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WHAT IS PLARN?

Local seniors find a way to help others and recycle plastic bags.



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EXPERIENCE LOCAL

Experience Spring Hill is coming soon and you will not want to miss it.



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SEAFOOD & PASTA

This one will become a family favorite.



LOCAL FOCUS COMMUNITY SNAPSHOTS 6, 8 SERVICE DIRECTORY 22, 23

Visit our website: springhilllocal.com

ON THE COVER: The Spring Hill Chamber of Commerce is hosting its annual community event, "Experience Spring Hill, The Event" presented by Liberty Federal Credit Union at Summit High School on Saturday, June 24, 2023, from 10:00 a.m. until 2:00 p.m. The event promises to showcase some of the best that Spring Hill has to offer in one place.

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COMMUNITY SNAPSHOTS



GARY'S PLACE CELEBRATES 17 YEARS IN BUSINESS

Gary Sherman, owner of Gary's Place is celebrating 17 years in business in Spring Hill.

Gary's Place is a yearly sponsor of Summit high school football, wrestling and contributes to and sponsors many local events. Gary is seen in the photo with his management staff, pictured left to right: Lauryn, Gary Sherman (owner), Trent, and Cindy.



UNIVERSAL SCREEN

The Spring Hill Chamber and Maury Alliance celebrated Universal Screen's new location with a ribbon cutting ceremony on Thursday, April 27, 2023. You can learn more at univscreen.com.



THE WELL OUTREACH'S OUR CHANCE PROGRAM

The Spring Hill Chamber and Maury Alliance celebrated the launch of The Well Outreach's Our Chance program with a ribbon cutting at their McLemore annex on Friday, April 21, 2023. Learn more about this new program at springhillwell.org/family-coaching-support.html.



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COMMUNITY SNAPSHOTS



UAW LOCAL 1853 ADOPTS A STREET

If you are driving down by the Union Hall, you may notice some new signs on our street! In cooperation with the City of Spring Hill, UAW Local 1853 has adopted their street – Steven P Yokich Parkway and a part of Kedron. We would like to thank Spring Hill Alderman, Jason Cox, and Spring Hill Communications Director, David Fish for helping us to set this up. We certainly hope that more businesses and other city leaders take part in helping to keep Spring Hill beautiful.

UAW Local 1853 President Cathy Busbee stated, “We have been pursuing this for a couple of years now, and it is amazing to see it come to fruition. Our Local continues to do amazing work for the community and we will continue this hard work. Our standing committees will make a difference in Spring Hill, and it already shows, and I would like to thank everyone who came out to volunteer today.”

Local 1853 would like to thank Erica Pater, Daniel Martinez, John Rutherford, Amy Alsup, Stephen Kelley, Christie Medina, Erica Costantino, and Lee Hudgins for showing up for the clean-up. If you missed out, do not worry – there will be at least 3 more clean-ups this year and we will be reaching out to the membership for volunteers.



OUTMAN LANDWORKS

The Spring Hill Chamber hosted Outman LandWorks for their official ribbon cutting ceremony Thursday, April 13, 2023 at the Spring Hill Welcome Center. Learn more about their architect design services at [outmanlandworks.com](https://www.outmanlandworks.com).



BIKE FOR ALZHMERS TO MAKE SPRING HILL STOP

Bicyclists will start an awareness journey on May 20 in San Francisco and will complete their ride on July 28 in Virginia Beach. Spring Hill will be a part of their route, and on July 7 they will make a stop at The Reserve at 2000 Reserve Blvd. Cyclists, Callen Jones and Ryan Spychalski are from the Spring Hill and Thompson’s Station area. More info LABrooks@reserveatpringhill.org



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Photography by Michael Tedesco.

PLARNING THE DAY AWAY... FOR A GOOD CAUSE

PAM WINDSOR

It's amazing what can happen when dedicated, like-minded people come together to help others. A group of women at the Spring Hill Community Senior Center can attest to that. Since last September, these women have gathered together twice a month to turn plastic grocery store bags into works of art that have a practical use. The process begins by creating "plarn."

"When I started working here in January," says Michele Tufano, a part-time Recreation Assistant, "I had never heard that word before. And when I saw what they were doing, I said are you

kidding me? I was blown away."

Plarn is plastic yarn. It's made with the small plastic bags you bring home from the grocery store.

"Our dozen-plus volunteers take the plastic bags, fold them in half, and cut the bags into strips," says Fran Gospodarek, a member at the center. "The strips are joined together to make balls of plarn. And the volunteers who know the art of crocheting, then crochet them into mat and pillow sets."

The mats measure approximately 3 feet by 6 feet and have ties or straps added to make them easy to carry. Every mat comes with a companion pillow. Creating each set not only takes a lot of time and effort, but it also takes a considerable number of bags.

PAGE 12 >



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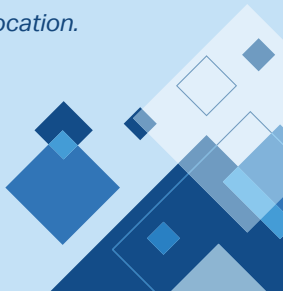
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*Imaging services
vary by location.*





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“As you can imagine, many plastic bags are required,” says Gospodarek. “At least 1000 for each set.”

The sets are all donated to help the homeless in the greater Nashville area. In addition, the Spring Hill group works with Shower Up, which provides mobile shower units and personal hygiene necessities to those in need.

It’s a way to do something for others and falls under the heading “love thy neighbor.” To help carry the message behind it, the volunteers attach small wooden hearts with the word “love” to each and every mat.

The Spring Hill Community Senior Center is open to people over 55 and is free to join. Members have access to a number of

activities and can play cards, take part in ballroom dance classes, join a book or travel club, and much more. They can also learn the art of making plarn. Organizers welcome new volunteers to help with either turning the grocery bags into the yard or crocheting the actual mats and pillows. The group meets on the first and third Tuesday of the month from 1 pm to 2:30 pm. The center is located at 563 Maury Hill Street.

“They all work together so well, with each taking part in the different steps,” Tufano says. “There’s a lot of laughter, joy, and friendship, and they’re excited about what they’re doing and ready to welcome new people to the group.”

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COMMUNITY EVENT SHOWCASES SPRING HILL, LOCAL TOURISM

The Spring Hill Chamber of Commerce is hosting its popular annual community event, Experience Spring Hill, The Event presented by Liberty Federal Credit Union at Summit High School on Saturday, June 24, 2023, from 10:00 a.m. until 2:00 p.m. The event promises to showcase some of the best that Spring Hill has to offer in one place, without the hassle of traffic—perfect for new and long-standing residents, as well as visitors to the city.

This year's event will feature over 100 business vendors, providing plenty of opportunities for attendees to browse and shop. There will also be a range of free family-friendly activities, including face painting and hair braiding stations, the City's touch-a-

truck display, and a video gaming area. Children will also have the chance to enjoy a super fun bounce house, and maybe even meet a "famous" character or two.

"The Spring Hill Chamber of Commerce is very excited to bring our annual eat, shop, and play event back to Summit High School this year," said Executive Director Rebecca Melton. "Our organization's mission is to positively influence the business culture to create a better Spring Hill, and this event allows us to highlight so many of the local businesses and organizations that exemplify our mission."

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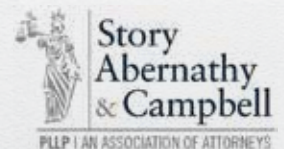
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Photography provided.

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The event will also include dance demonstrations from local dance studios, a virtual reality station, a golf simulator, and games with prizes for everyone to enjoy. Additionally, this year's event will feature a brand-new Tennessee Travels area to exhibit local tourism, attractions, and staycation ideas. With plenty of activities, vendors, and community information available, attendees can get a glimpse of the vibrant and growing community of Spring Hill without having to leave the comfort of one location.

Admission to the event is free, and general admission tickets are now available. Those interested in attending can visit the event's website, experiencespringhill.com, to reserve their tickets.

The Spring Hill Chamber of Commerce can be contacted at (931) 486-0625 for more information about the event.

"We are thrilled to be the presenting sponsor of Experience Spring Hill, The Event once again this year," said Chris Wagner of Liberty Federal Credit Union in Spring Hill. "Participating in this event allows us to connect with and wholeheartedly support the Spring Hill community in a meaningful and impactful way."

Attendees are encouraged to check back on the event's website for updates leading up to the event. With so much to see and do, Experience Spring Hill, The Event promises to be a fun-filled day for the whole family.



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WHAT:

Experience Spring Hill, The Event

DATE:

Saturday, June 24, 2023

TIME:

10:00 a.m. until 2:00 p.m.

LOCATION:

Summit High School
2830 Twin Lakes Dr. *(Austins Way)*
Spring Hill

COST:

Free admission

TICKET AND EVENT MAP:

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RED PEPPER- 5 OZ

SALT AND PEPPER- TO TASTE

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ALL SPICE- ½ TSP

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DIRECTIONS: *Once one item is started, begin the next one if you have the space.*

Note: All of these components take up 5 eyes on a stove.

- **Sauteed Shrimp**- In a small sauté pan on medium heat put 2 oz of olive oil in the pan. Once the pan is ready add the shrimp. Add both ends of the lemon and 1 of the 4 wedges. Squeeze the juice in the shrimp and leave the peel in the shrimp too.
- **Pan seared Snapper**- In a large sized sauté pan on medium heat, put 4 oz of the olive oil in the pan and allow to heat up. In the meantime, salt and pepper the fish to taste and add 2 oz of Cajun seasoning to one side of filets, then 2 oz more of Cajun to the other side. Cook the fish till the layers of the fish separate with ease and become opaque.
- **Sauteed Veggies**- In a small sauté pan on medium heat, put 1 Tbsp of olive oil in the pan and allow to heat up. Once the pan is ready, combine the asparagus, corn, and red pepper in the pan. Allow veggies to get some color.
- **Cream Sauce**- Begin to heat up the white rue on medium heat, once up to temperature, pour in the milk and reduce heat to low. Stir constantly until thickened. Season to taste and add rosemary, 1 lemon wedge squeezed and its peel, and all spice.
- **Pasta**- In a smaller pot, begin boiling the water and add a pinch of salt. Once the water boils, cook the pasta till tender, strain and set aside.
- **Layer** from bottom to top (1 cup of pasta, half of the sauce, 1 fish for each plate or bowl, half veggie mix on top of 1 fish, split shrimp, make a ring around the center with shrimp, sprinkle with green onion, lemon on top.)



1 IN 5 AMERICANS WILL DEVELOP SKIN CANCER IN THEIR LIFETIME.

Skin cancer represents the most common type of cancer in the United States. The two most prevalent are basal cell cancer and squamous cell cancer. Melanoma represents a less common but more aggressive and deadly form of skin cancer. Nearly 70,000 Americans are diagnosed with melanoma each year and it causes 8,700 deaths. Five or more sunburns more than doubles your risk of developing potentially deadly melanoma.

One way to protect yourself from skin cancer is by protecting your skin from getting too much of the sun's ultraviolet light. It's especially important to avoid getting sunburned as this increases the risk of melanoma. Using sunscreen (at least SPF 30) and

wearing UPF protective clothing, including a hat with a brim, are good ways to do this.

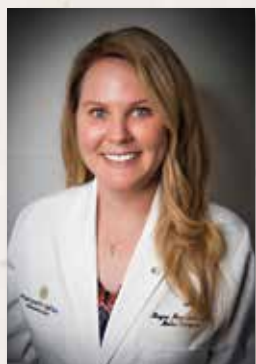
While sun protection is important for adults, it's even more important for children. The average American experiences most of their sun exposure before the age of 18. Even one blistering sunburn in childhood or adolescence more than doubles your chances of developing melanoma later in life.

Annual full body scan exams are recommended for anyone who has had more than one blistering sunburn in their lifetime and all adults over the age of 50. Make an appointment today with one of our board-certified dermatologists!

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



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Dr. Megan Morrison



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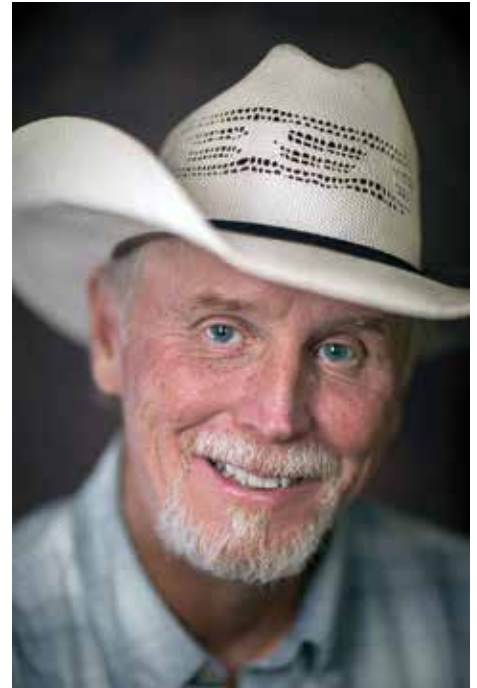
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Michael Dominic Tedesco is a photographer in Nashville, formerly New York City. Clients include: Mutual of America, Farm Bureau Insurance, Penguin Publishing Group, Gotham Books, Avery Books, Bloomberg Markets, Men's Health, Women's Health, Men's Fitness, The Source, CMJ, St. Johns University, Decker Design, Jujamcyn Theaters, Journal Communications, Warner Music Nashville, University of Tennessee, Meharry College, Edge Artist Management and many Departments of Agriculture in the United States. View more work at www.tedescopictures.com



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Why People Choose The Goldton At Spring Hill

My family is so very grateful for the Goldton and the team of people that manage and care for this beautiful facility. During a time of transition for our family, we felt supported and loved as our precious parents, Jerry and Ann Peek, needed more support and help than we could offer. We were treated like family, and we are forever grateful for all they have done for us. Our parents even celebrated their 67th wedding anniversary at The Goldton! I recommend the Goldton to families going through challenges with an aging parent or even as an option for someone that needs more of a community setting. The residents and staff have created a beautiful place to live and call Home.



*Forever grateful,
Kyle Peek, son*

LIFE IS BETTER TOGETHER!

When my late wife, Roma, and I began our search for senior living care, we toured 30 properties in Maury and Williamson counties with very definite ideas of what we wanted. The Goldton was the only one that met our requirements with regard of size and floorplan of the apartments. The many livable common areas were impressive too.



After my wife passed away, I chose to continue to live here, as this had become Home because of the genuine love and care felt in this community for everyone who walks through its doors. I truly have the feeling of being an important member of a very close-knit family at The Goldton. There is no better place for me to call Home.

Ken Powlis, resident

Rita, an independent woman was living on her own since her husband passed 17-years ago. She had tours of several assisted living facilities in the surrounding area but kept coming back to The Goldton at Spring Hill. She liked the atmosphere, the staff, and somehow it already felt at home. She moved in with her little dog Phoebe, enjoyed amazing dining experiences each day, and was able to socialize with others in the same position she was in.



She was so excited one day and called me to say she was sorry, but I can't go out with you today. We are going to the Elephant Sanctuary, and I have always wanted to go, so I am going! As Mom's dementia progressed, she found such comfort in the more intimate memory care environment.

A person who has dementia can be a challenge to assist, support and guide. The staff are awesome in their kindness, their love and compassion, and their patience. They always have sweet smiles and a caring attitude when I see them, pictures to send to me of mom on a day they helped her put her makeup on, or just to help her call me so she can hear my voice.

To all of the Goldton staff, thank you for everything you do for my momma!

*Her daughter,
Lisa Trimble*



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