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Inside *{local}* November '23



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Local residents shine in the Thanksgiving season



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After relocation a career change brings happiness



LOCAL FOCUS COMMUNITY SNAPSHOTS 8 SERVICE DIRECTORY 22, 23, 24

Visit our website: springhilllocal.com

Spring Hill lost more than a namesake for the Miles Johnson Parkway in September. Miles Johnson was a leader and one of the builders of the town.

As Vice Mayor, Johnson played an integral role in the area's growth, which led to local advancements in the arts, business, and education.

"The mayor didn't really want to go to [grand-opening] events with new businesses, so he sent me to those," recalls Johnson with a laugh. "I don't know how many businesses I visited where I was representing Spring Hill as Vice Mayor."

A long-time resident of Spring Hill, Johnson died Wednesday, September 20, 2023.

NEXT MONTH: *Don't miss our December edition of with listings of holiday events!*

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COMMUNITY SNAPSHOTS



HONEST-1 AUTO CELEBRATES 5TH ANNIVERSARY

The Spring Hill Chamber celebrated Honest-1 Auto Care's fifth anniversary with a commemorative ribbon cutting ceremony on Wednesday, September 20, 2023. Honest-1 Auto Care is located at 4875 Port Royal Road in Spring Hill.



REPUBLIC BANK IN SPRING HILL

The Spring Hill Chamber and Maury Alliance had a wonderful time celebrating the grand opening of Republic Bank in Spring Hill with a ribbon cutting ceremony on Thursday, August 31, 2023. The bank presented \$10,000 checks to both The Well Outreach and Habitat of Humanity Williamson-Maury organizations as a token of their commitment to the Spring Hill community. An open house with food and entertainment followed the ceremony. The bank is located at 128 Kedron Parkway in Spring Hill.



AHA INDIAN BAR & GRILL RIBBON CUTTING

The Spring Hill Chamber celebrated Aha Indian Bar & Grill at their ribbon cutting ceremony on Wednesday, August 23, 2023. Aha creates authentic Indian dishes and delivers them with professional service. They use fresh ingredients sourced from local vendors and spices imported directly from India. Learn more about the restaurant at ahaindiangrill.com. 3015 Belshire Village Dr, Spring Hill.



THE CHILDREN'S BALLET THEATER OPENS SECOND LOCATION

The Spring Hill Chamber celebrated the newly opened second location of The Children's Ballet Theater at their ribbon cutting ceremony on Thursday, September 21, 2023. The Children's Ballet Theatre instills the art of Classical Ballet in the hearts of children of all ages, races, abilities, and economic levels in a safe, professional environment. The new at 3015 Belshire Village, Unit 206, Spring Hill.



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A SPRING HILL THANKSGIVING

PAM WINDSOR

The strong community spirit reverberating throughout Spring Hill shines ever so brightly during the holidays.

Frank and Sasa Georgalos, who own the Grecian restaurant, have opened their doors (and kitchen) for the past six years to make sure everyone has access to a traditional Thanksgiving meal. They provide turkey, stuffing, mashed potatoes, cranberry sauce, and green beans to those who can come and join them in their restaurant and deliver it to those who cannot.

“We wanted to reach out to people who are in need,” Frank says. “People in situations where they can’t cook or perhaps are homeless.”

Or those who end up working during the holiday.

“We take care of police departments, fire departments, ambulance drivers, hospitals, and emergency rooms,” says Frank.

While Frank and Sasa provide the location and get the ball rolling, bringing it together requires an extensive network of good-hearted volunteers. Sasa recruits volunteers through their restaurant’s Facebook page. And that includes people who want to help cover food costs, those who want to cook, prepare, and/

or serve the food, or individuals who wish to serve as delivery drivers.

“Last year, we had about 80 volunteers on Thanksgiving day,” Sasa says. “We also had about 15 volunteer drivers who took food to 75 locations.”

They could also use volunteers in the days leading up to Thanksgiving.

“I have my main chef, who is my morning person, stop everything else that weekend before Thanksgiving,” says Frank. “And he’ll take about four days to prep between 60 and 65 turkeys, cooking constantly over those four days. Then, of course, we need to debone all of those turkeys. So, this is where we need a lot of help. We’re hoping to have more volunteers for prep time Monday, Tuesday, and Wednesday than we had last year.”

While preparing a Thanksgiving feast for so many is a logistical challenge, it’s always worth it.

“We are so incredibly blessed to have Thanksgiving with so many people around us,” Sasa says. “And there were people last year, it wasn’t that they didn’t have the money, they were just go-

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For families who want to cook and celebrate Thanksgiving at home but can't cover the cost, The Well Outreach is working to get them what they need to provide for their families. The Well is a Christian ministry that helps families in need through a local food pantry.

"We'll be doing a special Thanksgiving dinner giveaway sponsored by Thompson Station Church," says Shelly Sassen, Chief Executive Officer of The Well. "That will feed 400 families, and we are extremely thankful to them for that. But right now, The Well is serving 1400 families a month. So, we would love to invite our community to help us offset the additional 1000 families, so we can either give them extra groceries or buy a turkey to go with the regular pantry visit."

Sassen says people can make a financial contribution or donate items such as turkeys, pies, or bags of potatoes. In terms of financial contributions, a donation of \$40 dollars can cover the cost of an entire Thanksgiving meal for a single family.

"It costs us \$40 to do a whole Thanksgiving meal, given our resources," Sassen explains. "Whereas if you and I went and bought stuff for a holiday dinner, it would probably cost us over \$100."

Sassen says the number of families in crisis has risen steadily since COVID, so much so, that The Well is opening a new facility in Maury County to help cover the need in Middle Tennessee.

"Back in 2019, before COVID, we were serving 150 families a month. Right now, we're serving between 90 and 100 families a day."

And with the need always elevated during the holidays, it's an opportunity for those who can to help make a difference.

For more information, visit springhillwell.org/

DONATE TO THE WELL OUTREACH



Photography provided



< FROM PAGE 10

ing to be alone for the holiday. And when people called me, I said, come here, we can eat together."

She says people who didn't know each other pushed their tables together, started having conversations, and spent the day laughing, eating, and having a wonderful time.

"And that," she adds, "is the best payment to us."

To request a meal or if you have questions, send an email to Olympus2blue@yahoo.com or call (615) 302-4808.

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




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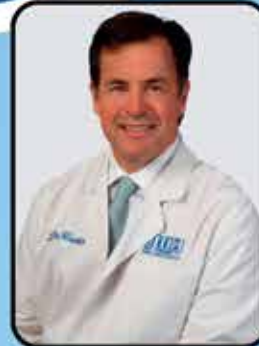
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Kristin and Adam Sturgeon. Photography by Michael Tedesco

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JASON ZASKY

“Let’s grab a cup. That is what police officers say when they want to get a cup of coffee together,” offers Adam Sturgeon, who was a police sergeant in Long Beach, California, before moving to Spring Hill with his wife Kristi and daughters Kayli and Addison. So it’s perhaps no surprise that he borrowed that phrase, “Let’s Grab a Cup,” for the title of a podcast he created that encourages people to take time out of their day to talk and listen to one other.

The podcast—launched in Jan. 2022—is about getting together over coffee, he says, “because the best times at work for me came during downtime, when we could meet up at a coffee shop and have real conversations, not just about work but about our personal lives.” Sturgeon came to appreciate how important those kinds of conversations are, especially in the wake of the suicide of one of his fellow police officers.

The podcast also helped make coffee a big part of his professional life. In fact, he and his wife now own and operate White Shepherd Coffee—on Parkfield Loop North near the Bridge Church

in Spring Hill—which started as a mobile coffee trailer in November 2022 but has since expanded to include a more traditional retail location.

“I didn’t have any prior experience with coffee, but I picked the brain of one of my old partners, who has a brother who owns a coffee shop in Long Beach. He helped us through the beginning stages,” recalls Sturgeon, before noting that another friend, one who owns a food truck in California, suggested testing out the business with a mobile trailer before opening a shop.

It’s safe to say that the test period went well, based on recent developments.

“We started right there in front of our current location with the trailer, and then people got used to coming there. Soon, it was pretty apparent that we needed to build that space out to become a coffee shop. So, at night, the trailer is stored inside the space, and by day, it’s a coffee shop,” explains Sturgeon, who says the name of the business was inspired by a pair of white shepherd dogs that are owned by his parents.

“It’s all organic, fair-trade coffee from Washington state,

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Photography by Michael Tedesco



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with beans that originate from Ethiopia, Guatemala, and South America. We have a dark roast, a medium roast blend, and a decaf option, and they all have chocolate notes in them,” he elaborates before explaining why he is bucking the trend of selling a locally sourced product.

“Everyone wants to show that their products are local, which I understand, and while we tasted some great local coffees, we wanted to be different. I didn’t want people to go down the street and get the same cup of coffee they get from us. I want our customers to have something that tastes noticeably different,” notes Sturgeon.

Indeed, the establishment’s most popular drinks—the “White Shepherd” and the “German Shepherd”—are distinctive, with the former a latte-style drink that incorporates almond syrup and white chocolate and the latter featuring dark chocolate with pecan and coconut.

As one might expect, White Shepherd also serves breakfast sandwiches and bagels, not to mention assorted pastries and snacks. And the proprietors do it all while emphasizing and reinforcing the values of faith, family, and trust.

“We want to not merely be a business; we also want to be part of the community and build trust within it. We want it to be a place where you can gather and have good conversation and learn about each other,” says Sturgeon, before adding: “Because we are built in faith, we want to give back. So, any tips we get, we donate ten percent of those back to the community,” with the Church of the City’s Wrap Around Closet being one of the beneficiaries.

Meanwhile, White Shepherd is still utilizing its trailer, taking it out on the road from four to six days a week, visiting Spring Hill’s Wade’s Grove community on Tuesdays and the Harvest Point community on Thursdays. The trailer also ventures out to Club Wyndam (Nashville) on Mondays and a diverse range of events on Saturdays, including school events.

That said, White Shepherd’s success has Adam and Kristi beginning to look ahead to the possibility of adding another retail location.

“I want us to grow organically, no pun intended,” quips Sturgeon. “We are definitely looking at the possibility of another location and where that might be.”

See their ad on page 20 or visit whiteshepherdcoffee.com

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FALL SKINCARE



Taking care of your skin during the fall season is essential as the weather gets cooler and drier. Here are some tips for a fall skincare routine:

Hydration is Key: As the air becomes drier, your skin may lose moisture more quickly. Consider switching to a richer, more hydrating moisturizer to keep your skin well-nourished, like our Ultra-Hydrating Booster with ingredients like hyaluronic acid which rehydrates, smoothes, tones and restores elasticity to the skin.

Exfoliation: Exfoliating your skin can help remove dead skin cells that can accumulate in the fall. Consider using a gentle chemical exfoliant like our Revitalizing Cleanser which Contains an Octapeptide complex and botanical essential oils and extracts including Clary Sage, Galanga, Aloe, Cucumber, and Ginger to maintain a fresh complexion. However, be cautious not to over-exfoliate, as this can lead to dryness and sensitivity.

Sunscreen: Don't skip sunscreen just because the weather is cooler. UV rays are still present, and protecting your skin from them is crucial. Opt for a broad-spectrum sunscreen with at least SPF 30, and apply it every morning, even on cloudy days. Our Hyaluronic Acid (HA) Sunscreen is a 100% physical blocker with the benefits of HA to plump your skin to keep that dewy summer glow!

Lip Care: Your lips can become dry and chapped during the fall. Use a nourishing lip balm with ingredients like shea butter or beeswax to keep them soft and hydrated.

Antioxidant-rich Products: Incorporate products containing antioxidants, such as vitamin C, into your routine. These can help protect your skin from environmental damage and boost collagen production. Our Vitamin C with Ferulic Acid pairs perfectly with our Intensive Recovery Cream which is rich in ceramides.

Body Care: Don't forget to take care of your body skin as well. Consider using a richer body cream with ceramides to prevent dryness and flakiness.

Nutrition and Hydration: Maintaining healthy skin also comes from within. Stay hydrated by drinking plenty of water and consume a diet rich in fruits and vegetables to provide essential vitamins and minerals for your skin.

Consult a Dermatologist: If you have specific skin concerns or conditions, consider consulting a Board-Certified Dermatologist. We can recommend personalized skincare products and treatments to address your needs.

Remember that everyone's skin is unique, so it's essential to pay attention to how your skin responds to different products and adjust your skincare routine accordingly. With these fall skincare tips, you can help your skin stay healthy, hydrated, and radiant throughout the season.

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