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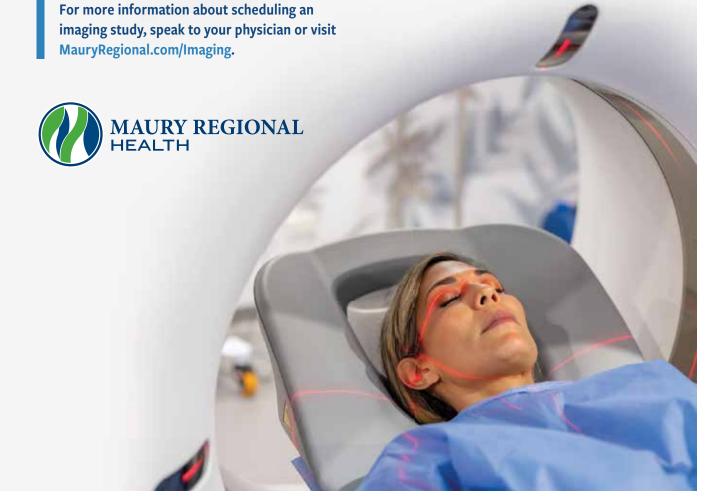
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A physician's referral is required for all imaging exams except in the case of self-referral screenings, such as mammograms or wellness screenings. Services vary by location.

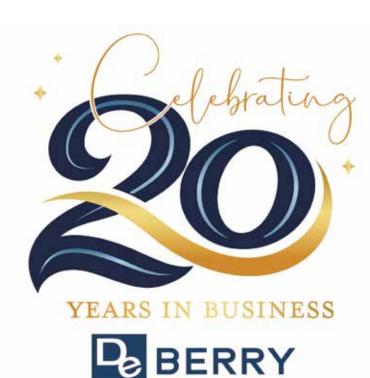




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Inside {local} January'24

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PRESERVING THE PAST

Local museum keeps the past alive for the future

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It is never too late to implement changes to your skin care routine that will help you age gracefully. Make your New Year's resolution the gift of healthy skin by considering the following:

Moisturize: It is important to moisturize your skin in order to build a better skin barrier that is less prone to dryness and inflammation. At Harpeth Valley Dermatology, we have our Intense Recovery Cream that contains a blend of active ingredients to reduce skin sensitivity, increase moisture levels, and protect against environmental damage. Ceramides are a key building block found in our moisturizer and it restores a strong barrier function to prevent the irritation, redness, and symptoms of rash. This is a fine product to use in the winter time to prevent dryness or a therapeutic product for any irritated red skin that can develop due to physical or chemical factors.

Sunscreen: It is important to both protect the skin from Ultraviolet A related aging rays as well as skin damaging Ultraviolet B related burning rays. Although there is controversy regarding certain chemical sunscreens, you can never go wrong with a pure physical blocker which is comprised of either Zinc Oxide or Titanium dioxide. At Harpeth Valley Dermatology, we offer our Hydroessence SPF 40 which includes a physical blocker coupled with moisturizing agents and Hyaluronic acid to boost moisture retention and prevent fine lines and wrinkles. This is a perfect complement to any anti-aging regimen.

Retinol: This vitamin A derivative stimulates cellular regeneration to boost both collagen and elastin production improving skin grain and tone. As a result there is a reduction in fine lines and wrinkles and a softening to deep creases. At Harpeth Valley Dermatology we are proud of our Tretinol product as it contains a high strength retinol coupled with both Vitamin C and E. A retinol is a key component to the anti-aging process and our Tretinol provides that and more with less irritation than other retinols.

Vitamin C: This is a versatile component to the anti-aging regimen as it provides an increase in collagen production, antioxidant protection, as well as correction of hyperpigmentation and reduction of fine lines and wrinkles. At Harpeth Valley Dermatology, we have our Vita-CE with ferrulic acid that delivers unparalleled results in reversing skin aging and enhancing photo-protection. Our product has been shown to reduce sunburn cells by 96% meanwhile providing key anti- oxidants to rejuvenate skin, fight free radical, and provide maximum protection against environmental factors.

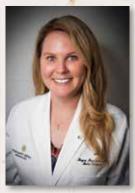
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MOONSHINE, MINERS AND MURDER

PAM WINDSOR

Sheri Hardison has a deep appreciation for the history and heritage of Mt. Pleasant. Deeply rooted in their community, her parents helped co-found the Mt. Pleasant Museum, where she currently serves as manager. It houses a vast collection of items that tell the city's history from its earliest days, through the years it was known as the Phosphate Capital of the World, through wartime and beyond, while highlighting some of its famous sons and daughters.

"People have come from all over the United States and all over the world," Hardison says, "and they first thing they tell us is we have an amazing collection for a small town."

Every item tells a story and highlights a pocket in time in Mt.

Pleasant's history. From a 17th-century wooden birthday chair to a surviving flag from the Bigby Greys, a local group sworn into Confederate Service during the Civil War, to a moonshine still confiscated from the Maury County Sheriff's Department, and so much more.

"We have an 18th-century hair wreath where the women would count the days their husbands, sons, or loved ones had been away from home by the length of their hair. They would let the hair grow, then cut and weave it like you'd do a braid. It's amazing how they did this."

The hair wreath is so rare and so delicate it's secured in an airtight glass case to protect it.

The moonshine still is on display, with a small coffin nearby.

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< FROM PAGE 8

Moonshiners used the coffin to transport the illegal substance without rousing suspicion.

The museum follows Mt. Pleasant's evolution from a small agricultural town to a hot spot that drew people from all over with the discovery of phosphate in 1895.

"When they found phosphate here," Hardison says, "Mt. Pleasant became a booming mining town. And when some of those miners would get paid, they'd get drunk and start fights in the saloons over a poker game or craps or whatever. At one point, we had 13 dead bodies laid out from the square all the way down to the train tracks. The mortuary didn't even have enough caskets. And the businesses, mining companies, and banks said it was time to bring in some form of law enforcement."

Visitors will learn about the first "lawman" to arrive. The town hired a former Texas ranger, Andrew "Red" Russell, to clean things up and maintain law and order.

"When word got around the town that he was on his way, some of the miners went to the depot where he was supposed to get off the train," Hardison says. "They were going to hog-tie him, throw him on the train, and send him back where he came from."

When the train arrived, a few families stepped off, with no sign of a Texas ranger. For a brief moment, the miners thought they'd been given a break.

"But when the train pulled off, on the other side of the tracks, there he stood. He had two pistols drawn. He introduced himself as Red Russell, and he told them, "The first man that moves is dead."

Russell's stay in Mt. Pleasant was short-lived, however. A visit to the museum can help wrap up the rest of the story.

Through the years, a number of Mt. Pleasant residents have gone on to make their mark in entertainment, sports, and elsewhere.

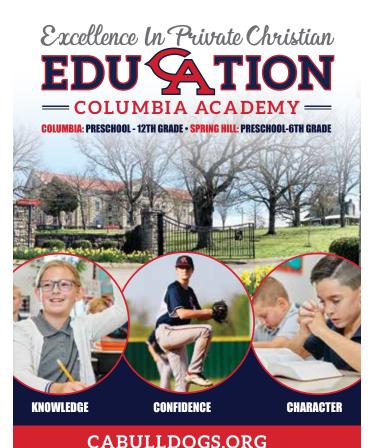
"We have the true stories of people from here who became famous," Hardison says. There's Elizabeth Patterson, the woman who played Mrs. Trumbell, Little Ricky's babysitter, on "I Love Lucy. Elvis Wade, who was the first Elvis impersonator and the first one Elvis himself gave a nod to. Then there's Joe Gaines, Mt. Pleasant's most famous athlete."

Gaines was offered a full scholarship at Belmont University, becoming the school's first black athlete and setting a wave of records. He died in July of 2022 at the age of 72.

The Mt. Pleasant Museum is proud to share the city's rich and interesting history. Admission is free with the museum open Wednesday through Saturday from 10am to 2:30pm.

For more information, visit www.mtpleasantmuseum.com/

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JASON ZASKY

One might say that Johnson's Carpets & Floors is a fixture in the local business community. Founded in 1959 by Ray Johnson, the company is currently owned and operated by his son, Don, who started working alongside his father before he was a teenager.

"My dad taught me how to install flooring at a pretty young age, and I was installing hardwood by the time I was 12 years old," offers Don Johnson, recalling that he was a senior in high school when Johnson's Carpets moved to its current location on South Main St. in Columbia in 1987. "I was installing flooring from before he opened the store here, and I've worked here ever since," he continues.

In fact, for many years, Don, now 54, worked alongside both his parents.

"Now it's mostly just me," he says, noting that his father passed away in 2015. "I wait on customers, measure the jobs, and sell the jobs. I do have installers that work for me, and my installers are really good," he continues before highlighting a few of the things that help differentiate Johnson's Carpets & Floors from its competitors.

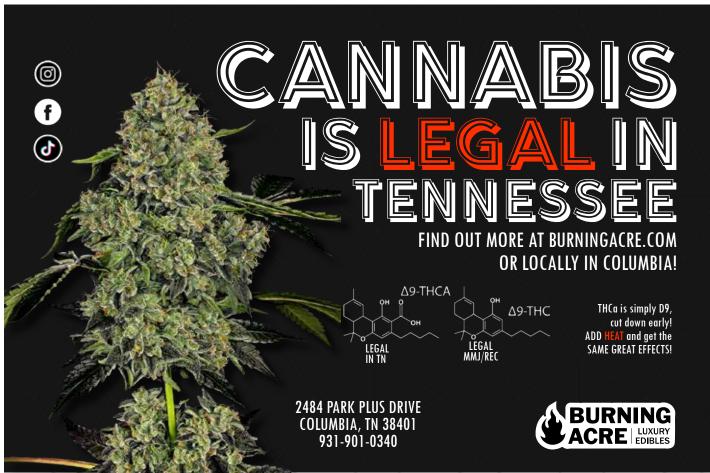
"We provide quality products at a fair price and install those products right. We have installers who are knowledgeable about what they are doing and care about what they are doing," he emphasizes.

When customers come into the Johnson's Carpets & Floors showroom, they also benefit from his 40-plus years of experience with floor covering installation.

"I try to guide customers in terms of what type of product might be best for their situation," he says. "There are a lot of prod-

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ucts out there nowadays and you need to be cautious with what you are buying. There are some cheaper products, a lot of which are made overseas. I try to keep USA-made products here as best I can," he concludes, referring to his showroom and warehouse.

"We have been here a long time, and we get a lot of repeat customers," offers Johnson, who says that the lion's share of the business is residential, though the company also does small commercial jobs.

"Carpet is our number one selling product," he adds, with Shaw Carpets and DreamWeaver among the brands he sells. "I sell a lot of carpets to put in bedrooms and bonus rooms, and some people still have carpeting throughout their house."

As far as hard surface floors go, "I also sell a lot of the luxury vinyl tile, which some people refer to as LVT. It has really become popular over the last few years," he offers before turning the discussion to laminate flooring.

"Laminate flooring has been around a while, but it has really come a long way as far as the quality. These days, most of the laminates are waterproof-type floors that are easy to take care of, and you don't have to worry about water affecting them like you used to," he notes.

That said, Johnson encourages potential customers to visit his location, which includes both a showroom and warehouse space, where he stocks samples and products.

"We have a large showroom with samples of everything we sell. People can take samples home at no charge, so they can look at them there and decide what colors and styles they want. After they have made a choice, I come out and look at the job, measure it, and provide a free estimate," he says before noting that the company mainly installs in Maury County, but also services parts of Williamson County.

Having lived and worked in Columbia his entire life, Johnson can hardly envision being anywhere else.

"I know a lot of the people here and enjoy the small-town atmosphere," he concludes. "I've been in a lot of houses, and I've had the chance to meet a lot of great people over the years."

Johnson's Carpet is located at 1208 S. Main Street in Columbia. Visit **johnsonscarpettn.com** or see their ad on 21.

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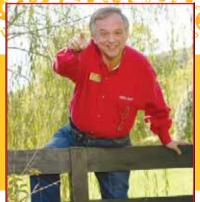
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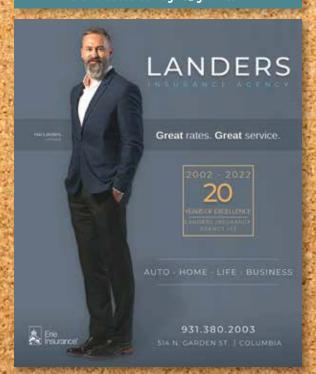
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