Muletown {local}







With our GA - 10 CLEANSER (Glycolic)

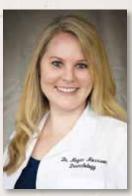
This rich and creamy cleanser is specially formulated with Glycolic Acid to exfoliate the skin's surface, remove makeup, oil, and impurities, and hydrate the skin, resulting in a smooth, radiant complexion.



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



Dr. Benjamin Bashline



Dr. Megan Morrison



Dr. Pezhman Shoureshi



990 ELLISTON WAY | SUITE 101 | THOMPSON'S STATION

THE LEADING NAME IN LUXURY



G COLDWELL BANKER SOUTHERN REALTY

A GLOBAL LEADER IN LUXURY REAL ESTATE SALES

Backed by the world renowned brand, **Coldwell Banker**, the nation's oldest real estate company, **Coldwell Banker Southern Realty** is currently one of the fastest growing real estate companies in middle Tennessee.

The iconic brand offers a powerful global network that can share the beauty of your distictive property with an affluent audience worldwide. **Coldwell Banker** sells more million dollar plus properties than any other brand. Our team of agents will help you find the perfect mix of luxury and southern charm to call home.



2563 Nashville Highway, Suite 6 Columbia, TN 38401 615-241-8888 WWW.COLDWELLBANKERSOUTHERNREALTY.COM

Muletown {local}

COLUMBIA & MAURY COUNTY

APRIL 2022

Velcome to the first issue of MuleTown Local, a magazine for Maury County residents and those living in the surrounding areas.

Our goal is to enhance local living by providing folks with more awareness of opportunities in the community, including events, visiting and shopping local merchants and services, or just learning about a neighbor. In addition, we will support local organizations, charities, and businesses and help build them up while offering introductions both in mailboxes and online.

We invite everyone to the table. Follow us on Facebook, visit us online at **muletownlocal.com**, drop us an email, or give us a call. We want to hear your ideas, story suggestions, event notices, or questions. If you are a local business or service owner, we would love to help you build your success.

MuletownLocal will publish every month and will deliver to thousands of mailboxes. Copies will also be available for pick up at many area hot spots. You can also find our online flip magazine at **muletownlocal.com**

Thanks for checking out **Muletown Local**

Supont

Thanks for your time,

Jeff Bryant

Inside {local} April '22









8 HEALTHY SNACKS FOR THE KIDS

They saw a need and found a solution helping thousands of kids

THE CAMERAS ARE ALWAYS ROLLING AT THIS DINER

Production company broadcasts to a national audience from downtown Columbia

20

FAMILY ENTERTAINMENT AND FUN

Tenn Pin has options for entire family

26

STEAK FOR DINNER

Mouth-watering marinated skirt steak recipe



LOCAL FOCUS SERVICE DIRECTORY 22, 23

Creative Director: Dennis Carroll

ON THE COVER: Larry Black & Keith Bilbrey on the set of Larry's Country Diner in Columbia. photo by Robbie Mathis.

ADVERTISING INFORMATION Interested in advertising to over 7,000 homes in Maury County? 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

Muletown Local is published by WilcoLocal Media & Marketing, published twelve times per year, and delivered both online and by postal delivery to over 7,000 homes in the Spring Hill area. Advertising claims are the sole responsibility of the consumer to check the validity and honesty of the offer made by the business. WilcoLocal Media and Spring Hill Local are not responsible for claims made by the business owners. Please submit any questions or comments to jbryant@wilcolocal.com.

For advertising information contact Jeff Bryant at 615-828-2542, or jbryant@wilcolocal.com

















J. Fredrick Wade, MD Joint Replacement

Hand & Elbow

Jeff Adams, MD Shoulder



Zachary Pharr, MD Sports Medicine Hip Arthroscopy

Ionathan Pettit, MD Sports Medicine

Joint Replacement

W. Cason Shirley, M.D. Randall L. Davidson, M.D. Erion Qamirani, M.D. Foot & Ankle

Spine

Interventional Pain Management



JOINT REPLACEMENT

Mid-Tennessee Bone and Joint Clinic has many physicians available to treat joint pain. The treatment plans can range from light exercise and physical therapy to a partial or total joint replacement.

Some typical causes of pain include osteoarthritis, acute injury, or a degenerative disease.

MTBJ proudly provides a team of joint replacement surgeons who have been recognized nationally for their medical excellence in joint replacement and orthopedic care. They also offer innovative solutions through advanced robotic. technology.

Call us today to make an appointment to see if joint replacement is for you.

1050 N JAMES CAMPBELL BLVD STE 200 -**COLUMBIA, TN** 931-381-BONE (2663) - 800-552-BONE (2663)

WWW.MTBJ.NET **MIDTENNESSEEBONEJOINTCLINIC**



D-TENNESSEE **BONE & JOINT CLINIC** -A Division of TOA, P.A.-

-SPORTS MEDICINE -JOINT REPLACEMENT -PHYSICAL MEDICINE & REHABILITION -SPINE SHOULDER & ELBOW - HAND/WRIST -FOOT & ANKLE -COMPREHENSIVE ORTHOPAEDICS



SHOP INSIDE OUR

APRIL COUPON SPECIAL

PARTS, SERV

WITH THIS COUPON MUST PRESENT COUPON BEFORE PURCHASE LIMIT ONE PER CUSTOMER EXP. 4/30/22 | OFFER CODE MTL

232 E. JAMES CAMPBELL BLVD. | COLUMBIA | 931.381.0005



Beat the Rush **Jason E. Daughrity** Owner/Landscape Designer Call Today for a REEESTIMATE

LANDSCAPING / COMMERCIAL & RESIDENTIAL **DESIGN • POOL DESIGN • OUTDOOR** OUTDOOR FIREPLACES & KITCHENS **IRRIGATION • PATIOS & SI BOBCAT & DIRTWORK • LAWN INSTALLATION** RETAINING WALLS • LANDSCAPE MAINTENANCE **ANNUAL MAINTENANCE CONTRACTS**

931-840-0030

BearCreekLandscapes@gmail.com | BearCreekLandscapes.com 2509 CAYER LANE, SUITE D | COLUMBIA







SNACKING LEADS TO SCHOOL SUCCESS

LOCAL CHARITY PROVIDES SNACKS DAILY FOR ELEMENTARY SCHOOLS

PAM WINDSOR

Charity Kimes says the idea to create a program to provide snacks for kids in school evolved over time. The seeds were planted during her 27-years as a speech pathologist when she worked in various public schools.

"I think that was kind of the very beginning of me coming home and sharing things with my husband about the need in different schools and different areas," says Kimes.

Her husband, Bradd, began thinking more about what they could do to help. It led to them creating Bright Apple in 2019. It is a non-profit organization that started small, but now, with the help of lots of volunteers and support throughout the community, it

delivers some 200,000 daily snacks annually to kids in six Maury County schools.

Kimes says the goal behind getting healthy snacks to kids during the day is to help keep them alert and ready to learn.

"Most schools start feeding kids lunch at around 10 o'clock in the morning to get all of them through the line. And that's unfortunate because a lot of our schools don't dismiss until around 3. So, if a teacher is trying to teach reading at 1:30 in the afternoon and that child ate lunch at 10, you can see where there's going to be a problem with them paying attention and focusing."

The program focuses on elementary schools where kids learn fundamentals that will carry them through life.

PAGE 10 >



A third generation Family Owned Moving Company Offering the Finest in Nationwide Relocation Services

- Private, Executive and Corporate Relocations
- Complete Packing and Crating Services
- 50,000 SF Secure, Climate-Controlled Storage Facility

HOME SINCE 1932

vipmovingandstorage.com vipmoving@live.com







LOS ANGELES 310.513.3730 NASHVILLE 615.586.6676 • COLUMBIA 931.388.0557



VOTED MAURY COUNTY'S #1 FAMILY ENTERTAINMENT CENTER & #1 PLACE TO HAVE A BIRTHDAY PARTY

GREAT FOOD AND FULL SERVICE BAR | 32 BOWLING LANES | HUGE ARCADE | LASER TAG | BUMPER CARS | PRIVATE PARTY ROOMS 730 Mooresville Pike , Columbia | 931.381.BOWL | tennpin.com



< FROM PAGE 8

"If you don't learn to be a proficient reader by the third grade, research shows things start stacking against you. From third grade to fourth grade, you really stop being taught to read, and you start 'reading to learn.' So, if you don't get the reading down by then, as you go on to the fourth, fifth, and sixth grade, you'll keep getting further behind," says Kimes.

Collecting and delivering snacks to school kids isn't as simple as it might seem. In addition to the cost factor, there are specific requirements for what's considered an approved snack under national nutritional guidelines.

"When you're taking snacks into the school system, they have

to be USDA Smart Snacks," Kimes says, "and that means there's nutritional quality. They can be things like fresh fruit, and we do quite a bit of that, but it's not all fruit. Since we deliver once a week, we start out with fresh fruit, and by the end of the week, it might be a Nutri-Grain bar or something similar."

Bright Apple was off and running in 2019, and then the COVID pandemic hit. But while it could have caused a significant setback, Kimes says it turned out to be a blessing in disguise.

"When COVID hit, the community really got behind us. We were able to put together a website, and people just started donating, which was amazing. Before we knew it, we were in our dining room going round and round a table, putting five snacks in

PAGE 12 >

Colorectal Cancer



During the pandemic, did you delay important screenings? Cancer of the colon or rectum often begins as noncancerous polyps. Detecting or removing these polyps before they become cancerous saves lives.

Doctors recommend colorectal screenings for those ages 45 or older and those at greater risk due to family history, inflammatory bowel disease or lifestyle factors, such as smoking.

149,500 ESTIMATED NEW CASES 2021*

ESTIMATED 52,980

*Source: American Cancer Society

Don't become a statistic.

Talk to your doctor about screening options and visit MauryRegional.com/ColorectalCancer.



Maury Regional Medical Center Columbia, TN Marshall Medical Center Lewisburg, TN Wayne Medical Center Waynesboro, TN

Maury Regional Mid-South Endoscopy Center Columbia, TN



< FROM PAGE 10

a Ziploc bag."

Parents were able to pick up the snacks at the schools.

Bright Apple currently uses a distributor to package and deliver the snacks to area schools. It's all funded by donations, most of them coming in consistently, monthly.

"We appreciate all donations," Kimes says, "but the monthly donors are the ones really making this happen because we need to know month to month what we have coming in and what we can provide."

She's been pleased by the strong community support that's allowed them to grow so quickly.

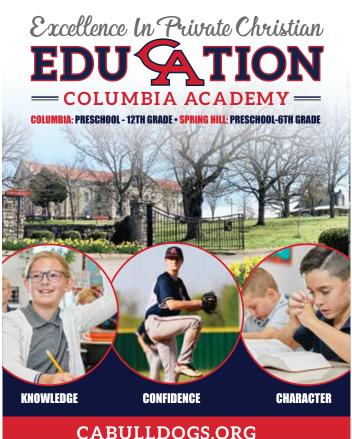
"It started with one school, then two, then three. At this point, we now have six schools and can see, in the foreseeable future, adding more. We are also talking to people about doing this in other counties. But we're really happy it started here."

And happy, as well, to see it making such a difference.

"I love the feedback we get from teachers and even some parents about the behavioral changes. Kids are focusing better, and all from a banana or an apple at 1 o'clock in the afternoon. If we can help these teachers help these kids with something so simple, that's a win."

To learn more about Bright Apple or donate, visit: brightapple.org





LANDERS
INSURANCE AGENCY
AUTO | HOME
LIFE | BUSINESS

Great Rates
Great Service

931.380.2003

Fig. 18 Price
Insurance

514 N. GARDEN ST. | COLUMBIA
Jandersinsuranceagency.com



DELICIOUS FRESH ROASTED COFFEE
BREAKFAST & LUNCH SERVED ALL DAY

931.223.5347

1909 SHADY BROOK ST COLUMBIA

(corner of James Campbell Blvd.)

M-FRI. 6AM-6PM | SAT. 7AM-6PM CLOSED SUNDAY







LIVE FROM COLUMBIA -LARRY'S COUNTRY DINER

THE DOWN-HOME VARIETY SHOW IS LOVED BY TELEVISION AUDIENCES AND MUSICAL GUESTS ALIKE

BY JASON ZASKY

The first thing you need to know about Larry's Country Diner is that it's 100% unscripted.

"Our show is improv, and you can tell it's improv, and you never know what is going to happen next," begins the show's founder and namesake, Larry Black, before noting that they have never stopped tape in the course of producing more than a hundred episodes in the past 13 years. "I've told everyone: We're going to do one pass. If you screw up, you have to get out of it because we're not stopping," he says proudly.

The second thing you should know about Larry's Country Diner is that it's one of the most popular shows on RFD-TV, where it airs on Thursday and Saturday nights. The down-home variety show combines interviews, music, and entertainment. It features regular characters that include Black and announcer Keith Bilbrey (of Grand Ole Opry Live and Music City Roots fame), not to mention waitress Renae Johnson and church lady Nadine. It's taped live in front of a studio audience in Columbia, Tenn.—in an intimate, country diner setting.

"It's a very personal show," says Black. "There are a lot of warm fuzzies, and people feel like we're family."

PAGE 16 >

Teresa & Hannah

For all your real estate needs



Teresa Points

931.797.2824 teresapoints@kw.com

Hannah Points REALTOR®

931.797.3428 hannahpoints@kw.com

KELLERWILLIAMS. REALTY

5083 MAIN STREET | SPRING HILL 615.302.4242

EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED





< FROM PAGE 14

That feeling extends to the show's guest musical artists, who appreciate the opportunity to perform their songs for an enthusiastic, country music-friendly audience.

"The thing that hits me the hardest in a positive way is when artists tell us the impact their appearance has had," says Black. "The Oak Ridge Boys came up to me once and said they got more comments about being on our show than they did when they were on The Carson Show."

Artists also enjoy the chance to banter with the show's regular characters. Black recalls one occasion when he "got smart" with Vince Gill.

"He responded with the same kind of smart-aleck comment, and I said, 'I don't have to take that. This is my show!' Then I got

up and walked out," recalls Black with a chuckle. "But then I was outside the diner wondering how I'm going to get back in. I decided to come back through the serving door with a tray of food and served a table. He just kept laughing and singing."

Moreover, when mistakes are made, they only add to the charm and allure of the show.

One time Mickey Gilley forgot the words to "Don't the Girls All Get Prettier at Closing Time," offers Black. "We took a commercial break, and when we came back, I had him start up again."

LARRY BLACK'S FAVORITE MUSICAL GUESTS

As for some of his favorite musical guests, Black is quick to highlight Gene Watson, Exile, and Bobby Bare, among many others.

PAGE 18 >

Every Home Has a Story . . . Let Us Hear Yours.

Now is the time to make the equity in your home work for you.

Contact us For a Free/No-Obligation Comparative Market Analysis of Your Home And to View Area Listings

Rochelle: call/text 941.773.4542 rromines@kw.com

Andrew: call/text 931.922.6711 aromines@kw.com



For All Your Real Estate Needs www.RochelleRomines.com



Team Romines at Keller Williams Realty 1507 Nashville Hwy, Suite C Columbia, TN. 38401 931.324.2700 (office)



Every Bunny needs good Car Insurance!

Get a **FREE** quote when you call, click, or come by TODAY!



Proudly representing
Erie Insurance since 2003



KELLERVILLIAMS

Each Keller Williams Office is independently Dwned and Operated

> DeBerryInsurance.com 615.790.8202

5232 Main Street | Spring Hill



< FROM PAGE 16

"My current favorites are the Malpass Brothers," says Black, referring to the "retro" duo of Christopher and Taylor Malpass. "They are like the Smothers Brothers except they are country, and they have a spontaneity that nobody else comes to the table with. "The next three years are going to be real climbing years for them," adds Black. "My prognostication is that they will be Grand Ole Opry members within the next couple of years."

THE FUTURE OF LARRY'S COUNTY DINER

As for the future of the show, Black makes it sound as if Larry's Country Diner might be changing, in part because he's getting into his late 70s.

"For me, we're pretty much at the end of the road. My mouth still works, my brain still works—at least partially—and I love the people. But when they get to the point where they have to ducttape me to my chair, then I probably have to stop," he admits. He also notes that the show has already hosted most of the possible musical quests who are available.

"We've never had Dolly Parton, and we've never had Garth Brooks," he says, referring to a handful of possible country artists that likely remain out of reach for one reason or another.

And with his long film, television, and radio career winding down, Black says he and his wife Luann are thinking of moving from Bellevue to Columbia, as his youngest son, Jared, and five of his 10 grandchildren live in Maury County.

"Now that we are getting older, we thought if we get closer, it would be easier for them to come to be of assistance to us.

For more information visit larryscountrydiner.com



Emergency Number 24/7/365

615-982-2265

WWW.A1PROTREES.COM



we save trees. we love trees.

Do NOT sign a contract with the other guys until you get our price. We'll save you money and headaches! We'll do a professional job with our state-of-the-art equipment.

- Senior and Military Discounts
- Fully Insured for Your Protection
- Specialized in Extra Large and Dangerous Trees
- Custom Lot and Lakefront Clearing
- Free Evaluation of the Integrity of Every Tree Before Purchasing a House or Lot

FREE STUMP GRINDING

WHEN WE REMOVE THE TREE, THE STUMP IS FREE!

Offer Expires 4/30/22

Other companies make you wait - **WHY WAIT?** We make your job priority and guarantee our work.



TENN PIN ALLEY

ONE-STOP-SHOP FOR FAMILY ENTERTAINMENT

BY JASON ZASKY

"Our motto is Eat, Play, Party." So says Derek Ransom, co-owner of Tenn Pin Alley on Mooresville Pike in Columbia, where there's no shortage of ways to do all three. Attractions at the 67,000-square-foot family entertainment center include 32 bowling lanes, bumper cars, laser tag, and an arcade with more than 50 games. Then there's Max's Café, which offers a full bar and a menu that features burgers, pizza, nachos, salads, and wings, as well as a wide variety of vegetarian and healthy options.

All the attractions are housed in a newly remodeled facility that, in a previous life, served as both a bowling center and a manufacturing space.

"When my wife and I bought (the facility), we remodeled the

bowling part, then added the attractions and tied the two spaces together to make it a family entertainment complex," explains Ransom, who says bowling has been part of his family's life as long as he can remember. In fact, he bowled in his first league when he was eight years old.

As for the decision to open Tenn Pin Alley in 2017, that was based on a perceived gap in the marketplace.

"(Brandee) and I both grew up here, and we have five kids. Looking for things to do, we saw a need for family entertainment. With the growth of Columbia, it was the perfect mix," he adds, before noting that he's expecting to open several new attractions at Tenn Pin Alley in the next year or two.

"There are still 12,000 square feet inside that we can grow into, and the next step for us is looking to add an outdoor attraction.

PAGE 24 >





WWW.EXPERIENCEMAURY.COM















Your Destination for **High-Quality Firearms**

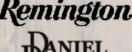
AMMUNITION, ACCESSORIES AND MORE!

HOME OF IN-HOUSE FINANCING | NO CREDIT CHECKS





Benelli



















kingsfirearmsandmore.com





DAVIDSON FENCE & DECK LLC

FREE ESTIMATES

931-388-9698 davidsonfence@cpws.net

Family Owned | Residential & Commercial | Licensed & Insured

Serving Maury and Surrounding Counties

BUYING OR SELLING. GIVE ME A CALL!



Columbia Realty & Auction



740 NASHVILLE HIGHWAY | COLUMBIA

Parkway Wine & Spirits

CHECK US OUT ON FACEBOOK

GREAT PRICES & GREAT SELECTION

Mon - Thur 9AM-9PM Fri - Sat 9AM-10PM Sun 12PM-7PM Located in the Crossings of Spring Hill Shopping Center next to Cracker Barrel

2026 CROSSINGS CIR | SPRING HILL | 931.451.7118

AMERON WILHOITE

Rotecting your investment one floor at a time



NO JOB TOO SMALL Take Advantage of ou Discounts by Visiting

615-261-4800





H E nim

We Now Offer FINANCING PLANS

EASY APPLICATION PROCESS | FAST APPROVAL | SIMPLE PROCESS

LANDSCAPE LIGHTING **RECESS CAN LIGHTING | REMODELING BREAKER PANEL UPGRADES CEILING FAN INSTALLATION LIGHTS & OUTLETS | SPAS & POOLS NEW CONSTRUCTION**

callsouthernelectrictoday.com

JOHNSON'S **CARPETS & FLOORS**

COMMERCIAL | RESIDENTIAL CARPET | VINYL | HARDWOOD | LAMINATE SALES & INSTALLATION

931.388.1386 johnsonscarpettn.com

M-FRI. 8-5 | 1208 S. MAIN | COLUMBIA



ATHENS INSURANCE



Andy Crichton

Auto | Home | Business | Life

"Combining the coverage you need with the service you deserve."

acrichton@athensins.com

931.398.5533

700 N. MAIN STREET | SUITE 100-101 | COLUMBIA | **931.398.5533**

HOME & SERVICES DIRECTORY



Over 4,000 Flags in Stock | Flag Pole Installation Decals, Military Pins, Patches, Kites, Windsocks, Yard Spinners, Mailbox Covers.

craig@flagworldamerica.com | flagworldamerica.com

CRAIG EILERMANN, OWNER | 32 PUBLIC SQ. | COLUMBIA | 931.548.2076



When reliable and affordable come together!

931.982.9775

randaplumbingservice.com



931-486-0358 Boomers Music.net

2500 Hospitality Lane | Columbia 2 miles south of Saturn Parkway behind Burger King

TO ADVERTISE HERE CONTACT ROBBIE AT 615-243-2690 OR rmathis@wilcolocal.com



Mulch - Topsoil - Decorative Gravel
Sand - Grow Mix - Compost
Flagstone - Boulders & much more!

DELIVERY AVAILABLE

OPEN MONDAY – SATURDAY

sit our facebook page or website for hours of operation

2580 COLUMBIA HWY. | COLUMBIA BeasleysYard.com | 931.486.2575





American Standard.

931-388-2090

2319 Campbell Park Drive Columbia, TN 38401 www.davisheatingandcooling.net



ALAN'S FLOORING, DOORS & MORE

alans.flooringdoorsmore@gmail.com alansflooringdoorsmore.com

FREE ESTIMATES....CALL US TODAY!
INSTALLATION AVAILABLE

ALAN FEILD, owner 304 E. James M. Campbell Blvd. Columbia 615.800.1646 MON-SAT 9-6







< FROM PAGE 20

Right now, mini-golf is in the lead in terms of possibilities," he says, hoping to have a course open on the property's 7.5 acres in the spring.

Meanwhile, bowling remains a big part of the fun, as Tenn Pin Alley hosts leagues and tournaments, in addition to recreational bowling. Patrons can also take bowling lessons.

"We have four certified coaches, including the Pro Shop operator," explains Ransom. "There's also a college coach in-house who coaches the team at UT-Southern."

As for the future, Tenn Pin Alley hopes to continue to develop in conjunction with Columbia, "which is becoming more of a destination for people to come and shop and be entertained," notes Ransom, pointing to the revitalization of downtown. "The town itself is kind of hip and cool now, and with the new retail shops coming in, it's just going to continue to grow."

With that in mind, Tenn Pin Alley hopes to host more and more events, though it already does a brisk business hosting birthday parties and holiday parties. "We want to keep growing our corporate events and make it a destination where businesses rent out the facility and have team-building events and company parties," says Ransom.

At the same time, Tenn Pin Alley expects to continue to support the local community in various ways, partnering with the Special Olympics and Bowl for Kids' Sake, while offering a Kids Bowl Free program that runs throughout the summer. Also, the business is always looking to hire local talent to help keep the party going.

"We keep trying to create an environment where people want to come back and spread the word (about us)," says Ransom.

At the same time, he and his wife hope that Columbia retains its hometown feel well into the future.

"It's a great town, but it hasn't gotten too big. We just want to continue to grow with it," Ransom says.

It seems Tenn Pin Alley is already well on its way, considering that "2021 is going to be a record year for us," concludes Ransom. "We want everyone to eat, play, and party with us. We sell fun here, and we want everybody to have a good time."

24 Spring Hill local April 2022





CRYE-LEIKE, REALTORS

JIMMY "D" DUGGER

Serving Maury County & Southern Middle TN

REALTOR • BROKER • AUCTIONEER

www.jimmyddugger.com

c: 615-210-5027

o: 931-540-8400

jimmyd@jimmyddugger.com

"HE'S TOO MUCH JELLY FOR ONE BISCUIT"



RESIDENTIAL & COMMERCIAL | FAMILY OWNED

Our team of experts are ready to help you effectively clear your land in an eco-friendly and efficient manner.

CONTACT US TODAY!

midstatelc@gmail.com midstatelc.com



615.337.1689





Marinated Skirt Steak

Recipe courtesy of chef Nate Appleman on behalf of Abbott

VINAIGRETTE:

1/4 CUP OIL
1/4 CUP FISH SAUCE
1/4 CUP RICE WINE VINEGAR
1/4 CUP WATER
2 TABLESPOONS RAW SUGAR
1 CUP CHOPPED FRESH CILANTRO
1 LIME, JUICE ONLY
1 CLOVE GARLIC, MINCED

1 SMALL THAI BIRD CHILE OR SERRANO CHILE, CHOPPED 1/4 HEAD FINELY SHAVED GREEN CABBAGE 1/4 HEAD FINELY SHAVED PURPLE CABBAGE 2 CARROTS, THINLY JULIENNED

SKIRT STEAK:

11/2 POUNDS TRIMMED SKIRT STEAK
1/2 CUP COCONUT MILK
3 CLOVES GARLIC, MINCED
2 TABLESPOONS LIME JUICE
1/4 CUP CHOPPED FRESH CILANTRO
2 TABLESPOONS SRIRACHA
SALT, TO TASTE
3 CUPS COOKED BROWN RICE
1/2 CUP CRUSHED PEANUTS
1 LIME, QUARTERED, FOR GARNISH



To make vinaigrette: In large bowl, mix oil, fish sauce, rice wine vinegar, water, sugar, cilantro, lime juice, garlic and chile. Toss cabbage and carrots in vinaigrette; refrigerate until ready to serve.

To make skirt steak: Marinate steak in coconut milk, garlic, lime juice, cilantro, sriracha and salt, to taste, at least 1 hour, or up to 24 hours.

HEAT GRILL TO HIGH.

Grill 3-4 minutes each side until medium rare. Let rest 3 minutes.

Thinly slice steaks against grain and serve with vinaigrette, rice and crushed peanuts; garnish with lime wedges.

FARM • HOME • OUTDOORS

LAWN & GARDEN | HARDWARE | LIVESTOCK HUNTING/OUTDOOR | PET SUPPLIES JEWELRY & ACCESSORIES | AUTO CARE CENTER APPAREL & FOOTWEAR | GIFTS | FEED | SEED

TIRE SHOP HOURS M-SAT 7-5

unitedfhcoop.com













MON-SAT 7AM - 6 PM CLOSED SUNDAY | 975 RIVERVIEW DRIVE | COLUMBIA | 931.388.0714





Wlin's

HAND MADE PHO NOODLE SOUPS, **BAO & DUMPLINGS,** AND



2015 WALL STREET | SUITE 103 | SPRING HILL | 615.302.8088 | ORDER ONLINE WinsTN.com



Local business owners!

Want to attract new customers?

REACH over 21,000 homes and businesses each month in Williamson and Maury Counties.

Contact our staff at 615.828.2542 for more information and how to reach potential customers.

Wilcolocal.com | BerryFarmslocal.com | SpringHilllocal.com | MuleTownlocal.com



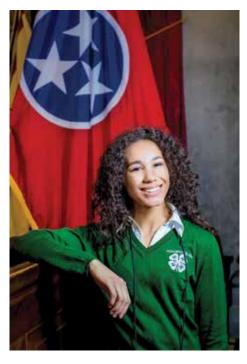
Muletown {local}

PROFESSIONAL HEADSHOTS

PACKAGES STARTING AT \$150

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**









PICTURE NASHVILLE

917-549-5551 PictureNashville.com

MICHAEL DOMINIC TEDESCO
HEADSHOT & PORTRAIT PHOTOGRAPHER

mdt@tedescopictures.com tedescopictures.com facebook.com/TedescoPictures instagram.com/tedescopictures

OUR CREATIVITY DELIVERS YOUR SUCCESS

WE CAN HELP! Everything from simple flyer designs to image campaigns to media plans we can craft a message and present it for success.

DIRECT MAIL CAMPAIGNS AND POST CARDS | LOGO AND IMAGE DESIGN | BUSINESS CARDS | POSTERS AND FLYER AD CAMPAIGNS STRATEGIC PLANNING | PUBLIC RELATIONS | ONLINE OR TRADITIONAL MEDIA CONSULTATION



Call 615.828.2542 or jbryant@wilcolocalmedia.com



VOTED #1 FOR 10 YEARS!

Deer Run is a traditional summer camp. Campers and families participate in exciting outdoor adventures, unplug from electronics, and connect with each other. Register early since camp sessions fill up quickly!



SUMMER DAY CAMP

age 5 to completed grade 6

SUMMER OVERNIGHT CAMP

1 or 2 WEEK CAMPS for completed grades 3 to 10

BUS TRANSPORTATION for DAY CAMP

from locations in Spring Hill, Franklin, south Nashville, and Murfreesboro



FAMILY CAMP

Summer & Labor Day Weekend

A life-changing experience for all ages and an opportunity to be fully engaged with your kids in numerous recreational choices and a variety of activities that create long-lasting memories. Delicious meals, upscale accommodations, and incredible hospitality in an amazing setting.



FAMILY DAY

Sunday, April 10 • 1:00-5:00 p.m. Experience a festive and adventurous day of camp activities with your family. \$20 per person + \$4.95 registration fee per family,

age 3 & under are free

CAMP OPEN HOUSE

Sunday, April 10 • Sunday, May 1 Come & Go • 2:00-4:00 p.m.

Visit DeerRun.camp for info

615.794.2918 • 150 private wooded acres located 30 minutes from Columbia!

PRSTD STD U.S. POSTAGE PAID FRANKLIN, TN #336

ECRWSS Local Customer

