Advocacy. In 2009, she was accepted as a member of the Compassion Florida Roundtable for the Governor's Volunteer Florida Foundation. The Hawkinses will reside in Hendersonville with their three children.

SERVPRO INDUSTRIES, INC., NAMED A 2016 TENNESSEAN TOP WORKPLACE

For the second time in as many years, Servpro Industries, Inc., was recognized as a top company in Middle Tennessee. The final field was based on responses from more than 110 companies and 15,000 employees.

"We are honored to be one of the select area businesses named to *The Tennessean's* Top Workplaces program for the second consecutive year," says Sue Steen, Chief Executive Officer of Servpro Industries, Inc. "This honor is notably special because it was achieved based on the feedback from our employees. I want to thank our employees for helping create a workplace recognized as one of the best."

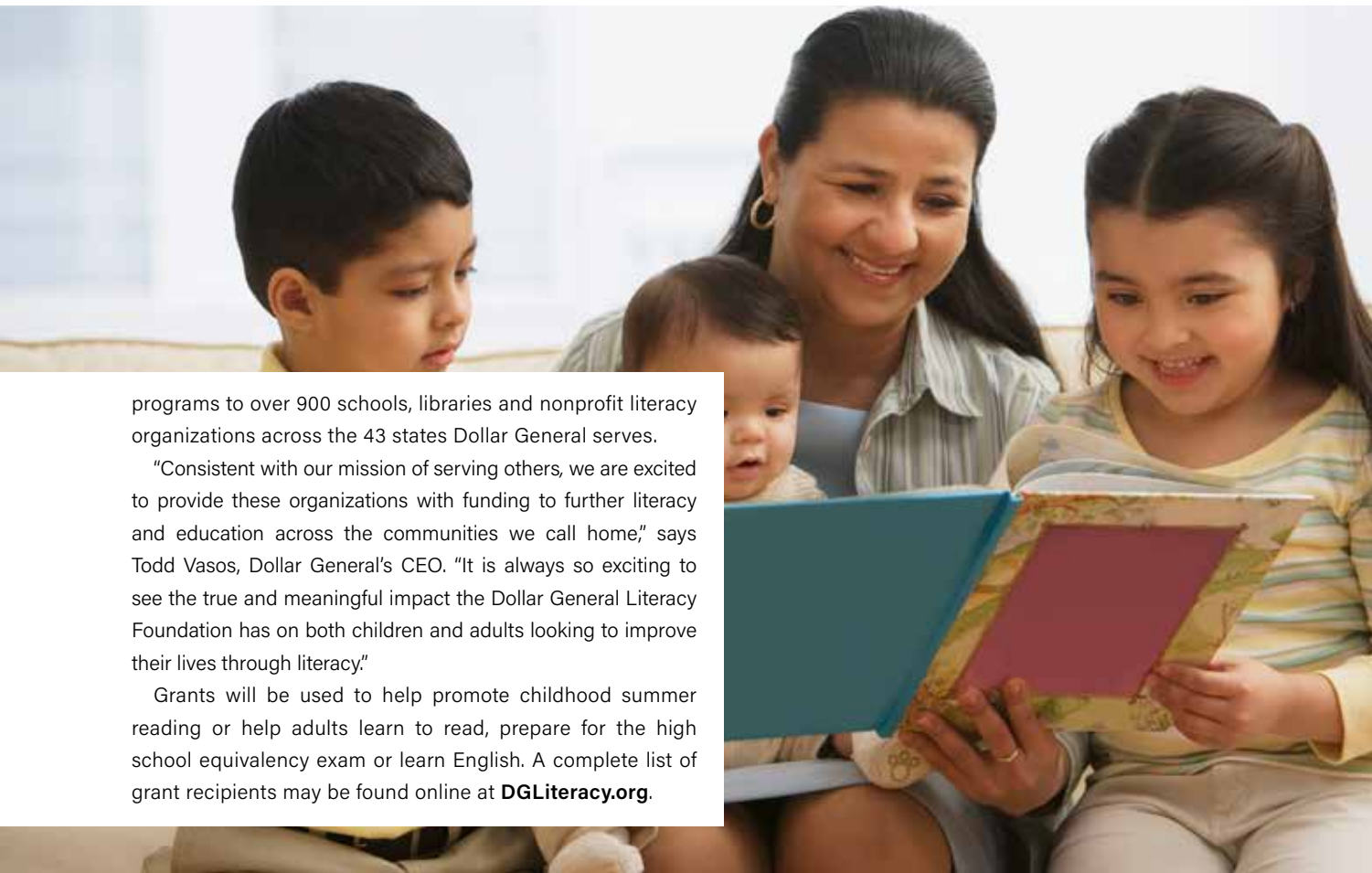
Servepro was selected based on a wide-range of employee programs and benefits, including personal and professional development, culture of wellness, employee benefits and community events and involvement

SERVPRO specializes in the emergency cleanup and restoration of fire and water-damaged homes and businesses, among other services. The Gallatin-based franchise company employs more than 450 people at the corporate headquarters. There are more than 1,700 individually owned and operated franchises. Additional information is available online at Servpro.com.



DOLLAR GENERAL LITERACY FOUNDATION AWARDS MORE THAN \$7 MILLION FOR FUNDING OF ADULT, FAMILY AND SUMMER LITERACY PROGRAMS

The Dollar General Literacy Foundation awarded more than \$7.1 million in grants to support adult, family and summer literacy



programs to over 900 schools, libraries and nonprofit literacy organizations across the 43 states Dollar General serves.

"Consistent with our mission of serving others, we are excited to provide these organizations with funding to further literacy and education across the communities we call home," says Todd Vasos, Dollar General's CEO. "It is always so exciting to see the true and meaningful impact the Dollar General Literacy Foundation has on both children and adults looking to improve their lives through literacy."

Grants will be used to help promote childhood summer reading or help adults learn to read, prepare for the high school equivalency exam or learn English. A complete list of grant recipients may be found online at DGLiteracy.org.

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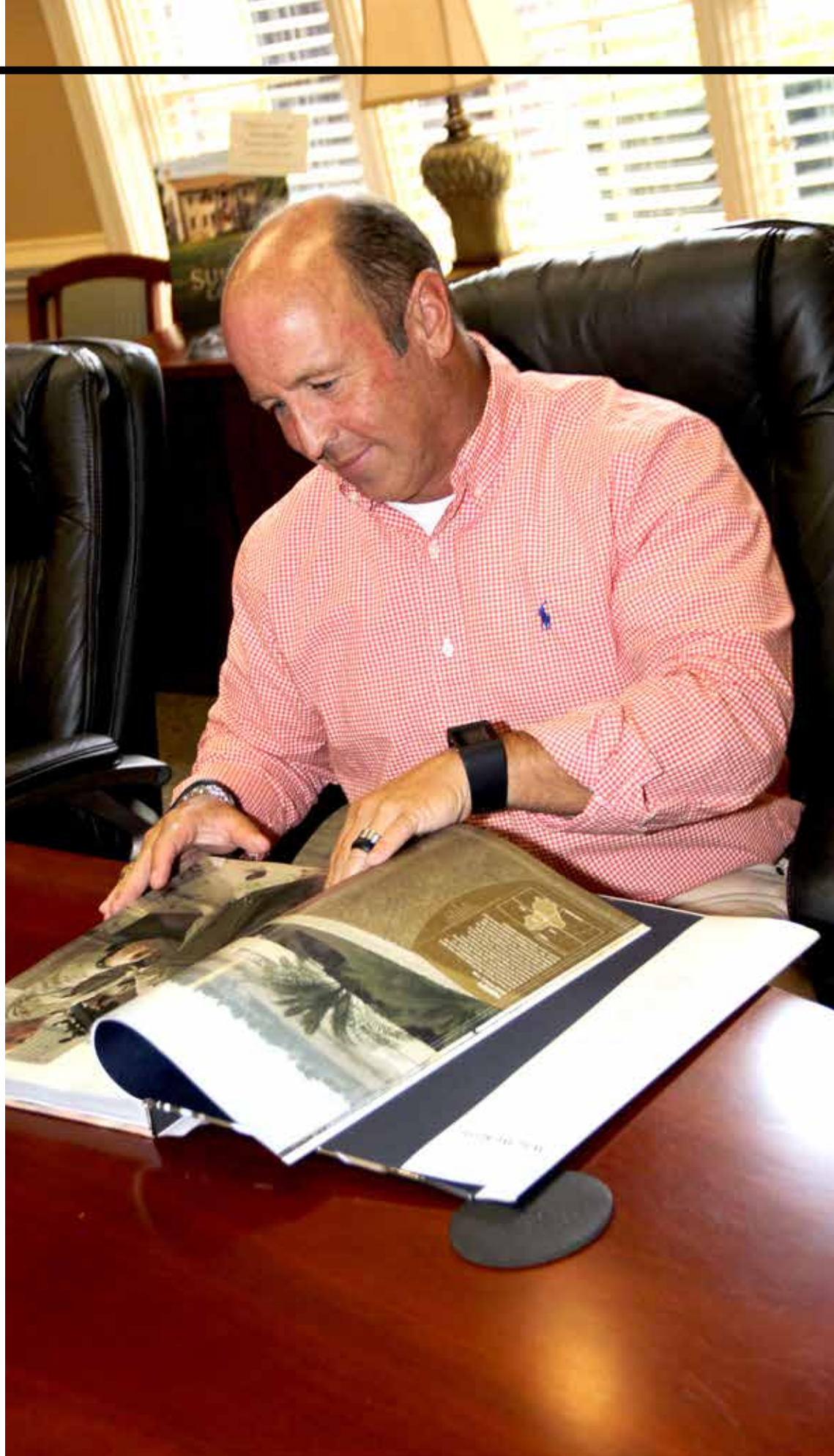
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LOOKING AHEAD

WITH A NOD TO THE PAST



MAYOR FOSTER TALKS HENDERSONVILLE PAST, PRESENT AND FUTURE.

ARTICLE HOLLY COWAN
PHOTOGRAPHY LYNN BOWLES

Mayor Scott Foster moved to Hendersonville when he was in second grade. He lived in what you might call the heart of the city at the time, between Old Shackle Island Road and New Shackle Island Road, two blocks off of Gallatin Road.

Growing up in Hendersonville, he's seen our "City by the Lake" transform from a bedroom community into a thriving city with a strong economic base, great schools and exciting new development. And it's a transformation in which he's proud to have been a part.

Reflecting on his time as mayor, Foster states "It's been a great 12 years even though we had a recession right in the middle of it. We were fortunate and blessed enough to continue to turn dirt even when a lot of other cities were going bankrupt. We were still growing; slowing but still growing."

LOOKING BACK

Foster notes it was once all too common for those living in Hendersonville to shop in the Rivergate area because there were few local options. This gave money to schools in Davidson County, not our own. This began to change when former Mayor Hank Thompson helped to bring about the development of the Glenbrook shopping area, our first retail center north of Rivergate. Thompson also started what eventually became the Indian Lake corridor which was instrumental in kicking off the growth our area has seen in recent years.

HENDERSONVILLE TODAY

According to Foster, even after substantial development along Indian Lake Boulevard since he took office, about 40 percent of that corridor still has opportunity to grow. "Every day's a new day and it's a lot of fun now, because we've finally brought shopping and dining home," he says. "Now when you're eating along Indian Lake, 50 cents of

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every dollar you pay in sales tax goes to Sumner County School System helping our schools to get better and better.”

There’s been significant residential growth as well. Foster states, “Population-wise today we’re at about 60,000 which makes us the tenth largest city in the state. Take out the big four – Nashville, Knoxville, Chattanooga and Memphis – and that puts us right in line with Franklin.” Developers are responding with large new subdivisions and established communities adding new phases.

WHAT’S AHEAD

Foster believes a pivotal factor in continued development will be bringing corporate headquarters to the area. He says, “We need corporate jobs because we’ve got all these great restaurants interested, but the lunch crowd isn’t here. The dinner crowd is here; we just need the lunch crowd as well to pull in those upscale restaurants.”

Foster notes several other opportunities for the future as well. One is to grow our infrastructure to meet the city’s growth, “everything from traffic to public safety to parks,” Foster said. Along with that is to remain connected to what Nashville is

doing, staying on the same page particularly in terms of traffic and communications infrastructure.

Another opportunity is in considering what we want Hendersonville to be going forward. Says Foster, “Ten years ago we had a visioning session called Hendersonville Tomorrow where we set a lot of goals and have completed a lot of those. But Hendersonville is a different place now and we’ve got a new visioning process about to start called Hendersonville Horizons looking at the next 10 to 20 years.”

In all, much has been accomplished during Foster’s tenure. He cites two of his favorite projects as putting a new face on the city when moving from the old city hall to the new city hall and completing the new city library. Although he leaves office in November, Foster’s love for the city and its people will continue to inspire him to help Hendersonville keep thriving.





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BLUEGRASS BEVERAGES:

HOME OF HENDERSONVILLE'S 'SPIRITED' FAMILY

THE SINKS FAMILY KEEPS MIXING IT UP FOR THEIR CUSTOMERS.

ARTICLE HOLLY COWAN | PHOTOGRAPHY LYNN BOWLES

Bluegrass Beverages is a long-standing Hendersonville fixture. Even the stones on its facade are steeped in history, preserved from a rock wall built during the civil war that was found when Bill Sinks, Sr. purchased the property over 40 years ago.

Like those stones, Bluegrass Beverages has stood the test of time, growing and evolving through three generations of the Sinks family. Says current owner, Bill Sinks, Jr., "We're in the business of helping people relax and enjoy life with the products we serve."

It's a foundation built on three simple tenets, having the best selection, best price and best service around.

BLUEGRASS OVER THE YEARS

In the early 1970s Bill Sinks' work required him to travel frequently. An entrepreneur at heart, he sought to change that by going into

business for himself. Being from Chicago, had often dreamed of owning a bar.

In 1973 he was awarded one of three available licenses and Bluegrass Liquors was born. The new store occupied the same building as the family's convenience store, separated by a wall, per state law. During those early years Bill Sinks, Jr., worked part-time while attending college.

After graduating, Sinks, Jr. came home and went in to the family business. He left temporarily to pursue a career in financial services but it wasn't long before he returned, lured by his love for the business and customers.

"I took my management, marketing and merchandising knowledge from college and



put it to good use as I ran both our convenience store and the liquor store," says Sinks, Jr.

In 1994 Sinks, Jr. bought the business from his dad and changed the name of the liquor store to Bluegrass Beverages Wine, Spirits and Beer to better reflect the store experience. By 2000 Sinks, Jr. expanded the store by about 40 percent to accommodate an extensive wine and spirits selection. **CONTINUED >**





Two years ago when the state's alcoholic beverage laws were amended to allow the sale of liquor, wine and beer in one location, Sinks, Jr. decided to remove the wall, close the convenience store and focus exclusively on Bluegrass Beverages. The current store offers an upscale shopping experience with 10,000 square feet of wine, spirits and beer. You'll also find 24 beer and wine taps with growler service, one of the largest beer coolers in the country, a cigar humidor, a tasting bar, Boar's Head meats, cheeses and other specialty items, along with party supplies and gifts.

EVOLUTION OF THE WINE, SPIRITS AND BEER INDUSTRY

Sinks, Jr. says one of the biggest changes in the last 20 years has been the introduction of a huge new selection of products,

flavors and styles sparked by a newfound love of spirits from millennials. "People are rediscovering how wonderful cocktails are when entertaining friends," says Sinks, Jr.

Another is the craft beer phenomenon, which includes nearly 20 local breweries. Today, his son, Ryan, manages the beer side of the business.

When asked about wine now being sold in grocery stores Sinks, Jr. says, "Consumers wanted that convenience, but grocery stores won't have the price, selection or the staff that we do." Bluegrass Beverages can offer customers a case of wine for their entertaining needs whereas a grocery store may be limited to what's on the shelf.



KEEPING CUSTOMERS HAPPY

Sinks, Jr. believes it all starts with quality employees. "I have hired fabulous people and I stress good service," he says. "Our customers ... we treat them with respect and pass on our knowledge of the products we sell."

His staff learns about their products through weekly tastings. Product knowledge is something Sinks, Jr. himself takes to heart, "Every wine on our lay-down racks, I have tasted."



Sinks, Jr. also says he can keep prices low thanks to a 10,000 sq. ft. warehouse beneath the store that enables him to buy in quantity.

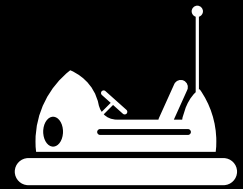
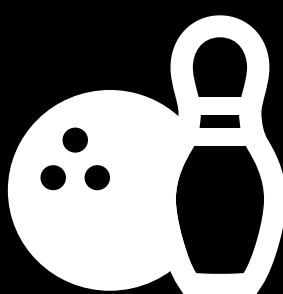
Going forward Sinks, Jr. plans to continue evolving with the industry, supporting the community and growing with the needs of his customers "We have a wonderful following; our customers are good people," he says. "The community has been very good to me and I believe in giving back to keep making Hendersonville and Sumner County an even better place."



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2016-17 SUMNER COUNTY SCHOOLS CALENDAR

— AUGUST —

- Monday 8 First Full Day of Classes, Grades 1-12
- Monday 15 First Full Day for Kindergarten

— SEPTEMBER —

- Monday 5 Labor Day, No Classes

— OCTOBER —

- Wednesday 5 End of First Term, First Nine Weeks
- Thursday 6 Administrative Day/Parent Conferences, No Classes
- Friday 7 Professional Development Day (Teachers), No Classes
- Monday 10 – Friday 14 Fall Break, No Classes
- Monday 17 Begin First Term, Second Nine Weeks, Classes Resume

— NOVEMBER —

- Tuesday 8 Election Day, No Classes
- Wednesday 23 – Friday 25 Thanksgiving Holiday, No Classes
- Thursday 24 Thanksgiving Day
- Monday 28 Classes Resume

— DECEMBER —

- Monday 19 - Wednesday 21 Exam Days
- Wednesday 21 End of First Term, Early Dismissal
- Thursday 22- January 4 Winter Break, No Classes

— JANUARY —

- Thursday 5 Classes Resume
- Monday 16 Martin Luther King, Jr. Day, No Classes

— FEBRUARY —

- Monday 20 President's Day, No Classes
- Tuesday 21 Stockpiled Day, No classes
(May be converted to regular class day, if necessary)

— MARCH —

- Friday 17 End of Second Term, First Nine Weeks
- Monday 20 – Friday 24 Spring Break, No Classes
- Monday 27 Begin Second Term, Second Nine Weeks , Classes Resume

— APRIL —

- Friday 14 Good Friday, No Classes

— MAY —

- Monday 22 – Wednesday 24 Exam Days
- Thursday 25 Administrative Day, No Classes
- Friday 26 Report Card Day, Early Dismissal
End of Second Term, Second Nine Weeks





A RICH HISTORY IN SUMNER COUNTY

Sumner County Schools has been in operation since 1873. The district currently has 46 schools in operation including one Middle College, seven regular high schools, one virtual high school, 11 middle schools, 24 elementary schools, one STEM (Science, Technology, Engineering and Math) elementary school, one academic magnet school and one alternative/zero tolerance school.

A LIFELONG MISSION

Sumner County Schools commits to growing learners who are college and career ready through quality instruction, effective use of resources, building a collaborative culture, and strong leadership.

SUMNER COUNTY SCHOOLS

ADMINISTRATION

- >>> **DEL PHILLIPS III, PH.D.**
Director of Schools
615.451.5205
- >>> **LINDA BRADLEY**
Administrative Assistant
615.451.5206
- >>> **JEREMY JOHNSON**
Supervisor of Board and Community Relations
615.451.6510
- >>> **CINDY WEST**
Internal Audit Assistant
615.451.7014
- >>> **KATIE BROWN**
Safe Schools Healthy Students Coordinator
615.451.6500
- >>> **LT. DANNY HURST**
Chief of School Safety
- >>> **DIA HALL**
Internal Auditor
615.230.6949
- >>> **ANITA PALMER**
Instructional Clerk Specialist, Federal Programs and EL
615.451.5200

*More information is available online at
SumnerSchools.org.*



HENDERSONVILLE'S UNCHAINED CHAIN

THE CHOP HOUSE BREAKS THE CHAIN WITH LOCALLY-TAILORED MENU

ARTICLE HOLLY COWAN | PHOTOGRAPHY LYNN BOWLES



We wanted to show people there was another side to us so we discounted items at lunch and dinner to price points we felt were very competitive. And we did this without any compromise on the food quality. We haven't looked back since and have experienced a lot of growth and success from those menu items.



You might say The Chop House of Hendersonville is not your typical restaurant chain. Yes, it's owned by Connor Concepts, Inc. with 12 other locations in four states across the Southeast, but as General Manager Josh Woodham notes, early on they knew that to be successful in Hendersonville they would have to do things a bit differently.

"When we started eight years ago the perspective here was that this was a special occasion type place, an expensive restaurant," says Woodham. "We wanted to show people there was another side to us so we discounted items at lunch and dinner to price points we felt were very competitive. And we did this without any compromise on the food quality. We haven't looked back since and have experienced a lot of growth and success from those menu items."

But it's not just the value that keeps customers coming back; it's also the food and the service for which The Chop House is known.

CONTINUED >



“What really makes us stand out is that much of our food is from scratch and that we take no shortcuts with quality,” says Woodham. “With over 90 percent of our food made from scratch, a lot of love and attention goes into the food and the preparation of it.”

Although the restaurant doesn’t open until 11 a.m., each day begins at dawn with the head chef arriving to finish the prime rib that was started the night before. Fresh food deliveries arrive around that time as well. “We have produce delivered seven days a week. Most restaurants can’t say that, so that’s special,” notes Woodham.

The Chop House is also proud of its selection of prime and dry-aged steaks. Said Woodham, “These steaks are hard-to-find in restaurants, with prime beef being in the top 2 percent of all beef served in the United States. It’s only given that designation by the USDA once it passes a certain amount of tests and checks. The dry-aged beef is special because of the process where it ages over the course of 29 to 45 days to add to the flavor and tenderness of the beef.”

Of his staff, Woodham says, “We are blessed with a great group of people. Our people really pay attention to detail and that’s what keeps guests happy. Some come back multiple times a week and when they walk in the staff remembers what they like to drink and what they had the last time. It goes a long way.”

Woodham is proud to be part of Hendersonville. “It feels good to be part of the city’s growth alongside the rest of the community.” And he loves that The Chop House offers the area an outstanding dining option for lunch and dinner. “I think it’s a great, quick in-and-out lunch spot that’s convenient and fair priced. You can eat here cheaper than a lot of fast food restaurants with our value,” he says.

And for dinner, “We have a finer dining type experience than you may typically see in the area, with white tablecloths, good wine service and a strong selection of beers and cocktails, all with that same value for quality food.”

Woodham believes it’s that quality food and service combined with the value that makes The Chop House a truly unique dining experience in Hendersonville.

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STAGING YOUR HOME



No matter what is happening to the real estate market, when you want to sell your home, there are two simple rules to follow to assure a quick sale: price it well, and make it look amazing. Whatever the asking price, its appearance needs to be flawless. If your goal is to sell your home fast, staging is the name of the game.

Most sellers know it is important to keep their home clean and clutter free. Taking the extra step to stage a home can make a difference in how a buyer values it and the price a seller might get for it.

One of the costliest mistakes made by home sellers, and even inexperienced real estate agents, is to ignore the visual psychology involved in gaining a buyer's immediate attention. Potential buyers become interested in a property when they walk in and feel, "I could live here." They imagine it as their home. Working with an agent that is a Home Staging Specialist, you will have the advantage over other houses that are in your market. Call me today and let me help you!

Angela Lacey, REALTOR 615.424.0394
angelalacey3@gmail.com

SUMMER SECURITY



Summer is a care-free time: School's out, the weather's nice and vacations are planned. But that easy-going attitude can leave your house vulnerable, especially if you're leaving it unattended for while you're kicking back at the beach. You know the standard tricks—stop the mail, have a trusted neighbor on the lookout—but you don't have to stop there.

Go for a smart home. A smart home set-up allows you to control lights, appliances, thermostat and security systems from your phone. So with the tap of a button you can turn the lights on and off from anywhere. Products differ, but simple starter kits are often available starting at around \$100.

Fake your TV. Rather than leave your TV on, fake it, and utilize a product that mimics the light made from a real HDTV, including mimicking scene changes, fades and on-screen motion. These small devices start at around \$20.

Install fake security cameras. A security camera can be a strong deterrent, but it is expensive. Fake ones, however, are quite cheap, as little as \$10.

Get a sophisticated light timer. Plugging your lights into a timer is the age-old burglar deterrent, which means that determined burglars are wise to this trick. So make sure your timer either turns the lights on and off at random, or allows you to program separate times for each day of the week.

Activate a barking dog. Although a little more expensive, several products allow you to mimic the sound of a barking dog as someone approaches the home. Attached to a motion sensor, the "dog" will start barking if someone is near the home and get louder and more persistent as the person gets closer.

Michelle Paul, REALTOR 615.828.0822
michelle.paul@coldwellbanker.com

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CROSSING OCEANS

& Changing Lives

PHIL THEODORE'S ROW ACROSS THE ATLANTIC
INSPIRED A MORE IMPORTANT GOAL.





**ARTICLE ALLISON WINDOM
PHOTOGRAPHY PROVIDED**



If you tried to row across an ocean in a boat, how far would you make it? Brentwood resident Phil Theodore was determined to answer that question for himself, and it turns out the answer was, “all the way across.”

After an intense corporate career, Theodore was ready for a change. So, in one fell swoop, he bought a bike, found training coaches, and signed up for his first triathlon in Brazil. At that event, he met his now longtime racing partner, Daley Ervin. The pair were challenged by a gentleman in a European pub, and they decided to try crossing the Atlantic Ocean by boat. The trip would be a stretch of more than 3,000 miles that only a handful of people in the world have been able to complete. They didn’t just finish the journey—they beat the world record for it by a week.

While fundraising for their racing fees, the pair also raised money to support food banks across America. Theodore says the “once and done” fundraising model is “a fundamentally broken system,” so the two decided to sustain their mission by forming Team Beyond, an organization that uses extreme races as a platform to raise money for food banks and support nutritional education.

It’s no secret that our grocery stores have no shortage of unhealthy junk foods, but Theodore is out to educate people even further on the dangers that can lie in the food we eat every day. He’s a firm believer that our diet impacts all aspects of our lives, and therefore digging deep and learning all that we can about our diet is vital.

CONTINUED >



Since returning from his trip across the Atlantic, Theodore has begun traveling to schools in the Nashville area to speak to students about nutritional awareness. He regularly brings in his own story, whether by showing students the Atlantic route that he and Ervin took and comparing it to the historical journey of Christopher Columbus, or telling curious minds more about the extreme athletic events he does. He knows that even young children can have an influence on their family's dietary habits, and tells them, "help your parents. When you're shopping, look at the food label. If you can't pronounce an ingredient, you probably shouldn't put it in your body."

Theodore compared the necessity of nutritional education to hot-button issues of days gone by. It took countless car crash deaths before we realized the importance of seatbelt laws, and





plenty of people died of lung diseases before we knew that smoking was harmful. Nutrition is the same, Theodore says, and we as Tennesseans need to do better about educating ourselves.

"Nashville is healthcare central, and we have some of the world's largest leading healthcare organizations headquartered here," he said. "But Tennessee has one of the worst health records in the nation." Theodore would love to see Nashville undergo major reform and become a leader in excellent nutritional education and behaviors. In the near future, he hopes to have an audience with some of Nashville's prominent leaders, including mayor Megan Barry.

Since making the change in his life from corporate to the nonprofit and educational realm, Theodore is encouraging others to examine how they're living. His advice on finding a new perspective? Write your own eulogy and decide if you're really using your time with purpose.

"When you think about what you'll see when you look back at your life from your deathbed, it gives you clarity. You realize you can make a difference in your own life and those around you," he said. "Most people won't realize that until it's too late."

But no matter what it takes, Phil Theodore is determined to live with impact - all the days of his life.



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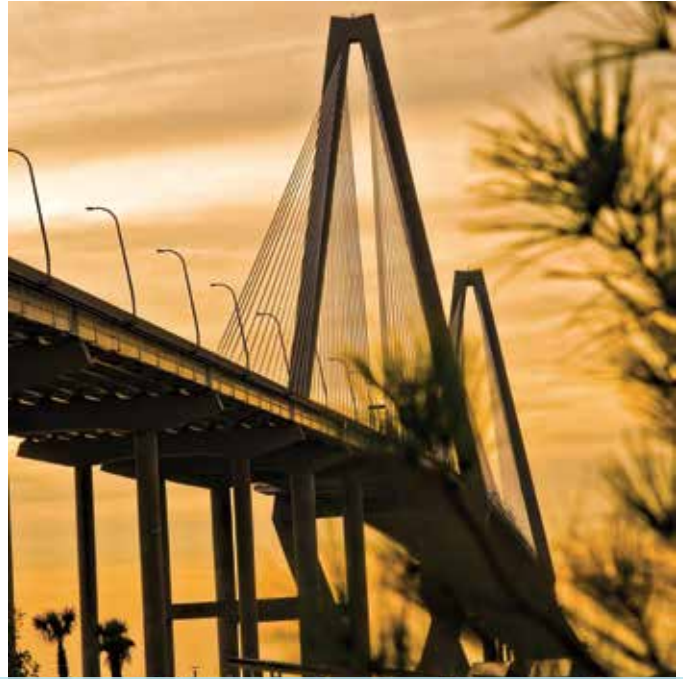
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CHERISH A WEEKEND
in charleston



CAROLINA'S CULTURE CAPITAL IS PACKED
WITH HOSPITALITY AND HISTORY

ARTICLE HOLLY COWAN | PHOTOGRAPHY PROVIDED



"MARTIN'S MUSTS" FOR A LONG WEEKEND IN CHARLESTON:

stay

- Belmont Charleston Place

play

- South Carolina Aquarium
- Children's Museum of the Lowcountry
- Beaches at Isle of Palms County
- Park and Kiawah Beachwalker Park

explore

- Pedestrian walkway of the Arthur Ravenel Jr. Bridge
- Plantations such as Middleton Place and Magnolia Plantation and Gardens
- Patriots Point Naval and Maritime Museum
- Horse-drawn carriage tours through the historic district

Photography courtesy of the Charleston Area CVB, ExploreCharleston.com.



If you're short on time but long to get away for some family fun this summer, local travel advisor Jen Martin can steer you in the right direction.

An independent affiliate of Travel Experts, a leading Virtuoso member agency, Martin is keenly acquainted with the many popular weekend getaway destinations that are easily accessible from Brentwood. As she exclusively books 4- and 5-star travel for clients, each is complete with luxury accommodations and amenities galore. They also offer beautiful surroundings, great food and plenty of sights and activities for the entire family to enjoy.

"These locations are perfect for people looking for long weekend trips," she says. "They could be done in three days but you could also

easily extend it to four or five days, up to a week there's so much to do," says Martin.

One such destination is ...

... *Charleston, South Carolina*

When you think of Charleston, think Southern charm at its finest. Visiting this city is like taking a step back in time with its antebellum architecture, sprawling plantations and historic landmarks.

But don't let the cobblestone walkways and gas lamp-lit streets fool you. Charleston is definitely not stuck in the past. Not only is there a bustling music and food scene, you might be surprised at all this city offers for families.

Throughout its 300-year history, Charleston has proven to be one of the more resilient cities in America, if not the world. From illness,

to wars and natural disasters, events have not been kind to its residents. But, in a testament to the spirit of the citizenry, the city has rebounded every time to become stronger and more vibrant than before.

This combination of history, creativity and vitality explains why four million visitors from around the world descend upon this coastal city each year. The city itself is situated on picturesque Charleston Harbor, which opens into the Atlantic Ocean. The popular beach resorts of Isle of Palms and Kiawah Island are easily accessible.

Don't plan to see or do it all on your long weekend. Slow down. Immerse yourself in the history. Absorb the scenery. Indulge in the flavors. There will be plenty more to enjoy on your next visit.

GETTING THERE

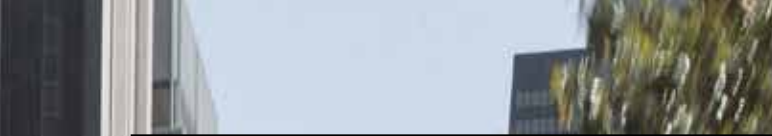
You can catch a nonstop morning flight out of Nashville International aboard Southwest and be enjoying lunch in Charleston by early afternoon. Delta offers service with layovers in Atlanta. Schedules vary. Consult airlines for more details. Travel arrangement can be made through Jennifer Martin Travel at JenMartinTravel.com. For more information visit CharlestonCVB.com.



THE 2016 LINCOLN MKC BLACK LABEL

THERE IS NO SOPHOMORE
SLUMP FOLLOWING THIS
LUXURY, COMPACT SUV'S
IMPRESSIVE DEBUT

ARTICLE DENNIS MALCOLM BYRON
PHOTOGRAPHY PROVIDED



THE 2016 VERSION PROMISES TO MAINTAIN ITS MOMENTUM AND ERASE ANY MENTION OF A SOPHOMORE SLUMP.



In 2015, the boom of the compact SUV - a five-door vehicle that is considerably smaller, more economical, and less expensive than the larger versions - has increased competition between automakers in a new segment. However, due to its sleek, distinctive tell-from-a-block-away exterior, defining push-button gear shift, smooth ride, responsive four-wheel maneuvering, and posh interior, the all-new 2015 Lincoln MKC Black Label AWD successfully made a bold entrance into the market. The 2016 version promises to maintain its momentum and erase any mention of a sophomore slump.

The Black Label is the top-tier edition of this five-passenger automobile; the other three trims are Premiere, Select, and Reserve beginning at \$33,260. MKC's impressive standard features include a panoramic Vista roof with a powershade cover; hands-free liftgate (starting with the Select); MyLincoln Mobile App with Embedded Modem to operate functions from your mobile phone; extensive airbag placement including curtain and driver's knee; three driving modes; and a "concierge" to chat with.

On the optional side, the 20-inch painted aluminum rims; parking assist; a gorgeous Chroma Couture Premium Metallic (rich purple-brown fusion); theater-esque THX sound system; and

CONTINUED >



Active Park Assist deserve mention, but with the prestigious Black Label upgrade, owners can enjoy free car washes any time, a yearly car detail service, and an interior owners can customize with various exotic materials and color schemes. But the major differences between the 2015 and 2016 version is the latter's increase of towing capacity in the 2.3-liter engine to 3,000 pounds and the inclusion of the new signature Lincoln Sync 3 touchscreen interface, enabling voice command for phoning, entertainment and navigation.

Lincoln has always been a brand that emphasizes the importance of driving in luxury since its inception almost a century ago. As its spokesperson - revered actor Matthew McConaughey - says while seemingly in bliss driving the 2016 MKC Black Label in recent television commercials, "Sometimes you've got to go back, to actually move forward." This compact SUV surely adds validity to this statement.

2016 LINCOLN MKC

Base Price: \$46,455

Fuel Economy: 20 city/29 highway

Horsepower: 240 to 285 horsepower

Engine: 2.0L 4-cylinder, 2.3L 4-cylinder

Photos courtesy of Lincoln.

For more information, visit Lincoln.com



August

AUGUST CONCERTS

RYMAN AUDITORIUM

DOWNTOWN NASHVILLE

Musicians from all genres will take to the famous Ryman Auditorium stage all month long. Tuesday 2, 7:30 p.m.: BRYAN FERRY; Saturday 6, 8 p.m.: CASE/LANG/VEIRS; Tuesday 16, 7:30 p.m.: GUY CLARK CELEBRATION with Emmylou Harris, Rodney Crowell, Steve Earle, Vince Gill and more; Wednesday 17, 7:30 p.m.: STEVEN TYLER; Sunday 21, 7:30 p.m.: TOTO. **Ryman.com**.

AUGUST SHOWS AND CONCERTS

BRIDGESTONE ARENA

DOWNTOWN NASHVILLE

Top acts and artists will play Bridgestone Arena throughout August. Tuesday 2, 7 p.m.: WWE SMACKDOWN; Thursday 11, 8 p.m.: JIM GAFFIGAN; Sunday 14, 6:30 p.m.: DRAKE SUMMER SIXTEEN TOUR; Wednesday 17, 7:30 p.m.: DIXIE CHICKS; Friday 19, 8 p.m. and Saturday, August 20, 7 p.m.: PBR; August 24-28: TORUK - THE FIRST FLIGHT BY CIRQUE DU SOLEIL. **BridgestoneArena.com**.

EVERY THURSDAY IN AUGUST

SUMMER CONCERT SERIES

THE STREETS OF INDIAN LAKE

It's the final month of the Summer Concert Series on the plaza at The Streets of Indian Lake. Performing this month are Ben Bradford Band (Aug. 4), The Broomstix (11), Red Light (18) and Escape (25). Shopping and Dining nearby. Fountain pad for children's play.

FRIDAYS BEGINNING AUGUST 5

HIGH SCHOOL FOOTBALL

HENDERSONVILLE

AUGUST 5: Beech at Smyrna; AUGUST 19: Hendersonville at McGavock, 7 p.m.; Beech vs. Wilson Central; Pope John Paul II at Memphis Melrose, 7 p.m.; AUGUST 26: Hendersonville vs. Siegel, 7 p.m.; Beech at Rossvie; Pope John Paul II vs. Coffee County, 7 p.m.

AUGUST 5

MOVIE IN THE PARK

MOSS-WRIGHT PARK IN GOODLETTSVILLE

Goodlettsville Parks, Recreation, and Tourism invites everyone for a special presentation of *Alexander and the Terrible, Horrible, No Good, Very Bad Day*, under the stars in Moss-Wright Park, 775 Caldwell Drive. Gates open at 6 p.m. with the moving beginning at dusk. Concessions will be available, or bring a picnic dinner.



EVERY SATURDAY IN AUGUST, 9 A.M. TO NOON

HENDERSONVILLE FARMERS MARKET

THE STREETS OF INDIAN LAKE

Shop for fresh, local in-season farm produce and naturally-raised beef, pork and chicken. Stroll The Streets and explore the wares of local artisan & craft vendors. Plus, enjoy Family Fun Days on the August 27, with live music and activities for children. Weather permitting. **StreetsOfIndianLake.com**.

AUGUST 6

BELLISSIMA! THE ITALIAN AUTOMOTIVE RENAISSANCE, 1945-1975

THE FRIST CENTER

An expert-panel discussion of the finest postwar Italian-designed and Italian-built automobiles, featuring author/photographer Winston Goodfellow, editor and critic Robert Cumberford of *Automobile Magazine* and *Sports Car Market*, and Donald Osborne from *Jay Leno's Garage*. The Italian Automotive Renaissance exhibit runs through October 9. **FristCenter.org**.

AUGUST 11

MUSIC ON MAIN

PORTLAND


Bring a lawn chair and get ready for some great entertainment with The Channel Cats at Music on Main in Portland. Food Truck concessions available from Delaney's Street Eats. 615.325.9032.

CONTINUED >


Recently **SOLD** Sumner County Properties

NEIGHBORHOOD	LIST PRICE	SOLD PRICE	%SOLD/LIST	DOM	BDRMS	BATHS
Fairvue	\$1,599,900	\$1,490,000	93%	263	5	4/1
Hunt Club	\$599,000	\$585,000	98%	19	4	3/1
Foxland	\$539,900	\$529,900	98%	47	4	4/0
Shvannah	\$529,900	\$520,000	98%	133	4	4/1
Carellton	\$532,000	\$532,000	100%	0	4	4/0
Drakes Pointe	\$529,900	\$520,000	98%	50	4	4/1
Blue Ridge Phase1	\$489,900	\$478,900	98%	81	4	3/2
Somerset Downs	\$484,900	\$484,900	100%	121	4	3/0
Wynbrooke	\$399,920	\$399,920	100%	0	1	3/1
Fountain Brooke	\$369,900	\$370,600	100%	21	4	3/0
Masters Glenn	\$364,900	\$364,900	100%	59	5	3/0
Indian Ridge Ph 3	\$354,900	\$354,900	100%	63	4	2/1
Autumn Creek Sec 1	\$329,900	\$329,000	100%	48	4	3/0
Berry Hill Sec 1Ph	\$324,900	\$317,500	98%	63	4	3/0
Millstone	\$323,933	\$323,933	100%	8	3	2/0
Creekside at Station Camp	\$318,305	\$318,305	100%	111	4	2/1
Ashcrest	\$310,788	\$310,788	100%	0	4	2/1
Fairway Farms Ph1	\$309,900	\$307,000	99%	78	4	2/1
Indian Lake Forest	\$295,000	\$289,900	98%	77	4	2/1
Lori Lee Est	\$250,000	\$250,000	100%	52	3	2/0
Mansker Farms	\$244,900	\$229,000	94%	25	3	2/1
Monthaven Green Ph	\$232,500	\$230,000	99%	40	3	2/1
Maple Row Wst Sec 7	\$214,900	\$210,000	98%	180	4	2/1


CMLS Statistics from 06-01-16 through 06-31-16. *DOM=Days on Market.



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CINDY SAMPLE



I was born in Juneau Alaska. I'm a native of the Northwest. However, in 1996 my husband Eric, (a Nashville Metro FireFighter) and our four children and I moved to Hendersonville Tennessee, to pursue music and embark on the adventure of our lives.

The schools, community, outdoor activities and proximity to downtown Nashville has made our home in Hendersonville, our own slice of heaven. When Eric and I are not busy working or chasing after our four fabulous grands, you can find us relaxing on our boat, on Old Hickory lake.

Real Estate is more than a career to me, it's a calling; an opportunity to make a difference in the lives of others.

When you work with me on the sale or purchase of a property, you are working with a true professional who understands that the storylines of no two people or families will ever be the same. And that is what keeps me driven to find that perfect property that will achieve your goals and your hearts desire.

Moving to the Nashville area in 1996 and living in the same house since 1997 I am a local expert in Hendersonville. However my area knowledge is unbeatable in other local markets as well. I enjoy being up to date on these markets and am active in all of them daily.

I will leverage the power of heart, soul and intellect to provide a superior experience for my clients.....

What's your next move?



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www.cindysamplerealestate.com



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615.347.6272
reynoldb@realtracs.com



SELLING YOUR HOME?

Reserve the DIY approach for small home repairs - When its time to list your home, trust a Realtor. Four reasons to hire a Realtor:

1. Pricing - The fastest way to sell your house is to price it correctly. Realtors know your local market and how to price based on the market. A Realtor will ensure you won't make any emotional home seller mistakes when pricing your home.

2. Negotiating - Selling your home is a major business transaction. Bottom line: You need a skilled and objective negotiator on your side.

3. Smooth sale process - A Realtor has the experience to work through the process efficiently: dealing directly with objections, keeping everything on track, and facilitating to a successful, smooth close. A Realtor saves you time by scheduling showings and meeting with buyers so you don't have to take off work. Only bringing preapproved buyers in your home.

4. An expert guide. Selling a home usually requires dozens of documents. A Realtor will help you prepare and avoid costly mistakes. There's a lot of jargon involved, so you want to work with a professional who can speak the language.

Your rock during emotional moments. A home is so much more than four walls and a roof. Hiring me as your Realtor helps you stay focused on the issues most important to you, selling your home.

Kristy Cartwright, REALTOR 615-838-6755
kristyc@coldwellbanker.com



FOCUSING ON LUXURY REAL ESTATE

LEGACY



INNOVATION




CONNECTION



LAKESIDE REALTORS



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AUGUST 12-19, 29-31, SEPTEMBER 1

NASHVILLE SOUNDS BASEBALL

FIRST TENNESSEE PARK

Only 12 games remain on the home schedule for the Nashville Sounds, AAA Pacific Coast League affiliate of the Oakland Athletics. Reno (12-15), Tacoma (16-19), Iowa (29-31, September 1). Game times: August 14 and September 1, 6:35 p.m.; August 17 and 31, 12:05 p.m. All others 7:05 p.m. First Tennessee Park. 615.690.4487. NashvilleSounds.com.

AUGUST 13 AND 20

TENNESSEE TITANS FOOTBALL

NISSAN STADIUM

The Tennessee Titans prepare for the 2016 season with two exhibition home games in August. Saturday, August 13 vs. San Diego at 7 p.m. and Saturday, August 20 vs. Carolina at 2 p.m. Games played at Nissan Stadium in downtown Nashville.

TitansOnline.com.



AUGUST 18

MUSIC ON MAIN

GAZEBO PARK IN GOODLETTSVILLE

Bring your lawn chairs and blankets for a relaxing evening at Music on Main, presented by the Sumner County Convention & Visitors Bureau. The season finale will feature a wide variety of pop, rock, country and R&B hits performed by The Nashtones. Admission is free and features a Kid's Zone and food vendors on site. Sponsored by Acopia Home Loans.

AUGUST 18

THIRD THURSDAY ON MAIN FREE SUMMER CONCERT SERIES

HISTORIC DOWNTOWN SQUARE IN GALLATIN

Enjoy a free concert on the square in Downtown Gallatin. Merchants, restaurants and bars will be open late. Presented by Greater Gallatin, Inc. Sponsored by local State Farm agents Craig Hayes, Jeannie Gregory, Anna Stephens, and Matthew Thomson.

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Here Comes the Bus

AND OTHER GREAT BACK-TO-SCHOOL MEMORIES

ARTICLE LINDA DOHSE | PHOTOGRAPHY PROVIDED

I was almost eight years old, sitting at the kitchen table eating breakfast with my family – when, right in the middle of enjoying my Frosted Flakes – my father looks out our kitchen window and exclaims, “Here comes the bus.” My sister, who was starting her first day of fourth grade, and I, beginning my first day of second grade, leaped out of our chairs, grabbed our school bags and started running as fast as our short legs would carry us down our long country driveway in mid-state Michigan. The only thought running through my head was hoping that I didn’t trip and fall, and put a big hole through the knee of my new red tights. A few seconds later I hear my dad yell to us, “The bus isn’t coming. I’m just kidding.”

My sister, the strong and confident one, began laughing. And I, the sensitive and emotional one, started crying. My father’s “the-bus-is-coming” prank rattled me to the core and made us miss the bus when it actually did arrive. Fortunately I managed to stop crying right before my mother dropped us off at school. Back then, I never thought about the conversation my mom and dad most likely had afterwards, but I can only imagine there were numerous words exchanged in our house later that morning.

The good news is my day got progressively better once I walked into my second grade classroom and realized that I had the teacher I really wanted and that many of my friends were also in my class. I remember being so excited to tell my mom and dad how great my first day was. I really liked school and am the first to admit I was nicknamed “teacher’s pet” by

many of my classmates. But my world came crashing down when, at age 12, my mom and dad told us that my father’s job was transferring him to a city in northwest Iowa – over 800 miles away from my family and friends in Michigan.

Middle school and high school were less than ideal for me – but I persevered, made new friends and was ready by age 18 to be “on my own” and go to college. I loved the freedom, and vividly remember on my college graduation day wishing I could make time stand still and not have to go out into the “real world” just yet.

My husband and I had two wonderful daughters and I was excited to relive, through my own eyes and the eyes of my daughters, all the emotions associated with going back to school. Their first days in elementary school brought nothing but excitement. The only tears shed were mine when they hopped on the bus those first couple of years. They would jump off the bus in the afternoons, just as I remember doing, so excited to tell me about their latest science project or to share their spelling words with me. As their mother I was, and still am, amazed at how fast each year passed until they went off to college, ready to live their lives “on their own” – just as I had many years earlier.

Thank you, dad, for the bright smile I get on my face so many mornings when I see a big yellow school bus picking up the neighborhood children. All these years later – reminiscing about going back to school, both for daughters and myself – brings me full circle to some of the grandest and most cherished memories of my life.



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04/13/2016 M. McCfain
Sold a Single Family home in Smyrna, TN
Local knowledge: ★★★★★
Process expertise: ★★★★★
Responsiveness: ★★★★★
Negotiation skills: ★★★★★

If you want to sell your house, Barbara is definitely the agent to use! I found Barbara after having a negative experience with another realtor that was with a different company. From the moment I contacted Barbara, she went above and beyond to professionally answer all of my questions. I then decided to hire Barbara as my realtor which was the best decision I could have ever made!!!! She was very prompt with everything she promised me through the listing process and was also very candid on what I should expect as we proceeded. Once the house was placed on the market, she had an open house and the house sold almost immediately for the right price. Through the entire process Barbara was always very quick to respond to anything and everything that came up. I would highly recommend Barbara to anyone who is in the market for a realtor. She will get the job done!

06/27/2014 david.keegan
Bought a home in Oaks Pointe, Lebanon, TN

Local knowledge: ★★★★★
Process expertise: ★★★★★
Responsiveness: ★★★★★
Negotiation skills: ★★★★★

Barb was very helpful threw the whole process of finding homes to see, setting up showings and getting us introduced to the area. We are from Illinois and when we were able to come to the Nashville area to look at homes she always made herself available. She quickly learned what we were wanting in a home and researched the property's so that we weren't looking at homes that did not meet our needs. Barb was a pleasure to work with and made the entire process enjoyable.



We never stop moving.

My Experience

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