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*Mingle & Jingle*

PLEASE JOIN US FOR OUR  
CADS HOLIDAY SOCIAL

MANKER-PATTEN TENNIS CLUB  
THURSDAY, DECEMBER 6, 2018  
6:30 PM - 9:30 PM

100 DOUGLAS STREET  
CHATTANOOGA, TN 37403

RSVP VIA EMAIL AT [CADS@PEACECOM.NET](mailto:CADS@PEACECOM.NET) OR TEXT 423.886.9191  
BY NOVEMBER 30, 2018



**President's Message:**

**Dr. Charles McBrayer**

Hello CADS Members,

I would like to wish everyone Happy Holidays. As you all know the holiday season can feel as though you're on a treadmill. There are socials to attend, deadlines as the year end approaches, and work that inevitably becomes busy as patients that have procrastinated treatment now would like it done this year! Speaking of 2018, it's hard to believe that CADS is headed into a new year. CADS continues to flourish with great CE programs, dedicated board members, awesome Rhonda, and a multitude of appreciated sponsors. It's been encouraging to see the integration of new Dentist becoming more involved in CADS. There's a lot about CADS to be thankful for in this busy holiday season.

In this season of giving, I encourage everyone to give to those in need. Whether it involves your dental talents at a local clinic or helping those less fortunate, make time to give. Also make time to reflect on the blessings that you've been given by slowing down to enjoy your family, friends and colleagues. Thank them again! They are the ones that have supported you and have been instrumental in your success.

Don't forget to join us at the Holiday Social, December 6<sup>th</sup>. This year we are back at Manker Patten Tennis Club. Come relax and socialize with everyone while enjoying drinks and heavy hors d'oeuvres. Live music as well! Looking forward to seeing everyone.

Happy Holidays,

**Charles McBrayer, DDS**  
**CADS President 2018-19**



**Next CADS Board Meeting**  
**on January 14th @ 6:00 pm @ The Broad Street Grille**



## Dr. Jason Latham at the 2018 Louis I. Grossman Ceremony at the AAE in Denver



Dr. Latham (right) getting pinned as a board certified Endodontist and Diplomate of the American Board of Endodontics.

This currently makes him the only board certified Endodontist in the Chattanooga area. The certification was a rigorous three step process which included a written examination over a broad range of fields, a case portfolio documenting ten cases that are diverse and complex enough to demonstrate exceptional knowledge, skills, and expertise in the full scope of the field of endodontics. Additionally, an oral examination from top examiners showing a high level of skill in problem solving, decision making, analysis, creativity, and evaluation. ***Congratulations!***

## Go check out the latest published novel from our very own CADS Member, Dr. Zack Carden, Congratulations!

This is the saga of Patricia deGroot Abercombie, a rich, and sickly dowager from the Upper East Side who decided on this particular Christmas Eve to go to live at a hospice facility on Long Island. She didn't want to die alone. But what would she do about the guilt from the family secret? Her luck of the draw was to get a cigar-smoking Ukrainian cabbie, Zhelyazko Kowalchuk.

Ziggy arrived for his fare with a scruffy goatee, a thread bare Habersham Tweed, and his box of 8-Track tapes. He also carried his PTSD along with a visible war injury from Vietnam, and his cigars. But he knew who he was and he didn't take any guff from anyone, especially from a demanding rich, white, woman.

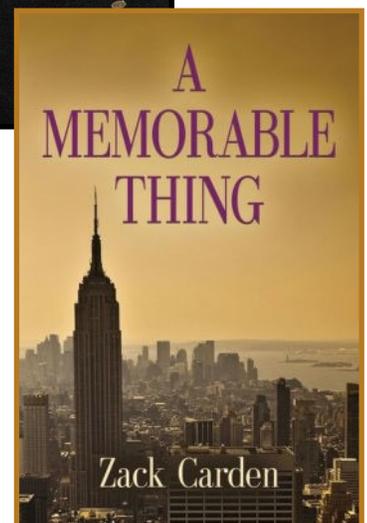
Trish hired him for the day to visit her dearest memories around Manhattan before taking her to the hospice facility.

Can I tell you they had contentious encounters? Can I tell you through it all they changed each other... even became friends, and more?

***...Go to Barnes and Noble or CADS Facebook for info...***

<https://www.facebook.com/zackcardenauthor/videos/338918003568416/>

<https://www.barnesandnoble.com/w/a-memorable-thing-zack-carden/1129932449?ean=9781644383896>



# "The Meaning and Importance of Christmas in Each of Our Lives"

by Phil Nunnally, DDS

Hasn't this year just flown by for each of us? It certainly has, especially for me. The days of every single year, as we get older, are getting shorter and shorter. They just fly by and memories seem to just fade away more often than not. Age and memory plays a significant part in the entire process. What process is it? It is the "days of our lives". Life progresses and the memories fade sometimes into nothingness but sometimes they remain as certain memorable situations take precedence, as well as, importance. Think of today as the present and each day that follows as the future. "Life is short and we need to enjoy what little time we each have left." It is a good saying and helps us stay focused on each day now that cometh and the future. Time actually is fleeting. It's like the sands of an hourglass in the TV program, "The Days of Our Lives". I'm sure you know this also from the movie, "The Wizard of Oz". Let's think about Christmas coming soon next month and what it means and represents to each of us and our families and friends.

There are many aspects to the holidays coming up. I advise you each to study to show yourselves approved in researching this matter. Many have their own beliefs and practices: "To Each, His Own", as the saying goes. I will speak today about myself and my thoughts on this time of year. You may and should do the same based upon your own beliefs, thoughts and actions.

What is Christmas to us today? Do you ever take the time to think about it? It is a time of loving and a time of recognition. Recognition of what? It is a recognition of the One who gave each of us the opportunity to have life: "Now and in the Future." It is about love, suffering, kindness, and forgiveness. It should never be about hate, contempt, mean spiritedness, false accusations and/or causing harm for one's own benefit. It should not be about oneself but others. When I think about this each year, I think about how short lived this season is and how the year that follows is often very evil and sad. Evil from who? Evil from others towards us rather than love, goodness, kindness and mercy. There are those who have ulterior motives to cause harm to someone in order to benefit themselves. That is the world we live in today and it was the world Christ, Himself, lived in nearly 2,000 years ago.

I will share with you a small personal story that took place in 2009. You will see how it represents time in my past and time in my present. On December 25, 2009, I received a phone call about 6 AM from Martin-Boyd Chris-

tian Home where my mom was being taken care of by fellow Christians. It was actually very close to where my dental office was on Jordan Drive. I would spend time with her almost every single day. Mom had lived with "Vascular Dementia" for nearly seven years. She was a Christian for many, many years. A week before this date, I visited and talked with her about myself becoming a Christian many years before. The conversation was a good one. I asked her, "Mom, were you baptized for the remission of your sins?" She said, "I was". I asked her how she knew that? She said, "If the Bible says it, I believe it". I had read to her Mark 16:16 and Acts 2:38. I loved my Mom very much. She had sacrificed so much for me and Dad had too over the years earlier.

I arrived at Martin-Boyd that Christmas Day 2009 at 6:30 AM after I received that wrenching phone call from the Director. She was slipping away slowly. It reminds me of that song, "Slip Slidin' Away" by Paul Simon. I climbed up in her bed and laid her on my chest all day long and I spoke to her from the New Testament and sang even some songs to her. Before she took her last breath, I said, "Mom its ok to go, I will be with you soon. It's ok to go now". She smiled at me and took her last breath in my arms. I closed her eyes so she could be at peace and rest. My sister was there with me too quoting Psalms 23. That happened about 7 PM that evening on Christmas Day. It took a toll on me that evening. I looked in the mirror and fell to the floor crying. My family gathered at my home and side that night when I arrived back about 8 PM and we all talked together and opened gifts and had a meal one and all.

For many who have lost a loved one on Christmas Day, it affects us greatly! Every year up until that day in 2009, we had decorated the tree two weeks before and took it down after a few days after the Holidays. However, it was now a sad day for me. This is what I have done since that very night. The Christmas tree was left up in 2009 and, believe it or not, I have never taken it down. Why? It reminds me of her every single day. Every morning and night I open the doors to the living room and turn on the lights of the Christmas tree and I sit on the sofa, read the Bible, think of her and I think of Dad. They are ever with me. I think of them every single day of my life, not just one day a year on birthdays, or the day of death. It helps me cope with the past, present and future. Each one of us face this final day of departure whether it is in the front of our minds or the back of our minds. To me, she is ever present with me (as well as Dad) in my heart,

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(cont.)

mind and soul. I think of my wife, Nancy, and my children this way too, and all my family. I think of each of you that way. In a way, we are all family, one way or another. Why? Because we were created of God. He owns us. He made us. We are His own. We should forgive each other because "this world is not our home". He instructs us to do so. This is the home of another. Do not succumb to the ruler of this world. "Stand for something, or you will fall for anything". Why? Because we each will give answer. Believe it or not! So, I will always observe the day of Christmas each day of my life. Actually, the one day that is even more important than Christmas Day is the "Day of His Crucifixion, Burial, and Resurrection". Many observe the Lord's Supper each first day of the week. It is ever in our thoughts and prayers, not like the one day of Christmas yearly. Nevertheless, Christmas represents His birth in the city of Bethlehem, in a manger, and His life on this Earth. He was quite young when He gave up all for everyone not like our parents or ourselves. Our days can be long on the Earth or they can be short. He gave up His life for each one of us. What are you willing and able to give up? Do you love others or hate others? Do you help others or harm them? Are you willing to sacrifice for those you care about and love? It is your choice. It is my choice. Everyone will give answer. Let that answer be the correct one for a bright, and wonderful future. There are many consequences to the choices each of us make in our lives. Make sure your path is a good one and the right one. I hope my story, thoughts and advice is seen and heard as good for each one of you. I hope and pray each of you have a wonderful holiday season. Treat others as you want to be treated.

One final tidbit to present to you. So, as a young child, I often went to the store with my Mom. Printed on the store window was a sign written on the glass which

said, "Xmas". I would say to myself, "Why would anyone remove the name of Christ in Christmas and call it "Xmas"? It hurt me. It offended me as a child and even as an adolescent. They had X 'ed "Christ" out of "Christmas". They had removed His name. When I got older, I was told the "X" in "Xmas" meant "Christ" plus "mas" meaning "Mass" as in the Catholic usage of the term. To many, the "X" looked like a cross, but not to me. Actually, it is a different symbol found in languages other than English. Ok, so why not let the "X" be a "T" which looks more like an upright cross which Christ died on. I like the idea of "Tmas". It kind of depends on the type of lettering used in the written word, even on this typewriter. A "T" looks more like a vertical cross, not a slanted over one. So, depending on the symbol, it can look two dimensional or even three dimensional. So, to me "T" looks more proper than the "X". But, people of various cultures have their own viewpoint and thoughts on this matter. But, as a child, it made me hurt. I will always write it as "Christmas" not "Xmas". I will not remove His name from my heart or mind. I will partake of the bread and the fruit of the vine every first day of the week that represents His sacrifice of His body and blood, not just one day of the year. It gives continual peace, joy and remembrance of His long suffering. Hopefully, each one of us will take "The Road Less Traveled" and have "Miles to go before I sleep" as written about in two poems, "The Road Not Taken" and the poem, "Miles to Go Before I Sleep" by author Robert Frost written in the early 1900's. Look these poems up for your edification and joy!

*Merry Christmas and  
Happy Holidays,*

*Dr. Phil Nunnally*



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**Tennessee Dental Association Foundation**  
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All you have to do is use [smile.amazon.com](https://smile.amazon.com) instead of using amazon.com for your purchasing and Amazon will donate a percentage of your purchase to the charity or organization of your choice.

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Let's make the world a better place this holiday season!

## Did You Know:

### TDA Foundation

The Tennessee Dental Association Foundation (TDAF) was created to support dental research and education. Funding for TDAF comes from charitable donations and estate bequests from dentists and friends of dentistry. As a 501(c)(3) organization, contributions are tax-deductible.

**Donations can be made with your 2019 Annual Dues.**

The Foundation is doing amazing things! This year along with a donation to the UT College of Dentistry to support their Student Research Program a donation was also made to the Dental Lifeline Network to support individuals in need of dental care in Tennessee.

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## 2018-2019 Membership Lecture Dates

Chattanooga Golf & Country Club

Registration and social hour open at 5:30 pm, dinner begins at 6:30 pm,  
and lecture starts at 6:45 pm

Tuesday, February 12	Dr. Michelle Pardue "Silver Diamine Fluoride"
Tuesday, March 12	Dr. David Dean - "Medical Management of Common Orofacial Conditions"
Tuesday, April 9	Officer Installation and Awards & TDA Corporate Dentistry



Dr. William Roy Dental Clinic is in dire need of volunteers that can do restorative care in December. They are open for any dates or times throughout the week you have available.

Currently they have a waiting list of patients needing to have a variety of procedures done. Hygiene is another big demand, and has a waiting list as well.

CADS Members have been such a blessing to us in the past, and if anyone is available to help this community or would like more information please contact Ms. Allison Taylor.

**Allison R Taylor RDA,CP**

Dental Clinic Director

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