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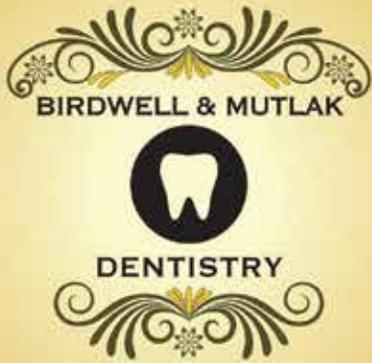
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JUNE 2019

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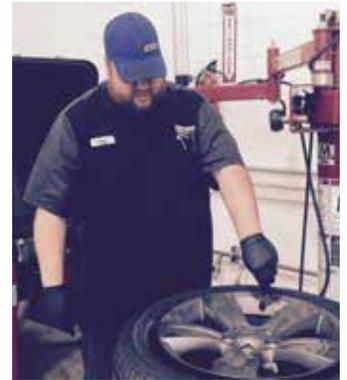
Our photographer spent an afternoon at the Berry Farms Farmers Market



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Tune up and check the hoses, it's time for the annual summer getaway

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## 22 MISSION TRIP WITH A VISION

Dr. Jana Crim participates in mission trip to bring vision to those without care

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# FRANKLIN ON THE 4TH

## CONTINUING A TRADITION OF CELEBRATING INDEPENDENCE DAY IN HISTORIC DOWNTOWN FRANKLIN

**BY JASON ZASKY**

It would be no surprise if this year's Franklin on the Fourth celebration were to be named one of the best small town Independence Day celebrations of the year. After all, Franklin is the quintessential southern small town—the perfect locale for a Fourth of July event, and a town that goes all-out to provide entertainment for people of all ages.

As usual, the 2019 version of Franklin on the Fourth will feature live music, food and crafts vendors galore, as well as a petting zoo, inflatable bounce house, and a children's parade.

"We will have the big main stage on the Town Square, and musical acts will be playing all day long beginning at 10 a.m.," begins Brad Coleman, president of the Franklin Lions Club, which partners with the city of Franklin to make the annual event a reality.

"Typically we have something for everybody," continues Coleman, referring to the live music, noting that bluegrass, country, pop, soul, and old-school rock & roll are well-represented genres, with a patriotic ensemble expected to be among the mix as well.

Meanwhile, another longtime staple of the event is the ever-popular children's parade, which begins circa 4:45 p.m.

"We line up the kids on Main Street,

and they parade down Main and around Fourth [Avenue] dressed in their best red-white-and-blue Fourth of July outfits. Then awards are given out for 'best dressed' and for the best-decorated bikes and wagons," says Coleman, who reminds us that the children's parade has been a big hit since the year it was first introduced.

"More than 150 kids participated in the first year and they took over Main Street and the Square for a good 40 or 45 minutes," he continues, which helps explain why Franklin on the Fourth is such a popular event among local kids and families.

Of course, everyone appreciates the presence of the food and crafts vendors, with the former offering everything from BBQ, nachos, and corn dogs to ice cream and fresh-made smoothies, and the latter selling jewelry and other handmade items.

Better yet, all of the proceeds from the event go to Franklin Lions Club charities.

"Franklin on the Fourth is one of our biggest fundraisers every year and the event is now something that everyone knows and looks forward to so it has worked out well for both us and the participants," explains Coleman, noting that vision screenings for young children and providing assistance with getting glasses remain among the main philanthropic efforts of the Lions Club.

"We do free vision screenings for children aged three to six," elaborates

Coleman. "We go to pre-schools with all the necessary equipment and if need be we direct kids to an eye doctor for further tests. We can also assist with paying for the doctor and if there's a need for glasses, we can chip in for those as well. Finally, we award a scholarship every year, which we are getting ready to award to a graduating senior from the Franklin area," referring to yet another of the Lions Club's charitable efforts.

But first, the almost 50 members of the Lions Club need to finish planning for the Franklin on the Fourth celebration, which will end circa 8 p.m., enough time for everyone to make their way over to Harlinsdale Farm for the annual Fireworks Display at the Park, which is organized by the city of Franklin and its sponsors.

Members of the Lions Club will also be volunteering at Franklin on the Fourth, manning a booth that will sell water while also fielding inquiries from individuals interested in joining the organization. But Coleman also assures that members will take a little time out to have some fun, saying, "It's always enjoyable to see some of your fellow Lions let loose and dance to the music on the Square."

"We encourage everyone to come out and fill the streets," he says in closing. "The more the merrier!"



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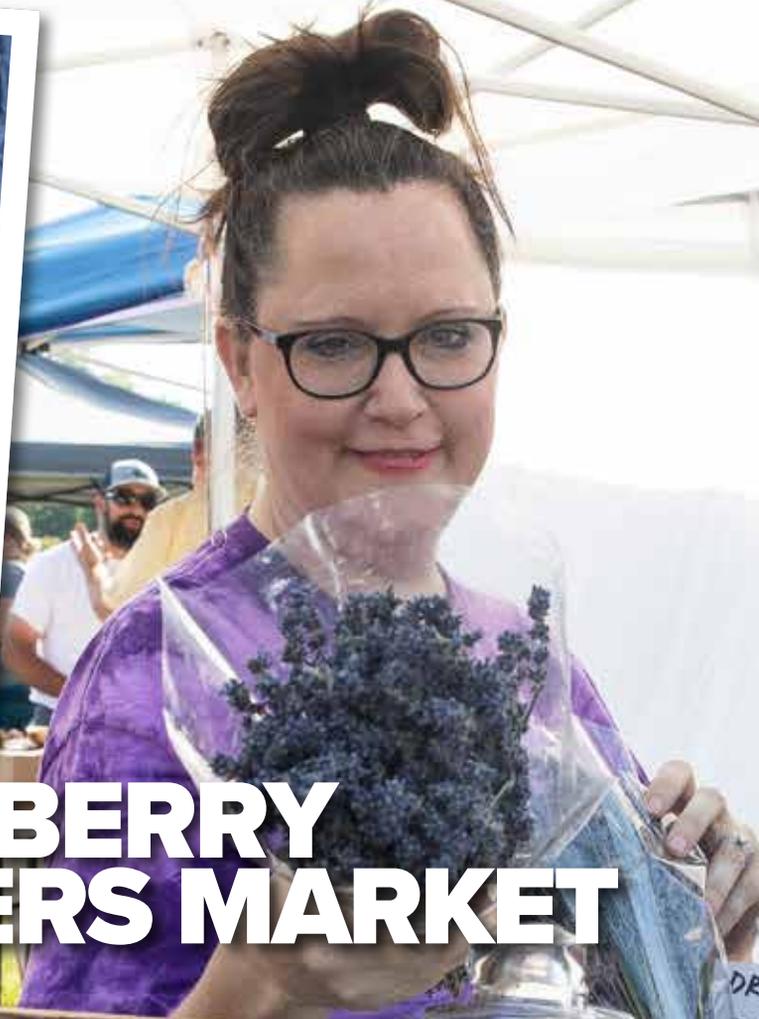
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# LOCAL DENTAL PRACTICE FOCUSES ON CONNECTION TO PATIENTS

## BY PAM WINDSOR

Dr. Scott Rachels has a passion for dentistry that began when he was just a teenager.

“When I was 14 there was an orthodontist who got me interested in it,” he recalls. “And my grandfather and great grandfather were dentists, so I decided this was what I wanted to go into.”

Rachels, who grew up in Dickson, got his undergraduate degree at UT-Martin and then completed his Doctor of Dental Surgery at the University of Tennessee in Memphis (now called the University of Tennessee Health Science Center). He worked in Mt. Juliet and Madison, before moving to Franklin to open TriStar Dental Studio.

“I have a lot of wonderful things to say about Franklin. It’s a great community with a lot of people moving here. I wanted to be somewhere close to home, and my wife is from the Brentwood/Franklin area.”

As a General Dentist, Rachels offers a wide range of services including check-ups, cleanings, fillings, restorative work, periodontal treatment, emergency care, and much more.

“Whether it be anybody looking to get something done, any concerns, we’re able to address basically everything. And whenever there’s something else whether it’s braces or other work, I know specialists around town that I trust and can make sure patients will be in good hands.”

When it comes to dental health as a whole, Rachels says prevention is vital and

recommends at least two visits a year.

“Ideally, two cleanings a year and to get your teeth checked. If we do find something small, we can take care of it before it turns into something big. That’s very important.”

Technology has come a long way in the field of dentistry, making check-ups and most procedures a lot smoother and less painful than they might have been in years past.

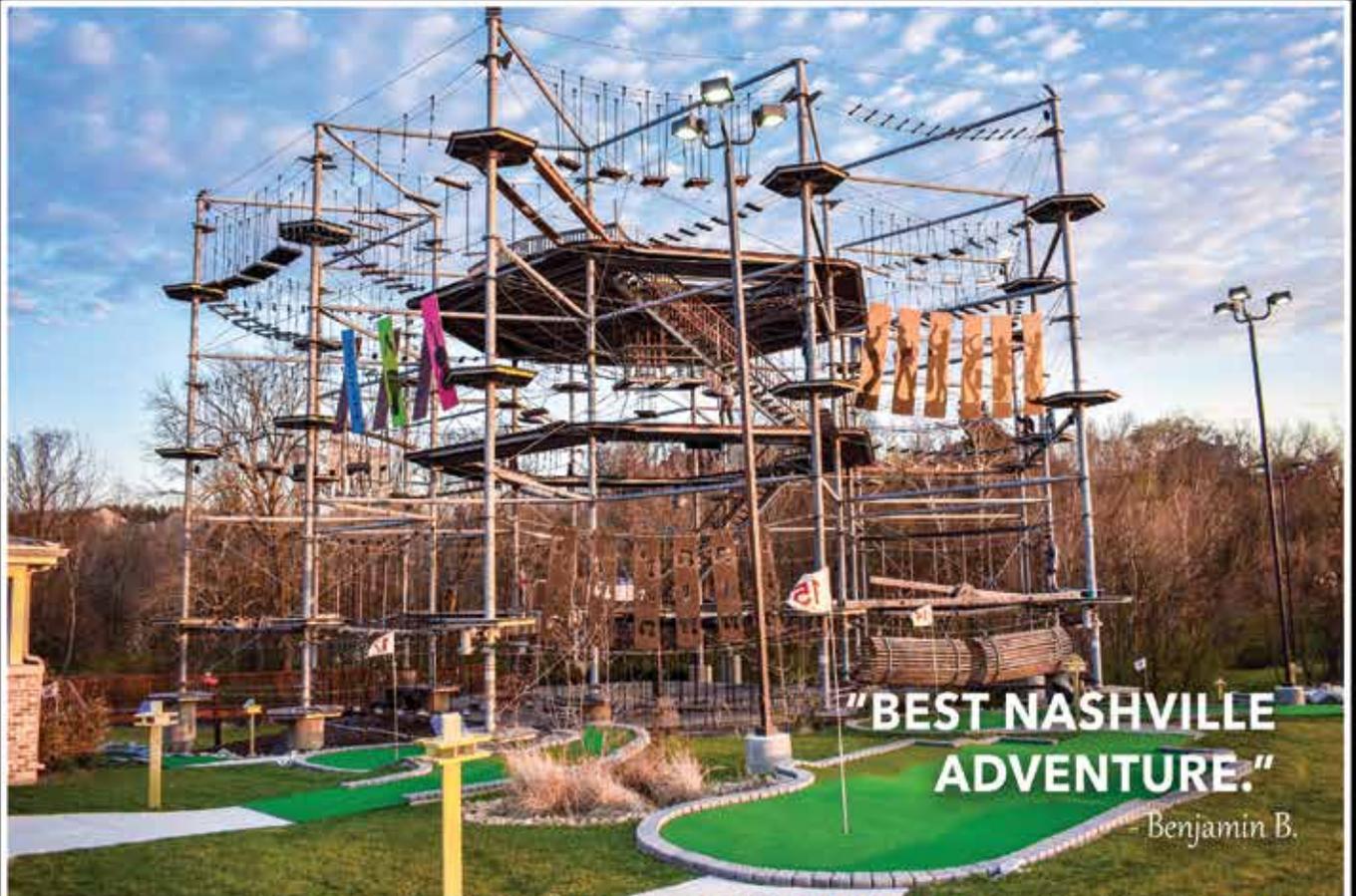
“The anesthetic we use is much better at keeping you numb and comfortable, and we use digital x-rays, so we know what’s going on right away,” Rachels says. “We’re not waiting for film to develop.”

He also offers something at Tristar to help nervous patients feel more at ease.

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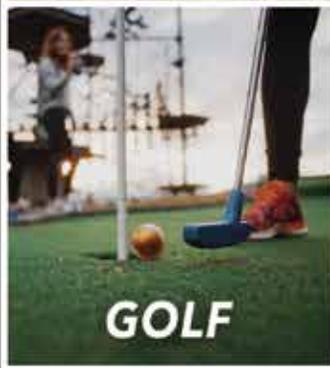
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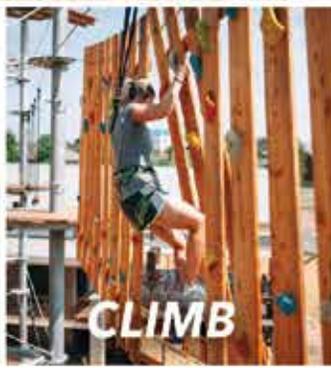


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Staff Photography

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“I offer nitrous to all ages. A lot of times people think when you’re a kid you get nitrous oxide, but when you’re an adult and you go in, you don’t get any gas, you just have to sit there and bear with it. But we do offer it to help you feel more relaxed.”

He says he enjoys helping people ‘get their smile back’ and notes there are a lot of options today to achieve that goal. “You can go all out and put a whole lot of money into it, basically get all teeth back again through implants,” he explains. “Or you can do something simple with a denture and work on it until it’s comfortable for you. Or even if somebody wants to smile and look great for yearbook photos, but isn’t ready for veneers, we can do simple white fillings over front teeth to give people a beautiful pearly white smile.”

While Rachels doesn’t currently do actual implants, he has extensive specialized training and is a Fellow with the Interna-

tional Congress of Oral Implantologists. He can consult with, advise, and refer any patient who might be considering dental implants.

He has a couple of tips for keeping healthy and says the main one is to pay attention to the food you eat, keeping in mind that sugar is a very big problem.

“Sugar and anything really acidic,” he says. “That’s what breaks our teeth down. If you eat sugar, you’re going to get cavities.”

Several foods are especially bad for your teeth. “Sodas, orange juice, and candy,” he says. “Basically, sweets and juices, and that’s any kind of juice. Even apple juice. I’ve seen several babies’ teeth where they have problems from drinking apple and orange juice and things that are very sugary.”

He says when you do have a sugary drink, there’s one way to minimize the damage.

“If you drink a soda or something like that, just find some tap water and rinse your mouth. You can even swallow the water after that. But just rinse your mouth right after you drink it so it won’t sit there. If everybody did that we would have a huge reduction in problems with our teeth.”

For Rachels, one of the most rewarding aspects of working in a dental practice in a close community like Franklin is getting to know the patients one-on-one.

“I want to keep this a somewhat smaller practice where I can be more individualized, more focused on patients, provide great care, but not charge an arm and a leg. Just connecting with people and forming that doctor-patient bond and friendships.

That’s very rewarding.

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David Cianfaglione is the owner of Fast Lane Express Lube Shop in Thompson's Station.

Photography by David Green

# IS YOUR VEHICLE READY FOR SUMMER TRAVEL?

## LOCAL AUTOMOTIVE EXPERT HELPS YOU HIT THE ROAD WITH CONFIDENCE

### BY PAM WINDSOR

Summertime brings the call of the open road when millions of Americans pack up and head off on those fun-filled family vacations. But if you're planning a big trip and you're driving, it's a good idea to make sure your vehicle is road ready. Extreme temperatures and long hours on the road can put a lot of wear and tear on your car, so it's best to make sure all of your fluids are topped off, your tires are in good shape, and everything else is in good working order before you go. If you have your car serviced regularly, you're probably in good shape. David

Cianfaglione is the owner of Fast Lane Express Lube Shop in Thompson's Station. "If you've been coming here you should be ready to go anytime," he says. "We make sure the car is always ready for any trip you're taking."

If your maintenance is not up to date, you want to get your car checked out ahead of time.

"The summer is a good time for AC recharges," says Cianfaglione. "You want to make sure the system is ready to keep you cool and comfortable on the trip," he explains. "Tire pressure is also another important thing. And your coolant, your radiator fluid. Just make sure that's up-to-

date also. It keeps the engine running cool and protects it."

While you're checking your radiator fluid, experts say you should also check your oil, transmission fluid, power steering fluid, and even your windshield wiper fluid. If you're due for an oil change, take care of that before you go. And if you notice any leaks anywhere, get them checked out by a mechanic.

When it comes to tire pressure, make sure it's set to manufacturer specifications. You'll also want to check your tires for signs of excessive or uneven wear. The National Highway Transportation

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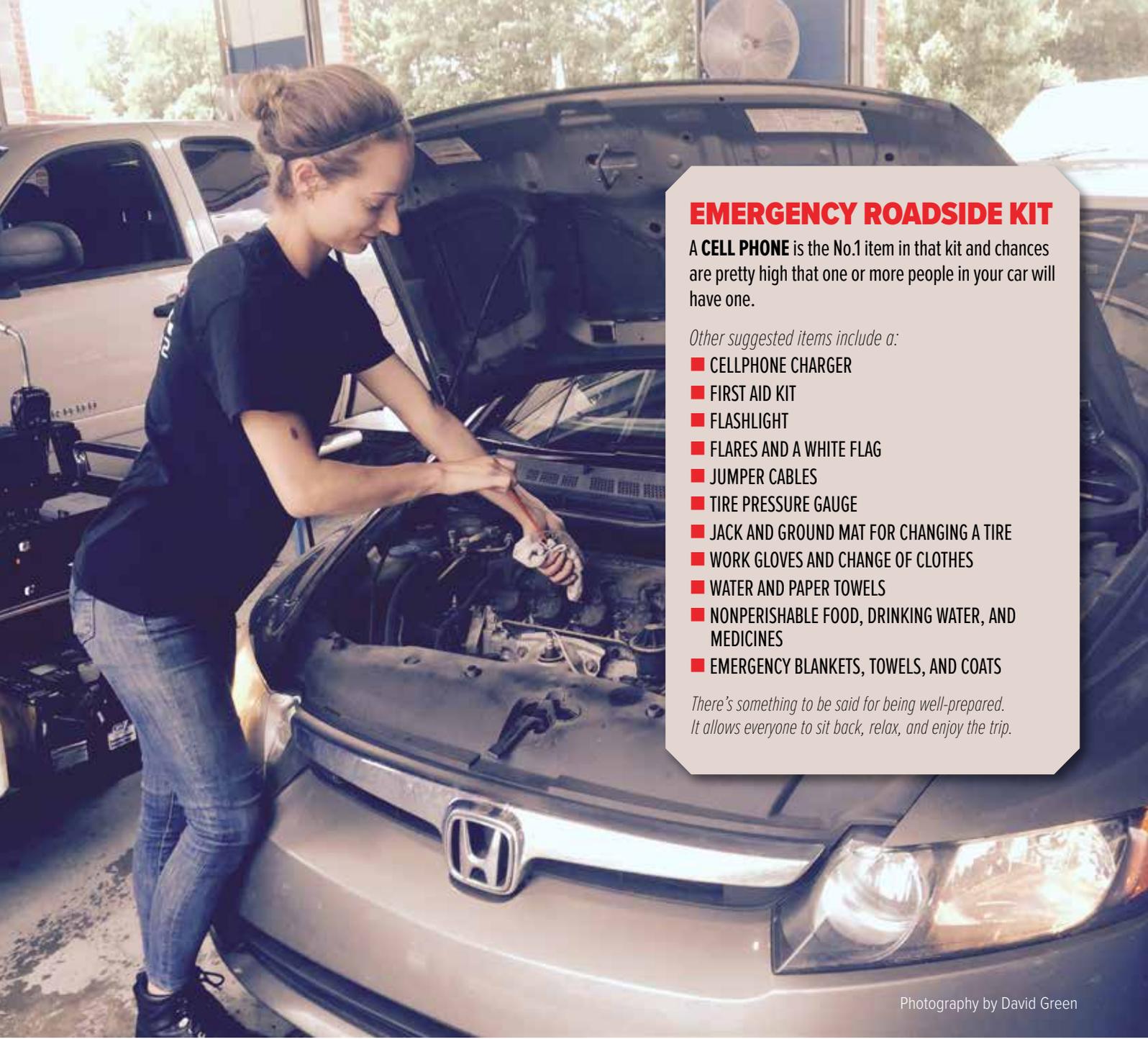


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*There's something to be said for being well-prepared. It allows everyone to sit back, relax, and enjoy the trip.*

Photography by David Green

### < FROM PAGE 18

Safety Administration (NHTSA) says to look for the built-in wear bar indicators on your tires or use the “penny test” to determine when it’s time to replace your tires. Place a penny in the tread with Lincoln’s head upside down. If you can see the top of Lincoln’s head, your vehicle needs new tires. And if you find uneven wear across the tires, it means your tires need rotation and/or your wheels need to be aligned before you travel.

You’ll also want to check belts and

hoses and make sure there are no signs of bulges, cracks, or cuts in the rubber. If you see signs of obvious wear and tear, it’s better to replace them now because hot temperatures will increase the speed at which those belts and hoses degrade.

Check your battery, as well as your brake lights, turn signals, headlights, and backlights to make sure they’re all working. Make sure the air conditioner works properly. If it’s not blowing cold air, there are several things to consider Cianfaglione says.

“It can be a relay, it could be low on

Freon, or it could be a small leak. We can put a machine to it to check the relays to make sure they’re functioning properly and we go from there. If there is a detectable leak we can put some dye in it, see where it’s coming from and further pursue that problem and get it fixed.”

Even if you follow the recommendations and get everything checked out before you hit the road, there’s always a chance something might happen to cause you to break down. And just in case, the NHTSA suggests you create and carry an emergency roadside kit with you.

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*Dr. Crim and Dr. Walker pose for a photo with patients in Isla Mujeres, Mexico. Photography submitted.*

# DR. JANA CRIM TAKES STEPS TO HELP THOSE IN NEED IN MEXICO

## MISSION TRIP PROVIDES GLASSES TO RESIDENTS

Dr. Jana Crim, the owner of Berry Farms EyeCare, had the privilege of traveling abroad with a medical mission team in May to provide dental and eyecare services to the people of Isla Mujeres, Mexico. She joined a team of 8 of dentists and eye care providers through The Smile Foundation for the trip. Dr. Jana Crim and Dr. Kennedy Walker, the two optometrists on the team, were able to take donated glasses from both of their practices

and provide eyewear for more than 300 patients in Isla Mujeres. They spent four clinic days on the island of Isla Mujeres and one clinic day in the Yucatan.

“This experience was so rewarding! Said Dr. Crim. “One of my most memorable patients was a man who was very farsighted and had never worn glasses before. Immediately after putting his new glasses on, he began to cry and leaned over to give me a hug and a kiss on the

cheek. His gratitude was unforgettable. It truly is a special gift to be able to impact people’s lives with the gift of sight.”

The Smile Foundation travels to Isla Mujeres every May for their medical mission trip. If you would like to donate glasses or readers for next year, stop by Berry Farms EyeCare any time. “We greatly appreciate the support of our patients and this community.”

**PAGE 24 >**

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< FROM PAGE 22



Dr. Crim with a patient. Photography submitted.



Dr. Walker and Dr. Crim. Photography submitted.

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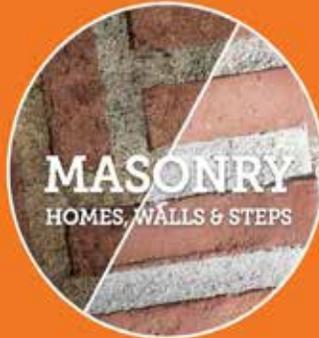
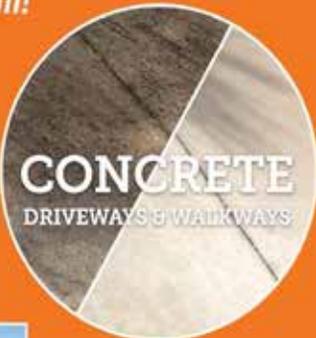
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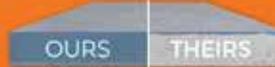
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# {local} CALENDAR

## CROSSFIT GOOSE CREEK STARTS PROGRAM TO INTRODUCE YOUR CHILD TO FITNESS

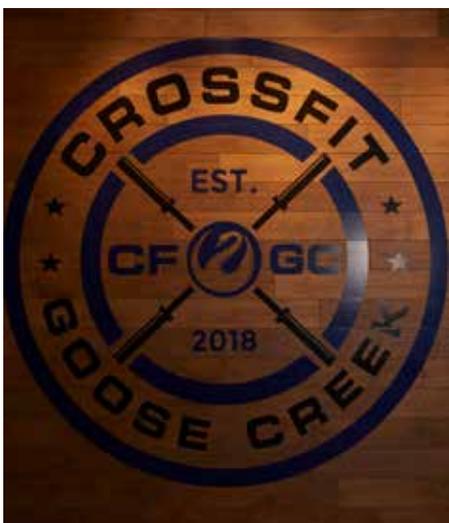
CrossFit Goose Creek starts program to introduce your child to fitness using the three pillars of CrossFit Kids: Fun, quality of movement, and prescription of movement.

“Our classes are fun for kids so they learn to associate fitness with being fun for life! Games and other activities are played in each class and they are different depending if you are a Little or Big Geese,” says owner and head coach Adam Gray.

The classes follow the same principle as the adult classes, prescribing a wide variety of everyday movements with a big focus on consistently moving well.

The CrossFit for kids classes start on June 10th. Little Geese (ages 5-10) are meeting on Monday’s 5:30-6:15pm and Saturday’s 10:15-11:00am and Big Geese (ages 11-15) are meeting Wednesdays 5:30-6:30pm and Saturday’s 10:15-11:15.

*For more information contact Adam Gray at CrossFit Goose Creek, 4001 Hughes Xing, Ste 161 in Berry Farms, next door to Tito’s.*

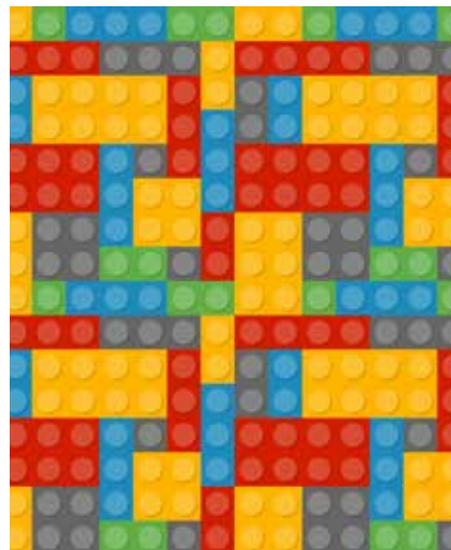


## SUMMER CAMP WILL BE FROM JUNE 24TH-JUNE 28TH FROM 8:00AM-12:00PM.

**THE TUTORING CENTER** in Berry Farms also has a great summer of activity planned.

Students in grades K through 4 will test their math skills by using their imagination and Legos to build and create, focusing on counting, addition, and subtraction using a hands-on method employing the power of Legos.

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brehtaking exotic cars made by Ferrari and Lamborghini. C++ is the base language used to create the operating systems we use every day, whether it be Mac or Windows.

If you have every wondered how today’s technology works, come join your preferred camp 5 days a week for 2 hours a day.

*For more information contact The Tutoring Center at 615-721-8844, or visit their website [www.tutoringcenter.com](http://www.tutoringcenter.com)*



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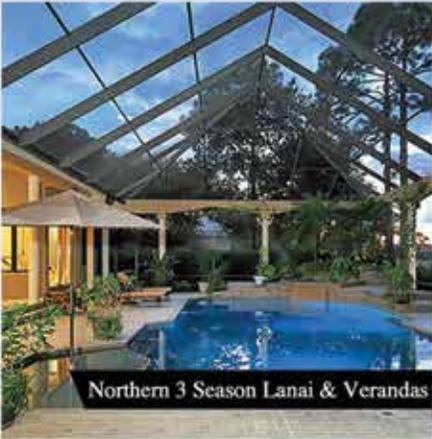


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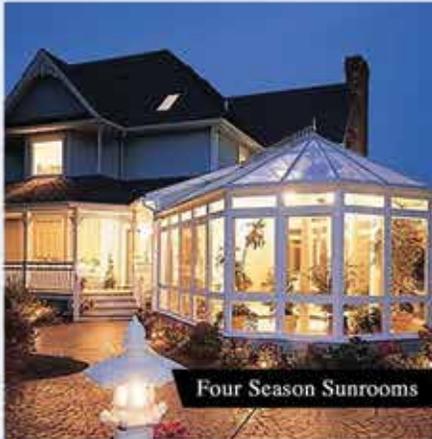
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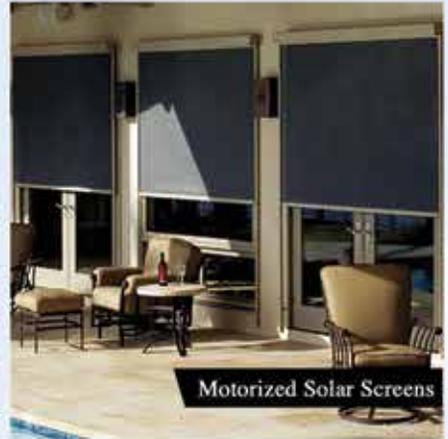
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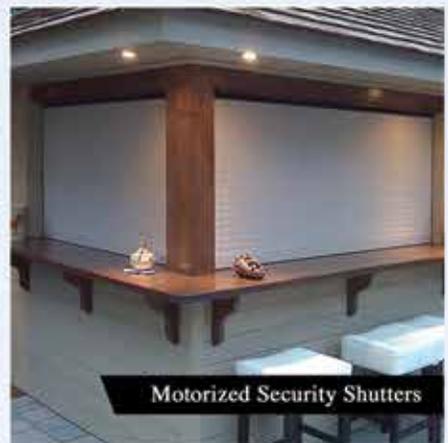
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