

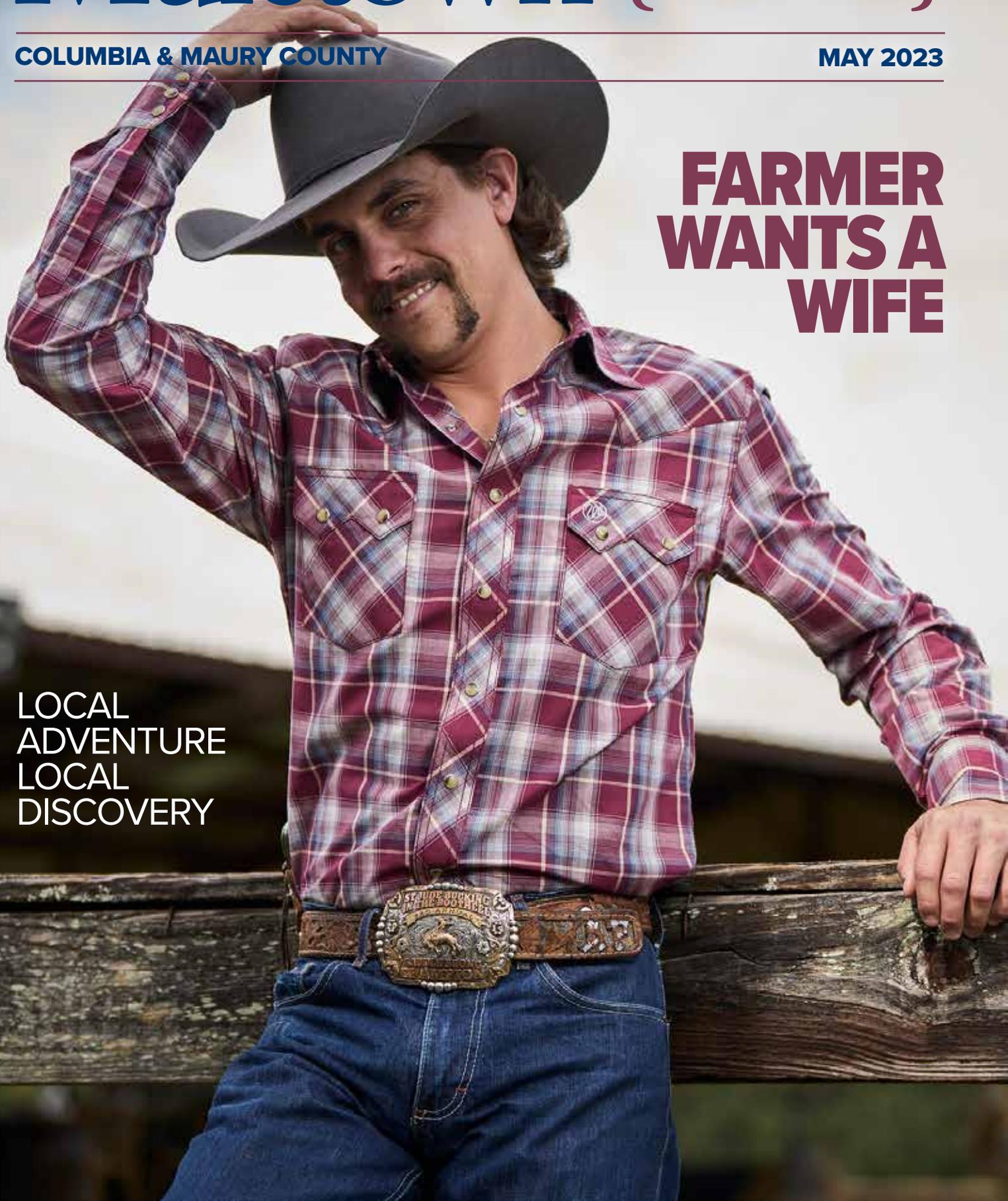
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FOX FINDS REALITY IN SANTA FE

Local farmer becomes TV star overnight in search for love

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VACATION TO COLORADO LEADS TO SUCCESS

Discovery of idea on vacation results in coffee shop in Columbia

LOCAL FOCUS SNAP SHOTS & SERVICE DIRECTORY 20, 21

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ON THE COVER: *Allen Foster became an overnight star when he signed up to participate in the FOX network reality show Farmer Wants A Wife. Allen lives on his farm in Santa Fe.*

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WE'RE BACK!

After a disastrous flood on Christmas Eve, Harpeth Valley Dermatology has finally reopened in Thompson's Station! Harpeth Valley Dermatology is a family-owned and operated, full-service medical practice consisting of three board-certified dermatologists: Dr. Megan Morrison, Dr. Pezhman Shoureshi, and Dr. Benjamin Bashline.

Our dermatologists bring a wealth of medical experience that collectively spans over twenty years. Through their prior experience, they became increasingly concerned with the ever-apparent shift from patient-centered dermatologic care to that of a corporate driven business. Many dermatology practices have replaced their board-certified dermatology physicians with providers lacking specialized training, which can be misleading to patients. At Harpeth Valley Dermatology, our mission is to provide our patients with a true dermatology experience.

Our dermatologists are experts in diagnosing and treating a wide array of medical conditions. We provide comprehensive treatment modalities for common conditions such as eczema, psoriasis, acne, and warts as well as diagnosing and treating skin cancer and various autoimmune conditions. As osteopathic physicians, we provide a holistic approach to diagnosis that focuses on finding the root of the problem instead of solely treating symptoms. We customize treatment plans to not only provide effective management, but more importantly, find a solution that patients feel comfortable with. Outside of medical

services, we also provide a full spectrum of cosmetic procedures. These include toxins, fillers, lasers for anti-aging and scarring, radiofrequency microneedling, Bela MD facials, as well as platelet rich plasma (PRP) treatments for hair loss. We are also proud to carry our own line of Harpeth Valley Dermatology products for anti-aging.

One of the most important services we provide is screening for skin cancer. Twenty percent of Americans will develop skin cancer and it remains the leading cause of cancer in the United States. All three of our dermatologists are members of the American Academy of Dermatology (AAD) and regularly provide free skin cancer screenings sponsored by the AAD.

Outside of diagnosis, the dermatologists at Harpeth Valley Dermatology are experts in providing surgical and non-surgical treatment options for skin cancer, including Mohs micrographic surgery. Dr. Morrison is not only a board-certified dermatologist but she is also a fellowship-trained Mohs surgeon. Mohs surgery is the gold standard for skin cancer treatment and offers the highest cure rate (99%) while minimizing the cosmetic effects of surgery.

We invite you to discover the difference at Harpeth Valley Dermatology where we pride ourselves on practicing first-class dermatologic care. Please come see us at our recently reopened Thompson's Station location.

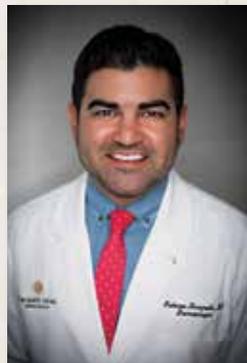
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MCCREARY'S IRISH PUB & EATERY

McCreary's Irish Pub & Eatery has officially celebrated the Grand Opening of its second Middle Tennessee location in downtown Columbia. Visit mccrearyspub.com to view their menu and a list of upcoming events. The restaurant is located at 814 South Main Street, Columbia.



TRIGREEN EQUIPMENT

Congratulations to TriGreen Equipment on the Grand Opening of their new location in Columbia. Learn more at trigreenequipment.com. They are located at 271 Theta Pike, Columbia.



STUDENTS TOUR AIRPORT

Maury Regional Airport GM Paul Turner recently gave a group of local homeschool kids and their moms a tour of the airport. The airport is significant for corporate business, emergency medical services, and travel in Middle Tennessee.



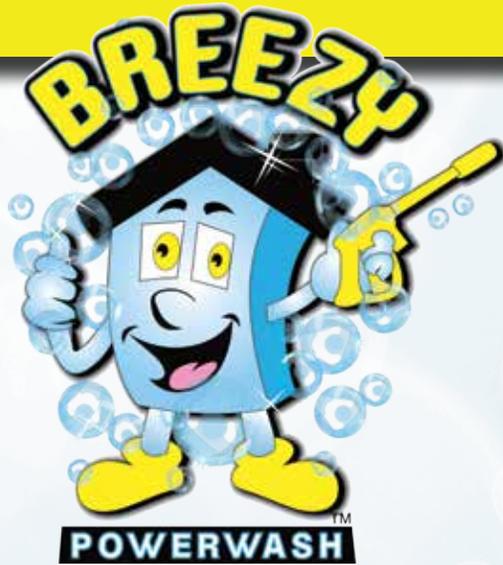
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LOCAL STARS IN REALITY SHOW **FARMER WANTS A WIFE**

PAM WINDSOR

While farmers and ranchers are considered the backbone of America, their hard-working way of life rarely falls into the category of “glamorous” or “exciting.” But that changes when a TV production crew for the FOX Network show *Farmer Wants A Wife* moves in and sets up shop.

Maury County farmer Allen William Foster is one of four men featured on this season’s show. He became involved after someone contacted him – out of the blue.

“I got a message one day via Instagram,” he says, “and at first, I kind of thought it was a scam. But once we talked by phone, I realized it was, in fact, a serious deal.”

The show, hosted by country singer Jennifer Nettles, brings in farmers from across the country, introduces them to women

interested in finding a husband, then allows the farmers to narrow the list to a smaller group they can get to know better.

“I just decided this was a once-in-a-lifetime opportunity,” Foster says, “and maybe a way to find the love of my life that I would never get again. So, I took the opportunity, and here we are.”

The show, currently airing new episodes, follows the farmers as they interact with each of the young ladies. Foster admits having movement or action filmed for TV took some getting used to, especially in the beginning.

“It was interesting, I’ll say that,” he says with a laugh. “This small-town kid had never seen, of course, this is an exaggeration, but 12 cameras in my face with 50 people standing around watching me on a quote-unquote 10-minute first date with a woman I’d never met before.”

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“
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WAS FILMED RIGHT HERE AT
MY FARM IN SANTA FE**
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< FROM PAGE 10

What makes this reality show unique is the women not only get to know the farmers, but they also get a close-up look at the farming way of life.

“The majority of the show was filmed right here at my farm in Santa Fe,” Foster explains. “I think it was a really cool aspect that these ladies came out and lived the lifestyle. Then every weekend, we’d go to a different location for what they called a mixer which was just a way for us guys to get together and see what was happening at the other places.”

Filming for the show has wrapped up now, but with so much movement and activity during the shooting process, it was difficult to keep what was happening under wraps.

“This is a small, southern Mayberry-type community where everybody knows everybody – good or bad,” Foster says. “So, while it’s not that we really tried to hide it, but we really didn’t announce it either. Still, it didn’t take people very long to figure out

something was going on that was out of the ordinary.”

With episodes of the show still left to air, Foster can’t confirm whether or not he met his soulmate. However, he will say the experience has made him a better communicator.

“You’ve got five young ladies all wanting to know how I feel, wanting to know what emotions I’m going through,” he says. “And as a man, especially as cowboys, that’s not something we’re very good at. I really had to learn to express what I was feeling, and that was tough in the beginning, but as the show progressed, it became easier, so I think I grew in that way as a person.”

And again, while not revealing how it all turned out, he’s grateful for the experience, and so appreciative of the support he received in doing it.

“My family and friends and people here in the community are excited and thrilled I’ve had this opportunity, and they’ve been very, very supportive.”

It’s not too late to tune in and catch Foster on the show. *Farmer Wants a Wife* airs Wednesday nights at 8pm CST on FOX.



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‘A LITTLE BIT OF PEACE AND JOY’ IN THE HEART OF COLUMBIA

BY JASON ZASKY

After Brad and Melinda Harrub were introduced to Cabin Coffee while on vacation in Colorado, they both had the same reaction: Cabin Coffee would be a phenomenal fit for the South—and for Columbia, in particular. So they went on to open the franchise’s first location in Tennessee on December 13, 2021, and haven’t looked back.

“One of the things that make us unique is we fresh-roast all our coffee,” begins Brad Harrub. “We don’t sell anything that is 14 days past roast, which makes it extremely smooth, but it also changes the dynamic of the flavor. We get coffee from about 30 different countries, and with that we can customize to a customer’s

specific desires.”

That said, Turtle Mocha is Cabin Coffee Columbia’s biggest seller.

“Turtle mocha has both Ghirardelli dark chocolate and caramel in it, along with a double shot of espresso. So, it’s got a little kick but also the sweetness that folks love,” says Harrub, before noting that Cabin Coffee also serves breakfast and lunch all day, offering everything from breakfast sandwiches, wraps, and bowls to traditional coffee houses menu items like cinnamon rolls, muffins, and coffee cake.

As to the lunch menu, it features soups, salads, and club sandwiches, as well as a chicken bacon ranch sandwich on a croissant.

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< FROM PAGE 14

“But if someone asks for biscuits & gravy or sausage & biscuits at 4:30 p.m., we are happy to do that,” advises Harrub, emphasizing that there is more to Cabin Coffee than just great food and drink.

“We serve great coffee, but ultimately, we are in the people business. We recognize that customer service is where we need to be. We view this as a ministry and an outreach to the community,” he explains, before addressing the shop’s atmosphere.

“The comment that we hear routinely is that our dining room is very relaxing and inviting, so it’s great for people who are needing a break from the rush of the world and folks looking for a little bit of peace and joy. They know they can come in here and put all the chaos aside,” he says.

Cabin Coffee also features a meeting room that customers can use free of charge—first come, first served.

“We have Maury County schools using it quite a bit lately. We also have gender reveal parties, Boy Scout groups, and Bible devotional groups who are utilizing the room. It’s a nice place to bring 15-20 people together and not have to worry about rental fees or anything else,” he adds.

That said, Cabin Coffee also supports the local community in other ways, backing the Tennessee Children’s Home and Paw Pantry of Maury County, among others.

“We have also taken some homeless folks under our wing and have been able to help them with housing, especially on cold nights. That is one thing that the community has really gotten behind and helped us with,” says Harrub, who happens to have a doctorate in anatomy and neurobiology and spends many of his weekends traveling the world and speaking on topics like Christian evidences and medical ethics.

But he loves returning to Middle Tennessee, which he has called home his entire life.

“We love the people, and Southern hospitality is hard to beat. By working in the community, we see the good side of folks, and that’s very refreshing,” he says before addressing the subject of Columbia’s growth.

I believe we are going to see positive business growth at a rate that doesn’t change the dynamics of the city, and ultimately that’s what you want,” he adds. “People are moving here because of the Southern hospitality and because of the things the community has to offer, but you don’t want a massive influx that changes that to the point that no one wants to be here anymore.”

Meanwhile, Harrub plans to continue growing Cabin Coffee, which already employs upwards of 30 people, including his wife and three of his children. He credits his “awesome team” for being “fun to be around” and for helping to keep him young.

“We have a lot of young people, and for quite a few of them, this is their first job, and they are absolutely knocking it out of the park. They have taken customer service to really high levels, and part of the reason I enjoy working here is because of our team,” he concludes. “Their character is unparalleled, and they make the Cabin Coffee experience what it really is.”

Cabin Coffee is located at 1909 Shady Brook St., Columbia.

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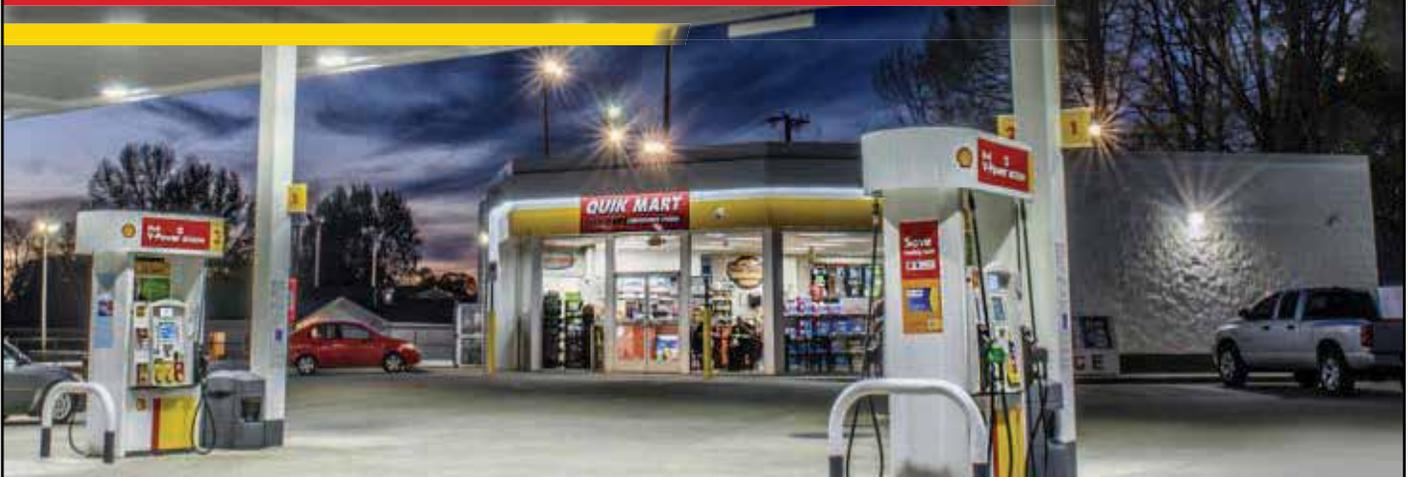
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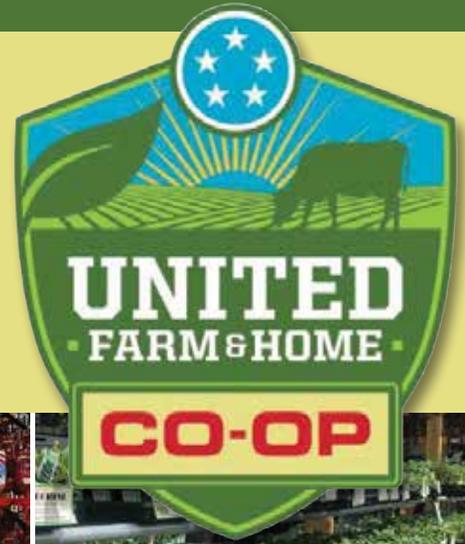
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