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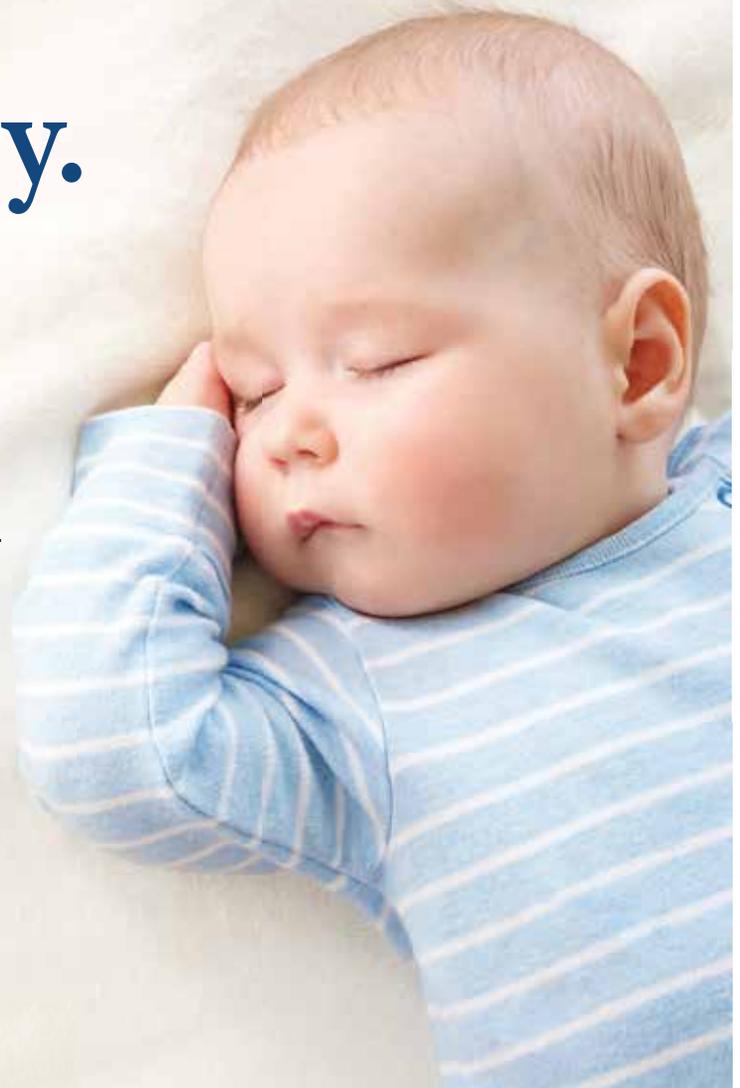
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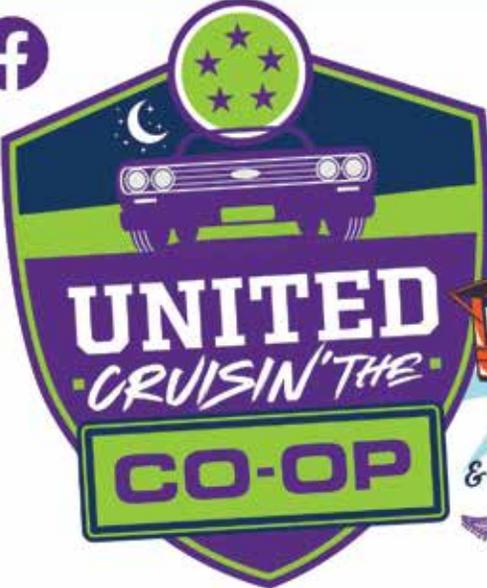
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ON THE COVER: *Katie Willingham has been Director of Athletics at Columbia State Community College since September 2022.*

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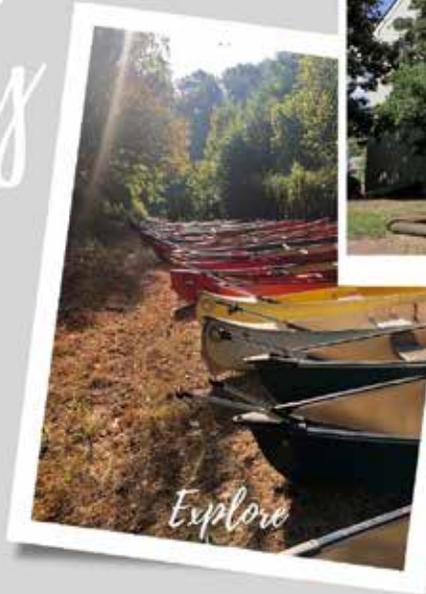
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DEBERRY INSURANCE AGENCY TO HOST 8TH ANNUAL FREE SHRED DAY

DeBerry Insurance Agency is set to host their 8th Annual Free Shred Day for the community on Saturday, April 13. The event will take place from 10 a.m. to 2 p.m. at the agency, 5232 Main Street, Spring Hill.

Free Shred Day has become a signature event for DeBerry Insurance Agency, attracting hundreds of people each year. Last year's event brought the total amount of paper collected to 25 tons. This year's event could bring that number to 30 tons. All the paper collected is recycled, which keeps it out of landfills and saves more trees from being used to make new paper.

"We host our Free Shred Day event around Earth Day each year," said Chris DeBerry, Owner of DeBerry Insurance Agency. "This event is a give-back effort for our community as well as the environment."

The event also falls around tax season, a time when many people clean out files and paperwork.

"As insurance agents, we recognize how important it is to safely

discard identifying papers," said Eric DeBerry, Owner of DeBerry Insurance Agency. "Identity theft is a growing problem. Shredding identifying papers is one way to help prevent it."

DeBerry Insurance Agency contracts with Shred-It, a mobile shredding service, to shred papers securely on site. The event is a one-stop solution for securely discarding important paperwork in an earth-friendly way.

"The growing attendance at this event, year after year, confirms that this is a needed service for our community," said Chris DeBerry. "We are thankful for this opportunity to serve and make meaningful connections."

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Columbia State Community College athletic director, Katie Willingham (center) with CSCC Student Athletes. Photography by Michael Tedesco

MEET KATIE WILLINGHAM

JASON ZASKY

“Growing up, I always had a bat and ball in my hands,” begins Katie Willingham, who has been Director of Athletics at Columbia State Community College since September 2022. In many ways, it’s a role she has been preparing for her whole life, having grown up playing all manner of team sports, including basketball, volleyball, and football, as well as slow- and fast-pitch softball.

“In 2004, I told my (college) softball coach that I wanted to be an athletic director,” she adds, noting that she is a graduate of Lee University, in her hometown of Cleveland, Tennessee. “I don’t think she knew what to do with that (information), and I think my parents were a little confused, too. But I love sports, and there was just something about being around sports all the time.”

With her extended-term goal already in mind, Willingham shadowed a high school athletic director during her senior year in college. Months later, she started her career as an assistant soft-

ball coach at Cleveland State Community College. Five years later, she was promoted to head softball coach, a job she held from 2010 to 2019.

Then came a move—with her husband—to Middle Tennessee. As it happens, Columbia State had a full-time coaching position available at the time, “so I was lucky enough to become assistant softball and soccer coach,” she recalls, putting her in a position to interview for the school’s Director of Athletics position when it came available in 2022.

Willingham started in September of that year and has since added a new national leadership role as the NJCAA Region VII Women’s Director. In this role, she serves as co-chair of the Division I softball committee and a member of the women’s soccer and beach volleyball committees.

As for her day-to-day responsibilities, Willingham says the athletic director at a junior college wears many hats, quipping that her job involves doing a lot of paperwork.

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< FROM PAGE 10

“I am the liaison from the administration to our coaches, and also help oversee the facilities,” she says, before reminding that Columbia State fields five different Division I teams, namely baseball, softball, and women’s soccer, plus men’s and women’s basketball. “I am also an advocate for our coaches and student-athletes,” she continues, especially as pertaining to both the campus and local community.

To be sure, Willingham has ambitious goals for the athletics programs at Columbia State.

“Everyone knows that sports teach you leadership and teamwork—all the skills that are needed to not only be a good student but a good citizen,” she begins. “My goal is to facilitate a department where we are going to be successful on the field and on the court, but also in the classroom and out in the community. We love good grades, and we love winning, but we want our student-athletes to have a great experience at Columbia State and to go on and be successful.”

That said, Willingham is also excited to have the opportunity to serve as Women’s Director for the TCCAA—the Tennessee Community College Athletic Association.

“I am part of the leadership team, and I oversee the women’s

sports for all our community colleges in the state,” she continues, as all of Tennessee’s schools are affiliated with the National Junior College Athletic Association (NJCAA).

“I have been part of the TCCAA leadership team for seven years. This is my first year as Women’s Director, and it’s something I am very proud about, because we don’t have a lot of women in my position,” she adds.

Willingham is also excited to have the opportunity to impact the lives of young student-athletes.

“I love watching our athletes and being a part of what they do,” she says. Doing so while getting a chance to live in Spring Hill makes things that much sweeter.

“Growing up in the Chattanooga area, I used to love coming to Middle Tennessee, but living here, my kids not only get to experience all that Nashville has to offer, but we also get that hometown feel of both Spring Hill and Columbia. My husband and I love this area, and we will probably retire here,” she concludes, but not before she has a chance to help develop more student-athletes at Columbia State.

“Every student has a story of why they came here, and hopefully, they remember how they had great experiences with their classes and games,” she concludes. “Our best advertisement is our students and our student-athletes.”

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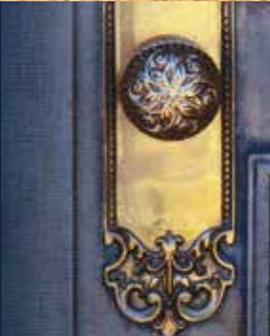
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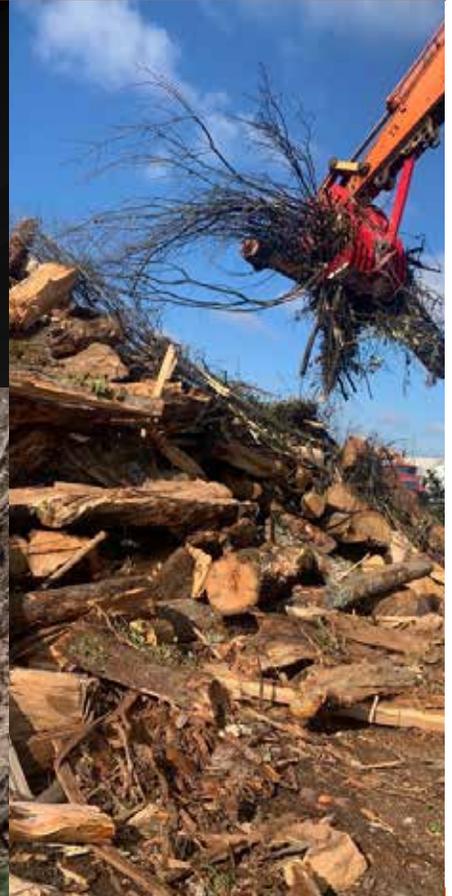
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COMMUNITY SNAPSHOTS



Deva Collins Photography

LOCAL DEALERSHIP PARTNERS WITH BRIGHT APPLE TO HELP FEED KIDS

The future of Bright Apple is even brighter with the help of Ford of Columbia and Hyundai of Columbia. Chris Alexander, Dealer Partner and General Manager, and Patrick Robertson, Assistant General Manager, recently signed on to partner with Bright Apple to help provide healthy snacks for students in Maury County schools.

“I cannot thank Patrick enough for taking the time to meet with me last October to learn about what we do through Bright Apple,” said Lisa Ciesliga, Director of Development for Bright Apple.

Bradd and Charity Kimes and Michael Baker co-founded Bright Apple in 2019 on the belief that no child should go without food, including a snack during the school day to help them stay focused and achieve academic success. Bright Apple currently serves more than 1,500 students in Maury County Schools each school day.



TURNER RECEIVES AWARD

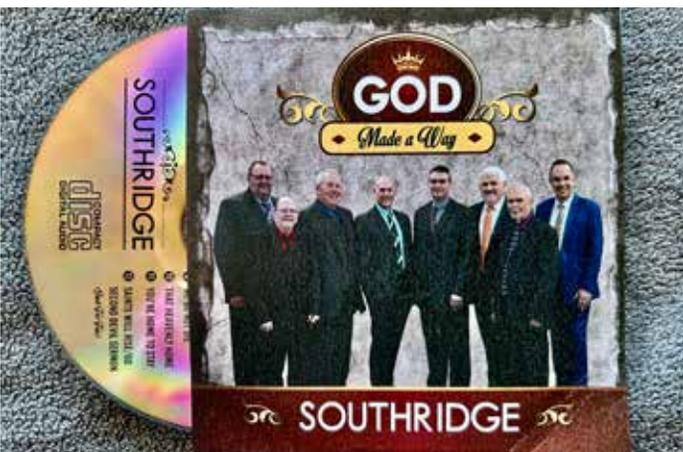
Maury Regional Airport GM Paul Turner was recently awarded 2023 Airport Manager of the Year by the Tennessee Aeronautics Commission.



KEEPING MAURY CLEAN

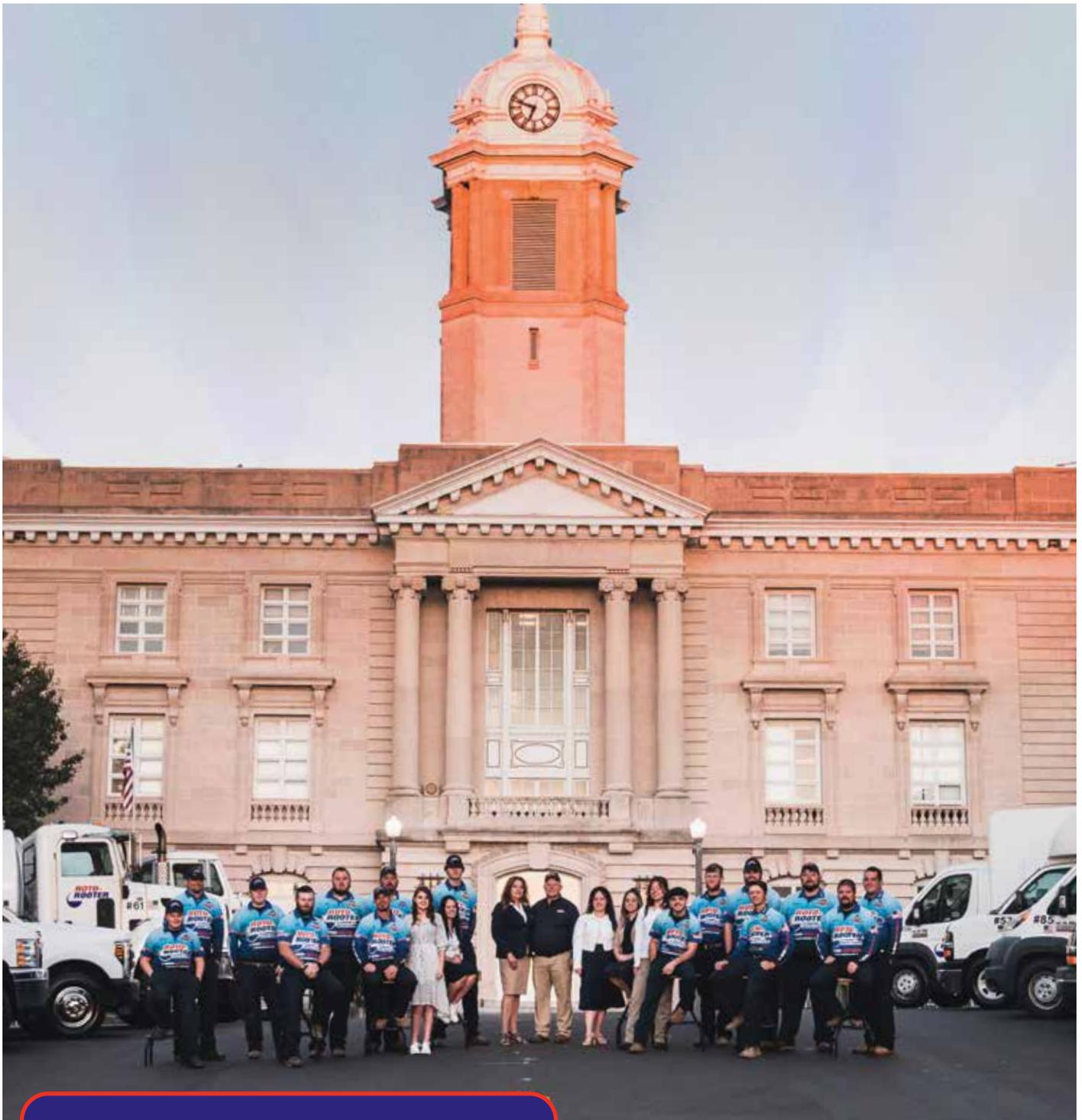
Sarah B. Gilliam picks up trash in her Santa Fe community. Gilliam challenges everyone able in Maury county to pick up one bag of trash.

“With 100,000 residents, we could easily clean up the 800 miles of roads in our county. Our dumps take plastic, aluminum and glass recyclables, which will make this project less impactful to our landfills. Let’s do something together”



CD'S RELEASED

Columbia-based gospel group Southridge has just released 2 new CD's. Group members include L to R: Barney Burns, David Austin, Vernon Burdett, Vance Jack, Chris Shannon, Hal Boaz, Gordon Meador, & Joe Copolo. Find them on Facebook at Southridge Gospel Music.



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Great RECIPES

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AND YOUR CREATION COULD BE FEATURED HERE! EMAIL to jbryant@wilcolocal.com

New Mexico Hatch Green Chile *with* Ground Beef

INGREDIENTS:

1 LB. GROUND BEEF (OR GROUND TURKEY)
1 CUP TOMATO (CHOPPED) (OR 1 CAN DICED TOMATOES)
1/2 CUP ONION (CHOPPED)
1/2 CUP NEW MEXICO HATCH GREEN CHILE (ROASTED,
PEELED & CHOPPED) CAN USE 505 SOUTHWESTERN HATCH
VALLEY GREEN CHILES OR SMALL CAN CHILES)
2 TBSP. FLOUR
2 TEASPOON SALT
1/2 TEASPOON GROUND BLACK PEPPER
1/2 TEASPOON BEEF BULLION
1 CUP WATER

DIRECTIONS:

- Heat skillet on medium temperature
- Add ground beef to pan, add salt and pepper (drain fat)
- Add tomatoes, onion, flour, water and beef bullion and simmer until onions become translucent.
- Add New Mexico Hatch Green Chile, more salt & pepper to taste and simmer for 5 minutes.

You can add par-boiled potatoes (cut in small pieces)

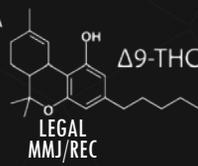
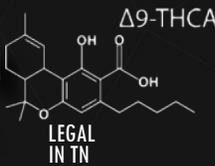
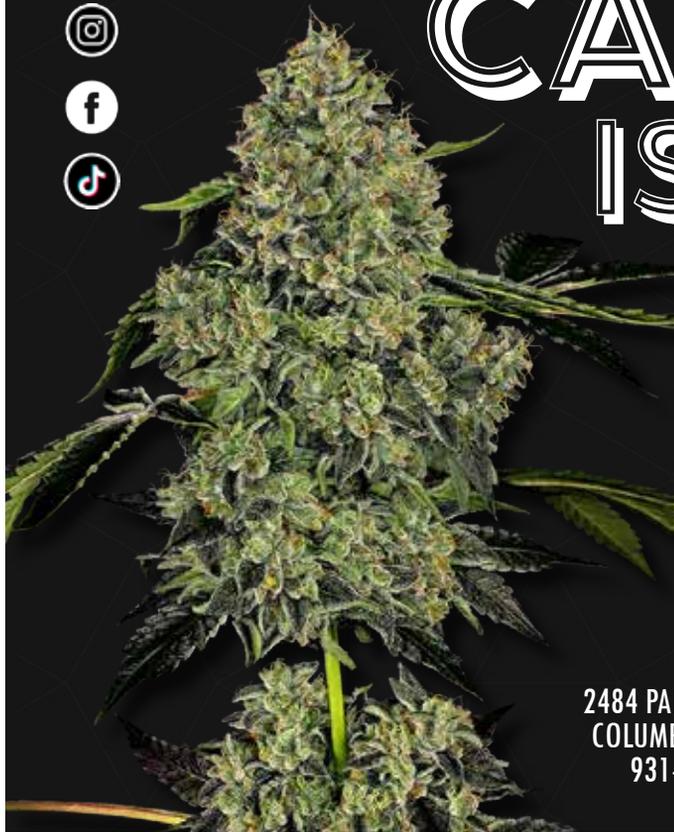


From the kitchen of
Lorraine Martinez



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UNDERSTANDING RHINOPHYMA



BEFORE

AFTER

Rhinophyma is a skin disorder characterized by a bulbous enlargement of the nose. It is a subtype of Rosacea and most often seen in men. While it is a benign condition, it can cause significant distress and self-consciousness for those affected.

Causes of Rhinophyma:

Untreated rosacea can evolve to Rhinophyma due to excess oil production.

Features of Rhinophyma:

The hallmark of rhinophyma is the gradual enlargement and distortion of the nose that may evolve into a “bulbous” appearance. Other features include enlarged pores and prominent blood vessels accompanied by irregularities in skin texture. With the progression of oil production, there may be tender acne-like flares that develop intermittently.

Treatment Options for Rhinophyma:

Depending on the severity of Rhinophyma, several treatment options are available including topical or oral medications, cryotherapy, and dermabrasion. In the most severe of cases, CO2 laser therapy or surgical intervention may be necessary to reshape the nose.

No matter what the severity, your board-certified dermatologists at Harpeth Valley Dermatology are well versed in Rhinophyma treatment. We understand the significant emotional impact this condition has on quality of life and our dermatologists can explore treatment options tailored to each patient’s needs to ultimately improve confidence and well-being.

– **Pezhman Shoureshi DO, FAOCD, FAAD**

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



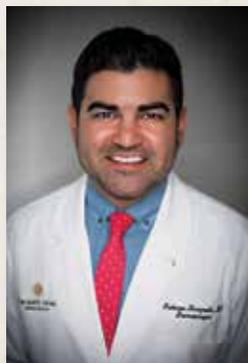
SCAN ME



Dr. Benjamin Bashline



Dr. Megan Morrison



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