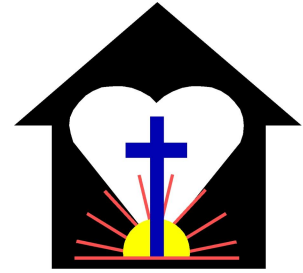


BHEA Business Directory 2009-10



BLOUNT HOME EDUCATION ASSOCIATION

ACCOUNTING

Bookkeeping and Tax Service
Greg Benson

Greg has 20+ years experience in accounting and has recently completed individual tax return training. He has a B.S. in Business Administration and a B.S. in Accounting - both from the University of Tennessee.

Contact: 981-7409 or bensohome@charter.net

Jean S. McGraw, CPA

Bookkeeping services, payroll and sales tax returns, tax planning and tax returns for individuals, partnerships, corporations, and limited liability companies

Contact: (865) 984-1005 or jeanmcgraw@charter.net

ALTERATIONS AND SEWING

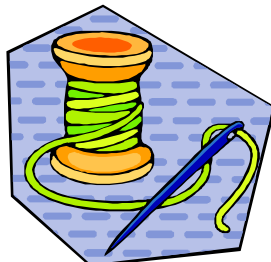
The Right Fit Alterations and Repair Service

Claudia Deter, Owner/Operator

Garment repairs and alterations. I also can do home decorating projects like shorten curtains, sew slip-covers, custom drapes, bed linens like dust ruffles, pillow shams, table covers, etc. I can do almost anything--just give me a call to check it out.

Contact: 865-274-9568 or praisedancer7@bellsouth.net

Note: 10% discount for BHEA members.



CHILDBIRTH SERVICES

The Breastfeeding Center at Lisa Ross
Sherri Hedberg, Lactation Consultant

Breastfeeding Services for mothers and infants- Breast pump rentals, supplies, prenatal classes, support, free telephone help. I am a board certified lactation consultant and RN and have worked with breastfeeding mothers for 20 years.

Contact: 865- 246-1940 or sherri@lisarosscenter.org

Website www.lisarosscenter.org

Note: - \$10 off breastfeeding class for BHEA members.

Better Beginnings Birth Doula Services
Kira Rasmussen, CD(DONA)

Certified Birth Doula. Support and assist women through pregnancy, labor, birth, and postpartum.
Contact: 865-254-1813 or via email at:

kira@betterbeginningsbds.com

www.betterbeginningsbds.com

Birth and Beyond Doula Services

Lori Wade, Doula

Labor and Post-partum care, CD (DONA)

I am also certified through Cascade Christian Childbirth Association as a labor doula (CCLD) and also as a Christian childbirth educator through Cascade (CCCE). I provide services to families when they are expecting a baby. I meet with the couple during pregnancy, and then when the woman is in labor, I go to the hospital with her and help her and her partner with breathing techniques, positions and making informed decisions. I stay with the couple

for up to three hours after the baby is born and then visit with the family usually within a week of delivery. I can help mom with initial breastfeeding and I am also working on my post-partum doula certification. I am infant and child CPR certified through the American Red Cross and also basic first aid trained. I am an "Operation Special Delivery" doula (offering my services free of charge to military families whose husbands have been seriously injured, killed or deployed) and I am a Certified National Child Passenger Safety Technician. I feel very strongly that every woman deserves to be supported during this time in their life, not only by family, but also by a trained doula, and will not deny a family because of financial need I would consider it an honor to assist you at the birth of your baby. (See also "GIFTS.")

Contact: 865-984-3693(h) or 865- 719-5485© or via email: loriwade4@gmail.com

Website: www.knoxville-doula.com

Note: BHEA Members receive a discount for services.

COMPUTERS/TECHNOLOGY (See also "GRAPHIC DESIGN")

White Hat Technical
Jim Large, Owner

Just about any kind of help you need with your personal computer or network, at home or office. Please visit our site for list of services. Well over 20 years experience, yet still cutting edge!

Contact: 865- 591-8191 or
whitehattechnical@gmail.com

Website: whitehattechnical.com

Note: 10% discount for current BHEA members and their businesses.

Xtenda Enterprise
Joe Botha, Owner

Offering website design and development, internet marketing, search engine optimization, site hosting, and online newsletter design and implementation to individuals and businesses. Call for a free quote, no obligation!

Contact: 865-250-5589 or joe@jsbwebdesign.com

Website: www.jsbwebdesign.com

Note: 20% discount for BHEA members (please mention the discount when you contact us).

DENTAL CARE

Mark Evans, DDS.

315 Lamar Street
Maryville, TN 37804-5848

Contact: 984-6191



DISTRIBUTORS

Arbonne International

Heather Lawson, Independent Consultant

Botanically based hair care, make-up, anti-aging skin care, baby specific, vitamins, weight loss, and detox/spa products.

Contact 579-9152, 556-7360 or tsnoweybird@aol.com

Website: www.arbonne.com

Note: 20% off BHEA member orders when they are hosting a presentation.

Arbonne International

Laurie Leslie, Independent Consultant

Arbonne creates personal care and wellness products that preserve and enhance the skin, body and mind for an integrative approach to beauty. Premium botanical ingredients, innovative scientific discovery, and an unwavering commitment to pure, safe and beneficial products. Money-back guarantee if you are disappointed in the products in any way. Take a "before" photo, and give 'em a try!

Contact: 865-977-1957 or laurie_leslie@pobox.com

Website: www.arbonne.com

Note: At least 20% discount to current BHEA members.

Creative Memories

Lisa Humphreys

Contact: 865 981-4442(h) or 865-567-4442 © or boiler33@msn.com

Pampered Chef

Patricia Hoffman, Consultant

Gather your friends and family, and I will teach you great recipes, techniques, and tips in a fun, delicious cooking show.

Contact: 865-387-2777 or pat@ke4mcz.net

Note: I already make it easy to host a fun cooking show at your home by writing out and mailing your invitations... but, for BHEA members only I will buy the ingredients for your demo recipe!

Pampered Chef

Landra Kerekes, Consultant

Sell kitchen products, accessories, and food items.
Contact: 865-681-7892 or lqk@kerekesphotos.com.

Website: www.pamperedchef.biz/landra

Totally Pure Living

Wendi Cruice

Air/Water Quality and Nutrition: We sell Air Purifiers, Water purifiers, Organic Household Cleaner, and Nutritional Products

Contact: 865-983-6213 or totally-pure@ecoquestintl.com

Website: www.ecoquestintl.com/totallypure

Uppercase Living

Amy King, Consultant

I would be happy to help you learn more about how to make your home an expression of you and your family. If you'd like to be more than a customer, I can help you learn how easy it is to host an Open House or how rewarding it can be to join my team of Demonstrators.

Contact: (865)573-4906 or email: amy-king@comcast.net

Website: <http://amyking.uppercaseliving.net>

Note: 15% discount for BHEA members on any order.

Waiora

Sheri Martin, distributor/owner

Smoky Mountain Health foods, In Browns Creek Shopping center

Contact: 865-712-3223 or sheril@att.net.

GIFTS

Crocheted Baby Blankets

Lori Wade (See also "Childbirth Services.")

Handmade, crocheted baby blankets.

Phone: 984-3693(h) or 719-5485 (cell), or email: lori-wade4@gmail.com

Heirloom Quality Pens

Bill Wade, Owner

Heirloom quality hand crafted pens.

I specialize in pens handcrafted from olive wood I import directly from a grove just outside of the city of Bethlehem in the Holy Land. Pens range in price from \$35 to \$100 and all feature 24k gold over titanium mechanicals. These pens make great gifts for pastors, Sunday school teachers, youth ministers and your Christian friends.

Contact: (865)984-3693(h) or 403-9247(c) or email at billwade7@gmail.com.

Website: www.heirloomqualitypens.com

Note: Special offer for BHEA members.

GRAPHIC DESIGN (See also "COMPUTERS/TECHNOLOGY")

Sealost Manor

David and Kate Clabough, Owners

Graphic Design, Creative Writing and Genealogy.

Contacts: Cell: 865-256-3612 (David), 865-256-2329 (Kate), email: david@sealost.com or dv121212@charter.net.

Website: www.sealost.com



HEALTHCARE (See also "DENTAL CARE")

East Tennessee Clinic of Chiropractic Dr. John Lay

Chiropractic clinic. We specialize in chiropractic care and therapy for neck and back pain, disk decompression for disk bulges and disk herniations, relief from headaches and migraines, fibromyalgia, arthritis, carpal tunnel, whiplash, and other symptoms causing acute and chronic pain. We also specialize in nutritional counseling using whole food, organic products, and recommend full-body detoxing when necessary.

Phone: (865) 681-2992 or drjlay@bellsouth.net.

Website: www.easttnchiro.com. New patient paperwork can be printed off website and filled out prior to appointment.

Directions: Located in the Wiley-Boring center south of Food Lion on 411S, and about a mile before the new Wal-Mart.

Note: Consultation, examination, full-spine series of x-ray films, and a report to go over everything that the doctor has found. Normally, we charge \$250 for all of these services, but if you call and tell the front desk that you are a BHEA member, it is only \$20.

Trinity Medical Associates Dr. Andrew Smith, Family Physician

Family Medicine.

Contact: 865-982-0835 or docwriting@bellsouth.net.

Website: www.trinitymedassoc.com

Holly Jackle, Licensed Massage Therapist

Timeless Creation Salon in Lenoir City and do massage work in my home as well. I can do Swedish, Deep Tissue, Pregnancy, Relaxation massages. I live in Friendsville

Contact: 865-995-9872

Note: Special offer for BHEA members is \$40 for an hour massage in my home/or \$25.00 for a half-hour massage I do have gift certificates available.

MyTherapySession.com Renee Kyle, Business Manager

Angela Montoya, Research Coordinator

Online store: MyTherapySession.com provides practical, easily accessible emotional health care information and education. Through our psychoeducational learning modules, our mission is to provide help and hope to individuals with various emotional health care concerns.

Contact: 888-868-3191 or info@mytherapysession.com or rkyle@mytherapysession.com
Website: www.MyTherapySession.com

Note: Special offers for BHEA members include 20% off DVDs (contact us directly).

HOME IMPROVEMENT/ CONSTRUCTION/REPAIRS

Guttermasters Plus Sheila Flanagan

Construction subcontractor: We specialize in seamless aluminum gutter (5" & 6"), siding, soffit, gutter, fascia wrap, windows, painting, cleanouts, leaf screens and LeafProof. We also build decks and sunrooms and metal or wood buildings (garages, sheds, airplane hangars, etc). WE OFFER FREE NO OBLIGATION ESTIMATES.

Contact: 865.856.0140 (office), 865.755.5225 (cell)

guttermastersplus@comcast.net or flanaganwilliam@comcast.net

Website: (work in progress)

Note: All BHEA members receive 15% off on jobs over \$250.

Cross Mountain Tile Installation Sarah & Jim Troutman

Ceramic tile installation: Baths, Kitchens, Porches, Pools, etc.

Contact: 387-1881 or Cross.Mountain@gmail.com.

Note: 10% discount for BHEA members.



Tennessee Wood Flooring Brad Rasmussen, Marketing Director

Manufacturer specializing in custom made, 100% green, solid, hardwood flooring.
Contact: 865-224-0502 or brad@tnwoodflooring.com
Website: www.tnwoodflooring.com

Note: Contact Brad for \$100 off flooring purchased in 2009-2010 school year with valid BHEA membership card.. Minimum purchase of 500 square feet to qualify.

Home Improvement Dan and Elissa Goodson

Specializing in home repair projects. Because of his many years experience in the home construction and inspection industries, Dan can tackle just about any home repair project. He is licensed and insured.

Contact: 865-238-0015 or elissagoodson@yahoo.com.

Note: Special offer to BHEA members is \$25 off the price of a repair bid over \$100.

Please note - To avoid any possibility of a conflict of interest, Dan does not do home repair for homes that he inspects. See also the section marked "Realty."

Fine'ly Finished Tony Deter, Owner

Home Improvement and Repair: Home upgrades like hardwood floors, tile, kitchen remodels, fireplace refacing, fences, decks, small repairs like changing out light fixtures, etc. No job is too small. I even do additions. My business generates lots of repeat customer business as I do excellent work.

Contact: 865-604-4299 or info@finelyfinished.net.

Note: 10% Discount for BHEA members

Clover Hill Sawyers Mark Coleman, Owner/Operator

Portable sawmill business. We can saw your logs into high-grade lumber, in your back-yard, or at our place. We are also in the process of building a dehumidification lumber drying kiln, which will allow us to turn fresh-sawn lumber into furniture-ready boards in 30 days.

Contact: 865-982-2408, 865-724-7306 or email: colemanm@hotmail.com.

Baseline Sports Construction, LLC J. Kent Harrison, Office Manager

New construction and renovation/resurfacing of tennis courts, running tracks, basketball courts, and natural and artificial turf ball fields. Can also install chain link fencing.

Contact: Office phone—865-588-4320, fax: 865-588-4111 or email: Kent@baselinellc.com

Website: www.baselinellc.com

Note: Special offers for BHEA members.

Electrician Chris Grubb

Contact: 865-640-1720 or grubblivin4him@aol.com.

LANDSCAPING

Arbor Pro Tree Specialists Bill Hedberg

Over 20 years experience, in business since 1999 - specializing in pruning, removals, diagnosis/treatment of pests/diseases, pre-construction consultation, stump grinding, planting, and tree preservation. Licensed and Insured.

Contact: 388-2855 or Bergly1@aol.com.

Note: 5% discount for BHEA members.

Sticks and Stones Outdoor Living Dave Curry, carpenter/stone worker

Sticks and Stones creatively builds outdoor spaces designed to meet your needs and fit your personality. We combine your ideas with our knowledge and skill to enhance your landscape with stone work, decks, pergolas, arbors, ponds, and water features. We pride ourselves on pushing the conventional limits and boundaries on design and function.

There is a hidden space within your landscape and as backyard artisans we will help you find it with our craftsmanship, detail, and a personal relationship with you.

Contact: home office--(865) 856-8512 or cell phone--(716) 697-3900

Website: <http://www.sticksandstones-outdoorliving.com/>

MEDICAL TRANSCRIPTION

Joy Newvine, Medical Transcriptionist

Independent Contractor: Specialize in preparing patient notes for doctors and doctors groups with high-quality, 24-hour turn-around time. Have experience in all medical fields with over 12 years experience.

Contact: 984-3331 (home), or 254-6648 (cell), or newvines@charter.net

MUSIC LESSONS AND SERVICES

Highland Piano Studios

Patrick Lee Hebert

A full service teaching/entertainment company, offering Piano, Theory and guitar lessons. Over 20 years experience in teaching most styles of music. Also a recording artist and composer, providing Piano Tuning and music for special events.

Contact: (865) 255-1079 or highlandpiano@charter.net

Website: www.highlandpiano.com

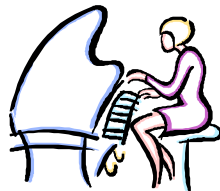
Note: 20% off first Piano tuning for BHEA members.

Linda's Piano Studio

Linda McCausland

Piano Lessons for students K-12.

Contact: 865-607-8646 or lindaleemccausland@yahoo.com.



OUTDOOR ACTIVITIES

Emery Benson Worms

Emery Benson, Proprietor

Emery began worm wrangling in the summer of 2009. Thousands of red worms to choose from - great for your composting needs (or fishing)! These worms are guaranteed to catch fish or die trying! When planning your garden, plan on Emery Benson Worms.

Contact: 981-7409 for all your worm needs!

PRINTING SERVICES

Precision Proofreading

Sharon Newman

We offer pre-printing services, such as manuscript editing of books and articles and proofreading.

Contact: (760) 224-5812 or email: bandchick1977@yahoo.com

REAL ESTATE

Realty III, Inc.

Marc Atchley, Realtor®



I work primarily with residential real estate, which includes everything from starter homes to retirement homes, vacation homes to rental properties, subdivision lots to large farms. Whether buying or selling, my objective is to help the client obtain his or her individual goals.

Contact—Tel: (865) 984-1111, Fax: (865) 983-4621, Cell: (865) 603-2959, or matchley@realtyiii.com.

Website: www.smokiesandfoothillsrealestate.com

Crown Inspections

Dan and Elissa Goodson

Home Inspections: Offering thorough home inspections for buyers, sellers, homeowners. This service helps home buyers to be informed about the systems within the home they are considering purchasing before they close on the sale. It also helps sellers know ahead of time what items may need repair.

We also offer radon screening and mold screening. Dan has inspected well over 1500 homes in East Tennessee and has many years of construction experience as well. He is licensed and insured.

Contact: 865-238-0015 or crowninspections@gmail.com.

Note: \$50 off the price of a complete home inspection for BHEA members.

Realty Executives

Amy King, Realtor

Contact: (865) 588-3232 office, (865) 776-4028 cell or email: amy-king@comcast.net

VETERINARIAN

Jinks Veterinary
Services
Matt Jinks, DVM

Mobile Veterinary Prac-
tice, routine exams and
vaccinations, medical diag-
nosis, and laboratory
analysis.



Contact: (865) 804-5424, or 5jinks@charter.net

WELDING

Choo Choo Welder

Christian Wright, Owner/Operator

Welding: railroad and any other repairs that re-
quire welding.

Contact: 865-386-5332 or email: choochoowelder6@bellsouth.net

<http://www.myspace.com/choochoowelder>

ADDENDUMS

Milne Farm
Chris and Caroline Milne

Pick your own Blackberries, Grapes, and Muscadi-
nes.

Family owned fruit farm and vineyard. We have 15
varieties of grapes, 4 varieties of blackberries, and 3
varieties of muscadines. For more information and
picking dates please visit our website.

Contact: Milne Farm

6656 Morganton Rd.

Greenback, TN 37742

Phone: 865-856-2193

Website: www.milnefarm.com

Avon
Amanda Bradfield

Contact: 205-335-8216 or queenneb@gmail.com.
www.youravon.com/abradfield

Awnings Direct
Mark and Melanie Hoffman

Contact: 865-981-3997, cell - 207-6368 - [m4hoff-
man@yahoo.com](mailto:m4hoffman@yahoo.com)

Premier Designs Jewelry
Patti Thompson

Contact: 865-386-1422 or Jewels4U@me.com

Note: Each hostess receives a minimum of 30% in
free jewelry (just \$100 in orders makes a show).

Hassle-free FUNd-raising events--your groups keep
30% of sales AND earns free jewelry besides!

I'm happy to service Premier pieces you already own
as well--remember, you have Premier's Golden
Guarantee.

Request to be added to my BHEA Members' email
list to receive special offers.