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Inside {local} June'24



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LIFE LONG LOCALS TO HOST ANNUAL EVENT

Heritage Foundation announces the hosts of the 51st annual Heritage Ball



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MOVING ARTWORK FROM THE SCRAPYARD

Local venue not only entertains guests, but promotes the positive



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LATE RESIDENT HONORED

Book Festival named in honor of founder of event

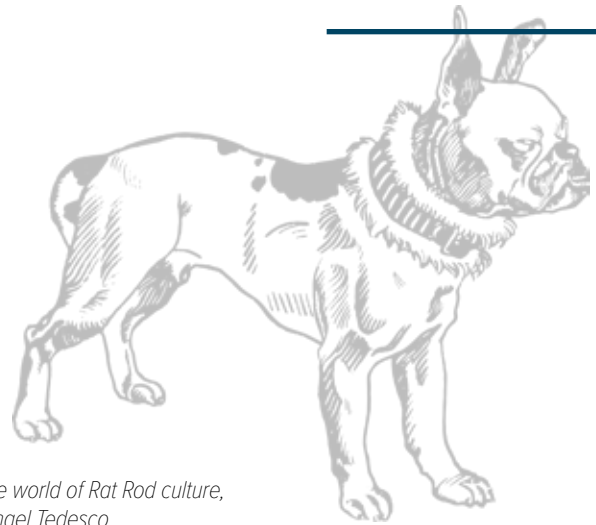


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LOCAL FOCUS FAITH PAGE 22 COMMUNITY CALENDER 26 SERVICE DIRECTORY 30



ON THE COVER: *Thompson's Station resident, Tommy Ring is something of a god in the world of Rat Rod culture, having taught a generation of enthusiasts how to build so-called rat rods. Photo by Michael Tedesco.*

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Steve and Kaye George will serve as chairs for the 51st annual Heritage Ball. Photography provided

2024 HERITAGE BALL CHAIRS ANNOUNCED

The Heritage Foundation of Williamson County announced that longtime supporters Steve and Kaye George will serve as Chairs for the 51st Annual Heritage Ball, which will be held at Eastern Flank Battlefield Park on Saturday, October 5.

Heritage Foundation President and CEO Bari Beasley said, “On our 51st anniversary, we are thrilled to announce that Steve and Kaye George, longtime supporters of the Heritage Foundation, will serve as chairs for this remarkable ball. Their decades of unwavering support for the Foundation and the community make them truly deserving of this honor.”

Steve, a graduate of Battle Ground Academy in 1956, and Kaye have witnessed firsthand Franklin’s evolution for decades, contending with the rise of Nashville’s shopping centers and mega malls. During his tenure as a board member of Williamson County Bank, Steve appreciated efforts to safeguard Franklin’s Main Street. Additionally, he served on the Battle Ground Academy board during the time of its relocation and the construction of the new campus.

Kaye noted, “Having attended numerous Heritage Balls throughout the years, we are honored to chair this year’s Heritage Ball, committing to making it the best year yet. With cherished memories of Franklin’s vibrant Main Street, we are grateful to play a part in our city’s continued greatness.”

The Heritage Ball is the longest running black-tie affair in Williamson County. Each year, approximately 800 guests gather to support and celebrate the work of the Heritage Foundation and to raise funds for future preservation projects. In addition to a seated dinner and dancing, the ball features a cocktail hour and other fundraising opportunities.

Tickets and tables will go on sale in August. For information on sponsorship opportunities, contact our Chief Advancement Officer, Cynthia Stielow at cstielow@williamsonheritage.org. For more information about the Heritage Foundation and additional preservation projects, visit www.WilliamsonHeritage.org.



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IS A CAR MADE OF
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Tommy Ring is known as a “rat rod expert” in automotive circles. Photography by Michael Tedesco

THE ART OF RAT RODS

JASON ZASKY

Tommy Ring is something of a god in the world of Rat Rod culture, having taught a generation of enthusiasts how to build so-called rat rods.

“A rat rod is a car made of bits and pieces of anything and everything,” begins Ring, owner-operator of Ring Rods Hot Rod

Shop, explaining how rat rods differ from street rods, the latter of which are constructed using brand-new parts and assembled like a puzzle.

By contrast, rat rods are made from whatever one can find at the scrapyards, with some parts fabricated from scratch.

“That’s the beauty of a rat rod,” adds Ring, who says one can

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Photography by Michael Tedesco

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be made for a small fraction of the cost of a street rod.

"A 20- or 25-year-old doesn't have sixty- or eighty-thousand dollars to put into a street rod, never mind a quarter-million. What twenty-something has that kind of money? But this is something you can do for \$1,500, and you can't even buy an old Subaru station wagon for that," he adds.

Ring spent the better part of a decade building two dozen or so rat rods, illustrating the process from end to end for readers of magazines like *Rat Rod*, *Rod Authority*, and *Street Muscle*.

"I would build one car per year for each magazine, and the process would be explained every step of the way: This is how you put together the steel frame, this is how you set up the front end, this is the read end, this is how you mount the motor.....

Somebody with a subscription to the magazine had a complete road map of how to build a car," notes Ring, who says he has sold or traded approximately half of the rat rods he has built in his Thompson's Station shop.

He has retained a dozen of his favorites. He says there are three he drives on a regular basis, including a pair of roadsters and a sedan that features the body of a '33 Plymouth, which was once owned by late singer-songwriter/NASCAR driver Marty Robbins.

However, any of the twelve cars would likely attract more attention than its share at a major car show.

"It's funny, but if you go to a show that is a mixture of rat rods and street rods and you pull up next to a '64 Chevy Chevelle, I promise that two-thirds of the crowd will go to the rat before they



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Tommy Ring has taught many automotive enthusiasts how to build a rat rod. Photography by Michael Tedesco

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go to the Chevelle. The rat is just something weird to look at," says Ring, who offers a Hot Roddin' on a Budget instructional DVD, which he sells on his web site for \$25. Also available is his patented traverse spring bracket (\$225), a part that facilitates mounting axles.

These days, though, Ring isn't limiting himself to working on automobiles. The Arkansas native grew up playing music and working on cars, and made a living as professional musician through much of his youth. In fact, it was music that brought him to Middle Tennessee in the 1990s.

So, it's no surprise that in recent years, he has released several albums, including Heartache and Highway 99. Now, with the help of some of Nashville's most esteemed studio musicians, he is in the process of recording several more.

"I have written 900 songs over the course of my life that I have

never had the chance to do anything with. Who knows, maybe one of the songs will get picked up. Surely, out of that many songs, there are one or two good ones," he quips.

And even if he fails to find commercial success as a solo artist, Ring says he has no plans to stop writing and recording.

"I've got a music studio in my home, and I've written enough material for a couple new projects. As long as I'm breathing, I'm going to keep fighting," he concludes, insisting that he has no plans to retire from working on cars or making music.

"I get up at 6 am every day, and I'm rockin' and rollin' till midnight seven days a week."

CONTACT

Tommy Ring

Ring Rods Hot Rod Shop

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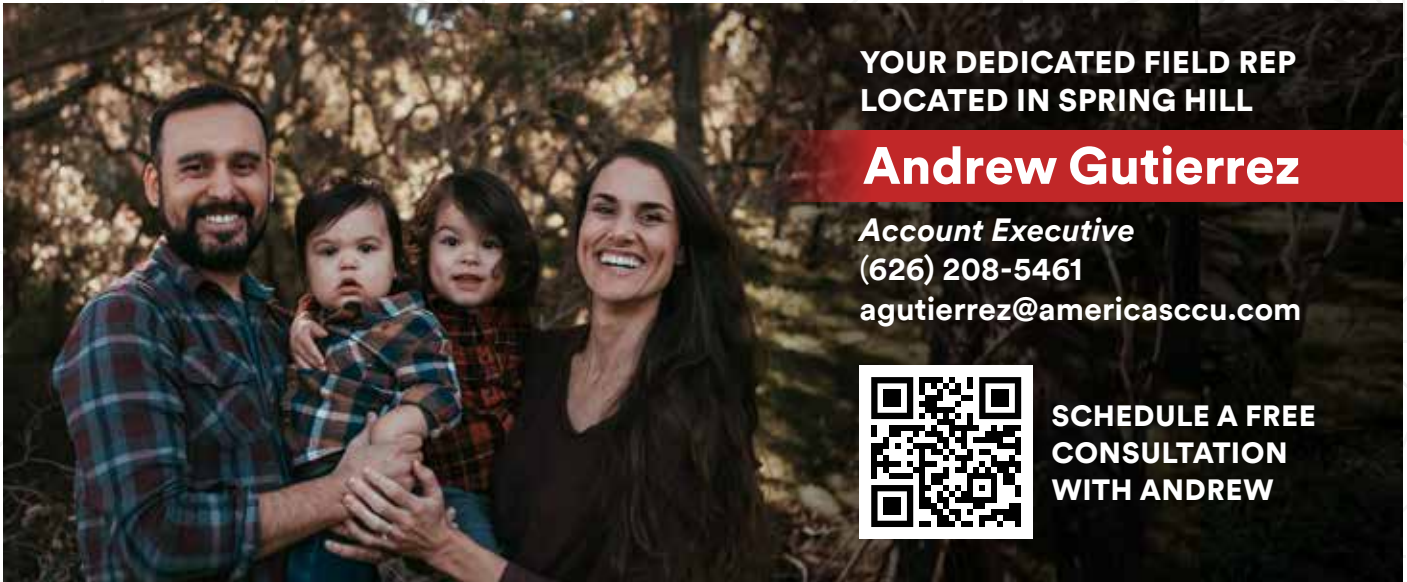
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ESSENTIAL SUN PROTECTION TIPS FOR SUMMER



As summer arrives, it's crucial to prioritize sun protection and shield your skin from harmful UV rays. In this concise guide, we'll explore key strategies to keep your skin safe and healthy during the sunny season.

Apply Broad-Spectrum Sunscreen:

Choose a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or higher. Broad-spectrum sunscreens protect against both UVA and UVB rays. Apply sunscreen generously to all exposed areas, including the face, neck, arms, and legs. Reapply every two hours or after swimming or excessive sweating.

Seek Shade:

When the sun is at its peak, usually between 10 a.m. and 4 p.m., seek shade whenever possible. Shade provides a natural barrier from direct sunlight and reduces the intensity of UV exposure.

Wear Protective Clothing:

Covering up is an effective way to shield your skin from the sun. Opt for lightweight, loose-fitting clothing made from tightly woven fabrics. Wear long-sleeved shirts, wide-brimmed hats, and sunglasses with UV protection to safeguard your face, eyes, and neck.

Be Mindful of Sun Reflection:

Water, sand, and snow can reflect sunlight and increase UV exposure. Take extra precautions in such environments by applying sunscreen more frequently, wearing protective clothing, and using sunglasses to shield your eyes.

Prioritizing sun protection is essential during the summer. By following these key tips, you can enjoy outdoor activities while safeguarding your skin from harmful UV rays. Remember, consistent sun protection habits contribute to long-term skin health. Stay safe and enjoy the sunny season responsibly!

Stay Hydrated:

Proper hydration is essential for maintaining healthy skin. Drink plenty of water throughout the day, especially when spending time outdoors. Hydrated skin is more resilient and less prone to sun damage.

Use Additional Sun Protection Measures:

In addition to sunscreen, consider using other sun protection measures such as umbrellas, sun hats, and sun-protective clothing. These provide extra layers of defense against harmful UV rays.

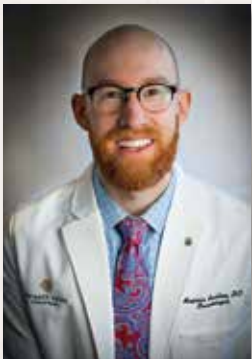
Check Medications:

Certain medications, including antibiotics, diuretics, and acne treatments, can increase your skin's sensitivity to the sun. Check with your healthcare provider or pharmacist to determine if any medications you are taking require additional sun protection.

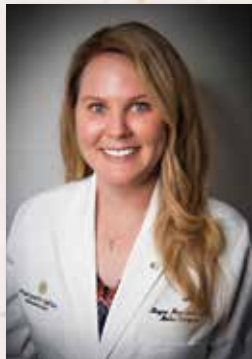
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Children's skin is delicate and more susceptible to sunburns. Ensure they are adequately protected by applying sunscreen, using appropriate sun-protective clothing, and encouraging them to seek shade when needed.

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The annual Franklin Book Festival was organized by the late Bill Peach, prior to his passing, and is now named in his honor. Photography provided



BOOK FESTIVAL RENAMED TO HONOR BILL PEACH

The Bill Peach Franklin Book festival will be held June 8-9 at the Williamson County Public Library (WCPL), 1314 Columbia Avenue, in Franklin, TN. Times are June 8, 10:00a – 5:00p, and June 9, 1:30p – 5:00p.

Presented by Authors Circle of Middle Tennessee and WCPL, the 4th annual festival includes instructional presentations on writing, publishing, and marketing, featured speakers, panel discussions, book sales, and signings with 30 or more authors. The festival is free to all, and the public is invited to this celebration of the written word.

The Franklin Book Festival was organized and led by the late Bill Peach. After his death in December 2023, his dream lives on in

this year's event, renamed in his honor. Mr. Peach was the author of six books, a longtime Franklin merchant, school board member, former political candidate, and "Main Street Philosopher," who was always open to a good conversation at Merridee's in his beloved downtown Franklin.

Panels this year are Children's/Middle Grade; Short Stories; Mystery / Crime; Historical Fiction; Science Fiction / Fantasy – Thriller / Horror; Romance; Nonfiction; Creative Nonfiction; Poetry. Aspiring writers, established authors, and readers are welcome to attend. A schedule of all participating authors is forthcoming.

FEATURED AUTHORS INCLUDE:

- Steven Womack, Edgar and Shamus Award-winning author, created the groundbreaking Music City Murders series.
- Kristin O'Donnell Tubb is the author of 11 books for middle-grade readers.
- Jaden (Beth) Terrell is the author of the Nashville-based Jared McKean private detective series.
- Jim Nesbitt is the award-winning author of four hard-boiled Texas crime thrillers.
- Amy Cipolla Barnes is the award-winning author of three short-story collections.

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- Check out our other communities

BerryFarmslocal.com
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FoleyLocal.com



WilcoLocal

COMMUNITY CALENDAR

Franklin Flea Market

June 15, 9am-6pm – June 16, 10am-4pm
Ag Expo Park 4215 Long Lane, Franklin

The Franklin Flea Market returns to the Williamson County Ag Expo in Franklin, June 15-16 with over 500 indoor & outdoor vendor booths full of unique treasures & incredible bargains. Admission is free and parking is \$5 per car with a portion of the proceeds going to Franklin High School. The Franklin Flea Market runs Saturday, June 15th from 9am-6pm and Sunday, June 16th from 10am-4pm. Visit TheFranklinFleaMarket.com for shopper & vendor information.



Experience Spring Hill, The Event

Saturday, June 22, 10am until 2 pm
Summit High School
2830 Twin Lakes Dr., Spring Hill

This year's event is packed with activities for all ages! Wander through the venue with over 140 local business booths, providing a perfect blend of shopping and entertainment under one roof. Engage in a host of free, family-oriented fun—from imaginative face painting and balloon art to interactive touch-a-truck and virtual reality gaming. Plus, the kids will be thrilled with our vibrant bounce house and possibly meet some “celebrity” characters!

Franklin on the Fourth

July 4, 2024
the Park at Harlinsdale Farm

Annual patriotic festival in Downtown Franklin, sponsored by the Franklin Lions Club, with arts, crafts, food, and entertainment. Enjoy an incredible fireworks display at the Park at Harlinsdale Farm. There will be music, games food trucks, and concessions. The Park opens at 6 pm, fireworks begin at approximately 9 pm.



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WILLIAMSON HEALTH AND BONE AND JOINT INSTITUTE EXPANDING



Photography provided

Williamson Health and Bone and Joint Institute of Tennessee expanded their healthcare offerings into the rapidly growing Spring Hill community. The health system's newest clinic, which provides primary care and other specialists, laboratory services, orthopaedic care, and physical therapy, opened on May 6, at 5221 Port Royal Road at the corner of Port Royal Road and Duplex Road.

"At Williamson Health, our commitment is to provide exceptional healthcare to those in Williamson County and surrounding areas," said Phil Mazzuca, Williamson Health CEO. "We've been carefully planning and building this new clinic for more than a year now and are proud to be expanding access to our top-tier healthcare services as this community continues to grow. In addition to the four locations we already have in Spring Hill – another primary care clinic, a walk-in clinic and two emergency medical services (EMS) stations – residents now have even more access to vital primary care and orthopaedic services."

Williamson Health offers primary care (family and internal medicine) and laboratory services at the new clinic location. Spring Hill residents and Williamson Health Medical Group physicians Paula Dunn, M.D., and Sanford Kim, M.D., are based in the new clinic and are excited to be caring for their neighbors.

Williamson Health is accepting new primary care patients in Spring Hill; they can schedule an appointment by calling (615) 791-2380. The clinic is open Monday through Friday, 7:30 a.m. to 4:30 p.m.

Bone and Joint Institute offers orthopaedic urgent care, physical therapy, and a physician clinic at the new Spring Hill location. Two physicians currently lead the clinic: Matt Anderson, M.D., who specializes in sports medicine, and Preet Gurusamy, M.D., a joint replacement specialist. Orthopaedic urgent care provides orthopaedic access to the residents of Spring Hill with advanced practice providers who can evaluate and treat a wide array of orthopaedic injuries and conditions. Physical therapy is anchored by Andrea Pierce, PT, and Angel Shipman, PTA, both longtime Spring Hill residents who are honored to serve their community.

"As we continue to meet the growing healthcare needs of the community, we are excited to extend world-class orthopaedic access to the residents of Spring Hill," said John Reynolds, CEO of Bone and Joint Institute of Tennessee. "We've already heard from several of our existing patients who are happy to be able to receive physical therapy closer to their home, work, or school."

For convenient orthopaedic urgent care seven days a week, the Bone and Joint Institute clinic is open Monday through Friday, 9 a.m. to 7 p.m.; Saturday, 8 a.m. to 4 p.m.; and Sunday, 10 a.m. to 4 p.m. Walk-ins at the orthopaedic urgent care are accepted, but patients may also schedule an appointment online at BoneAndJointTN.org or by calling (615) 791-2070. Physical therapy is open Monday - Friday; appointments can be made by calling (615) 791-2071.



WEDNESDAY



SAWYER BROWN

June 5

FRIDAY



CHARLES ESTEN

June 7

SATURDAY



**FRANK SINATRA'S COMEDIAN
TOM DREESEN**

June 8

THURSDAY



JEFF "SKUNK" BAXTER

June 13

MONDAY



VARIETY ON MAIN

June 17

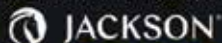


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Assess Your Depression

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- 3 Click the link to open the questionnaire in your browser.
- 4 Fill out the questionnaire and submit.

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- *NeuroStar has delivered 83% positive response and 62% remission in patients suffering from depression.*
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