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## CARING FOR THE COMMUNITY

Local residents show love for community through non-traditional ways



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## A CONCEPT AND A DREAM

Local business owner took the plunge and followed her dreams



## LOCAL FOCUS COMMUNITY SNAPSHOTS 6,8 SERVICE DIRECTORY 22, 23, 24

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

**ON THE COVER:** *Spring Hill's super heroes are often spotted helping folks, or entertaining families and children, bringing moments of joy and happiness to everyone they encounter. Photo by Michael Tedesco.*

**ADVERTISING INFORMATION** Interested in advertising to over 7,500 homes in Spring Hill? 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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# COMMUNITY SNAPSHOTS



## GROUND BREAKING FOR GREAT WHITE

Debbi and James Whitlock (owners of Great White Express) recently had a groundbreaking with partners, family, and employees at the new Great White Express #2 to be located at 3003 Belshire Village Dr. (near Lowes). Grand opening date is scheduled for April 2024. Visit [greatwhiteexpress.com](http://greatwhiteexpress.com) or follow them on facebook.



## PREMIER DESIGN BUILD

The Spring Hill Chamber had a great time celebrating Premier Design Build's new building at their ribbon cutting ceremony on Tuesday, August 1. Founder Dave Craker has over 30 years in the construction business. He and his team are skilled at balancing your square foot requirements, desired design, and budget. Learn more about them at [.pdbtn.com](http://.pdbtn.com). You can find them at 1031 Parkway Drive, Bldg 25B in Spring Hill.



## LONGEVITY CHIROPRACTIC

Even with some major rain beforehand, the Spring Hill Chamber had such a wonderful time celebrating Longevity Chiropractic at their ribbon cutting celebration on Wednesday, August 9. Chiropractor and Children's Book Author Dr. Brett Long has been working in the community about a year by offering home visits until his chiropractic office was ready. He is excited to announce that his brick and mortar in Tollgate Village is finally done. Learn more about them at [longevitychiro.com](http://longevitychiro.com). Located at 2095 Branford Place, Suite 102, Thompson's Station



## ANTONUCCI'S AUTHENTIC ITALIAN

The Spring Hill Chamber had a wonderful time with Antonucci's Authentic Italian at their ribbon cutting ceremony celebrating their first year in Spring Hill on Thursday, August 17. Antonucci's is a family owned/veteran-owned authentic Italian eatery. They have owned and operated Italian restaurants for over 20 years. Learn more about them at [antonuccistn.com](http://antonuccistn.com) Located at 309 Hardin Alley, Spring Hill.





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Photography by Michael Tedesco

# YOUR FRIENDLY NEIGHBORHOOD BATMAN AND SPIDERMAN

BY JASON ZASKY

“I don’t see the Joker much here in Spring Hill,” quips Rob Harris—aka the Nashville Batman—about making the adjustment from Gotham City to Spring Hill, the latter of which he has called home since 2000. For most of the past two decades, Harris has been making public appearances as Batman, doing everything from birthday parties to visits on behalf of the Middle Tennessee Make-a-Wish Foundation.

“I’m a musician and an actor, but any day I get to put on the cape and cowl and get to spread a little joy and put a smile on kids’ faces is always a good day for me,” says Harris, who notes he has been a fan of Batman his entire life, ever since watching the late 1960s Batman television series that starred Adam West as Bruce Wayne/Batman.

Harris says he makes the vast majority of his appearances in the fall and winter months as wearing his Batman suit is a “very hot pursuit”—no pun intended.

“If you remember the Batman TV series, Adam West and Burt Ward (Robin) would jump on the bat poles and be in costume by the time they got to the floor of the Batcave. It doesn’t work that way for me. My wife or one of my three grown daughters have to help me get into the suit,” says Harris, noting that the process takes upwards of 45 minutes.

Nor does Harris have transportation befitting his superhero status, and he freely admits he would “love to roll up to a birthday party in a Batmobile.”

On the other hand, transportation is no longer a problem for Isaiah Brooks—the Spring Hill Spiderman—not since the Spring

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Photography by Michael Tedesco

**< FROM PAGE 10**

Hill community raised \$20,000 to buy him a brand-new Honda Civic as a Christmas gift. By that point, the then-teenaged Brooks had been making appearances around Spring Hill for several years, having purchased an adult Spiderman costume on Amazon.

“I got the idea when I was working at Taco Bell on Port Royal Road in Spring Hill,” recalls Brooks. “I thought about how cool it would be to buy a Spiderman suit and stand on a street corner and get people’s reaction.” That led to a gig at a local car wash, “and once I started seeing how much kids loved it, I just went from there,” he says.

These days, Brooks has several dozen Spiderman costumes in his closet and makes up to six half-hour appearances in a day, delighting children and adults alike with handstands, cartwheels, and back flips.

And, for the past several years, he and his girlfriend have done a Spidey Saves Christmas fundraiser of their own.

“Last year we raised \$2,000 and made goodie bags for the homeless, which I handed out in Nashville while wearing my Spidey suit,” he recalls, before admitting that Hulk—not Spiderman—is his favorite superhero.

Likewise, Harris really finds it very rewarding to give back to the community, and says that visits to Vanderbilt Children’s Hospi-

tal are especially moving.

“If parents invite you to come and spread a little joy, it’s an amazing honor and privilege,” he says, “though it can also be heartbreaking, because sometimes those kids aren’t going home.”

Notably, Harris often plays the “good guy” in real-life as well. For one, he is an ordained pastor who works with Standing Stone Ministry, a non-profit that provides free pastoral care to pastors who are struggling.

And in his work as a television actor, he typically plays positive role models—or characters who are fighting for justice.

“I usually play a detective or law enforcement of some kind,” he says about his recent work on the TV show *Snapped*, which films in Knoxville and airs on the Oxygen channel.

“I really like being the ‘good guy,’ he concludes. “That’s one of the reasons I like Batman so much.”

**CONTACT:**

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[nashbat5@gmail.com](mailto:nashbat5@gmail.com)  
[robharrisonline.com](http://robharrisonline.com)

**Isaiah Brooks (Spiderman)**  
[instagram.com/springhill\\_spiderman/](https://www.instagram.com/springhill_spiderman/)



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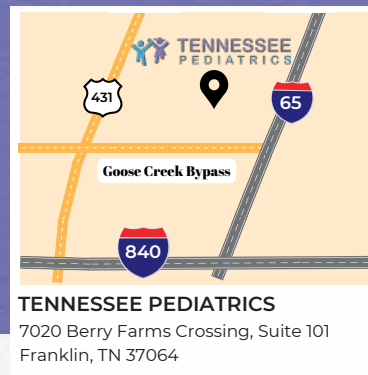
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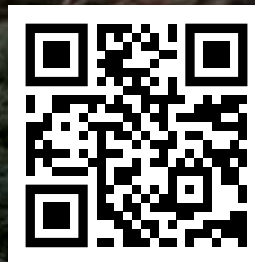
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On September 16, 2023, we came together for *Celebrate Spring Hill*, an event highlighting this milestone and the best our community has to offer. Our sincerest gratitude goes to the sponsors who supported the occasion. Your commitment and generosity played a pivotal role in making it an unforgettable experience for all.

To the businesses of Spring Hill, thank you for 20 years of memories, milestones, and progress together. Here's to the next chapter of our collective journey!

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Photography provided.

# BIRDY GRACE BOUTIQUE

**BY PAM WINDSOR**

It's a specialty boutique that started with a concept and a dream. Owner Kimberley Minier is a registered nurse who decided it was time to follow her passion.

"I've always had a love for fashion and design," she says, "and as a nurse, you realize if you don't go after your dreams, your days are pretty numbered, so you've just got to take the plunge on things."

Her fashion goal, however, was not to simply open a women's clothing store, but a combination boutique where mothers and daughters could shop together.

"I have a 14-year-old daughter, and we've always talked about

opening a store because we hated going to places where we couldn't shop together," she says.

So, Minier found an old carriage house in Spring Hill and opened Birdy Grace Boutique in April.

"We carry women's clothing in the main room," Minier explains, "then you go through this cute little hallway, and that's our junior department."

She buys for the women's side of the house, and her daughter, Maddie, does the ordering for the junior section.

"She takes care of all of that," Minier says. "She's here about once a week, does her work on my computer, and gives me permission on what I can and cannot purchase."

**PAGE 28 >**

# ECZEMA AFFECTS 1 IN 10 PEOPLE WE CAN HELP

Eczema, also known as atopic dermatitis, is a common disease that affects approximately 1 in 10 people during their lifetime. Although eczema often presents in childhood, it can affect adults as well. Although we don't fully understand eczema, genetics and environmental conditions both play prominent roles.

## WHAT IS ECZEMA?

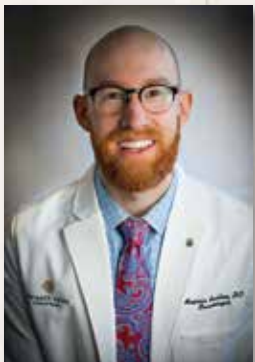
Eczema is a defect in the top layer of the skin, the epidermis, that causes the barrier to the outside world to become impaired. Important components of the epidermis, such as ceramides, become depleted, leading to dry, red, and inflamed patches on the skin. Eczema typically affects the flexural areas of the extremities (creases in the arms and legs), but can affect any area of the body. If present long enough, eczema can lead to a

thick leathery appearance of the skin, also known as lichenification.

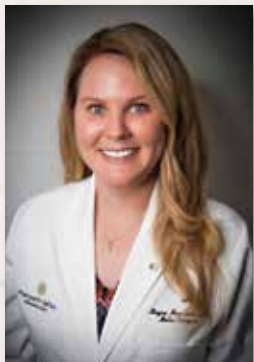
## HOW DO YOU TREAT ECZEMA?

The treatment of eczema revolves around attempting to restore hydration and depleted nutrients to the epidermis. Moisturizers, especially those with ceramides, are the backbone of all treatment regimens. Topical steroids are often prescribed in order to reduce inflammation and restore barrier function. In more severe cases, oral or injectable medications are often used by board certified dermatologists to control symptoms. If you or a loved one suffers from eczema, make an appointment with one of Board Certified Dermatologists to see what treatments are available.

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Photography provided.

#### < FROM PAGE 26

They work together well. Between the two of them, they've created a consistently well-stocked boutique that has something for everybody.

"We cater to all ages," Minier says. "I literally have people who shop here from ages 7 to 75 years old. Recently, I did personal styling for a 75-year-old woman who walked out the door with the biggest smile on her face."

And the variety of clothing is well-matched, with plenty of accessories.

"We have tons of jewelry," says Minier. "As you walk into the store, you see it's fully color-coded. All of the blues are together, all of the blacks are together, and then are accessories to go with every item in the store, handbags, shoes, earrings, and so forth."

Minier strives to pay close attention to customers' wants and needs.

"If they come in with a special request, we definitely try to accommodate them. I've started adding some kids' stuff because many of the moms who keep coming in are saying we need little

girls' items, too. So, I brought in a small section of sizes 7 through 14, and that's gone really well."

Creating a family-owned business often comes with its own set of challenges, but Minier has found running Birdy Grace Boutique to be an extremely positive experience. She's excited about the example it's setting for her daughter.

"I feel like it teaches her so many values as far as how to be part of the community, how to be an entrepreneur, and just to chase after whatever you want."

Minier attributes much of the success of Birdy Grace Boutique, especially as a relatively new business, to the strong support from throughout Spring Hill.

"I didn't expect this place to take off so quickly the way it has, but this community is so great. I feel word of mouth has helped us tremendously, and being part of the Chamber has helped a ton. I just feel like this town really comes together.

*Birdy Grace Boutique, 5323 Main Street, is open Tuesday through Friday, 11 to 7, Saturday, 10 to 7, and Sunday, 1 to 6. Minier often updates new store arrivals on the store's Facebook page. See their ad on page 11 for more details*



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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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