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Local organization has a passion for gardening and sharing their skills with others



## 26 SENIOR LIVING IN A HOME ENVIRONMENT

Local community keeps seniors busy in comfortable environment



## 30 FIRE UP THE GRILL

This twist on a traditional burger will be a hit this summer on the patio



## LOCAL FOCUS

COMMUNITY SNAPSHOTS 6, 8, 10  
SERVICE DIRECTORY 22, 23, 24

Visit our website: [springhilllocal.com](http://springhilllocal.com)

**ON THE COVER:** People are planting trees, flowers, herbs and vegetables this time of year. The Williamson County Master Gardeners Association provides education and learning opportunities to those that join their organization.

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# COMMUNITY SNAPSHOTS



## DEBERRY HAS SUCCESSFUL SHRED DAY

The 7th annual DeBerry Insurance Agency FREE Shred Day was a success! Over 10,000 pounds of paper was collected, filling the truck to the brim. This year's event brings the total amount of paper collected since the event was founded to more than 25 tons!

The DeBerry Insurance Agency FREE Shred Day event has grown to be a huge recycling effort over the years as all of the paper collected is recycled. As a special commemoration to Earth Day, this year the agency gave away Tulip tree saplings to the first 50 people who attended the event.

Special thanks to Spring Hill Police officers David Kloke (Lieutenant) and Curtis Floyd for helping to keep traffic moving safely throughout the event. Thank you also to Spring Hill Eyecare for allowing the use of their parking lot to accommodate additional cars.



## TRIDENT VEIN CENTER

The Spring Hill Chamber celebrates Trident Vein Center with a ribbon-cutting ceremony on March 24. Learn more about Dr. Cunningham and their services at [tridentvein.com](http://tridentvein.com).



## NOIRE THE NAIL BAR

The Spring Hill Chamber celebrates with the new owners of Noire The Nail Bar with a ribbon-cutting ceremony on March 20. Learn more about their nail spa services at [noirethenailbarspringhill.com](http://noirethenailbarspringhill.com).



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# COMMUNITY SNAPSHOTS



## CONCIERGE RIDE TN

The Spring Hill Chamber and Maury Alliance celebrate Concierge Ride TN's preferred transportation partnership with Worldwide Stages with a ribbon-cutting ceremony on March 1. Learn more about this car service company at [conciergeridetn.com](https://conciergeridetn.com).



## TEXAS ROADHOUSE

The Spring Hill Chamber celebrates the grand opening of Texas Roadhouse with a ribbon-cutting ceremony on February 27. Learn more about the Spring Hill location at [texasroadhouse.com/locations/spring-hill](https://texasroadhouse.com/locations/spring-hill).



## SPRING HILL HAVEN

The Spring Hill Chamber celebrates Spring Hill Haven with a ribbon-cutting ceremony on February 8. Learn more about this short-term rental at [springhillhaven.com](https://springhillhaven.com).



## SCOTT BERNARD LIVE WITH KENNY LOGGINS

Spring Hill resident Scott Bernard (featured in our March edition) (<https://springhilllocal.com/favorite-features>) is on the road with Kenny Loggins for the "Kenny Loggins: This Is It! His Final Tour 2023". The tour is making a stop at the FirstBank Amphitheater on May 11. Tickets are available now on Ticketmaster.







## Winner of Multiple Local & National Awards

2020 Citizen of the Year: Dr Rob Szeliga | 2020 Best Eyecare Provider Spring Hill & Thompson's Station  
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125 STEPHEN P.YOKICH IN SPRING HILL AT UAW LOCAL 1853 UNION HALL

# COMMUNITY SNAPSHOTS



## FRANKLIN RODEO, A WILLIAMSON COUNTY TRADITION – MAY 18, 19, 20

Williamson County Ag Expo Center, 4215 Long Lane, Franklin  
Founded in 1949, the Franklin Rodeo brings over 18,000 fans together yearly. It is one of the longest-running family events in Middle Tennessee and one of the largest rodeos east of the Mississippi River. For more info: [franklinrodeo.com](http://franklinrodeo.com)



## LOCAL RESIDENT HONORED BY UT COLLEGE OF NURSING

The University of Tennessee, College of Nursing is wrapping up a yearlong celebration of its fiftieth anniversary. Within the centerpiece of this momentous anniversary was the College of Nursing's 50th Anniversary Gala, where they recognized and honored 50 Vol Nurses.

Vicki Bechet, a Spring Hill resident and 1978 College of Nursing graduate, received one of the awards during the 50th Anniversary Gala on February 25 in Knoxville.

A lifelong community volunteer, primarily with the 132-year-old GFWC (General Federation of Women's Clubs), she is a 4th-generation member, following in the footsteps of her great-grandmother, grandmother, and mother, joining her first club in 1980. She served in multiple leadership positions at all levels, including TN Director of Junior Clubs 1994-96, and recently completed her term as President of the GFWC of TN during 2020-2022. During Bechet's state leadership positions, she represented Tennessee while serving on the GFWC International Board of Directors.

Bechet founded the local GFWC Spring Station Woman's Club in 2010, serving as the club's first President, formed the GFWC Maury County Women's Club in 2019, and reactivated the GFWC Clarksville Woman's Club in 2021.

On a more personal note, she is married and has four children and five grandchildren in a blended family. Now retired, she and her husband Frank enjoy traveling by cruising and "glamping" in their RV.



## BIRDY GRACE BOUTIQUE RIBBON CUTTING

The Spring Hill Chamber celebrates the grand opening of Birdy Grace Boutique with a ribbon cutting ceremony on Friday, March 31, 2023. Learn more about the boutique at [instagram.com/birdygraceboutique](https://www.instagram.com/birdygraceboutique).





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Photography by Holly Gardner.

# SHARING THE LOVE OF LOCAL HORTICULTURE

## PAM WINDSOR

---

Like so many communities across the country, Williamson County has a dedicated group of Master Gardeners with a passion for gardening and an interest in sharing what they know with others.

“The goal is primarily education for the public,” says Matt Bergstrom, President of the Williamson County Master Gardener Association. “So, a lot of what we do is volunteer at and help maintain public gardens. The Master Gardeners in our area are involved in Carn-ton Plantation and the period garden they have there, at the Carter House, and the Giving Garden at Franklin

United Methodist Church.”

While each gardener may have varied interests, some with just a small garden at home, others with more extensive, more beautiful gardens, nearly all volunteer at one of those public gardens.

“It’s definitely a labor of love,” Bergstrom explains. “It’s something we want people to know about because we’ve all experienced the benefits of gardening and being outside and the importance of nature. And it helps the public see and learn about the importance of sustainability and things like that.”

The term “master gardener” can be a little intimidating, but anyone can apply to take the class. Offered through universities,

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## 2023 FIRSTBANK CONCERT CALENDAR

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WITH COLD WAR KIDS
- 7.13 + DWIGHT YOAKAM  
WITH THE MAVERICKS
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WITH HEARTY HAR
- 7.28 + KIDZ BOP
- 7.30 + JASON MRAZ
- 8.16 + INCUBUS  
WITH BADFLOWER
- 8.25 + GOO GOO DOLLS  
WITH O.A.R.
- 8.31 + THE DOOBIE BROTHERS
- 9.01 + 5 SECONDS OF SUMMER
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Photography by Holly Gardner.

**< FROM PAGE 12**

it provides research-based horticulture training. The program in Tennessee is administered by the University of Tennessee through county Extension offices. It involves 40 hours of training and requires 40 hours of volunteer community service.

“It’s all through the UT Extension office, so it’s all university-level information,” Bergstrom says. “It’s all been vetted and tested, so you’re getting the best, true-for-Tennessee gardening information which is something we have to work against a little bit with the internet these days. You’ll read a gardening article online not realizing it’s from somebody in Oregon or somewhere else,

which is completely different than growing something in Middle Tennessee.”

Master Gardener Jack Melnick agrees.

“I’m from Ohio, and gardening down here is quite a bit different than it is in Ohio. The time period’s different; it’s longer than up north. The weather is different; you’re in a different time zone.”

People become Master Gardeners at different points in their lives. For Melnick, it came after retirement. He enjoys the opportunity to share his knowledge, but continues to learn by working in public gardens like the one at Carnton Plantation in Franklin.

“The Carnton Plantation has a huge garden that was main-

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#### < FROM PAGE 14

tained back in the day, and that's where I started. Then, a couple of years later, they wanted to recreate the Slave Garden down where the slave quarters were because they had their own garden, so I kind of took that over. People come and visit, and they're always asking questions and are surprised by what we're growing. We grow tomatoes, the same tomatoes they grew back then, okra, and we've even planted cotton there. It's pretty interesting."

Williamson County's Master Gardeners stay busy with a host of different projects, and since they're all volunteers, they need to raise the funds to support those projects.

#### How do I become a Master Gardener in Williamson County?

Being certified as a Master Gardener in Tennessee requires completion of the Tennessee Extension Master Gardener course (for a fee of \$150, which includes the Tennessee Master Gardener Handbook) and 40 hours of volunteerism. In subsequent years, 25 hours of volunteer service, \$20 in membership dues and 8 hours of continued education are required in order to remain in "good standing." The course is organized around weekly lectures, with some workshops, field trips and projects. It takes place over 15 weeks beginning in January of each year. Evening classes are offered in odd numbered years (2021, 2023), and day classes are offered in even numbered years (2022, 2024). Visit [wcmga.net/](http://wcmga.net/) for more info.





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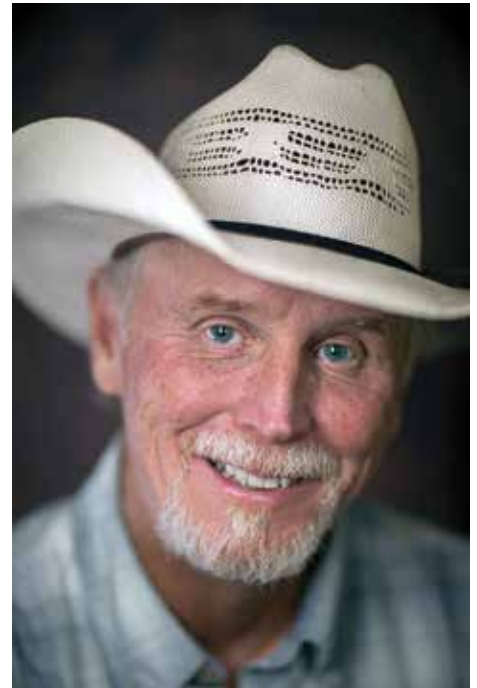
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Photography by Robbie Mathis

# A VIBRANT SENIOR LIVING COMMUNITY IN THE HEART OF SPRING HILL

BY JASON ZASKY

“People want to age in a home-like environment,” begins Donna Stephens, executive director at The Goldton, an upbeat senior living retirement community that helps residents maintain an active lifestyle. A large percentage of the residents come for the socialization and to be part of a community, and because “they don’t want to cook and clean anymore,” adds Stephens.

That said, The Goldton’s assisted living residents can choose to live in a studio apartment or a one- or two-bedroom while taking advantage of all the amenities and activities the community offers. That includes everything from exercise classes to competitive games, as well as in-house movies and religious services. Not to

mention outings to local stores and shops, as well as a daily Happy Hour, for those residents who want a glass of wine or beer.

The Goldton—located on Miles Johnson Parkway—also hosts Spring Hill Cars & Coffee every fourth Saturday, and there is a fair amount of live music.

“I play piano and sing a couple times a month, having been in Christian music before coming into healthcare,” says Stephens. “Our bus driver is a retired music minister and has a choir called the Gold Tones, and I play piano for them. A lot of our residents sing or play piano or guitar, and we even have a gentleman who plays harmonica on our mezzanine. So it feels a little like *Mayberry*,” she concludes, referring to the fictional community that was the setting for several popular sitcoms in the 1960s.

PAGE 28 >

# WE'RE BACK!

After a disastrous flood on Christmas Eve, Harpeth Valley Dermatology has finally reopened in Thompson's Station! Harpeth Valley Dermatology is a family-owned and operated, full-service medical practice consisting of three board-certified dermatologists: Dr. Megan Morrison, Dr. Pezhman Shoureshi, and Dr. Benjamin Bashline.

Our dermatologists bring a wealth of medical experience that collectively spans over twenty years. Through their prior experience, they became increasingly concerned with the ever-apparent shift from patient-centered dermatologic care to that of a corporate driven business. Many dermatology practices have replaced their board-certified dermatology physicians with providers lacking specialized training, which can be misleading to patients. At Harpeth Valley Dermatology, our mission is to provide our patients with a true dermatology experience.

Our dermatologists are experts in diagnosing and treating a wide array of medical conditions. We provide comprehensive treatment modalities for common conditions such as eczema, psoriasis, acne, and warts as well as diagnosing and treating skin cancer and various autoimmune conditions. As osteopathic physicians, we provide a holistic approach to diagnosis that focuses on finding the root of the problem instead of solely treating symptoms. We customize treatment plans to not only provide effective management, but more importantly, find a solution that patients feel comfortable with. Outside of medical

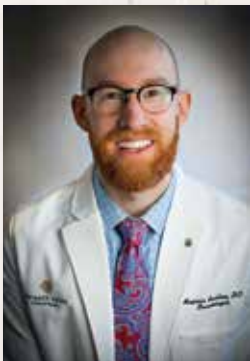
services, we also provide a full spectrum of cosmetic procedures. These include toxins, fillers, lasers for anti-aging and scarring, radiofrequency microneedling, Bela MD facials, as well as platelet rich plasma (PRP) treatments for hair loss. We are also proud to carry our own line of Harpeth Valley Dermatology products for anti-aging.

One of the most important services we provide is screening for skin cancer. Twenty percent of Americans will develop skin cancer and it remains the leading cause of cancer in the United States. All three of our dermatologists are members of the American Academy of Dermatology (AAD) and regularly provide free skin cancer screenings sponsored by the AAD.

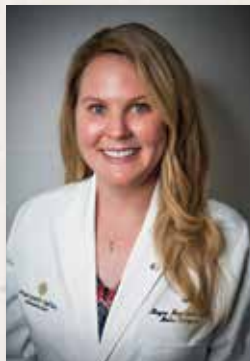
Outside of diagnosis, the dermatologists at Harpeth Valley Dermatology are experts in providing surgical and non-surgical treatment options for skin cancer, including Mohs micrographic surgery. Dr. Morrison is not only a board-certified dermatologist but she is also a fellowship-trained Mohs surgeon. Mohs surgery is the gold standard for skin cancer treatment and offers the highest cure rate (99%) while minimizing the cosmetic effects of surgery.

We invite you to discover the difference at Harpeth Valley Dermatology where we pride ourselves on practicing first-class dermatologic care. Please come see us at our recently reopened Thompson's Station location.

For more information, please go to [harpethvalleydermatology.com](http://harpethvalleydermatology.com) or call us at **615-905-8083**.



Dr. Benjamin Bashline



Dr. Megan Morrison



Dr. Pezhman Shoureshi



Harpeth Valley  
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Photography by Robbie Mathis

## < FROM PAGE 26

More notably, still, there are a dozen married couples who call The Goldton home. And a sizable percentage of residents don't need assistance with medication management or taking care of basic daily needs.

"We have a hospitality environment with healthcare services and not the other way around," explains Stephens, though The Goldton does offer a full range of services—including bathing, dressing, grooming, and toileting assistance—to those who need it.

The community also features a memory care "neighborhood" made of 16 private and shared studios where associates "provide more one-on-one interaction and personalized programming, so we can engage everyone at their level of ability and interest," as Stephens puts it.

All meals are chef-prepared—a mix of daily specials and classic favorites served in a restaurant-style setting, with a private dining room available for family events.

The Goldton also has an apartment available for respite stays, a great resource for family members caring for elders. Family members who want to stay on site can also utilize the space when visiting residents, a significant percentage of whom have come

from other states.

"I encourage people to look at reviews when they are looking at options," offers Stephens. "I am paid to tell you all the great things about us, but to have someone that has actually lived here or have had their loved ones here, that's really the information I would seek—someone else's testimonial."

Stephens—who has been in her role since December 2021—also encourages the Spring Hill community to use her as a resource, as she has been working in the industry for more than two decades.

"If you need a resource for anything senior living related—like hearing aids or eyeglasses—and you hit a brick wall and are not sure what to do, I am glad to be a resource. I've been in this industry so long, and not everyone needs assisted living, but everyone is on the journey, and I want to be a resource to the greater community and help people along the way," she says.

"That's what you do in a community; you help each other," concludes Stephens. "The resident becomes family to us, and we become an extension of your family."

For more information see their ad on page 17 or visit [atlasseniorliving.com/the-goldton-at-spring-hill/](https://atlasseniorliving.com/the-goldton-at-spring-hill/)



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SALT

PEPPER

1 BOX (11.2 OUNCES) TRIDENT SEAFOODS ALASKA SALMON BURGERS

4 CHEDDAR CHEESE SLICES

4 SEEDED BURGER BUNS, SPLIT AND TOASTED

4 CUPS ARUGULA

6 STRIPS PEPPERED BACON, COOKED

12 BREAD-AND-BUTTER PICKLES, DRAINED

### INSTRUCTIONS:

- In small bowl, combine mayonnaise, lemon juice and lemon zest. Season with salt and pepper. Set aside.
- Cook salmon burgers according to package directions. When almost cooked through, top each with slice of cheese, cover and cook until melted.
- Spread cut sides of buns with mayonnaise and top bottom buns with arugula. Cover with salmon burgers, bacon, pickles and top buns.



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