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APRIL 2024

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APRIL 13th



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Inside {local} April '24



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CLEAN OUT THE FILES

Local insurance company offers free community shred day



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ADDING NEW LIFE AND ENERGY

Satisfaction in making homeowner's dreams come true



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KEEPING OUR HISTORY

Lifelong resident logs Williamson county history



LOCAL FOCUS SERVICE DIRECTORY 22, 23, 24 RECIPE 34

Visit our website: springhilllocal.com

ON THE COVER: *Tulips and buttercups are blooming, a sure sign Spring and warmer days are just around the corner.*

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



DEBERRY INSURANCE AGENCY TO HOST 8TH ANNUAL FREE SHRED DAY

DeBerry Insurance Agency is set to host their 8th Annual Free Shred Day for the community on Saturday, April 13. The event will take place from 10 a.m. to 2 p.m. at the agency, 5232 Main Street, Spring Hill.

Free Shred Day has become a signature event for DeBerry Insurance Agency, attracting hundreds of people each year. Last year's event brought the total amount of paper collected to 25 tons. This year's event could bring that number to 30 tons. All the paper collected is recycled, which keeps it out of landfills and saves more trees from being used to make new paper.

"We host our Free Shred Day event around Earth Day each year," said Chris DeBerry, Owner of DeBerry Insurance Agency. "This event is a give-back effort for our community as well as the environment."

The event also falls around tax season, a time when many people clean out files and paperwork.

"As insurance agents, we recognize how important it is to safely

discard identifying papers," said Eric DeBerry, Owner of DeBerry Insurance Agency. "Identity theft is a growing problem. Shredding identifying papers is one way to help prevent it."

DeBerry Insurance Agency contracts with Shred-It, a mobile shredding service, to shred papers securely on site. The event is a one-stop solution for securely discarding important paperwork in an earth-friendly way.

"The growing attendance at this event, year after year, confirms that this is a needed service for our community," said Chris DeBerry. "We are thankful for this opportunity to serve and make meaningful connections."

DeBerry Insurance Agency is your Hometown Independent Insurance Agency, locally owned and operated since 2003. Visit them online at DeBerryInsurance.com or call (931) 486-3300.



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A colorful advertisement for a summer camp. The background features a sunburst pattern in shades of orange, green, and blue. In the top right, there is a logo for "SHINING LIGHT GYMNASTICS" with a stylized sunburst icon. Below the logo, there are three Polaroid-style photos: one showing a group of children, one showing two girls in pink shirts, and one showing a boy on a gymnastics apparatus. In the center, the word "Summer" is written in a large, light blue, cursive font, with "CAMP" in a smaller, bold, light blue font below it. To the left of the text is an illustration of a white and blue water bottle and a black and white marker. Below the text, the dates "MAY 23-AUG 4" and the time "9:00-4:00" are listed. On the right side, a list of activities is provided: "OUTDOOR GAMES", "WATER SLIDES", "CRAFTS", "ACTIVE PLAY", and "BOUNCE HOUSES". A large, stylized blue water splash graphic is on the right side of the advertisement.

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Photography provided

ROBENSTINE ADDS NEW LIFE AND ENERGY

PAM WINDSOR

Things have been especially busy for Rick Robenstine in recent months. Since starting his company in Tennessee a little over a year and a half ago, Robenstine Construction has steadily increased as people began seeing the results of his work.

“We do kitchens, bathrooms, fences, decks, and basically all interior remodeling,” he explains, then notes some of their more recent projects. “We built a huge deck and pergola this past year, a very sizeable kitchen, a number of bathrooms, and much more.”

Tackling a new project is always exciting because every home (and homeowner) is different. Trends, too, are constantly changing which keeps things interesting.

“A lot of people are redoing kitchens and Shaker cabinets, all white cabinets with granite tops and quartz tops. That’s still a very popular thing right now. Another huge thing is subway tiles (three-by-five white tiles), and people are putting them in kitchens, bathrooms, backsplashes, and just about anywhere you can think of.”

Robenstine has a broad and extensive background that’s prepared him well for starting his own business. He worked for a construction company in Ohio for over a decade, did home inspections, and then worked for an investor who flipped houses. During COVID, he decided to start his own company, first in Ohio, then in Tennessee, after he and his wife, Megan, moved to Spring Hill.

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Unless, of course, the Rabbit decides to *run*.*

*The Tennessean, Saturday, December 19, 1970




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Photography provided

< FROM PAGE 14

He's found a strong and supportive team that supports his three guiding principles: character, communication, and integrity.

"That's our vision statement, always doing the right thing, never cutting corners, and communicating with clients whether it's a good thing or bad thing," he says. "Throughout the project, whether you find something when you're doing a complete renovation to where hey, this is going to add to your cost because we found mold behind the wall that wasn't apparent or something like that, we want to communicate that. That's extremely important to me."

He's also dedicated to continuing his education and updating his certifications.

"The industry changes almost every few months, so there are different things coming out that make projects less expensive for clients while keeping the quality of work. So, learning about all that stuff consistently while you're still carrying a workload."

Robenstine says it's important for people seeking a home

improvement contractor to make sure the person or company is insured. And you should always ask to see photos of previous projects.

"Pictures of work definitely speak volumes," he says. "Look for attention to detail. You want to make sure that when you're looking at photos, they're not missing small pieces of anything in the background. Make sure it looks like a complete project. We've gone in after people who've just built homes and ended up having to finish work."

He takes tremendous satisfaction in going into someone's home, adding new life and energy, and making their dreams come true.

"We're transforming people's homes into something they never imagined. It's very rewarding to me, and I've distilled that in my team, we really take pride in our work."

To see more of Robenstine Construction's past projects, visit their Facebook page: www.facebook.com/2020remodel. To learn more see their ad on page 29

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Rhinophyma is a skin disorder characterized by a bulbous enlargement of the nose. It is a subtype of Rosacea and most often seen in men. While it is a benign condition, it can cause significant distress and self-consciousness for those affected.

Causes of Rhinophyma:

Untreated rosacea can evolve to Rhinophyma due to excess oil production.

Features of Rhinophyma:

The hallmark of rhinophyma is the gradual enlargement and distortion of the nose that may evolve into a “bulbous” appearance. Other features include enlarged pores and prominent blood vessels accompanied by irregularities in skin texture. With the progression of oil production, there may be tender acne-like flares that develop intermittently.

Treatment Options for Rhinophyma:

Depending on the severity of Rhinophyma, several treatment options are available including topical or oral medications, cryotherapy, and dermabrasion. In the most severe of cases, CO2 laser therapy or surgical intervention may be necessary to reshape the nose.

No matter what the severity, your board-certified dermatologists at Harpeth Valley Dermatology are well versed in Rhinophyma treatment. We understand the significant emotional impact this condition has on quality of life and our dermatologists can explore treatment options tailored to each patient’s needs to ultimately improve confidence and well-being.

– **Pezhman Shoureshi DO, FAOCD, FAAD**

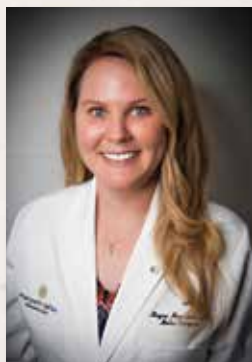
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Photography by Michael Tedesco

HISTORIAN RICK WARRICK

PAM WINDSOR

Rick Warrick is well known for his deep love of local history and a passion for bringing it to life. He serves as Williamson County Historian, but his dedication to honoring and preserving the area's history began long before he took on the official title.

Warrick is currently working on his 30th book highlighting the history of Williamson County. The latest is called "Burwood and Surrounding Communities," and like most of his books, this one will be chock full of old photographs.

"I try to crank out at least two books a year," he says. "This one is taking some time because I've got more than 500 photographs."

He's found photographs appeal to nearly everyone, whether they're avid readers or not.

"A lot of people may not like to read, but they love looking at old photographs," he explains. "And I've been fortunate to have a lot of people willing to share their photographs."

Pictures help tell stories, and Warrick says it's those stories that allow people to connect to things or events that took place long ago. It's something he figured out when he and his wife, Elaine, moved to Williamson County, and he began teaching high school history.

"In 1971, I began teaching in Leiper's Fork at Hillsboro School, which was a high school then," he recalls. "I had two classes of

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Photography by Michael Tedesco

< FROM PAGE 26

American history with juniors and two classes of students for eighth-grade social studies. And the textbooks were so bad, I had to start making my own.”

He began focusing on local history and noticed what types of things resonated with kids and what didn’t.

“Basic facts like dates and things leave kids cold. So, I’ve always found history is best learned and enjoyed through a narrative, through stories. Because that’s what history is really all about, telling a story from the past people can relate to.”

Warrick is revered for his encyclopedic knowledge of Williamson County history. He’s served as president of the Williamson County Historical Society, editor of the Williamson County Historical Society’s annual journal, and on a number of boards, including the Heritage Foundation and many others.

His many books began with a desire to highlight a specific time or place of local interest. Three of his books have centered on the Civil War.

“I did one on the female experience in Franklin during the Civil

War through letters, memoirs, diaries, and things like that. Another one on the reunions the Confederates had after the war. And I did one on the soldiers who fought in the Civil War through their letters and memoirs.”

He says what made the book on those who fought in the Civil War especially interesting was a collection of letters that gave a complete picture of what one local family went through from both the husband and wife’s perspective. The husband had sent his wife’s letters home, so Warrick had access to his letters and hers.

“You don’t usually get that in war, you usually only get one side. In this case, you’ve got the whole story.”

Warrick, who works from an office in the old jail on Bridge Street (the current home of the Heritage Foundation), says he’s always learning something new about Williamson County’s past.

“I’m amazed at what’s still out there that I haven’t discovered. Almost every day, someone comes in with a letter or an old photograph, or they have a story I haven’t heard before. This county has such a wonderful history.”

Warrick, who turns 77 in May, is determined to continue doing what he’s done for decades, preserving as much history as possible.



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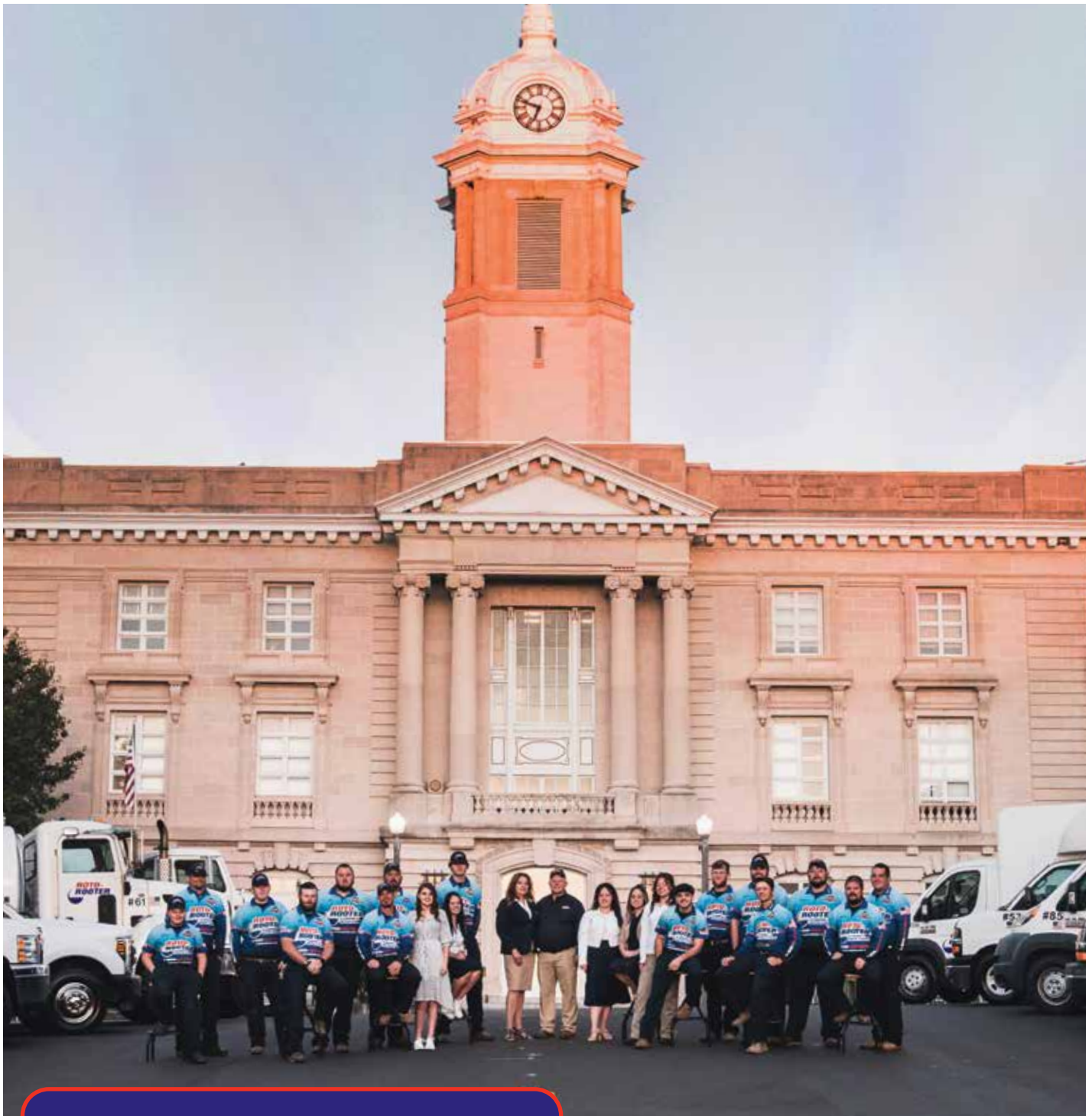
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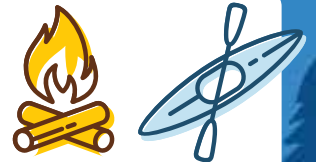
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Classic Apple Lattice Tart *Servings: 8-10*

INGREDIENTS

- 2-3 SHEETS PUFF PASTRY DOUGH
- 5 ENVY APPLES
- 2 TABLESPOONS SUGAR
- 1 TEASPOON FINELY GRATED LEMON ZEST
- 1 TABLESPOON CORNSTARCH
- 1 EGG
- 1 TABLESPOON MILK
- 1 TABLESPOON CINNAMON SUGAR
- ICE CREAM, CUSTARD OR CREAM, FOR SERVING (OPTIONAL)

DIRECTIONS:

Preheat oven to 365 F.

- Use two sheets semi-thawed pastry to line fluted tart pan approximately 10 inches, pressing and trimming neatly to fit; chill 15 minutes.
- Peel, core and thinly slice apples into large bowl; sprinkle with sugar, lemon zest and cornstarch then toss well to evenly coat.
- Arrange apple slices in pastry-lined tart pan, laying flat.
- Beat egg with milk. Brush egg wash around pastry rim.
- Cut 1/2-inch strips from remaining pastry sheet and make lattice pattern over apples, crimping edges once lattice is completed.
- Brush tart with egg wash and sprinkle with cinnamon sugar.
- Bake 35-40 minutes, or until pastry is golden. Allow to cool at least 15 minutes before slicing. Serve with ice cream, custard or cream, if desired.





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