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[WilliamsonHealth.org/Volunteers](https://WilliamsonHealth.org/Volunteers)



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## **HOLIDAY EVENTS** **SPECIAL ISSUE**

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**HAPPY HOLIDAYS FROM THE STAFF AND ASSOCIATES OF SPRING HILL LOCAL!**

**ADVERTISING INFORMATION** Interested in advertising to over 7,000 homes in south Franklin? 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](mailto:jbryant@wilcolocal.com)

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# LOCAL HOLIDAY EVENTS

## HOLIDAY STATION MARKETPLACE

DECEMBER 2, 9 AM – 3 PM

SPRING STATION MIDDLE SCHOOL, 1000 SPRING STATION DRIVE, SPRING HILL

The annual Holiday Station Marketplace, featuring over 100 vendors, returns on December 2. This event supports the 6th - 8th grade band program. Join the holiday fun featuring great crafts, yummy food, and more.



## 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

## LEIPER'S FORK CHRISTMAS PARADE

SATURDAY, DECEMBER 9, 2 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. Plan to arrive early. The parade route will be closed at 1:50 pm.

## FRANKLIN CHRISTMAS PARADE

SATURDAY, DECEMBER 2, 8 PM  
DOWNTOWN FRANKLIN  
DOWNTOWNFRANKLINROTARY.COM

Winding through the streets of Historic Downtown Franklin, the Franklin Christmas Parade is a community celebration. It has been a Franklin holiday tradition for over 30 years. The Kiwanis Club of Franklin has presented the parade since its inception. Beginning this year, the Downtown Franklin Rotary has been entrusted with this legacy event and will be presenting the parade.





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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 best-laid 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  
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Christ Chapel will offer three candlelight services for Christmas Eve. Families live worshipping 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  
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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 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.



## A CELTIC CHRISTMAS

MONDAY, DECEMBER 18, 7 PM  
WILLIAMSON COUNTY PERFORMING ARTS CENTER  
125 EVERBRIGHT AVENUE, FRANKLIN  
WWW.WCPACTN.COM

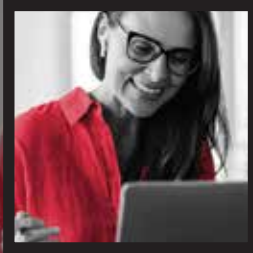
Embrace the spirit of the holiday season with the enchanting melodies, timeless traditions, and heartwarming sing-alongs of A Celtic Christmas. Prepare for an unforgettable evening with the progressive folk band The Founding, known for their unique balance of traditional Celtic music and contemporary innovation. This musical journey will feature traditional and original Christmas tunes alike, as well as beloved Celtic classics that will transport you to the heart of the Emerald Isle. Your soul will be uplifted, your spirits will be brightened, and the echoes of your voices singing along will resonate with the joy of the season.



## RAPHA CHRISTMAS MARKET

SATURDAY, DECEMBER 16, 10:00 AM - 6:00 PM  
RAPHA MARKETPLACE  
5322 MAIN STREET SPRING HILL

Experience an old-time Christmas in the oldest home in Spring Hill. Hot cocoa bar, shop local indoor & outdoor vendors, Parkers Ice Cream trailer with retro candles & treats, Christmas carolers, and more. Bring your kids to see Saint Nick & Elsa from frozen!



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\*APY = Annual Percentage Yield

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Foot & Ankle



**A. Lee Hunter, Jr, MD, MBA**  
Hand & Upper Extremity



**Christopher M. Loffis, MD**  
Shoulder & Elbow



**Scott W. McCall, MD**  
Knee Replacement  
Sports Medicine



**Jonathan R. Pettit, MD**  
Sports Medicine



**Zachary K. Pharr, MD**  
Sports Medicine  
Shoulder & Elbow  
Hip Arthroscopy



**Erion Qamirani, MD, PhD**  
Spine



**W. Cason Shirley, MD**  
Joint Replacement  
Sports Medicine



**Carson D. Strickland, MD**  
Foot & Ankle



**Kenneth T. Sykes MD, PhD**  
Interventional Pain Medicine



**J. Fredrick Wade, MD**  
Knee & Hip Replacement  
Lumbar & Cervical Spine

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# COMMUNITY SNAPSHOTS



## THE BRUNCH COLLECTIVE OPENS IN SPRING HILL

The Spring Hill Chamber celebrated the grand opening of The Brunch Collective with a ribbon cutting ceremony on Friday, September 22. The Brunch Collective is a family-owned breakfast and brunch spot located inside the historic Kissing House in the Old Town area of Spring Hill located at 412 McLemore Avenue.



## BAYLEAF INDIAN RESTAURANT OPENS IN SPRING HILL

The Spring Hill Chamber celebrated the opening of Bayleaf Indian Restaurant in Spring Hill with a ribbon cutting ceremony on Tuesday, September 26. You can find them at 5024 Spedale Court, Spring Hill. Bayleaf is now offering a lunch buffet daily from 11:30am-4:00pm.



## THE RESERVE AT SPRING HILL CELEBRATES 5TH ANNIVERSARY

The Spring Hill Chamber celebrated The Reserve at Spring Hill's 5th anniversary on Wednesday, October 25, 2023, with a ribbon cutting ceremony. The Reserve at Spring Hill offers our community assisted living, skilled nursing, and senior rehabilitation services. You can find them at 2000 Reserve Blvd, Spring Hill.



## SUPER SHUTTLE NASHVILLE NOW SERVICING SPRING HILL AREA

The Spring Hill Chamber celebrated Super Shuttle Nashville on Friday, October 27, with a ribbon cutting ceremony held at the Hampton Inn in Spring Hill. Super Shuttle Nashville services the entire Nashville area, including Spring Hill. Book an airport shuttle or other ride service at [www.super-shuttle-nashville.business](http://www.super-shuttle-nashville.business) or call (615) 625-5275.



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# COMMUNITY SNAPSHOTS



## SMITH WYND CPA EXPANDS TO SPRING HILL

The Spring Hill Chamber celebrated the expansion of Smith Wynd CPA on Thursday, November 2, 2023, with a ribbon cutting ceremony at their newest location, 5343 Main Street in Spring Hill. With offices now in Franklin and Spring Hill, TN, Smith Wynd CPA is a CPA and consulting firm that partners with their clients to maximize returns, mitigate risks, and minimize taxes. Learn more at [www.smithwynd.com](http://www.smithwynd.com).



## THE LEARNING EXPERIENCE OPENS IN SPRING HILL

The Spring Hill Chamber celebrated the grand opening of The Learning Experience on Thursday, November 2, 2023, with a ribbon cutting ceremony at 2832 Duplex Rd in Spring Hill. From infant through preschool, The Learning Experience offers joyful, engaging, and fun early education and daycare. Learn more at [www.thelearningexperience.com/centers/spring-hill](http://www.thelearningexperience.com/centers/spring-hill)



## CHRIST CHAPEL CELEBRATES NEW BUILDING

The Spring Hill Chamber held a ribbon cutting ceremony on Friday, November 3, 2023 in celebration of Christ Chapel's new building located at 3066 Highway 431 in Spring Hill. Christ Chapel believes the best life is found in following Christ and learning how to live from Him. You can learn more about the congregation at [www.christchapel.live](http://www.christchapel.live).



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# 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 guide 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:

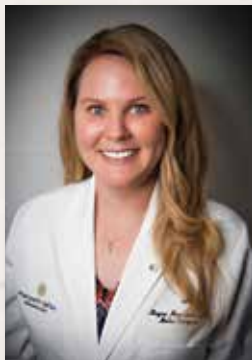
While a hot shower may be tempting in the winter, it can actually strip your skin of its natural oils. Opt for lukewarm water instead, and limit your shower time to avoid excessive dryness.

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](http://harpethvalleydermatology.com) or call us at **615-905-8083**.



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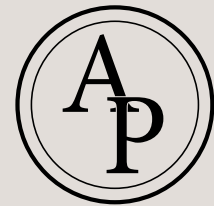
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