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Inside {local} July '23



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GROWING WITH THE COMMUNITY

Volunteer fire department grows with the population

14

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ON THE COVER: Maury County volunteer fire department member Savannah Maddison is a volunteer firefighter, and public information officer for the Maury County Volunteer Fire Department. Photo by Michael Tedesco.

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ESSENTIAL SUN PROTECTION TIPS FOR SUMMER



As summer arrives, it's crucial to prioritize sun protection and shield your skin from harmful UV rays. In this concise guide, we'll explore key strategies to keep your skin safe and healthy during the sunny season.

Apply Broad-Spectrum Sunscreen:

Choose a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or higher. Broad-spectrum sunscreens protect against both UVA and UVB rays. Apply sunscreen generously to all exposed areas, including the face, neck, arms, and legs. Reapply every two hours or after swimming or excessive sweating.

Seek Shade:

When the sun is at its peak, usually between 10 a.m. and 4 p.m., seek shade whenever possible. Shade provides a natural barrier from direct sunlight and reduces the intensity of UV exposure.

Wear Protective Clothing:

Covering up is an effective way to shield your skin from the sun. Opt for lightweight, loose-fitting clothing made from tightly woven fabrics. Wear long-sleeved shirts, wide-brimmed hats, and sunglasses with UV protection to safeguard your face, eyes, and neck.

Be Mindful of Sun Reflection:

Water, sand, and snow can reflect sunlight and increase UV exposure. Take extra precautions in such environments by applying sunscreen more frequently, wearing protective clothing, and using sunglasses to shield your eyes.

Prioritizing sun protection is essential during the summer. By following these key tips, you can enjoy outdoor activities while safeguarding your skin from harmful UV rays. Remember, consistent sun protection habits contribute to long-term skin health. Stay safe and enjoy the sunny season responsibly!

Stay Hydrated:

Proper hydration is essential for maintaining healthy skin. Drink plenty of water throughout the day, especially when spending time outdoors. Hydrated skin is more resilient and less prone to sun damage.

Use Additional Sun Protection Measures:

In addition to sunscreen, consider using other sun protection measures such as umbrellas, sun hats, and sun-protective clothing. These provide extra layers of defense against harmful UV rays.

Check Medications:

Certain medications, including antibiotics, diuretics, and acne treatments, can increase your skin's sensitivity to the sun. Check with your healthcare provider or pharmacist to determine if any medications you are taking require additional sun protection.

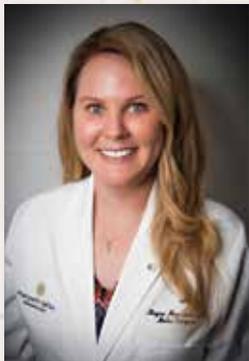
Be Mindful of Children:

Children's skin is delicate and more susceptible to sunburns. Ensure they are adequately protected by applying sunscreen, using appropriate sun-protective clothing, and encouraging them to seek shade when needed.

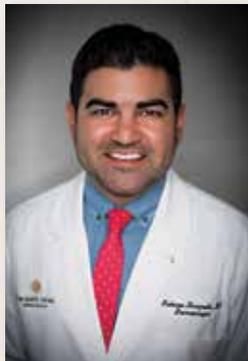
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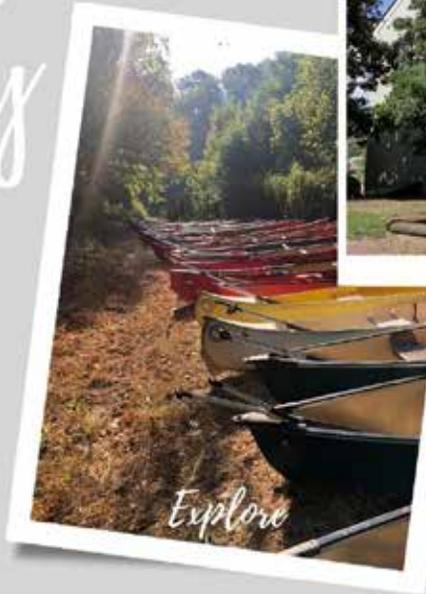
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COMMUNITY SNAPSHOTS



SCHOLARSHIP RECIPIENTS:

- **Hayden Demastus**; graduate from Culleoka Unit School; headed to UTM for Natural Resources Management
- **Journey Davis**; graduate from Central High School; headed to UTM for Agriculture Business
- **Allison Williams**; graduate from Spring Hill High School; plans to study Animal Science
- **Allison Wells**; graduate from Spring Hill High School; plans to study Animal Science
- **Canton Prentice**; graduate from Santa Fe Unit School; plans to study Agriculture Business Communications (not pictured)

The scholarships were given in memory of farmers Leon & Larry Walters who were also honored at this year's Farm City Breakfast.

Pictured from Left to Right

- Row 1. Hayden Demastus, Journey Davis, Allison Williams, Allison Wells*
Row 2. Wil Evans (president of Maury Alliance), Pam Faulkner and Mike Walters (family of Leon and Larry Walters)
Row 3. Jonathan Hickerson, Darrel Ailshie, and Mike Jernigan (Agribusiness Committee Members) The little boy is Mike Jernigan's Grandson

SCHOLARSHIP AWARDS

With proceeds from our 2023 Farm City Breakfast held on April 28th, 2023 the Maury Alliance Agribusiness Committee awarded \$9,000 in scholarships to recent graduates who are pursuing degrees in an agriculture related field of study.

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Photography by Michael Tedesco.

EXPANDING TO MEET THE NEEDS OF FAST-GROWING COMMUNITIES

BY JASON ZASKY

“It’s an awesome place to be,” begins Savannah Maddison, a volunteer firefighter, and public information officer for the Maury County Volunteer Fire Department, which services over 100,000 homes and more than 600 square miles via its 12 — going on 13 — fire stations.

For her part, Maddison responds to calls from Carter’s Creek Station (Station No. 12), the department’s newest — a 7,232-square-foot fire hall located at 1180 Carters Creek Pike in Columbia.

Yet at first, she was unsure whether she could meet all the challenges presented by the three-month-long recruit academy.

“We have to do extensive weight training and technique training to operate these incredibly heavy, high-pressure fire hoses, and that was tough for me,” she recalls. “At first, I was getting knocked over, and it was difficult, but the recruitment and training staff at Maury County Fire were very supportive and taught me

techniques that would work for me. I actually graduated at the top of my class. That was a huge surprise but also a huge blessing.”

Along the way, Maddison says she “fell in love with helping people” and has since gone on to obtain medical certifications, even as she has used her background in media and social media to double as the department’s public information officer.

Now she’s one of more than 100 firefighters who work to respond to an ever-increasing number of emergency calls across the county, primarily medical calls and motor vehicle accidents, but also structure fires and industrial accidents.

“Our population is growing so rapidly, and that makes emergencies more common,” offers Maddison, which helps explain why Maury County Fire is currently building out a 13th fire station, one that will be located at 4126 Hampshire Pike and is likely to be completed before the end of 2023.

Plans for the facility include a wood-framed, two-story fire house and a pre-engineered metal building to serve as a four-door bay for the fire engine and other resources. The building will also

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Photography by Michael Tedesco.

< FROM PAGE 10

include two bunk rooms, two baths, a kitchen, training room, office, laundry room and storage area.

Meanwhile, back at Carter's Creek Station, the volunteers not only respond to emergencies, the fire station also serves as a de facto community center, hosting everything from fundraisers to girl scout meetings.

"Our most recent fundraiser was our mulch sale, and that was super successful. We also have a shrimp boil coming up in October," says Maddison, "and on Sept. 10, 2023, there will be a 5K heroes run at Maury County Park, which will serve as a fundraiser for the department but also a day of remembrance for the firefighters who lost their lives on 9/11.

That said, Maddison also corresponds with media about fires and other emergency calls, including the time last summer when Maury County Fire helped deliver a baby in the parking lot of the Stiversville Church of Christ in Culleoka. She also visits schools to talk to kids about fire safety and to illustrate how they can become firefighters one day too.

To be sure, Maury County will need more firefighters — and more volunteers in various roles — as the local population continues to expand.

"We have an application on our website for anyone interested. And we always need volunteers with the kind of skills or talents

that can be useful for us," she says.

A good place to start is the department's support academy, "a very short course that leads to a base level certification that allows candidates to respond to calls and see if they like the emergency atmosphere," as Maddison puts it.

"If you are interested in becoming a firefighter, you can go through our academy," she explains. "Anyone who becomes involved in a support capacity over the next six months will have the option to attend the academy beginning in January 2024. And if you pass the three-month-long course, you will have the opportunity to fight fires, perhaps with some of the department's cutting-edge equipment.

That includes a compact high-pressure unit that mounts in the back of a pickup truck yet "fights fire at almost the same level of a super heavy fire hose," says Maddison, which enables Maury County's Station No. 12 to start the fire fighting process faster.

"It's amazing if you are first on scene with that piece of equipment," concludes Maddison. "It's a very small unit but you can put out a vehicle fire or begin to contain a house fire with it."

To learn more about the Volunteer fire department visit Maurycountymfiretn.org, or contact them at info@maurycountymfiretn.org, or by phone at 931-388-0035.

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Photography by Robbie Mathis

HOMETOWN BUILDING MATERIAL & SUPPLY STORE

BY JASON ZASKY

“The previous owner was ready to retire, and I was ready for a career change,” says Lindsay Robinette about her decision to purchase Triple C Metals in January 2022 and then re-invent and build out that existing business.

“We’ve been rock’ n rolling ever since,” she adds before noting that MidTenn Supply sells a lot more than just metals. “We also sell lumber, rock, feed, flowers, mulch, and seasonal goods – basically any kind of building material you could ever need” – to both contractors and the general public.

Of course, Lindsay Robinette and her husband are no strangers to the local business community. In fact, Justin Robinette owns and operates a handful of other companies in the Mount Pleasant/

Columbia area — including Robinette Trucking and Digital Trigger Technologies — all of which can be found within a two-mile radius.

“Justin is thinking of new stuff to do all the time. He cannot sit still,” quips Lindsay. “We enjoy doing a little bit of everything, including flipping houses and remodeling and stuff like that.”

But she says she especially enjoys coming to work at MidTenn Supply, where she stays busy alongside upwards of a dozen employees — not to mention other family members — on any given day.

“I love our customers, who are so kind and genuine,” she says, calling them “the best customers in the world.”

Predictably, metal roofing, metal siding, and lumber are the company’s best-selling products, with MidTenn Supply filling

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Photography by Robbie Mathis

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orders for customers statewide and into northern Alabama and southern Kentucky.

The business also takes pride in sourcing its materials locally.

“About fifty percent of our lumber is local, and the other half comes from northern Alabama. Most of our metals come from southern Kentucky, with our rebar and angle iron coming from Pulaski. And our feed comes from a supplier that has a plant in LaVergne and Red Boiling Springs,” says Robinette.

Meanwhile, MidTenn Supply also sells plants that come from Thompson’s Station, as well as local honey.

“Right now, we are fixing to add a line of soaps that are made out of goat’s milk,” she says — soaps that are produced by a local lady who also happens to be a MidTenn Supply customer.

“We’re local and small town,” emphasizes Robinette, a Spring Hill native who calls herself the face of the business.

“I am in here every single day, and if you come in, there is a good chance you are going to see me or my husband,” she adds,

her hubby being a Mount Pleasant native.

There’s also the possibility of encountering one of the couple’s two children or Robinette’s parents or mother-in-law, all of whom chip in to help at various times.

“It’s giving our kids something to work towards growing up,” says Robinette, who insists both are well on their way to emulating the work ethic of their parents.

“They want to come in and work. Right now, they are sweeping floors and just learning the value of the dollar,” she says, not to maintain the value of taking pride in one’s work.

“Everything that people see here we have hand-touched. This is a labor of love — the whole business,” she notes, marveling at how much it has grown since MidTenn Supply formally came into existence in January of last year.

“We’re content where we’re at,” she concludes, though never satisfied, as Robinette and her employees always work to live up to the company’s motto: Reliable hometown quality.

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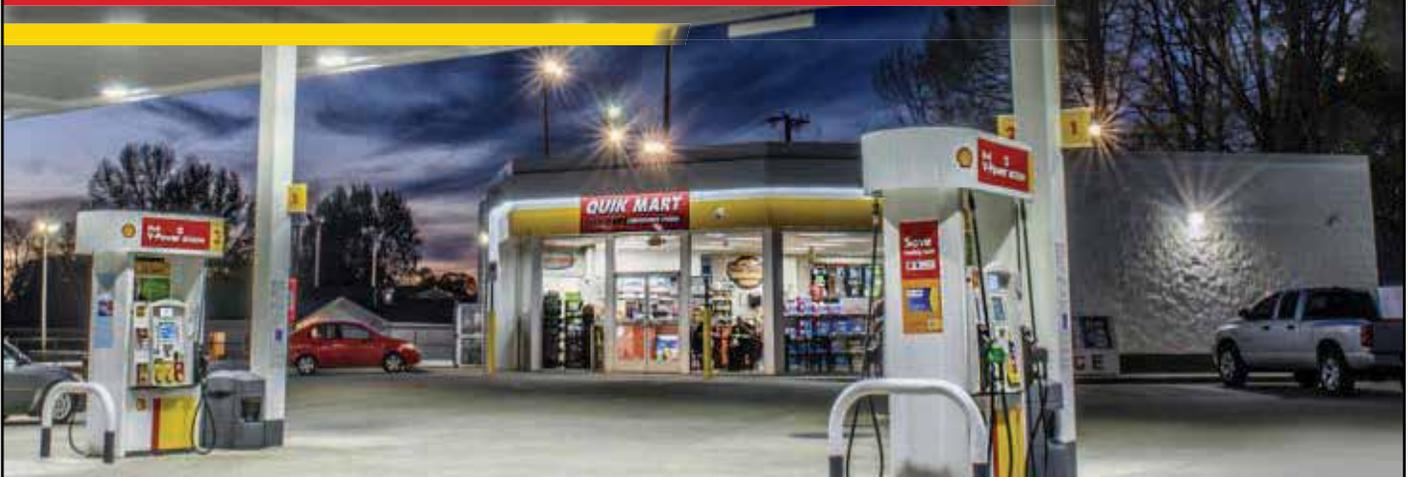
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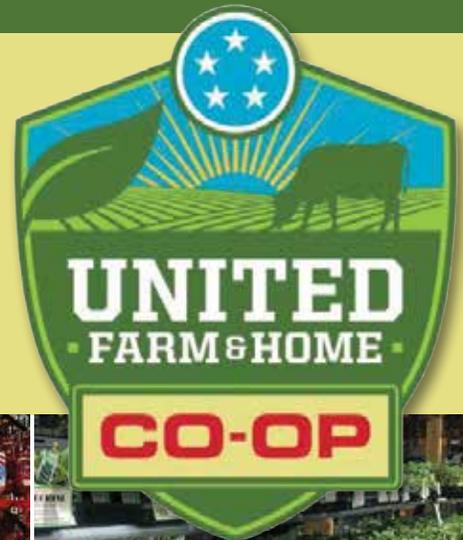
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