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Inside {local} July '23



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Children's Librarian and
Head of Programming
Marsha Gallardo



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Not your
grandfather's co-op.



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July is packed with family
fun activities.

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Visit our website: springhilllocal.com

ON THE COVER: Marsha Gallardo is the Children's Librarian and Head of Programming for the Spring Hill Library. "I have a great passion for this," she says. "To see the light come on with these kids, it's like you're seeing a miracle before your eyes. It's always amazing." Photo by Michael Tedesco.

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COMMUNITY SNAPSHOTS



LOCAL ARTIST FEATURED AT THE LIBRARY

In the month of July, local artist Margaret Owens wading bird series - "The Waders" will be exhibited at the Spring Hill Library, located at 144 Kedron Parkway. Owens has been a resident of Spring Hill for 17 years, before relocating from Jackson Mississippi.

"Beautiful things in nature inspire me. Generally, I enjoy drawing things with detail that we would normally miss in everyday life. The intricacies found in nature are mind-blowing upon close examination. I find this to be true of everything in nature, from the number of spots on a moth to the differences in feathers on the same bird. I enjoy painting and watercolor, but my true love is ink."

Prints are in the process of being licensed thorough Laurel Mercantile Co., of HGTV's "Home Town" television series, until then, prints can be purchased directly from Owens, email her at MargaretOwensArt@gmail.com.



MSD IT RIBBON CUTTING

The Spring Hill Chamber had so much fun on Monday, May 15, 2023, hosting the MSD IT Professionals ribbon cutting ceremony. MSD IT Professionals offer IT management support, cloud computing, IT consulting, and more. They are now based in Spring Hill (moved from Chicago), but work remotely for clients across the United States.



BUSINESS CELEBRATION

The Spring Hill Chamber had so much fun celebrating J&J Beauty Co.'s new location with an open house ceremony on Monday, May 22, 2023. J&J Beauty Co is committed to helping you meet all your beauty needs. Go by and say hello! You can find them in Harvest Point at 300 Daxton Pl., Spring Hill.



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Marsha Gallardo of the Spring Hill Library. Photography by Michael Tedesco.

IT'S STORY TIME IN SPRING HILL

PAM WINDSOR

Story time at the Spring Hill Library is always a big hit, although it might be a toss-up as to who enjoys it more, the kids or Marsha Gallardo, Children's Librarian and Head of Programming.

"I have a great passion for this," she says. "To see the light come on with these kids, it's like you're seeing a miracle before your eyes. It's always amazing."

Gallardo, who says research shows a child develops 50 percent of their intelligence by the age of four, works hard to find books that spark an interest, present the stories in a way that connects, and create an environment that sets kids up for success.

"I'm a big advocate for a developmentally appropriate learning environment, so having them feel like a confident risk taker and

decision-maker is one of the biggest things on my mind as I'm pulling things together," she explains. "I want to make them feel safe to express their ideas so they can make mistakes and see them as just a learning tool, to get a stronger sense of self."

To do that, she encourages children to respond.

"When I'm reading a story, I don't mind if they interrupt because I want their thoughts and I want a reaction. Sharing books is like an invitation to a conversation. And I have a way of incorporating it in, then moving on and keeping it flowing. The best way to build their brains is by responses. You want to get them talking and thinking outside the box."

Story time is not just about books either. Gallardo also includes songs and music.



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Photography by Michael Tedesco.



< FROM PAGE 8

“I’m not a great singer, and I’m not a great guitar player, but I do both every day. Singing songs is just another way to explore and play with the language.”

She tries to make the songs interactive to encourage kids to use their imaginations.

“We do the song about ‘I looked out my window and what did I find, but green leaves growing on my pumpkin vine.’ Then I ask what else is growing on my pumpkin vine? And a kid might say something like dinosaurs or hotdogs, and they’ll all laugh. And I’ll work that into the song, and the child will look back at mom or dad as if to say, ‘Look, she used my words!’ It’s so precious when they’ve taken a risk and landed safely.”

She also has kids do an art project after the books and songs.

“I’ll set out rubber bands and paint or shaving cream and liquid watercolors and droppers because kids are inspired more by materials than the end product. It opens up all kinds of possibilities.”

Gallardo says with every story time kids always leave with “something” even if they don’t seem to participate.

“Sometimes, the kids who are the quietest ones in the room are the ones who hug me on the way out. Or I’ll hear how they’ll play story time at home and pretend they’re Miss Marsha and read books to their teddy bears.”

While she devotes a lot of energy to story time, she’s also in charge of the multitude of programs available for all ages. Between July 2021 and July 2022, the library saw more than 20,000 people attend nearly 600 different programs.

“We try to vary the programs to bring people into the library,” she says. “For example, last night we had Trivia Night, a magic show in the morning before that, and the day before, we had baby time, yoga, and a sign language class.”

She says there’s something for everyone, and everyone is welcome.

“People can stop in anytime, and our calendar of events is on our website Springhilllibrary.org.”



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Photography by Robbie Mathis.

NOT LIKE ANY OTHER CO-OP

PAM WINDSOR

It's been serving Maury County for years, although it changed its name a couple of years ago when it merged with other co-ops in Middle Tennessee. United Farm and Home Cooperative is a farm supply store and so much more.

"When you go in a lot of co-ops, they tend to be smaller buildings, and technically, they're just small farm stores," says Ryan Pilkinton, Location Manager. "But with this one, while we're a farm supply first, we also have clothes, boots, footwear, a home décor section, a huge pet section with a self-serve dog wash, and an automotive section, as well."

Co-ops are created to serve their members, but anyone can shop there. What this store does offer, especially for farmers, is not only an array of items but expertise, insight, and advice.

"I have very good employees who are very knowledgeable," Pilkinton says, "and we pride ourselves on customer service. Some of them have been working 30 plus years, so they've been around, done a little bit, and seen a little bit of everything. And a lot of them have animals themselves. So, if you have questions about a product, they can tell you how to use it, when you need to use it, how much you need to use, and they'll even tell you if you probably shouldn't use it right now."

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Photography by Robbie Mathis.

< FROM PAGE 12

Pilkinton grew up in Maury County and had a farming background. When it came time to pursue a career, he knew he wanted it to be farm related.

“I always wanted to do something in agriculture, so when I got out of high school, I started working for what was then Maury Farmers Co-op. I worked on the dock as a warehouse employee, loading feed and stuff like that, then I moved inside and did sales. And I continued working part-time when I started college.”

He stayed with the Co-op, and in 2020, when they opened the new store, he was given the job as location manager. He’s seen some changes through the years, including a merger that brought different co-ops together. The list included Maury, Humphreys, Dickson, Marshall, and Williamson Farmers Co-ops.

“As I mentioned earlier, we were Maury Farmer’s Co-op, but in 2021 a group of us came together to make one co-op which is called United Farm and Home Co-op. And we now have 11 retail locations across Middle Tennessee.”

The move was designed to better serve co-op members. “The bigger you are, the stronger you are,” Pilkinton says. “We’re able to take advantage of buying power, obviously. If you’re buying for one location, now you’re buying for 11 locations, so you tend to get a little bit of a better deal, and we can pass that on to farmers. It’s also made us stronger in terms of assets and equipment. We can share with each other.”

United Farm and Home Co-op sponsors many local events and organizations, such as Mule Day, the county fair, and sports teams. It’s a way to make sure some of the money spent locally stays local.

Pilkinton says he’s proud of his store, the community it serves, and all it offers.

“If you’ve never been in our store, I would highly recommend it. I promise you, it’s not what you’re thinking when you hear co-op. This is not like any other co-op.”

For more information see the United Farmers Co-Op ad on page 26.



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AGES 5-11



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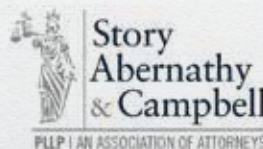
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This year's 4th of July Celebration will focus on family fun, including great music, free games, a pet resting area, and quality craft and food vendors.

This event is coordinated by The Franklin Lions Club, in conjunction with the City of Franklin.

The patriotic pet parade begins at 10:30 am; The Oscar Mayer Wienermobile will arrive at 10 am and give out Free Weenie Whistles. The Children's parade begins at 5 pm.



HELP KEEP SPRING HILL CLEAN

JULY 15, 9 AM-11 AM SPRING HILL
LIBRARY, 144 KEDRON PKWY

Help keep Spring Hill Clean and join fellow volunteers targeting specific areas that need cleanup!

Gathering at the Spring Hill Public Library at 8:00 am on the third Saturday of each month and go to the area(s) reported needing cleanup until 10 am.

Gloves, bags, and vests will be provided. Ages 12 and up are welcome. Individuals, families, and groups can all make a difference!



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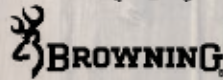
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Great RECIPES

**GOT A GREAT RECIPE YOU WANT TO SHARE? SEND US YOUR RECIPE AND A COUPLE OF PHOTOS
AND YOUR CREATION COULD BE FEATURED HERE! EMAIL to jbryant@wilcolocal.com**

Spiced Pork Ribs

TOTAL TIME: 3 HOURS, 10 MINUTES | 6 SERVINGS

INGREDIENTS:

2 RACKS (ABOUT 4 POUNDS) **BABY BACK RIBS**

1/4 CUP TAJÍN CLÁSICO SEASONING

1/4 CUP TAJÍN MILD HOT SAUCE, PLUS ADDITIONAL FOR SERVING, DIVIDED

2 TABLESPOONS OLIVE OIL

2 TABLESPOONS BROWN SUGAR

LIME WEDGES, FOR SERVING

MASHED POTATOES OR STEAMED RICE, FOR SERVING (OPTIONAL)



DIRECTIONS:

Rub ribs with seasoning. Marinate at least 4 hours or overnight in refrigerator.

Preheat oven to 300 F. Combine hot sauce, oil and brown sugar; brush over both rib racks.

Line baking sheet with double layer of aluminum foil with enough overhang to wrap foil around ribs.

Lay ribs, bone side down, on foil-lined baking sheet. Wrap foil around ribs and seal. Place on baking sheet.

Fill large baking dish or roasting pan with 2 inches of boiling water. Place on lower oven rack to keep ribs moist as they bake. Place ribs on middle oven rack.

Bake 2 1/2-3 hours, or until meat is tender and just starting to fall off bone.

Preheat broiler. Unwrap ribs and place on foil-lined baking sheet. Broil 4-6 minutes on middle oven rack, or until lightly charred and caramelized.

ESSENTIAL SUN PROTECTION TIPS FOR SUMMER



As summer arrives, it's crucial to prioritize sun protection and shield your skin from harmful UV rays. In this concise guide, we'll explore key strategies to keep your skin safe and healthy during the sunny season.

Apply Broad-Spectrum Sunscreen:

Choose a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or higher. Broad-spectrum sunscreens protect against both UVA and UVB rays. Apply sunscreen generously to all exposed areas, including the face, neck, arms, and legs. Reapply every two hours or after swimming or excessive sweating.

Seek Shade:

When the sun is at its peak, usually between 10 a.m. and 4 p.m., seek shade whenever possible. Shade provides a natural barrier from direct sunlight and reduces the intensity of UV exposure.

Wear Protective Clothing:

Covering up is an effective way to shield your skin from the sun. Opt for lightweight, loose-fitting clothing made from tightly woven fabrics. Wear long-sleeved shirts, wide-brimmed hats, and sunglasses with UV protection to safeguard your face, eyes, and neck.

Be Mindful of Sun Reflection:

Water, sand, and snow can reflect sunlight and increase UV exposure. Take extra precautions in such environments by applying sunscreen more frequently, wearing protective clothing, and using sunglasses to shield your eyes.

Prioritizing sun protection is essential during the summer. By following these key tips, you can enjoy outdoor activities while safeguarding your skin from harmful UV rays. Remember, consistent sun protection habits contribute to long-term skin health. Stay safe and enjoy the sunny season responsibly!

Stay Hydrated:

Proper hydration is essential for maintaining healthy skin. Drink plenty of water throughout the day, especially when spending time outdoors. Hydrated skin is more resilient and less prone to sun damage.

Use Additional Sun Protection Measures:

In addition to sunscreen, consider using other sun protection measures such as umbrellas, sun hats, and sun-protective clothing. These provide extra layers of defense against harmful UV rays.

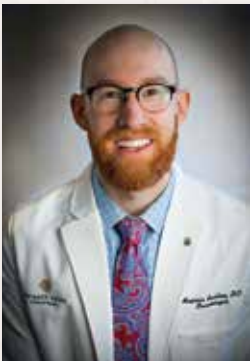
Check Medications:

Certain medications, including antibiotics, diuretics, and acne treatments, can increase your skin's sensitivity to the sun. Check with your healthcare provider or pharmacist to determine if any medications you are taking require additional sun protection.

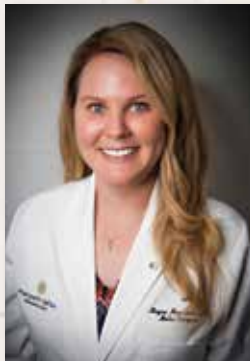
Be Mindful of Children:

Children's skin is delicate and more susceptible to sunburns. Ensure they are adequately protected by applying sunscreen, using appropriate sun-protective clothing, and encouraging them to seek shade when needed.

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



Dr. Benjamin Bashline



Dr. Megan Morrison



Dr. Pezhman Shoureshi



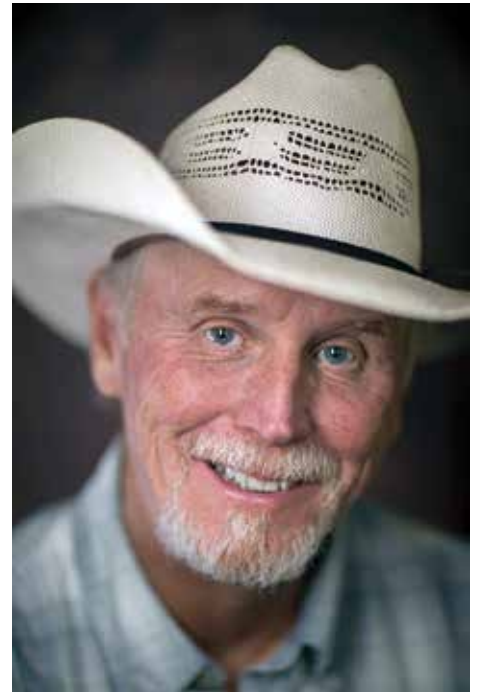
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BLOOD SUGAR:

Do you know your numbers?

Did you know that a fasting blood sugar level of 126 mg/dL or higher is considered diabetic? And that those with a blood sugar level of 100–125 mg/dL are considered prediabetic?

Diabetes is a serious condition that can lead to increased risk for heart attack, stroke, kidney failure, amputation and blindness if it is not properly managed. In fact, two out of three people with diabetes die from heart attack and stroke.

Knowing you have diabetes or prediabetes is the first step to managing the condition. At Maury Regional Health, we are committed to helping patients navigate diabetes — from the moment of diagnosis in your doctor's office through every step along your journey.

Learn more about diabetes and access a variety of resources at [MauryRegional.com/Diabetes](https://www.MauryRegional.com/Diabetes).



**MAURY REGIONAL
HEALTH**

You don't have to manage your diabetes alone.

Maury Regional Health is committed to helping those with diabetes and high blood sugar manage their condition with:

- **FREE monthly diabetes support group meetings** for adults and children
- **Diabetes Self-Management Classes:** A comprehensive course focusing on medications and healthy living
- **Nutrition Therapy:** Personalized counseling to assist patients in developing meal plans to maintain long-term results
- An experienced medical staff, including **endocrinologists** and **primary care providers**, who work together to manage a number of diabetes-related conditions

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