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THE RECIPE EVERYONE WANTS

Mayor's Dad bakes the cake



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MEDICAL MILESTONE

Local physician reaches milestone using robotic platform

LOCAL FOCUS RECIPE 18 SERVICE DIRECTORY 20, 21

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ON THE COVER: A 1951 Case tractor owned by local resident Wayne Cates has braved the elements for many years in a field in northern Maury County. Photo by Robbie Mathis.

ADVERTISING INFORMATION Interested in advertising to over 7,200 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

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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.

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




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COMMUNITY SNAPSHOTS



CELEBRATING A MILESTONE BIRTHDAY

State Representative Scott Cepicky congratulated Christine Lockett of Columbia on turning 104 years old. As you can see, she still has that great smile and sparkle in her eyes, Happy Birthday!



MARLIN RECOGNIZED BY NASCAR

Columbia native Sterling Marlin was recently recognized by NASCAR as one of their 75 Greatest Drivers. Among his 10 Cup victories were the 1994 and 1995 Daytona 500.



CITY ADDS TO FINANCE STAFF

The City of Columbia announced the latest addition to the Finance Department, Jamey Owen, as the new Assistant Finance Director. Owen is responsible for planning, directing, and overseeing the day-to-day activities of the finance department. In addition to the day-to-day oversight, Owen will play a key role in assisting the Assistant City Manager/Finance Director with budgeting, financial reporting, and special projects.

Assistant City Manager/Finance Director Thad Jablonski stated, "We are glad to bring Jamey aboard the Finance Department. Jamey's experience, knowledge, and expertise will be well received as the Finance Department begins the implementation of new finance and accounting software. Jamey is a great fit at the City of Columbia, and her professional background lends itself to the department's commitment to excellence. I do not doubt that her leadership will contribute to the continued success and progress of the department and our community."



COLUMBIA CELEBRATES TOURISM INDUSTRY ECONOMIC IMPACT

Tourism is the second largest industry in Tennessee according to the newly released data from Tennessee Economics. Tourism spending in Maury County has increased across the board with visitor spending trends up 16% from \$109.6M in 2021 to 126.8M in 2022. Tourism activities in Maury County supported an impressive \$220.2 million in business sales in 2022. The increase in tourism spending not only contributes to the county's economic growth but also underscores the importance of the tourism sector as a key driver of prosperity for the local community.

Mayor Chaz Molder stated, "I am so pleased, but not surprised, to see visitor spending trends and tourism activity with yet another year over year increase in Maury County." For more information on Tennessee Tourism Economic Impact, [visit \[tn.gov/tourism/news/2023/9/15/tennessee-tourism-thrives-141-million-visitors-spent-a-record-29-billion-in-2022.html\]\(https://www.visittn.gov/tourism/news/2023/9/15/tennessee-tourism-thrives-141-million-visitors-spent-a-record-29-billion-in-2022.html\)](https://www.visittn.gov/tourism/news/2023/9/15/tennessee-tourism-thrives-141-million-visitors-spent-a-record-29-billion-in-2022.html)

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COMMUNITY SNAPSHOTS



THE UNVEILING OF THE PLANS FOR THE MIRACLE LEAGUE OF COLUMBIA

Once complete the old Babe Ruth Field will be transformed into a handicap accessible ball field and all-inclusive playground. The Miracle League of Columbia at Maury County Park was formed in 2021 by a group of Columbia natives who had a dream of bringing a Miracle League program and all-inclusive playground to their old stomping grounds in Columbia. The Maury County community has embraced the project and we are so close to seeing it come to fruition! To find out how you can help visit: columbiamiracleleague.com



THE LEGAL AID SOCIETY CELEBRATES NEW LOCATION

Celebrating the grand opening of their new office on Hatcher Lane with a ribbon cutting ceremony, The Legal Aid Society is a nonprofit organization that provides legal assistance to low-income and vulnerable people within the community to ensure access to justice for all. Learn more at www.las.org. Located at **503 Hatcher Lane, Suite 105 in Columbia.**



UMAMI JAPANESE STEAK HOUSE GRAND OPENING

Congratulations to Umami Japanese Steak House on their Grand Opening! Located at 815 S James Campbell Blvd., UMAMI Japanese Steakhouse serves all of your favorite dishes from hibachi to sushi. To view their full menu visit umamijapanesesteakhouse.com



GENTIVA HOSPICE GRAND OPENING OF THEIR NEW OFFICE

Gentiva Hospice has been serving Maury County for years, but this is their first office in the area. They are looking forward to making a difference in the lives of those who need their services and being a part of this wonderful community! Located at **830 Hatcher Lane, Columbia.**

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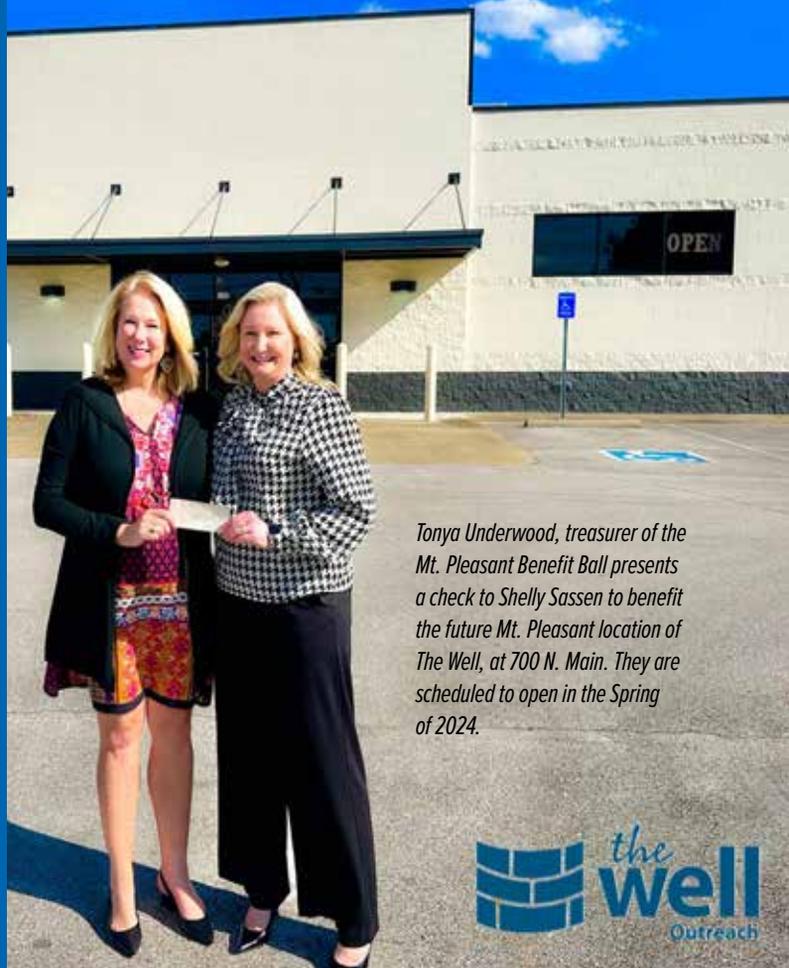


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*APY = Annual Percentage Yield

PROVIDING FOR FAMILIES IN MIDDLE TENNESSEE



Tonya Underwood, treasurer of the Mt. Pleasant Benefit Ball presents a check to Shelly Sassen to benefit the future Mt. Pleasant location of The Well, at 700 N. Main. They are scheduled to open in the Spring of 2024.

PAM WINDSOR

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/

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OPENING THEIR DOORS TO THE COMMUNITY

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 going 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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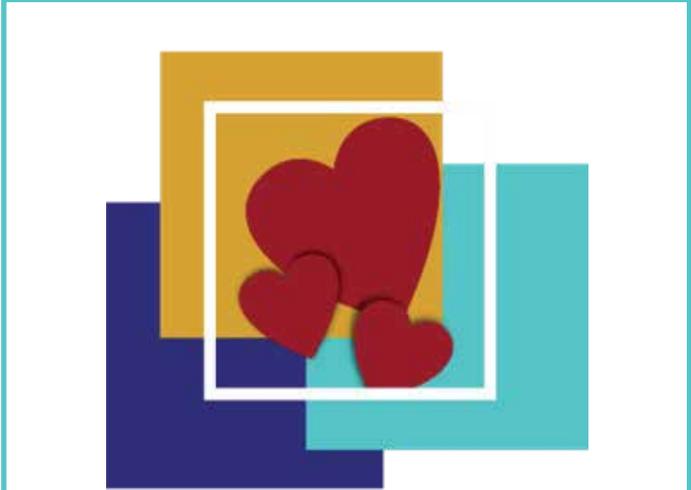
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From Mayor Chaz Molder My Dad's Rum Cake:

He's made and given these away to countless of folks over the years—from the local grocery store owners, to his doctors, to church fundraisers and literally everywhere in between. He's probably made some money on these, if only because they were so good people wanted to pay. I know he's raised some money off of these, I've literally seen women at a church auction run up to the front seats when they heard "Rick Molder's Rum Cakes" are the next auction items. I've lost count of the number of folks who have come up to me to brag about the fact that they have been a recipient of his famous sweet treat, and each one of those conversations brings a smile to their face, and to mine. I hope you will enjoy. —Chaz Molder

INGREDIENTS:

- 1 PKG. OF YELLOW CAKE MIX (NOT BUTTER)
- 1 (3 OZ) INSTANT VANILLA PUDDING
- 4 EGGS
- 1 CUP CANOLA OIL
- 1 CUP WATER
- 1 TEASPOON VANILLA
- 2 TEASPOONS RUM

Mix together with blender and put in a bundt pan sprayed with Baker's Joy (oil and flour mixed). Bake in a preheated 350 degree oven for 45 minutes. When cake is cooled, flip out of pan onto dish. Prepare sauce.

SAUCE:

- 1 CUP SUGAR
- 1/2 CUP WATER
- 1 TEASPOON VANILLA
- 2 TEASPOONS RUM

Cook water and sugar for no longer than 3 minutes on high. Remove from eye and add rum and vanilla. Stir together and then pour over cake. Cover cake for a day then refrigerate. Cake is better when made several days in advance of eating so the sauce can moisten the cake. Enjoy!





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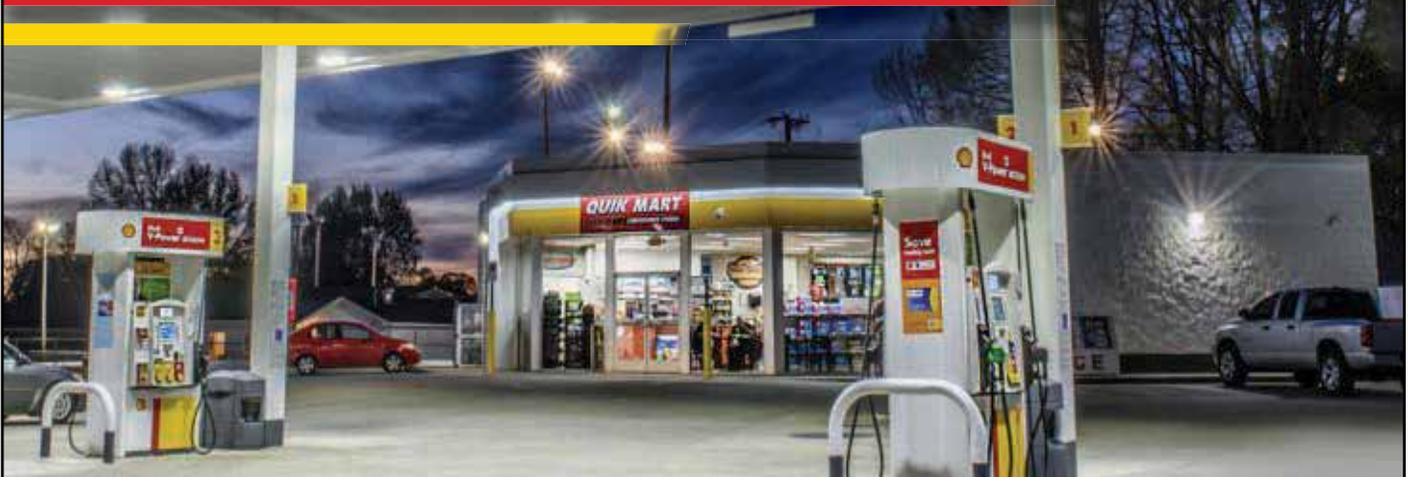
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MAURY REGIONAL SURGEON HITS 1K PROCEDURES WITH DA VINCI SYSTEM

Maury Regional Medical Center (MRMC) offers its patients the latest in surgical technology, and a surgeon on the medical staff has reached an impressive milestone with one of the hospital's robotic systems.

Chad M. Moss, M.D., a specialist in general, robotic and breast surgery, performed his 1,000th procedure at MRMC with the da Vinci Xi Surgical System on Monday. He's the first surgeon to perform 1,000 procedures at MRMC with the da Vinci robotic platform.

"I'm excited to reach this milestone," said Dr. Moss, who is a partner with The Surgical Clinic in Columbia and a medical staff officer at MRMC. "The da Vinci Xi robotic platform has been a great tool for us. It allows surgeons to be more precise and perform procedures in a less invasive way, which can lead to a faster recovery time for our patients. The robotic team at Maury Regional has embraced the technology and helped create a safe, efficient process that allows me to bring the best care to my patients."

Dr. Moss joined the medical staff at Maury Regional Health in 2014. He is one of 12 surgeons who perform robotic-assisted procedures with the da Vinci Xi at MRMC.

The da Vinci Xi, which was first implemented at MRMC in 2018, is the latest generation of the da Vinci system. It utilizes

advanced robotic, computer and optical technologies, including a high-definition and highly magnified 3D vision system and mechanical wrists that bend and rotate to mimic the movements of the human wrist.

The system allows surgeons to perform minimally invasive procedures in the areas of urology, gynecology, thoracic and general surgery. Benefits of the minimally invasive approach for patients typically include minimal blood loss and a faster recovery time.

Edward Kightlinger, a patient who underwent hernia surgery with Dr. Moss, said he was thrilled with recovery following the procedure aided by the da Vinci. The retired naval lieutenant commander was back to his normal active lifestyle a few weeks following surgery.

"The process was flawless from beginning to end, and the staff was fantastic and informative," Kightlinger said. "I was up and moving about quickly, and I had no pain."

For more information about the da Vinci Xi Surgical System and the surgical services provided at MRMC, visit [MauryRegional.com/daVinci](https://www.mauryregional.com/daVinci).

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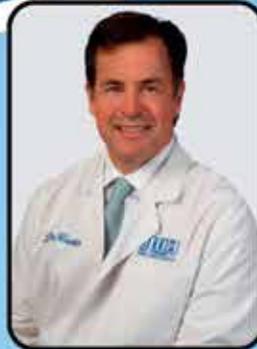
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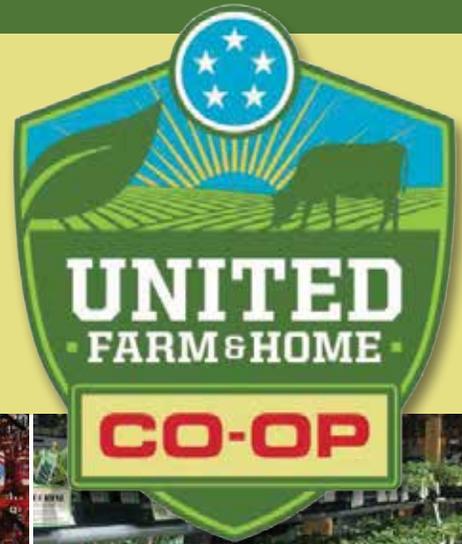
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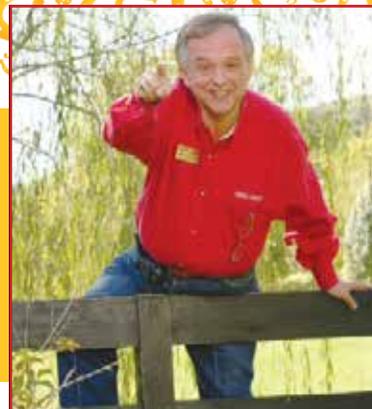


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