

# PORTFOLIO

HIGHLIGHTS FALL 2014- SPRING 2016

M. SIMONE BOYD

# MY Family MY Fantastic

## The Power of the Table

By M. Simone Boyd

*Growing up in a family of eight children and being newly married has taught me many lessons about relationships, people, and family. My goal is to share those lessons with others by writing this new column, My Family Fantastic. I've been writing about these relationship topics on my blog for the past four years. This column focuses on my personal stories, relationship research, and interviews with loving local families. It will give readers guidelines on how to build rich relationships, marriages.*

less delinquency? It's true.

Based on a 2012 report by Cornell University, family meals provide numerous benefits to children including improved psychological well-being, an increased consumption of healthy foods, and more positive family interactions. I know this to be true, because mealtime has produced some of my fondest family memories.

Like the time, my brother told us about a prank he pulled while away at college. He and his roommate placed a false advertisement in all the residents' mail boxes. The ad explained that all girls that



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memories. Because family mealtime has been replaced by television, extracurricular activities, and other forms of media.

The Cornell University Report suggests that families practice three strategies for improving family mealtime:

Set a goal to have meal times three times a week. Most research notes an improvement in child outcomes when families share meals at least 3 times per week. If dinner isn't possible, try breakfast or an

### The Kirk Family

It is a typical Tuesday, and all ten of us are sitting around the kitchen table. Dinner is almost over. Homework is about to begin. But, this is the moment where each of us shares about our day. My parents always made it a priority to have dinner with me and my seven siblings each night. We were not allowed to watch television during the week. But, sitting at the table, eating dinner, and talking about our day was a ritual. Did you know that children that have family meals 3 times per week are less likely to be overweight, have greater academic achievement, and

came into the leasing office and passed gas would receive \$200 dollars off of their monthly rent. So many deal seekers came to the leasing office that day, the emergency communication system was used to communicate that the ad was a hoax.

My family and I laughed ourselves to tears that night. And, it all happened around the kitchen table. Given that we are in the Bible Belt, it's also worth noting that the table is the most significant piece of Biblical furniture.

The problem is that fewer and fewer families take the time, to sit at the table, share a meal, and make

evening snack. The goal is to plan an activity that allows your family to gather regularly.

Remember the benefits of consistent family meals. Family meals can generate feelings of closeness and comfort. Even when meals feel disorganized, regular mealtimes provide your child with stability.

*M. Simone Boyd researches and writes about what makes relationship, marriages, and families thrive or die. For more actionable advice or to submit a question visit [www.myfamilyfantastic.com](http://www.myfamilyfantastic.com) or follow her on Twitter @msimoneboyd*

## How Success Came To The Loves (Part 1)

1/27/2015, 4:30 p.m. | Updated on 1/27/2015, 4:30 p.m.



How Success Came To The Loves

By M. Simone Boyd

Wouldn't you like to jump from one success to another in life? Personally, I'd like to skip all the valleys and forever live on the mountain top. But we all face adversity. And how we manage it can make or break our relationships.

That's what inspires me about Tarrick and Tanisha Love. They managed adversity by trusting and supporting each other. In 2007, Tarrick took a leap of faith. He'd spent the past year working two jobs – the night shift as a Nissan engineer and the day shift building homes with a college friend. He planned to learn about real estate as an investment for his family. But, he realized that being a general contractor wasn't much different than being a project manager.

Adversity arose when co-workers voiced concerns about him working on the night shift. And Tarrick was given an ultimatum: take a promotion to Mississippi, return to the day shift, or continue on the night shift and submit his resignation within 60 days. Tarrick talked it over with his wife and explained he wanted to build homes full-time.

Tanisha never gave it a second thought. "I never thought we wouldn't make it because I know Tarrick and his work ethic," she said. Tanisha admits she didn't know much about the housing market. But she felt like building homes in downtown Nashville was going to work.

Tarrick says that his wife's support meant a lot to him. "Because the one thing about my wife (the Loves look at each other and laugh) is that she speaks her mind. Had she not been on board she would have let me know," he said. A year after Hart-Love Builders was born the housing market tanked, and it seemed like a perfect storm.

The Loves hadn't sold their old home in Mt. Juliet, were saddled with two mortgages, and had five new homes that had not sold. Tarrick explains that they were able to weather the storm because Tanisha was rising through the ranks as an attorney for Kroll Background America, Inc. and her promotions helped to offset expenses.

Tarrick says he sometimes wondered if leaving Nissan was the right decision. "But God showed me how to make it work. Even though, we couldn't sell the homes I would show our work. It wasn't about selling them, but about building relationships."

As a direct result of building relationships, they began building custom homes during the economic downturn and now build homes all over downtown Nashville. It's ironic that success came to the Loves despite adversity. For me, that's the lesson: it takes going through the valley to reach the mountaintop.

Next week, we'll hear how Tanisha Hart-Love's marketing savvy turned her husband into a reality television star, tips on building a thriving family business, and their thoughts on rising property taxes in downtown Nashville. In the meantime, visit the Loves at [www.hartlovebuilders.com](http://www.hartlovebuilders.com) and [www.facebook.com/hartlovebuilders](http://www.facebook.com/hartlovebuilders) for more photos of their home-building handiwork.

URL: <http://tntribune.com/news/2015/jan/27/how-success-came-to-the-loves-part-1/>

# MY Family Fantastic

## How to be a Better Sibling

By M. Simone Boyd

Last week on *Thicker Than Water* (a TV show based in Tennessee), the sisters had a pow wow about the strife in their relationship. Now, there is a certain drama factor that reality shows rely on for their success. But, I was struck by the sisters' commitment to get past their issues. I think I relate to Jewel Tankard the most, because she ultimately just wants the best for her siblings.



My sisters and me

I worry about my siblings too. As a sister, I just want everything to be right with them. But, I'm beginning to realize that I cannot protect them from the world. I can only give suggestions, share my experience, and hope that they avoid life's hardships. But, I don't have control over their lives. The only thing I really have control over is my relationship with them.

So, I asked my siblings to send me one thing I do well as a sister and one

thing that bothers them. They said I am judgmental/critical/not supportive. My first thought was "I am NOT judgmental! I just want people to do what's right." Oh, wait. Maybe, I AM judgmental (insert sigh). After a lot of self-reflection, here are five steps that I think will help us be better siblings.

**First:** ask your siblings how you can improve. In business, there is something called a peer review. It gives employees a chance to seek feedback

from their peers. Because it's a good way, to eliminate blind spots, improve relationships, and establish trust. I think the same can be done for families. Who knows you better than your siblings?!

**Second:** listen, process, and hear what your sibling has to say. Resist the temptation to defend yourself. There is simply nothing worse than someone asking you for feedback and then beating you down once you are honest. Be



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prepared to hear things that may be hurtful, but will improve your relationship in the long run.

**Third:** honor your siblings' gifts, talents, and abilities. Both of you were created in God's image and you should recognize that. I believe that when we place value on our loved ones and their abilities it elevates them. Think about the last time someone complimented you...didn't you stand just a little taller? Honor your siblings they will feel appreciated and loved.

**Fourth:** Change IMMEDIATELY. If you are told that you are always late. Be early. If you are told that you talk too much. Be quiet. If you are told you are judgmental, keep your opinion to yourself (Lord knows, I'm working on this one!) The strength of our relationships depends on our willingness to change.

**Fifth:** thank your siblings and ask them if it's okay to follow up. Call it a quarterly review, if you will. Mark it on your calendar, just like a doctor's appointment and do it. Be intentional in your efforts to change. Siblings can tell if you don't mean it.

# MY Family Fantastic

## The Wisdom That Surrounds Us

By M. Simone Boyd

It was a hot September day in 1968 when a tall girl with skinny legs marched into Huntsville High school. Margie See was leaving the comforts of the all-black High School across town to help integrate Huntsville High. The new school came with the promise of better books, better facilities, and better access to higher education. But, it all came with a price.

Seeing the movie, *Selma*, reminded me of the price that was paid for the liberties I sometimes take for granted. And I am indebted to my elders. Because millions of them committed to seizing their civil rights despite the shadow of death that always seemed to be lurking.

That tall girl I mentioned earlier is my mother, and she helped integrate her high school just four months after Dr. King was assassinated. She explained that “on the first day of school, we were scared stiff. We didn’t know if we would be egged, or beaten or

what. But we had to do it for those coming behind us. The road ahead was uncharted, but there was no turning back. We had faith in God that He would take care of us.”

My mother’s integration experience was mild compared to others. But seeing *Selma* reminded her of all the injustices and inequities. And she cried through most of the movie. “History is repeating itself,” she said as she held up the February issue of *Essence*. The cover reads: *Black Lives Matter*.

She and her sister, Chris Tyson, add that “laws can legislate integration, but laws cannot change hearts. The Bible says there is no new thing under the sun.” *Selma* is timely because it reminds us that we’ve come a long way, but we have not reached the Promised Land.

As we celebrate Black History Month and set our sights on righting the injustices that still befall us, I think it’s important that we seek the wisdom that surrounds us in our elders. They’ve charted the path before us. They’ve seen



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wrongs righted. And they know the patience and the gumption it takes to see change.

One of the great tragedies of black American families is that: when our elders die much of our history dies along with them. This is not the case with most African families. They are intentional to pass down their traditions, stories of struggle and triumph, and sense of belonging. And elders are held in high esteem.

So, for this black history month will you join me in talking and listening to our elders? I know that revisiting the past is painful. But we cannot afford to let our stories die. Our history is not limited to movies or books or programs; it surrounds us in the experiences of our elders. Let’s be intentional to learn from them.

M. Simone Boyd researches and writes about what makes relationships thrive or die. Reach her at [simone@myfamilyfantastic.com](mailto:simone@myfamilyfantastic.com) or on Twitter @msimoneboyd.

# MY Family MY Fantastic

## How Do You Start a Movement?



M. SIMONE BOYD

By M. Simone Boyd

I have a confession to make: I want to start a movement. A movement that will end divorce and ensure that all children are born to two-loving parents. I believe that all societal ills can be traced back to the breakdown of the family unit. And if we can just restore our families, our world will be a better place.

There is plenty of research on how the breakdown of the family unit increases the odds of a child growing up in poverty, having behavior problems, and being incarcerated. And I desperately want to see those odds reversed. But, how do you take all that research and create meaningful change?

In searching for an answer, I've started reading the biographies of Civil Rights Movement leaders. In *Walking with the Wind*, Representative John Lewis gives a detailed account of the making of the Movement: the sit-ins, the Freedom Rides, the marches, the politics, and his arrests.

The student non-violent movement, arguably, began in Nashville with training workshops lead by John Lawson at Clark Memorial in 1958. Those workshops played a "major role in educating, preparing and shaping a group of young men and women who would lead the non-violent struggle for civil rights in America," explains John Lewis.

Many of those same students helped mobilize the community of Selma for voting rights. The problem is we often credit the major leaders like Dr. King, John Lewis, Diane Nash, Ralph Abernathy, etc. as the catalyst for those monumental changes

during the Movement. But, it was really the community- thousands of individuals- that brought about the change.

One of those individuals is Rosetta Miller Perry, publisher of the Tennessee Tribune. She has worked to ensure voting rights and registration for almost 60 years. In 2006, Mrs. Perry took the bold action of printing the names of registered voters that did not vote.

As a result, voter turnout increased from 35 percent to 65 percent in primarily black districts. Hearing Mrs. Perry's story gave me hope that one person can make a difference.

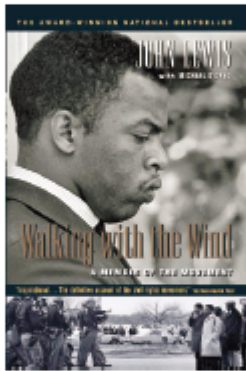
So, while I don't know exactly how to start a movement to restore families, I've learned three things from John Lewis and Mrs. Perry. First, there are no instant fixes. You must be committed for the long-term. Even though, we've made significant strides toward equality there is still work to be done.

Second, you must be willing to agitate people and take a stand. That was the goal of the sit-ins, Freedom Rides, marches, and printing the names of non-voters in the paper.

Third, you must be willing to fight for the cause at any cost. For John Lewis, it meant blood, sweat, and lots of jail time. For Mrs. Perry, it meant losing her largest advertisers. But, she says it was worth it to see the voter response from the community.

Third, you must be willing to fight for the cause at any cost. For John Lewis, it meant blood, sweat, and lots of jail time. For Mrs. Perry, it meant losing her largest advertisers. But, she says it was worth it to see the voter response from the community.

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# 3 Ways to Heal from the Hurt of Rejection

By *Simone Boyd*

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I sat in the passenger's seat of my boyfriend's car and tried to grasp the words that that were coming out of his mouth. I only heard every other word, but I gathered that he was dumping me due to my lack of commitment to the relationship.

I was in graduate school. I was helping to care for my grandfather, and he was my fourth priority. So on Labor Day of 2007, he ended it. Despite asking my dad if he could marry me, just three months earlier.



I spent the next few days weeks crying a lot, listening to sad music, and watching sad movies—namely *Dream Girls* and *Mahogany*. But sadly, this was only the first of many tear-inducing rejections.

Since then, I've been turned down for jobs, promotions, etc. And each time it still stings, and I wonder "why didn't this work out Lord?" I'm doing ALL the right things:

I pray

Read my Bible

Tithe regularly

And, serve at church!

Doesn't that mean I should be in the VIP Line to retrieve my blessings?

It wasn't until I heard a sermon on rejection that I realized: Jesus gives us a strategy to heal from the hurt of rejection in Matthew 10 and Luke 9.

He knew that we'd be facing a mean world. And He tells us in John 16:33 "...in this world you will have trouble. But take heart! I have overcome the world." Rejection is just a part of that trouble.

Based on that sermon by Dr. Howard-John Wesley, here are three ways I'm learning to heal.

### **Brush Off Bitterness**

"And whoever will not receive you, when you go out of that city, shake off the very dust from your feet as a testimony against them." – Luke 9: 5

Jesus explains to the disciples to brush off the residue of rejection and keep moving forward. We can't allow rejection to fester and become bitterness.

I had to come to the realization (after several months) that my boyfriend just didn't want to be with me, and I moved forward by jumping into the gym and applying for jobs all over the country.

We're a living testimony against those that reject us, when we keep moving toward the plan God has for us.

## **Don't Be Held Hostage**

"When they persecute you in this city, flee to another." – Matthew 10:23

The next thing Jesus tells them to do is move on to another city. Sometimes, we just have to put some distance between our rejection and the hurt we've endured.

For me that meant leaving Texas, and heading to Washington D.C. I would not have been able to do that, however, if I'd been tied down trying to repair the relationship.

We can't let ourselves be held hostage by wondering why:

Why did I get laid off?

Why didn't I get that promotion?

Why did he choose *her*?

We have to be ready for the *next* door the Lord wants to open.

## **Be Open to the Next Possibility**

"So they departed and went through the towns, preaching the gospel and healing everywhere."- Luke 9:6

To me, this verse indicates that we should always be asking the Lord "what's next?" The disciples didn't stop when one town rejected them. The Bible says they went everywhere.

My pastor says that "No matter what door closes, God always has another opportunity. Sometimes God will break our hearts, so that he can blow our minds."

And I think he's right. Because three years ago, I hit the jackpot and married the man of my dreams. (We ran into each other on the subway in Washington D.C.)

So, I'm learning that rejection is a part of life. But if we learn to apply Jesus' strategy for overcoming, we don't have to carry the wounds of rejection for a lifetime.

## **What other strategies does the Word of God give us for healing from rejection?**

URL: <http://theprayingwoman.com/2015/06/30/3-ways-to-heal-from-the-hurt-of-rejection/>

# Feeling Unplugged? 3 Ways to Connect With Your Child In The Digital Age

BY: BMWK Staff - 3 Aug '15 | Parenting

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By: M. Simone Boyd

"We're having a lot of problems with him. And, we can't seem to get him off of his cellphone and Xbox." That's what the lady sitting behind me at breakfast said the other day. I immediately sat up straight and leaned a little closer to listen in. (Okay, so I'm nosy.)

She wanted her son to be present. She wanted to connect. And, she also wanted her husband to help in cutting her son's addiction to electronic devices.

But, she felt alone.

I have the same problem with my 17-year old brother.

There is a 16-year age gap between us and I no longer live at home. I really want to connect with him before he graduates and goes to college. But whenever we hang out together, he is distracted by incessant text messages and Instagram likes.

Did you know that a teenager will text an average of 3,400 times per month and will spend more time with media than with parents or teachers? It's true based on a [2012 CNN Story](#).

Given that my parents have raised eight children, I asked them what they thought about parenting in the digital age. I was raised in the nineties...when all the cool kids had private land lines. But, I wasn't even allowed to talk on the phone after 9 p.m.

My youngest brother, however, is experiencing a completely different parenting regime. It is the digital age, and my parents are in their sixties. So, I asked them about it. Here's their strategy:

## Set Age Limits

My dad believes there is no need for a cell phone if you aren't driving. No one gets a cell phone until 16, and children at a younger age are not [savvy enough to choose appropriate media](#).

## Periodic Screen Fasts

My parents, periodically, will have a weekend screen fast. During that weekend no one uses screens i.e. TV, cell phones, tablets, etc.

We -the children this edict is forced upon- usually have a hard time unplugging. But, by the end of the weekend we are playing basketball, have dusted off the Monopoly board, and are reconnecting.

# Daily Unplugging

My brother also has an electronics curfew. His electronic devices must be left to charge in the kitchen at bedtime, and cell phones are also not allowed at the dinner table.

My parent's approach seems to be working.

Because, despite my brother having a cell phone, a tablet, and 850 Instagram followers, he maintains a 3.5 GPA, was voted President of his senior class, is respectful and volunteers.

**So BMWK, what do you think about my parent's digital parenting strategy? And how do you connect with your loved ones over the noise of electronic devices?**

*M. Simone Boyd is the oldest of eight kids and is married to her husband, Morris—an only child. Last year, Simone quit her job as an energy analyst to research what makes relationships thrive or die. She interviewed 10 Christian, Black Men to get their thoughts on relationships and wrote a [free guide](#) based on their advice.*

URL: <https://blackandmarriedwithkids.com/2015/08/parenting-feeling-unplugged-3-ways-to-connect-with-your-child-in-the-digital-age/#.Vibf236rTIU>

# The Odds Are Against Us, But It Don't Even Matter

OCTOBER 15, 2015 / SIMONE / 25 COMMENTS

The odds say that black women are less likely to marry. CNN was kind enough to do an entire series on it in 2008. And a recent report by the Brookings Institute is reminding us of [those dismal facts](#).

This is not new information.

But, I'm writing about this today because I had a conversation with a new friend about the topic. It was one of those conversations you walk away from and you're like 'Dang. I gotta DO SOMETHING.' But, you're just not quite sure what.

My new friend was explaining that she took the [Mr. Right Quiz](#) and she had some concerns. Because relationships are so much more nuanced, and there are so many things against us, and it's just not as simple as I make it out to be. I accept that.

What I found to be the most troubling were her recent interactions with so-called Christian black men. Men that live one way in the pulpit and another on the street. Considering the odds, I almost fell into despair again.

But then I remembered the times, that odds didn't matter.

## The Odds Were Against Gideon

Take Gideon, for instance, he was commissioned to lead the fight against the Midianites. He was the least son, from a poor family, in the half-tribe of Manasseh. He wasn't sure of himself. But he finally believed that God was calling him after a series of Divine tests. So, he gathered 22,000 men to fight the battle.

Here's what the Lord said :

“You have too large an army with you. I can't turn Midian over to them like this—they'll take all the credit, saying, 'I did it all myself,' and forget about me. Judges 7:2 (MSG)

You probably know the end of this story: Gideon and his raggedy band of 300 men won that battle. But, the Lord ensured that the victory pointed people to Him.

## The Odds Were Against the Canaanites

The Israelites were on the border of the Promised Land—the land flowing with milk and honey. God had wreaked havoc on their enslavers, parted the Red Sea, and given them more quail than they could handle to bring them to this point.

Then the Lord said:

Send men to scout out the country of Canaan that **I am giving** to the People of Israel. Send one man from each ancestral tribe, each one a tried-and-true leader in the tribe. Numbers 13:2 (MSG)

Moses chose the twelve men to go and scout the land...that the Lord had promised. The thing is, forty days later, ten of the men came back and confirmed that the land was good. But that the odds were against them:

- the cities were walled
- the people were strong
- and they were too small

Joshua and Caleb tried to convince the people to trust the Lord and not to fear. In return, the people threatened to stone them. The Lord was enraged with the people and he pledged to smite every last one, but Moses convinced Him to stay his hand (Numbers 14).

The Lord was on the Israelites' side.

All the odds were against the Canaanites.

But the Israelites chose to believe the dismal report...not the promises of their tried-and-true God.

## **The Odds Were Against Me Too**

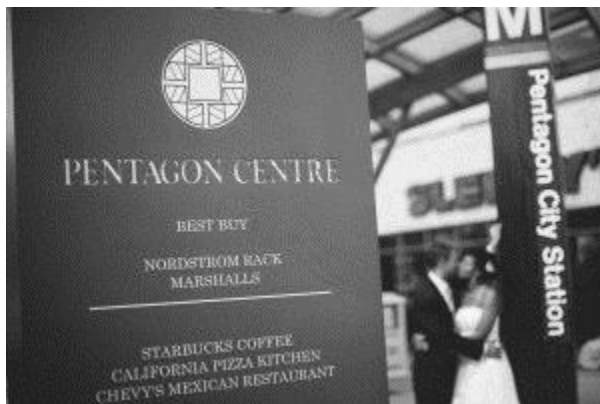
In January of 2006, I packed up all my stuff, left Nashville, and moved to far west Texas. El Paso to be exact. My grandmother had passed away the summer



before. And I was moving out there because I felt like the Lord was telling me to go and help my granddad.

While there I enrolled in grad school and my second semester, I met this handsome man . At first we were friendly, but after a series of miscommunications...he kicked me to the curb.

Fast forward a year and a half, I'm leaving my internship at the Smithsonian in Washington D.C., and there at the precise moment I'm rushing to catch my train, to catch my bus, to then walk for a mile to get home...is that handsome I'd met in class all those months ago.



*On Our Wedding Day at the Train Station*

This was God's divine intervention, because:

- I was one of only two people to get that internship (the year before I was rejected).
- I usually didn't go to that stop, but I needed to go to Marshalls.
- 14,000 people get off at that train stop everyday
- 750,00 people ride the train in the D.C. area every day

- And Morris just happened to be waiting for a friend

Dearest Sister, I am not special.

I believe in my bones that the Lord wants to do something miraculous for all of us...to point people to Him. And when God wants to do something,

He **will** orchestrate heaven and earth.

Our job is to listen and follow His guidance.

## **The Odds Don't Matter, When the Lord is On Our Side.**

So you see, it doesn't matter what the odds and statistics have to say. We only have one of two choices:

- Believe the odds (like the Israelites), or
- Believe God (like Gideon)

Continue to be strong and courageous and press toward the mark for all that God has for you. I'm praying that the Lord continues to strengthen your heart. Love, Simone

[Dating, Marriage, Waiting](#)

URL: <http://myfamilyfantastic.com/odds/>

# Wedding Weight Gain? The Struggle is Real But Here's a Straightforward Solution

BY: M. Simone Boyd - 15 Oct '15 | Marriage

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Wedding season is just about over. Thousands of brides jumped the broom this past spring and summer and are presumably settling into the routine of life with their new hubbies.

Well, that same thing happened to me three and half years ago. And my waistline has never recovered.

I didn't notice it until two of my co-workers asked me "So, Simone, are you still running?" I figured they were just interested in my fitness goals. But then another strange thing happened – all my pants began to shrink. The shrinking of my pants and the commenting co-workers lead me to consult the bathroom scale.

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“ *The verdict: six months into our marriage, I had gained ten pounds.* ”

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Now, that may not sound like a lot...but I couldn't understand where the extra weight came from. My weight has continued to climb. Initially, I blamed my husband's metabolism.

[Related: Men, check out these 6 great foods that are just for you!](#)

He can eat practically *anything at any time* and his waistline never budes. But if I so much as look at tater tots, the buttons start popping off my jeans. It turns out that I am not alone in my quest to understand post-wedding weight gain.

## The Reasons for Wedding Weight Gain

[One study reported](#), you are more likely to gain weight if you are happily married. (Take that skinny girls!) Fitness Magazine says that post-wedding weight gain is due largely to a combination of women changing their eating habits to match their spouses and lifestyle changes that are generally less active.

I can TOTALLY see that because, prior to getting married, I hardly remember planning dinner...except if I was having friends over. Now, our weekend activities include meal planning and most of our quality time together revolves around meals. My darling husband is convinced that we must eat dinner every. single. night.

I have been unable to sway him on this matter.

## The Solution is Straight Forward, but It Ain't Easy

The good news is that there is a way to combat this phenomenon. Based on research, the best way to lose weight is to eat fewer calories and burn up more calories than we consume.

I used the [Live Strong Calorie Calculator](#) to determine what my calorie intake should be. I also started a journal to keep track of my calories burned/consumed and I'm [making some changes](#).

My personal goal is to lose the fifteen pounds I've gained since we got hitched by year end. Because if I continue to gain five pounds every year we're married, by the time we celebrate our 50<sup>th</sup> anniversary I will weigh 410 pounds.

And that is no bueno.

If you'd like to join me on this quest to reclaim our waistlines, post a note in the comment section. And we can keep each other accountable! I'll give quick updates at the end of each of my posts and I'll be looking to see how you are doing too.

**BMWK: How else has your life changed since you said 'I do'?**

URL: <https://blackandmarriedwithkids.com/2015/10/wedding-weight-gain-the-struggle-is-real-but-heres-a-straightforward-solution/#.Vibki36rTIV>



WHERE URBAN LOCALS AND TRAVELERS DISCOVER THE CITY

# A FAMILY SHARES THEIR NASHVILLE CIVIL RIGHTS WALKING TOUR

Now that Nashville is the “It City” we’ve become famous for our hot chicken, live music, and the show named after us. But we are so much more. Our city played a pivotal role in the Civil Rights Movement. And the early wins in integration here paved the way for the wins across the Nation. Dr. King even called Nashville ‘The Model Movement.’

The sad thing is, I’ve lived here my whole life and never knew any of this until the spring of last year. I saw *Selma* and knew I needed to get conscious.

## My Family’s Walking Tour

Having acquired all this newfound knowledge on the history of my hometown, I asked my family to do the Civil Rights Walking Tour. Our ages range from 16-65...so we motivated them a bit by awarding a cash prize to the person that remembered the most facts. I am not above bribery, y’all.



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## NASHVILLE SIT-INS

On 13 February 1960, 124 students from Nashville's Historically Black Colleges and Universities walked into Woolworth's, Kress', and McClellan's, sat down at the lunch counters and asked to be served to no avail. The students also targeted Walgreens, W.T. Grant, as well as Harvey's and Cain-Sloan department stores. Their goal was to desegregate Nashville lunch counters. The student protesters experienced no violence until February 27. On that day at Woolworth's and McClellan's, white resisters threw the students from their seats, punched, kicked, and spat upon them. Nashville police only arrested the student protesters. Eighty-one students were arrested and charged with loitering and disorderly conduct. Two days later, the court fined each student \$50. They took a principled stand, refused to pay the bail, and spent 33 1/3 days in jail.

Continued

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The Nashville Civil Rights Movement Walking and Driving Tour was published by Historic Nashville, Inc. The guide book explains the six stages of The Movement, lists the location and significance of twenty-nine historical sites, and includes a map. The tour is large and would probably take a day to complete.

So we focused on the downtown sites within walking distance of the Main Nashville Public Library. We started our walk at the Nashville Civil Rights Room in the Library (it's designed to look like a lunch counter at the center) and visited ten sites. The site numbers coincide with the walking tour map.



- No. 6 – Doctor’s Building
- No. 15 – Harvey’s Department Store
- No. 16 – Cain-Sloan Department Store
- No. 17 – Woolworth’s
- No. 18 – S.H. Kress & Co.
  
- No. 19 – Walgreens
- No. 23 – YWCA
- No. 24 – The Hermitage Hotel
- No. 25 – The Arcade
- No. 26 – War Memorial Building

### Tour Highlights



The **Doctor's Building** was the first integrated medical clinic opened in 1947. The building superintendent told us that there are a series of underground passages that were used to get black patients into the office. But we did not investigate that.

**Cain-Sloan Department Store** (now Puckett's Grocery and Restaurant) was the target of sit-ins during February of 1960 and one of the first to succumb to the pressure of protesters. And my mom told us that it was one of the stores she modeled for when she moved to Nashville in the eighties.

The Nashville Christian Leadership Council organized weekly mass community meetings at the **War Memorial Building** to keep everyone aware of the progress and desegregation issues. And my dad shared that's where he first held prayer meetings to address the issue of fatherhood in the nineties.

At the end of the tour, my little sister won the quiz. She's a college student and takes prize money very seriously. But the highlight for me was remembering all the work my elders did, retracing their footsteps, and realizing I am still reaping the benefits of their labor.

So take the tour and remember all that Nashvillians did for The Movement.

## Insider Tour Tips

Insider Tour Tips **Time:** 90 minutes to two hours (with a large group) **Parking:** Park at the Nashville Public Library and see the Civil Rights Room. The first 90 minutes of parking are free with library validation. Then begin the walking tour one block away at Site No. 6. **Cost:** Free **Value:** Priceless

*A Little Extra History from Simone:*

So I started reading, *Walking with the Wind*. It's the biography of Honorable Representative John Lewis, and he dedicates three chapters of his book to the role Nashville played in The Movement. He recounts:

- the nonviolence workshops taught by James Lawson at Clark Memorial United Methodist
- the silent march to downtown Nashville after the bombing of Z. Alexander Looby's home that drew thousands of people and an admittance from Mayor Ben West...that segregation was wrong
- and how the Nashvillian Student Movement picked up the Freedom Rides after the bus bombing in Anniston and the mob attack in Birmingham.

URL: <http://urbaanite.com/a-family-shares-their-nashville-civil-rights-walking-tour/>

# Devon Franklin and Meagan Good Share the Importance of “The Wait”

BY: [M. Simone Boyd](#) - 2 Feb '16 | [Single](#)



Even after God told Meagan Good that DeVon Franklin was her husband, she waited nine loooong months until he asked her out to pursue a relationship. They waited until their third date to kiss. And they waited until they were married to have sex.

## Why They Waited

Harnessing the power of delayed gratification is the theme of their new book, *The Wait*. It is all about:

- getting control of our lives
- reducing dating drama
- and, avoiding desperate relationship choices

In their book, DeVon and Meagan explain that:

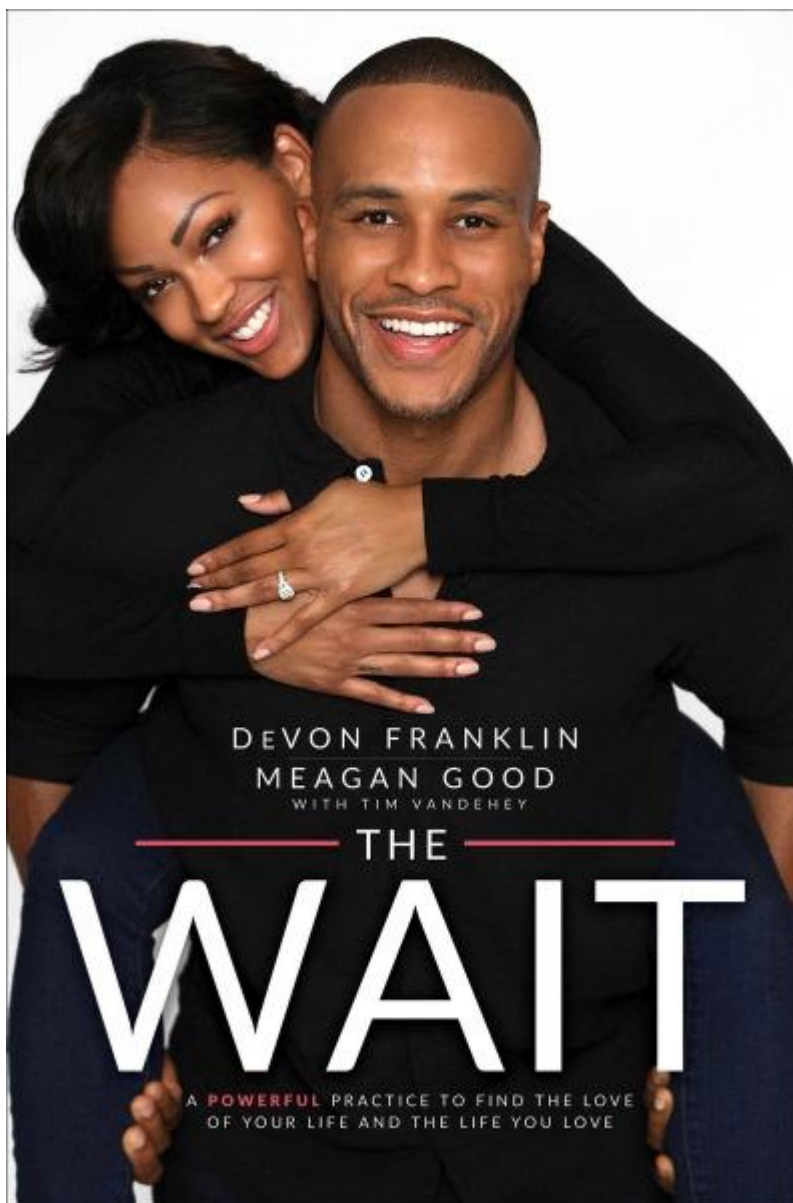
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*“When faced with the choice between instant gratification and delaying our own satisfaction to pursue something better, we chose the latter.”*

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And that conscious decision helped them as singles, now that they are married, and they hope it will help them *whenever* they become parents.

## How Did Waiting Help You as Singles?



In the past, they'd both been burned by relationships gone wrong because their emotions got in the way of sound judgment.

So while single, they both examined who they were, what they needed, and mistakes from past relationships.

This process allowed them to let go of baggage.

Looking back, not being blinded by lust or sexual attraction laid the groundwork for them to find the love of their lives—each other.

And they say that “the process of waiting was the key to our storybook beginning.”

## Celibacy v. Abstinence

DeVon and Meagan explain that there is a big difference between celibacy and abstinence.

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*“Abstinence is simply refraining from sex; it’s the absence of something with no greater meaning behind it. To us, celibacy is refraining from sex because of a vow of faith; it’s abstinence with a purpose.”*

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They say that abstaining from sex just because you’re not in a relationship is not the same as making a conscious decision. Celibacy is a conscious decision.

## But Shouldn’t You Test Drive the Car Before You Buy?

DeVon and Meagan have an answer for that too. They say that: “Sexual heat eventually cools. Without sex in the picture, you know that your partner is with you...for you.”

## How to Maintain Celibacy

Temptation is real, y’all.

And in *The Wait*, there is an entire chapter dedicated to helping people maintain their commitment. They admit that our will power is not bulletproof, so there needs to be some safeguards in place to keep our lust in check.

The couple say that “staying strong is really about avoiding stimuli that get you focusing on sex, staying out of provocative situations, and remembering your commitment to God and why you’re waiting.”

## How Did Waiting Help You as a Married Couple?

Meagan said that “The journey of waiting gave me the opportunity not to have the distractions that I had in past relationships. It gave me the space to deal with baggage and things from my childhood, but it also made me more self-aware and made me more in love with myself.”

She explained that giving herself the space to wait also helped create behavior and work ethic that shaped the next phase of her life—not just in love, but in her career also.

## Once You ARE Parents, How Will Waiting Guide Your Parenting Style?

When I asked how *The Wait* would guide their parenting style, DeVon and Meagan both started laughing. (Contrary to what’s on the interwebs, they are not currently expecting a little bundle of joy.)

DeVon said that “We would hope it would allow us to have the same type of patience and perspective, because what ultimately is good...you have to wait for and give time to develop. It’s very important, because as a parent, if you put pressure on your kids to be something before they are ready, you can do a lot of damage.”

Meagan added that it’s important to “teach [children] that there are no quick fixes in life, despite what society is telling them. We want to teach them the tools to be patient in their own lives and to make decisions from a place of peace, power, and faith, because that’s something they can take with them in every area of their life.”



## For Me, *The Wait* Is Personal

I've been married for three years now, but I still learned a lot from *The Wait* and chatting with DeVon and Meagan.

There are so many hopes and dreams that I am waiting to be realized, but when we work on ourselves and make decisions from a place of peace and power, we position ourselves for God's very best.

For more tips and tales from DeVon and Meagan's journey to love and marriage, buy their book [The Wait](#).

**BMWK: What are you currently waiting on? And how can delaying gratification help you in the long run?**

**URL: <https://blackandmarriedwithkids.com/2016/02/single-intimacy-devon-franklin-and-meagan-good-share-the-importance-of-the-wait/.VrFKAbIrLIV>**