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APRIL 2019

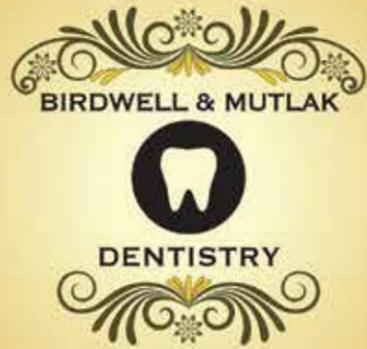
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# Inside {local} April 2019



**6**  
**LIVE FROM FRANKLIN**  
Two local stay at home dads develop entertaining podcast



**12**  
**BUSINESS BASED ON RESPECT**  
Local man builds business on customer service and respect and finds success



**18**  
**HEAR THE RESULTS**  
Meet Dr. Welch and the friendly staff at Hearing Services of Franklin



**28**  
**PLAN FOR FRANKLIN'S MOST POPULAR EVENT**  
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**SERVICE DIRECTORY. 10-11**

**ON THE COVER:** Spring is finally here and we welcome it with open arms as we head into warmer weather and longer days. With Easter just a few weeks away, it's time get out and enjoy the seasonal change.

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# SAHD STORY

## A PAIR OF FRANKLIN FATHERS BREW UP “BRING DAD A BEER,” A HUMOROUS, STAY-AT-HOME DAD PODCAST.

**BY JASON ZASKY**

If you're a stay-at-home parent with three children, sooner or later you get a little stir-crazy being around kids all day. If that's a life situation you can relate to, well, you might also enjoy Bring Dad a Beer, a new podcast co-hosted by a pair of Franklin fathers, “Coach” Kent Peterson and “Chef” Jeff Capeling, who decided late last year that it might be fun to do a humorous podcast about being a stay-at-home dad (SAHD) and all that goes with that.

Fast forward four months and it's clear that Peterson and Capeling may be onto something. Not only are the quip-ready duo having fun, but they have also increased the amount of interaction they get with people their own age and may have stumbled onto a niche in the podcast world just waiting to be filled.

That's because the number of stay-at-home dads is on the rise across America, thanks in part to economic realities and in part to a desire among fathers to be more involved with their kids. In the case of Pe-

terson and Capeling, both of those factors played a role in choosing to become stay-at-home dads.

For his part, Peterson is a relative newcomer to being a SAHD, having left the workforce a year ago to focus on taking care of four-year-old and one-year-old twins. “I was a teacher but when we moved here my wife got a promotion and we had a hard time finding a nanny who was affordable,” he says. “I didn't want to work for the sake of being at work, as I can do a

**PAGE 7 >**



Staff Photography

better job of raising my kids than someone who has less of a vested interest in them.”

As for Capeling, he's been a SAHD for more than nine years, a decision prompted in part by the fact that his wife—who, by the way, is responsible for the name of the podcast—travels extensively for her corporate job, making it impractical for him to work while raising kids who are now six, eight, and twelve.

And being that they live on the same street in the same Franklin neighborhood, Peterson and Capeling have had plenty

of opportunities to bond over their shared experience. In fact, the inspiration for the podcast came about organically, with the pair “playing beer pong and cracking each other up and asking each other, ‘Do you think other people would find [us] funny?’” recalls Capeling.

It turns out that listeners do seem to find the podcast funny, attracted by its mix of relatable family stories and discussions of popular culture. Naturally, beer—or at least a “drink of the week”—is also a part of every episode, with the duo always

ready to opine about the adult beverage they are drinking on the day each week's episode is recorded.

As for the future of the show, the fellow Michigan natives don't necessarily have grand ambitions, but wouldn't be opposed to finding a huge audience either.

We're not trying to get rich off the podcast or even make money,” insists Peterson, though they admit free beer is a nice perk—and the prospect of a beer company sponsorship or two certainly has

**PAGE 8 >**



# SAHD STORY

Staff Photography

## < FROM PAGE 7

its appeal. Meanwhile, they have at least considered the idea of selling Bring Dad a Beer merchandise, not to mention expanding the bringdadabeer.com blog.

Yet more than anything, the pair seems grateful for the product and audience they already have, not to mention the support of their spouses. “We wouldn’t be able to do this without our wives,” emphasizes Peterson, noting how their respective careers have blessed both husbands with

the ability to stay home with their children—and drink beer while learning how to podcast. In fact, the podcasting newbies regard the recording process and attendant technical issues as one of the biggest challenges they’ve faced in terms of developing a quality show, though getting comfortable with voicing their opinions also involved a learning curve.

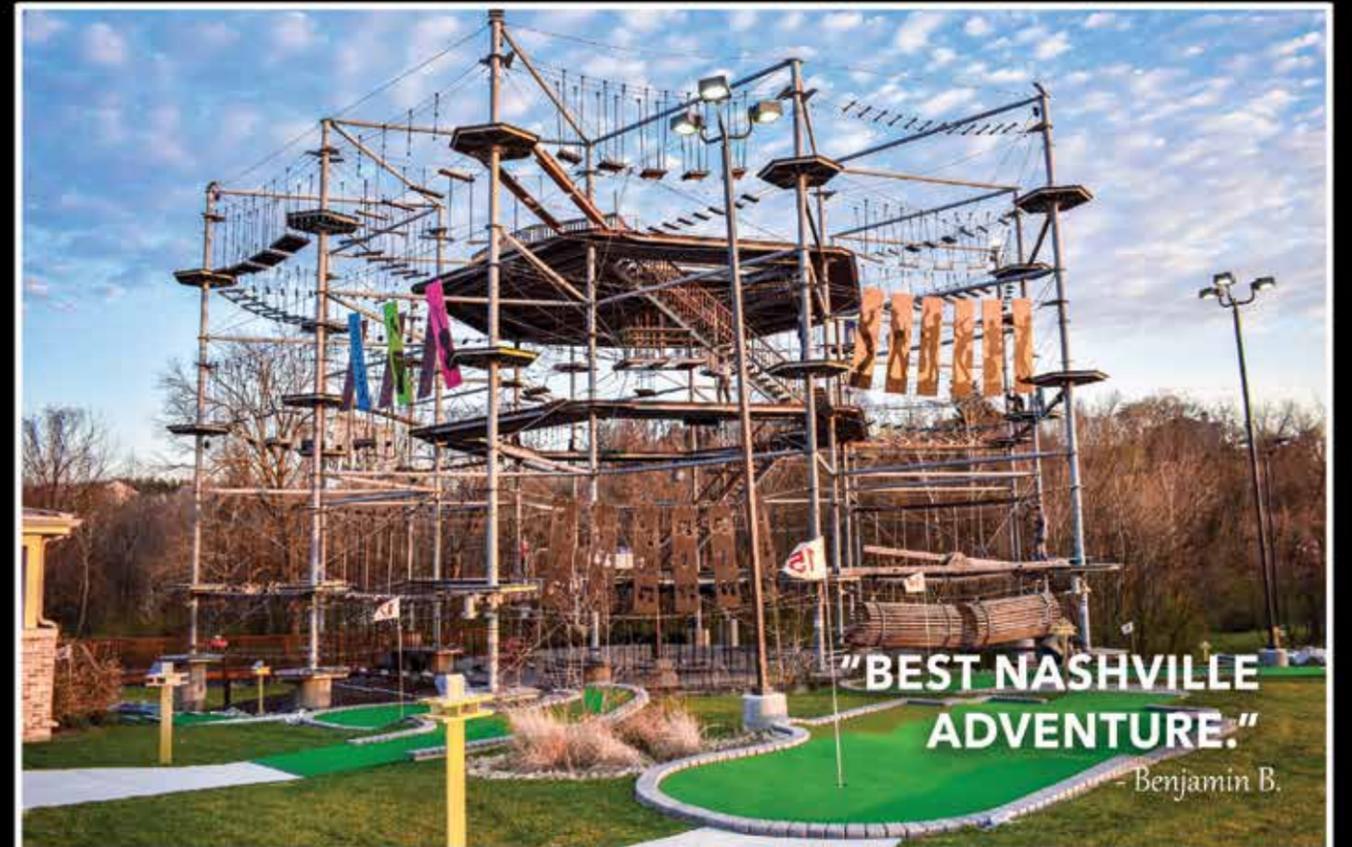
“Jeff’s biggest hurdle was finding his voice. In the beginning, we got feedback that he was quiet, a little more timid. But now everyone keeps telling us that he’s the

funnier one and that he has the funnier comments, which hurts my feelings,” jokes Peterson, before admitting that it can be a little nerve-wracking to put your voice out there for the world to hear.

“Right now our big focus is to simply make a good podcast that people like,” he concludes. “Making a funny show that we think people will listen to is in the forefront of our minds. If the show keeps growing at the rate it that it has been so far, all of that other stuff—like merchandising and the blog—will fall into place for us.”

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# HUGHENS BUILDS BUSINESS BASED ON RESPECT AND REPUTATION

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## BY PAM WINDSOR

The idea to create Palm Beach Enclosures came from an observation David Hughen made many years ago when he worked in the advertising business.

"I sold advertising for about 10 years, and the people I ran into that were the least professional were in the home improvement business," he recalls. "I couldn't understand it. And I thought if I ever get out of advertising I'm going to get my license and go into home improvement because that's something where people need a first-rate company to do business with."

That was a long time ago. Palm Beach Enclosures has been in operation for 35 years. It's based in Lebanon, but Hughen's team does work all over Tennessee, with - interestingly enough - the majority of it in Williamson County.

Hughen, who served in the Army for nine years, and even before that attended Castle Heights Military Academy (which closed in 1986), has used some of those military principles and values as a foundation for his company.

"I went there in 1958, and I ran into a lot of people that turned out to be highly successful. Danny Evins was one of my best friends, and he later went on to start a little business called Cracker Barrel. But we had a commandant who would tell us the same thing every morning. He'd say, 'I want you to be like the old Gillette commercial. Look sharp, feel sharp, and be sharp.' And that's what I put on my guy's t-shirts, and that's what we talk about on a daily basis."

Hughen expects employees to present a good image, be polite and professional not to take advantage of anyone, do a better

job than expected, and clean up when the work is done, so the place looks better than it did when they started. He credits that philosophy for a lot of the success of his business, as well as a decision he made a while back involving a product he sells today. He says Palm Beach Enclosures is the largest dealer in America when it comes to installing motorized screens.

"We use exclusive, proprietary products that nobody else has except this company. We have a screen product that I purchased in the development stages that bugs can't eat through, dogs can't tear, it's reinforced with Kevlar (the material used to make bullet-proof vests) and is 800 times stronger than any other screen in the world. "

Hughen says the screens block the sun, offer protection from wind and rain, and can be installed so that three motorized

PAGE 14 >

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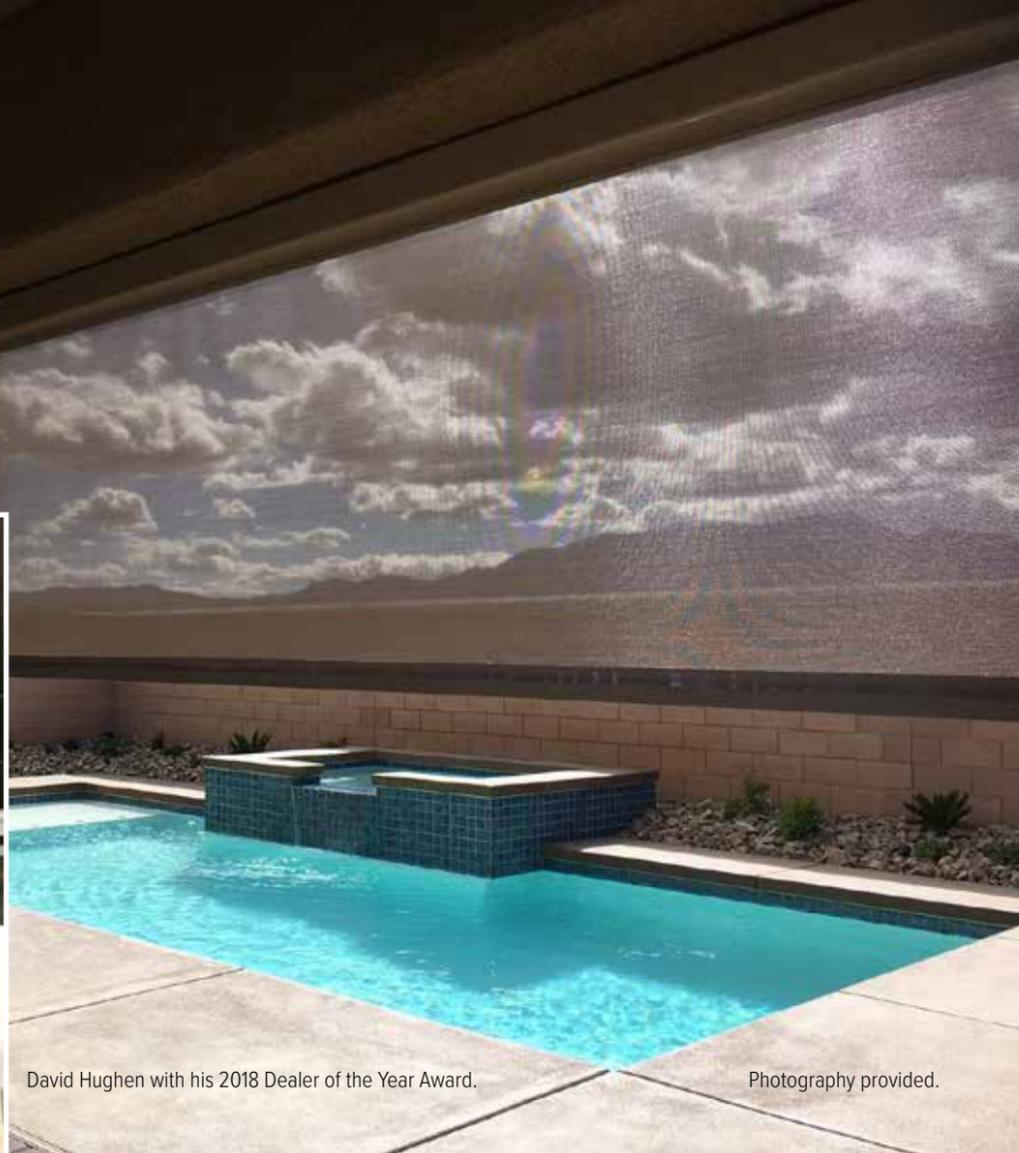
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David Hughen with his 2018 Dealer of the Year Award.

Photography provided.

**< FROM PAGE 12**

screen walls in a room can roll up at the same time with the push of a button. His company installs them in homes, restaurants, and other businesses that like the flexibility of screening off areas in rough weather, but opening them up when the weather's nice.

"We're also the only company in Tennessee that does pool enclosures," he adds. He enclosed his pool and says it's nice because it keeps leaves and trash from getting into the water, and also extends the time people can swim for up to three months.

Hughen's 50-acre property in Lebanon (which has that pool), is also home to Camp Smiley which serves as a summer camp for kids. His wife, known as Miss Judy, has been keeping children for about

45 years, and the camp has been around for about 35 of that.

"We've got a big creek that eventually goes into Old Hickory Lake," Hughen explains. "The water's no deeper than their waist. We take the kids kayaking, they go fishing in the creek, swim in the pool, and do arts and crafts. When I walk by and hear kids say, 'This is the most fun I've ever had in my life,' it restores my value that we're doing something good."

While kids pay to attend the camp, Hughen says it's not a for-profit venture.

Now in his early 70's, Hughens is proud of both the camp and his company, which he says is a strong business model that will continue even after he retires. That may be just a few years down the road.

Hughens, has some diabetes-related health issues that may require a liver transplant in the future. He says the liver

is functioning now, although he often gets tired, in about four years he may need a transplant.

For now, his business is booming, and he's always meeting with new customers to hear what they need and talk to them about how Palm Beach Enclosures can help. He says he does exactly what he set out to do all those years ago which is offer a company dedicated to doing great home improvement work, that people can count on and trust.

He's pleased that so much of the work he gets is based on someone recommending him to someone else.

"I'm proud that probably 75 percent of my business is referrals. That means more than anything else because we're getting referred by people that say they came in and we beat what they've ever seen done before."



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Photography by Pam Windsor

# THE SOUND OF SUCCESS AT FRANKLIN HEARING SERVICES

BY PAM WINDSOR

Her passion for helping people shines through when she talks about “Hearing Services of Franklin.” Dr. Elizabeth Welch has worked here for 21 years but bought the practice ten years ago. She and the other audiologists work with patients of all ages, but she focuses more on older adults.

“I love older patients,” she says, and “when they haven’t been hearing, they’ve pulled themselves away from social lives, they’re no longer going to church, they sit quietly at the dinner table, their families are complaining, I love bringing them back into the world and giving them that quality of life.”

There are two offices in Williamson County, one in Franklin and one in Spring Hill. There are five audiologists, including

Welch, that serve patients, along with the other staff members. They handle everyone from older adults to very young children.

“One of my doctors, we diagnosed her daughter who was 18 months old at the time with a severe hearing loss. So, we fit her daughter (with hearing aids), and she’s very passionate about pediatrics as a result. We see children of all ages, pretty much from birth on up.”

They offer a variety of different tests. “We do hearing testing, we do balance testing, we test patients who have vestibular problems, and we do auditory processing testing. With a lot of school children, their hearing is normal, but their behavior seems to indicate a hearing loss. They often have auditory processing disorder where they’re not processing the auditory information they’re hearing. So, we do a

test for that to see what we can do to help them.”

There is also a baseline test available which Welch says everyone should have, even if they don’t currently have a hearing issue.

“If everyone had a baseline hearing test, even if it’s five or six years old, we have something to compare it to when a person starts to lose their hearing, has an accident that affects their hearing, or has a virus that affects their hearing, or whatever it is that happens. We have baseline vision tests, we get baseline bloodwork, we get baseline everything, but people don’t think to get a baseline hearing test. It’s equally important.”

Technology has come a long way in the auditory field, and one of the most

PAGE 20 >

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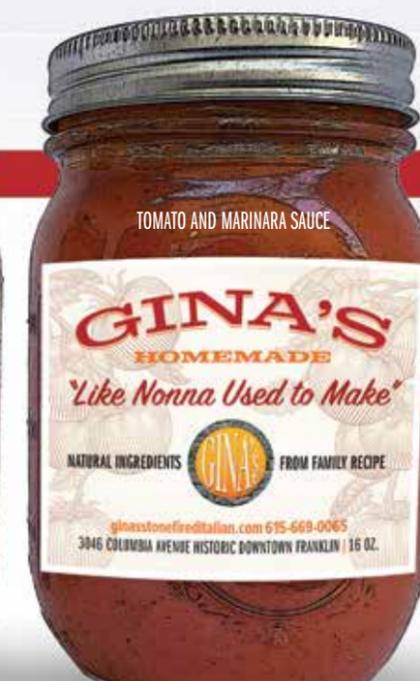
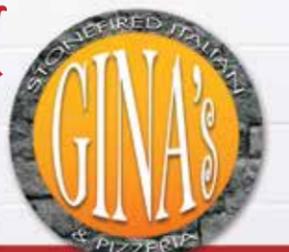
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Photography by Pam Windsor

**< FROM PAGE 18**

significant areas of advancement involves hearing aids. In the past, people were often reluctant to wear them because of their size and the fact that others could see them. That's not the case anymore.

"Hearing aids are so tiny and invisible, it doesn't have the stigma it used to have," says Welch. "Also, the sound quality is so much more superior than it's ever been before. And we can get hearing aids in a price range that will allow almost every individual to be able to afford them."

Welch is so dedicated to making sure everyone can afford hearing aids, she set up her own non-profit charity to help make it possible.

"Six years ago I created a non-profit, so when I fit a patient with new technology,

we offer them the opportunity to donate their old hearing aids, it's a 501(c), so it's a tax write-off. Then we allow other patients who can't afford hearing aids to apply to receive them. There's a sliding scale, so they may pay as little as \$75 to get hearing aids. Every single person should be able to get hearing aids in this office."

Welch is so committed to helping people hear, she and her staff are very involved in community events from health fairs to school career fairs to even volunteering to go into assisted living homes and clean hearing aids for free, even if residents are not their patients. She's very big on consumer education and says she's known to pass out earplugs to her neighbors.

"I'm the crazy neighbor that when we have fireworks in our neighborhood, I'm passing out protection. The first year they

kind of laughed at me, and now they're like, 'Where are my earplugs.'" She says with a laugh.

She lists several signs people can look for that may indicate hearing loss.

"If you find yourself asking 'what?' more often, if people are complaining about the television being too loud, if you have ringing in your ears, those are all good indications that maybe you need to get it checked out."

She's excited to be in a position to help others improve their quality of life and says she's not alone. Her entire staff feels the same way.

"We're family-oriented. My entire staff, we're friends they're awesome, and we don't come to work, we come to hang out together and help people hear better."

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**thompson station**  
CHURCH

## JOIN US SUNDAY

At Thompson Station Church, we gather to worship, study God's word, and connect with others in a relaxed atmosphere. Our mission is to connect people with Jesus to experience His greater life. We'd love for you to join us this Sunday.

2604 THOMPSON STATION ROAD  
THOMPSON'S STATION, TN 37179  
9:00AM / 10:30AM

*Wednesday Night Gatherings for Kids, Teens, Men, Women, Choir and more: 6:30-8:00pm*

Learn more at [TSClife.org](http://TSClife.org)



## EASTER AT TSC

Saturday, April 20 | 6:00pm

Sunday, April 21 | 8:00am | 9:30am | 11:00am | Childcare at each service

### UPCOMING EVENTS

**COMMUNITY WOMEN'S  
EVENT**

Friday, April 26

**AT THE MOVIES (GRADES 6-12)**

Wednesdays in April

**FUN SUMMER CAMPS**

Kindergarten - High School

**VACATION BIBLE SCHOOL**

July 15-19

Register for events at

[TSClife.org/events](http://TSClife.org/events)

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# {local} Faith & Worship

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10:00AM CLASS  
5:00PM EVENING WORSHIP

**WEDNESDAY:**  
7:00PM

**CLASSES FOR ALL AGES**  
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## Gatehouse Church

**Sunday Worship at 10:00 am**  
email: [gatehousechurch@mail.com](mailto:gatehousechurch@mail.com)  
**615.495.8812**

*"Here I am! I stand at the door and knock.  
If anyone should hear my voice and open  
the door, then I will come in and dine  
with him, and he with me."*

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# {local} Faith & Worship

## EASTER AT OAK VALLEY

**APRIL 14 PALM SUNDAY**

*Preparing for Worship  
Through Word & Song*

Worship & Bible Study  
for all ages:  
9:15am & 10:30am

Featuring Special Guests:  
**The McCrary Sisters**



**APRIL 21 RESURRECTION SUNDAY**

*Celebrate Our Living Hope*

Worship Services  
for all ages:  
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Oak Valley BAPTIST CHURCH

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[www.oakvalleybaptist.org](http://www.oakvalleybaptist.org)

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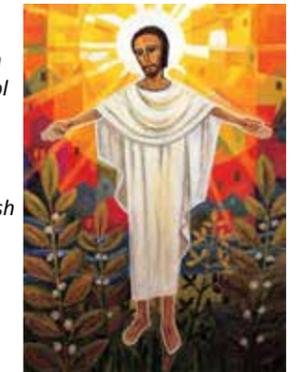
**The Lord is Risen!!**  
Come celebrate with us

Saturday, April 20

6:30pm Vigil Mass in English  
8:00pm Vigil Mass en Español  
Main Church

Sunday, April 21

6:30am Sunrise Mass in English  
The Markovich Farm  
8:30am, 11:00am & 5:00pm  
Mass in English  
1:00pm Misa en Español  
Main Church



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**"This is the day the Lord has made,  
let us rejoice in it and be glad." Psalms 118:24**

Want to see your church featured here?

CONTACT **DAVID** AT **615-495-8812** FOR MORE DETAILS.

# Happy Easter



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# MAIN ST. FESTIVAL HIGHLIGHTS:

The Heritage Foundation of Williamson County's 36th Annual Main Street Festival, Presented by First Tennessee Bank will take place Saturday, April 27, 2019 – Sunday, April 28, 2019. One of the largest events in the Southeast, the festival is expected to draw a crowd of about 100,000 for a fun-filled weekend of music, arts and crafts, food and children's activities.

## ■ NEW! Heritage Foundation's Heritage Classroom Hands-On History Experience

Join our Heritage Classroom Educator, Jaryn Abdallah, and Jr. Heritage Foundation members for a fun hands-on experience of building a simulated log cabin. This a great opportunity to learn about how first settlers in Franklin and Middle Tennessee would have built their homes and created the first communities.

## ■ Heritage Foundation VIP Member Lounge

Heritage Foundation Members enjoy special access to the festival VIP Member Lounge located on the Public Square. Stop by for refreshments and enjoy a break in our shady lounge. Learn how to become a member at <https://williamsonheritage.org/membership>.

## ■ NEW! Bark Lounge, Sponsored by MARS Petcare

We are excited to partner with MARS Petcare to add the Bark Lounge to Main Street Festival this year. This pet-friendly feature will include a shaded water station and resting area, pet adoptions, pet portraits, and more. Want to prepare your dog for a great day at the festival? Check out some tips from MARS in our blog post: Coming soon!

## ■ NEW! Little Miss & Mister Main Street Pageant, Sponsored by Sweet CeCe's

The 1st Annual Little Miss & Mister Main Street Pageant, sponsored by Sweet CeCe's Frozen Desserts & More, will take place on Saturday morning of Main Street Festival this year! The pageant is open to boys and girls ages 5-12 years old. Find more information about the pageant at <https://williamsonheritage.org/mainstreet-pageant>.

## ■ NEW! Bavarian Bierhaus Beer Garden

The festival Beer Garden, sponsored by Bavarian Beirhaus, is your festival stop-over for a pint of ale an also great traditional German food. The Beer Garden is open to all ages (you must be 21+ to purchase beer) and features a large family-style seating area and fun folk performances. A percentage of all sales in the Bavarian Bierhaus Beer Garden comes back to the Heritage Foundation to support historic preservation.

## ■ NEW! Leiper's Fork Distillery Whiskey Lounge

Wander into the Main Street Festival Whiskey Lounge, sponsored by Leiper's Fork Distillery, to sample spirits distilled here in Williamson County. The Whiskey Lounge is conveniently located next to the Guitar Center Main Stage, so you can sip your cocktail and enjoy the musicians who are part of our Afternoon Artist Showcases.

■ While you're there, say hi to our Next Gen crew while you're there. They can get you plugged into all our young professionals events and activities! Learn more: <https://williamsonheritage.org/next-gen>

## ■ Unique Arts & Crafts and Food Vendors

More than 200 arts & crafts and food vendors and community partners will set up along Franklin's historic Main Street to create one of the Southeast's largest outdoor markets.

## ■ Guitar Center Main Stage & NASH FM's Afternoon Artist Showcases

Fun things are happening on the Main Stage all day, but if you're into great live music, you won't want to miss our Afternoon Artist Showcases.

■ Saturday's main stage musical performances begin at 3 pm and end with one of country music's top new bands, Sweet Tea Trio. (<https://www.sweetteatrio.com/about>)

■ Sunday's Afternoon Artist Showcase will feature powerhouse performances by Carly Moffa (<http://www.carlymoffa.net/>), Nalani (<https://nalaniofficial.com/>), with feature headliner Dawn Beyer (<https://www.therealnashville.com/our-story/>), an amazing singer & songwriter with deep roots in Franklin.

## ■ GSRM Acoustic Corner Stage

You can catch great performances on our GSRM Acoustic Corner Stage all weekend. Download the Main Street Festival App to see the full schedule and find your favorite artist.

## ■ Children's Activities

The festival has many fun things for kids including train rides, face painting, trampolines, recording booth, bungee rides, plus all-day family-friendly entertainment.



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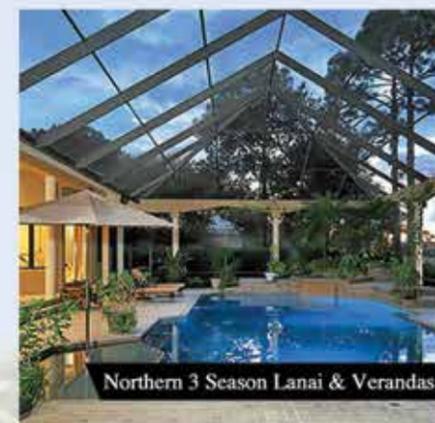
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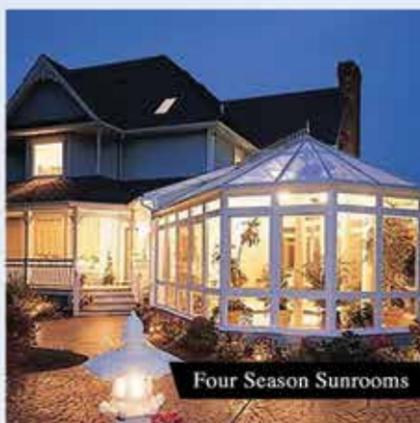
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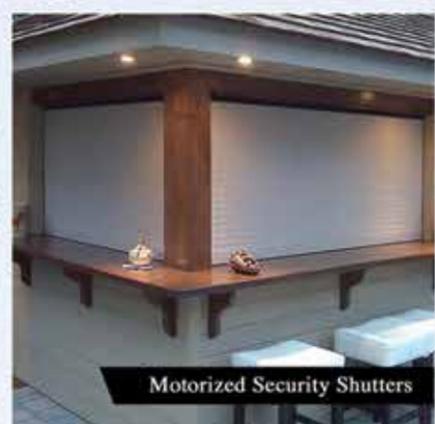
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