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Inside {local} December'23

HOLDAY EVENTS LOCAL FOCUS RECIPE 18 SPECIAL ISSUE Visit our website muletownlocal.com

HAPPY HOLIDAYS FROM THE STAFF AND ASSOCIATES OF MULETOWN LOCAL!

ADVERTISING INFORMATION Interested in advertising to over 7,200 homes in Maury County? We can promote your business through direct mail delivery and social media promotions. We offer very creative opportunities to local businesses, reach out today for more details. Contact Jeff at 615-828-2542, or email jbryant@wilcolocal.com

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For advertising information contact Jeff Bryant at 615-828-2542, or jbryant@wilcolocal.com



Winter Wellness: **Nourishing Your** Skin in December

As December unfolds, so does the winter chill, bringing with it a set of challenges for your skin. The drop in temperature, combined with harsh winds and indoor heating, can leave your skin feeling dry, dull, and in need of extra care. Here's a brief quide to help you maintain a radiant and healthy complexion throughout the winter month.

1. Hydration is Key:

The colder weather tends to strip your skin of its natural moisture. Combat this by staying well-hydrated from the inside out. Drink plenty of water to maintain your skin's elasticity and suppleness. Additionally, consider incorporating hydrating foods into your diet, such as fruits, vegetables, and soups.

2. Gentle Cleansing:

Opt for a mild, hydrating cleanser to avoid further drying out your skin. Harsh cleansers can strip away essential oils, leaving your skin more susceptible to winter woes. Cleanse your face with lukewarm water, and pat it dry gently with a soft towel.

3. Moisturize, Moisturize, Moisturize:

Invest in a rich, emollient moisturizer to create a protective barrier against the elements. Look for ingredients like ceramides, hyaluronic acid, glycerin, and shea butter to lock in moisture. Apply your moisturizer immediately after cleansing to maximize its benefits.

4. Sunscreen is Non-Negotiable:

Even in winter, UV rays can still cause damage to your skin. Apply a broad-spectrum sunscreen with at least SPF 30, especially if you're spending time outdoors. Don't forget to cover often-neglected areas like your neck, ears, and the back of your hands.

5. Protect Your Lips:

The delicate skin on your lips is particularly susceptible to winter dryness. Keep your lips soft and supple by using a nourishing lip balm with ingredients like beeswax, shea butter, or coconut oil. Reapply throughout the day, especially if you're exposed to the cold wind.

6. Stay Mindful of Hot Showers:

While a hot shower may be tempting in the winter, it can actually strip your skin of its natural oils. Opt for lukewarm water instead, and limit your shower time to avoid excessive dryness.

By incorporating these simple tips into your December skincare routine, you can keep your skin healthy, hydrated, and radiant throughout the winter season. Remember, consistency is key, so make these practices a part of your daily skincare ritual for a glowing complexion all season long.

For more information, please go to harpethvalleydermatology.com or call us at 615-905-8083.



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TENNESSEE

MT. PLEASANT

LOCAL HOLIDAY EVENTS



37TH ANNUAL COLUMBIA MAIN STREET PARADE AND TREE LIGHTING

DECEMBER 2, 6 PM DOWNTOWN COLUMBIA

Columbia Main Street Corporation, in partnership with the City of Columbia, invites you to attend the 37th annual Columbia Main Street Parade and Tree Lighting on Saturday, December 2, at 6:00 pm.This nighttime parade starts at 6:00 pm, beginning at the Trotwood/W. 7th Street split and marches eastward down the traditional parade route into downtown Columbia, lasting approximately 1 to 1 1/2 hours.The event will transition from the parade to the tree lighting around 7:15-ish with live entertainment, announcement of parade winners, and Santa lighting Columbia's 40-foot Christmas tree on the Courthouse Square



SPRING HILL CHRISTMAS IN THE PARK

DECEMBER 9, 10 AM – 4 PM FISCHER PARK/PORT ROYAL PARK, SPRING HILL

Spring Hill's Christmas In The Park is an annual holiday festival held in Spring Hill that celebrates the joy and magic of the holiday season. The festival features a variety of activities, including live performances, art exhibitions, holiday markets, and festive decorations throughout the park.

MOUNT PLEASANT ROTARY CLUB CHRISTMAS PARADE

MONDAY DECEMBER 4 6 PM DOWNTOWN MOUNT PLEASANT





CHRISTMAS WITH CRAIG WAYNE BOYD

SATURDAY, DECEMBER 16, 8:00 PM - 10:00 PM. DOORS OPEN AT 7PM THE MULEHOUSE, 812 S HIGH ST, COLUMBIA

Christmas with Craig Wayne Boyd will be a fantastic show as he performs his favorite Christmas songs and hits. Craig is best known for winning season 7 of NBC's reality TV singing competition The Voice as a part of Blake Shelton's team. Special guest Todd Tilghman, season 18 winner of The Voice, will also perform. This is an 18 and up event unless accompanied by a parent or guardian. For ADA requests, please email **info@themulehouse.com.**

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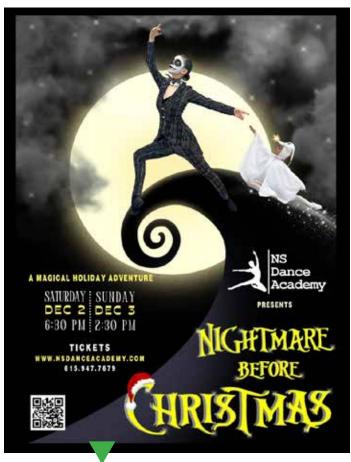
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LOCAL HOLIDAY EVENTS



NS DANCE ACADEMY'S NIGHTMARE BEFORE CHRISTMAS

DECEMBER 2 – DECEMBER 3, VARIOUS TIMES CHERRY THEATER 1665 HAMPSHIRE PIKE, COLUMBIA NSDANCEACADEMY.COM

NSDA's Christmas production, showcasing 42 dancers, follows the misadventures of Jack Skellington, Halloweentown's beloved pumpkin queen, who has become bored with the same annual routine of frightening people in the "real world."

When Jack accidentally stumbles on Christmastown, all bright colors and warm spirits, he gets a new lease on life -- she plots to bring Christmas under her control by kidnapping Santa Claus and taking over the role. But Jack soon discovers that even her bestlaid plans can go seriously awry.



SPRING HILL CHRISTMAS PARADE

DECEMBER 9, 5 PM MAIN STREET, SPRING HILL SPRINGHILLTN.ORG/881/CHRISTMAS-PARADE

Plan on attending the annual Spring Hill Christmas Parade, a festive event that brings the community together to celebrate the holiday season. Taking place on Saturday, December 9, at 5:00 pm, this parade promises to be a delightful experience for people of all ages, rain or shine. Remember to dress warmly and bring your holiday spirit.



CHRISTMAS EVE CANDLELIGHT SERVICES

DECEMBER 24 9 AM, 10:45 AM & 4 PM SERVICES 3306 HWY 431, SPRING HILL CHRISTCHAPEL.LIVE

Christ Chapel will offer three candlelight services for Christmas Eve. Families live worshiping together as we celebrate and remember the reason for Christmas.





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LOCAL HOLIDAY EVENTS

THE CHILDREN'S BALLET THEATRE PRESENTS THE NUTCRACKER

DECEMBER 7 - 10 CHERRY THEATRE AT COLUMBIA STATE 1665 HAMPSHIRE PIKE COLUMBIA CHILDRENSBALLETTHEATRE.COM

The Children's Ballet Theatre presents The Nutcracker production, offering both evening and matinee showings at Cherry Theatre at Columbia State, 1665 Hampshire Pike, Columbia. There are multiple performance dates and times from December 7-10

CHRIST CHAPEL KIDS CHRISTMAS PERFORMANCE

SUNDAY DECEMBER 17, 9 AM & 10:45 AM SERVICES 3306 HWY. 431, SPRING HILL CHRISTCHAPEL.LIVE

Christ Chapel KIDS will be singing in both of our Sunday morning services. The children look forward to this every year, and you don't want to miss it.









THE HERITAGE FOUNDATION 38TH ANNUAL DICKENS OF A CHRISTMAS

DECEMBER 9 AND 10 DOWNTOWN FRANKLIN WILLIAMSONHERITAGE.ORG/EVENTS/DICKENS-OF-A-CHRISTMAS/

The Heritage Foundation of Williamson County, TN's 38th Annual Dickens of a Christmas is historic Downtown Franklin's annual Victorian-themed outdoor street festival. Dickens of a Christmas recreates the time of Charles Dickens using historic downtown Franklin's charming architecture as the backdrop. A variety of musicians, dancers, and Dickens' characters will fill the streets. Expect to see and interact with the nefarious Fagin from Oliver Twist; Jacob Marley, Ebenezer Scrooge, Tiny Tim, and the rest of the Cratchit family from A Christmas Carol; and of course, a Victorian Father and Mother Christmas with treats for children. The celebration typically attracts 100,000+ visitors throughout the weekend.



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LOCAL HOLIDAY EVENTS



SPRING HILL'S FIRST ANNUAL KIDS JINGLE BELL FUN RUN 5K

SATURDAY, DECEMBER 9, 9 AM FISCHER PARK/PORT ROYAL PARK

For ages 2 - 18 years. Registration is from 9 am to 10 am, with the race starting at 10:30 am. The race begins at the basketball courts. Please dress in your Christmas attire; the award for best dressed is included in the competition.



LEIPER'S FORK CHRISTMAS PARADE

SATURDAY, DECEMBER 9, 2 PM PLAN TO ARRIVE EARLY. THE PARADE ROUTE WILL BE CLOSED AT 1:50 PM LEIPER'S FORK

The annual Leiper's Fork Christmas parade is one of the most entertaining parades in the area. Horses, bands, kids, floats, and much more! This year's grand Marshals will be Wynonna Judd and Cactus Moser.



POINT OF GRACE: GLORIA THE CHRISTMAS TOUR

SATURDAY DEC 10, 7 PM; DOORS OPEN AT 6:15 PM THE MULEHOUSE, 812 S HIGH ST, COLUMBIA THEMULEHOUSE.COM

Point of Grace is coming to Columbia. The event will feature special guest Mark Schultz, and will be hosted by Andrew Greer. The women of Point Of Grace, consisting of Denise Jones, Shelley Breen, and Leigh Cappillino continue to find their greatest joy in touring the world and meeting new friends along the way.



HOLIDAY STOP AND SHOP VENDOR EVENT AT THE SHHS GYM

DECEMBER 9, 9 AM – 5 PM SPRING HILL HIGH SCHOOL GYM

The Spring Hill High School Competition Cheer team is hosting a Holiday Stop and Shop Vendor event at the SHHS Gym. Come support the cheer team's journey to the National High School Cheerleading Championship in Orlando, FL.

We will have amazing vendors available for all your holiday shopping needs. We will also have door prizes and maybe a visit from Santa. Email shhscheerleading0@gmail.com for more info.

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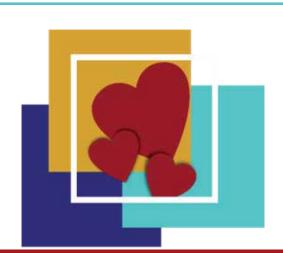
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Sausage Balls "A favorite family tradition"

I had never tasted a sausage ball until after my children were born and we visited Stan's parents one weekend. Mama B served these for breakfast, and from then on, she could never make enough of them for all of the grandchildren to get their fill!

I began making them shortly after that, and I can honestly say that I have made thousands over the years. Usually 300 or so just to get through Thanksgiving and Christmas.

The great thing is that they freeze really well for baking later. Sausage balls are one of our favorite family traditions!

INGREDIENTS:

2 1/2 CUPS OF BISQUICK 10 OZ OF MEDIUM CHEDDAR CHEESE 1 LB OF SAUSAGE

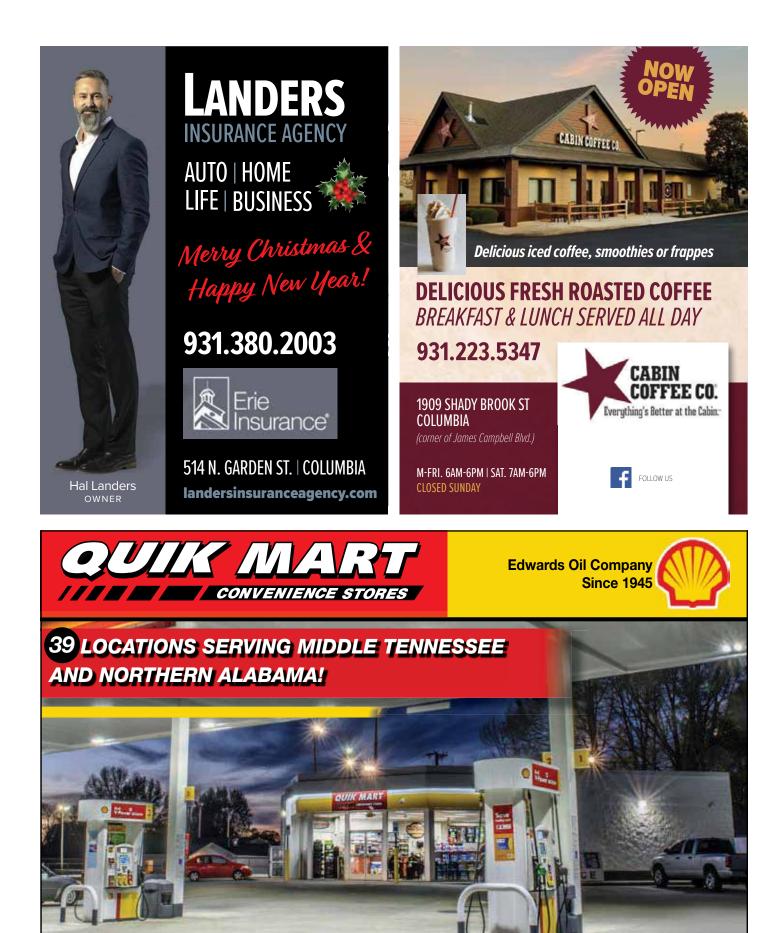
DIRECTIONS:

MIX ALL INGREDIENTS TOGETHER. IT'S BEST TO ADD THE BISQUICK GRADUALLY. WHEN YOU HAVE A GOOD CONSISTENCY, FORM INTO UNIFORM BALLS AND FREEZE OR BAKE ON 400 DEGREES. IF NOT FROZEN, BAKE FOR 10-12 MINUTES. IF FROZEN, BAKE FOR 15 MINUTES.



From Sheila Butt Maury County Mayor

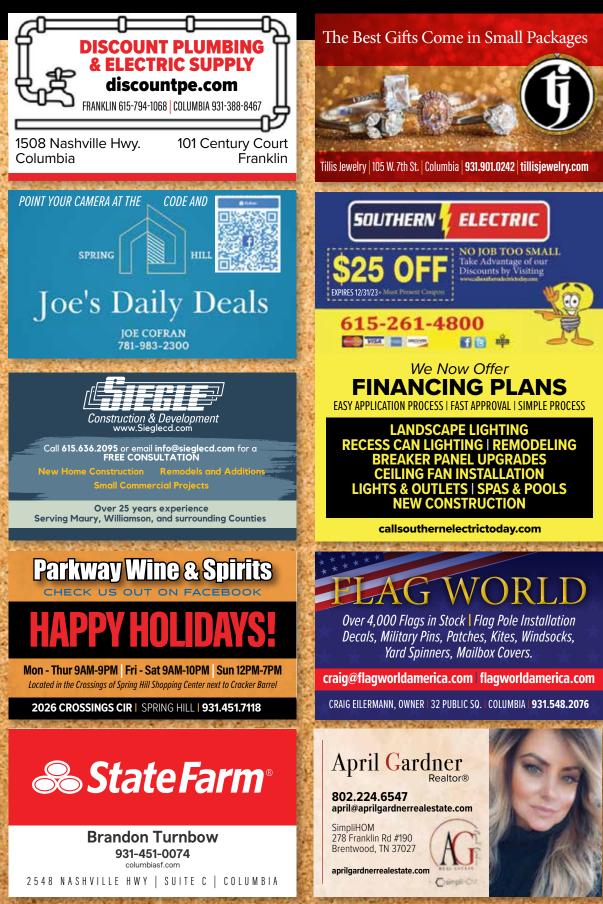




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Accepted at over 50 small businesses and restaurants across Maury County, Local First Gift Cards are the perfect gift for everyone on your holiday list. The best part? Every penny stays in the community and supports our vibrant local businesses!

Local First Gift Cards are available for purchase year-round at Maury Alliance. Scan the QR code or visit mauryalliance.com for more info and a list of participating businesses.



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MENTAL MULES

On Saturday, October 24, the Mental Mules of Columbia completed a 24-hour fundraising walk around the streets of Columbia. The walk benefits local charities that provide aid for women, kids, veterans, sex trafficking, rehabilitation, family emergencies, and holiday assistance. For more info, check them out on Instagram at Mental Mules.



IMPROVED AIRPORT REOPENS

The Maury County Chamber & Economic Alliance recently celebrated the grand reopening of the Maury County Airport in Mt. Pleasant. The airport is open after months of dedicated efforts and a complete runway overhaul. Tennessee Flight Training has resumed its flight training program. The airport now boasts a newly resurfaced runway and state-of-the-art lighting, all thanks to the remarkable teamwork that made it possible. Maury County Airport is a county-owned public-use airport located on 188 acres with two runways. It is also a base for Vanderbilt LifeFlight. Learn more at **flymaury.com** and **tnflighttraining.com**



CITY OF COLUMBIA UNVEILED "THE POLKS AT PRESERVATION PARK"

The City of Columbia, in collaboration with the Maury County Government, unveiled "The Polks at Preservation Park" on Friday, November 3, in Columbia. This project was initiated seven years ago through the dedicated efforts of former City Council Member Mike Greene and City Manager Tony Massey.

City Mayor Chaz Molder stated, "I am so proud of what has been accomplished at Preservation Park, now a centerpiece of our downtown district. I am most proud of all of the community partners who had a hand in bringing this Park to fruition, and believe this Park will stand the test of time for generations to come."

The central focus of the Park is life-size bronze statues of President James K. Polk and First Lady Sarah Polk, symbolizing the importance of President Polk's legacy and the rich history of Columbia. The Polks at Preservation Park is strategically located directly across the street from the James K. Polk Home & Museum, offering a unique opportunity for historical reflection and a place for the community to gather. City Manager Tony Massey stated, "This is the perfect addition to the West Seventh Streetscape."





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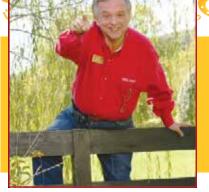
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