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Inside {local} October '22



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LOCAL ARTISAN DESIGNS PERFECT PLAN

Love of history and art
provides career path



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A MOVING CENTURY

Local company becomes
a family tradition



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A COURSE IN FIGHTING FIRES

Residents can join fire
academy for free



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HOSPITAL REACHES HEIGHTS

Local hospital ranks high
when it counts



Creative Director: Dennis Carroll

ON THE COVER: October is a great time to get out and explore the backroads of Maury County; to enjoy the changing landscapes, and old structures, like this one pictured located in the Williamsport community. 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.

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LOCAL FOCUS
SERVICE DIRECTORY 22, 23
CALENDAR 26
RECIPE 28



Photography by Michael Tedesco.

FOR LOCAL ARTIST HOBBY BECOMES CAREER

PAM WINDSOR

A typical workday finds Jill Harper painting in her home studio in Spring Hill, her dog Daisy Mae, right there at her feet. Harper always loved art as a hobby, but a little more than a decade ago, she found herself able to devote more time to it.

"I grew up drawing and doing art and always enjoyed it," she explains. "Then, when I had my second son, and I started staying home with them, I wanted to do something on the side. I started doing local craft shows and art shows. Then I started getting into stores, and it became a full-time job for me. It's amazing. I love it so much!"

Her paintings, which vary in size and subject matter, have become very popular with customers in the stores that display her work, like Vintage 615 in Spring Hill, the Faded Farmhouse

in Columbia, and Mercantile 1858 with locations in Franklin and Arrington.

"I paint churches, barns, flowers, but I do love seasonal pieces, too," she says. "Because when people collect, they can get additional paintings to trade out. If you have a fall piece out, when it's time for Christmas, you can put a new one in the same spot."

She also paints local landmarks, showcasing famous and familiar spots such as the Ryman, the Franklin Theater, Arrington Vineyards, and others. Harper was born in Memphis but moved to Franklin when she was 12 years old. She has a rich appreciation for the area's history, as well as history in general. She has a degree in Human Ecology-Housing and Design from Tennessee Tech.

"I especially love painting some of the older landmarks because there's so much history and character to them. I learned a

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Photography by Michael Tedesco.

< FROM PAGE 8

lot about architecture in school and just love it.”

She uses acrylic/latex paint to create a textured feel that sometimes gives her paintings a vintage look. She’s passionate, too, about experimenting with different colors.

“That’s another reason I like design - is color,” she says. “I love choosing different color palettes and keeping and adding color in, but making it neutral, also. So, it can still match if you change your colors.”

In addition to the artwork she sells at area stores, Harper does quite a bit of commissioned work. It can include everything from custom paintings for someone’s home that incorporates a specific wall color within the painting itself to create a perfect match, to paintings of buildings and landmarks with special meaning.

“I’ve done a lot of churches where people get married. I paint for some realtors, and I’ll do closing gifts such as a painting of the

home they sold if it was a family home, or a new home. It’s a lot of fun.”

She never dreamed when she started pursuing her art on a part-time level, it would work out so well.

“When I started doing it on the side, I had no expectations. I feel the community here really supports artists and small businesses, and I guess that’s why it works. And I’m also thankful to the shop owners because they’ve been so good to me. Being in the shops is a huge blessing because that’s not always easy.”

Harper, who has a strong faith, says she’s grateful to be able to do what she loves.

“On the back of my business card, it says, ‘I love using the talent God gave me.’ I truly believe there’s so much talent, not in me, but in the world. And for me to be able to do this, I know it’s God leading it.”

To learn more about her art, visit jillharperdesigns.com



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MOVING FORWARD ALMOST 100 YEARS

BY PAM WINDSOR

Powell Ledbetter has lived in Columbia all his life but has seen quite a bit of America. He and his wife, Kim, own VIP Moving & Storage of Tennessee. It's a family business that's been moving people all over the country for the past 90 years.

"My grandfather, Marshall Ledbetter Sr, founded the business in 1932, and it's been right here on West 12th Street ever since." While it's always been at the same location, some changes have occurred through the years.

"It started out as a small moving company," Ledbetter explains. "Actually, my grandfather was one of the largest North American Van Line agents in the country. And when he passed away, my dad wanted to scale it back, make it more manageable,

and offer a personal-type service. Today, we've taken the best of everything, and I think we've got it figured out."

Ledbetter and his staff, which includes Kim and four longtime trusted employees, handle moves from anywhere in one part of the country to another. They transport household goods anywhere in America, using their newly expanded warehouse in Columbia for storage when needed. Every move starts with a personal approach that continues throughout the entire process.

"Kim runs the office, and she does all of our estimates," says Ledbetter. "For example, we've had a lot of people moving from the West Coast, so for those, she'll fly out, do the estimate, then come back. That way, she gets to see the actual shipment. And when we give someone an estimate, it's guaranteed, it won't be a dollar more."

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< FROM PAGE 10

When it comes to the actual move, the same core group follows it through from beginning to end.

“We pack, load, transport, and deliver,” Ledbetter says. “The same people that come in and pack you will be the same crew that loads you. I’m going to be your driver to wherever the destination is, and I’ll generally fly one or two of my guys out to where we’re delivering, so they’ll be there to help. This way, there’s consistency. You don’t have four people come in and pack up, then have a different crew at the destination where nobody knows how to put anything together because they weren’t there when it was taken apart.”

VIP Moving & Storage has built a strong reputation, mostly through word-of-mouth. Ledbetter says his goal is not to just relocate people once but to move those same families again and again.

There have been many repeat customers, chief among them

– the Tennessee Titans. Ledbetter’s family formed a relationship with the team over two decades ago.

“We actually moved them here from Houston in 2000, my dad and his company, when he was alive. I drove a truck at the time and moved Coach Fisher and some of the executives here.”

Things went so well, Ledbetter has since moved some of those same people to other locations, and currently transports the Titan’s game day equipment when they play in other cities.

There’s a lot of pride, as well as responsibility, in running a family business, especially one in its third generation. Powell, who began working as an 8-year-old kid with a broom in the warehouse 50 years ago, wouldn’t have it any other way.

“I enjoy it. I like working; I like the physical part of it. You’re only as good as your last move, and I want to be the best we can be every time we pull up.”

See the VIP Moving & Storage ad on page 31 for more information.



COLUMBIA EYE
PHYSICIANS

Jacob Fleenor, M.D.

Ophthalmologists **Timothy Gordon, M.D.** and **Ralph Hamilton, M.D.** board certified ophthalmologists, are excited to welcome Dr. Jacob Fleenor to their practice at Columbia Eye Physicians, PLLC. Dr. Fleenor is from Rogersville, TN., and attended UT Knoxville. He received his MD degree from Quillen College of Medicine in Johnson City and completed his ophthalmology training at Baylor Scott and White Medical Center in Temple, TX.

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CITIZENS FIRE ACADEMY



Columbia Fire & Rescue is gearing up for their second annual Citizens Fire Academy this fall! CFR's Citizens Academy is a free six-week program that provides adults age 18 and up with the opportunity to learn all about what it takes to be in the fire service. Classes will take place every Monday and Saturday from October 10th through November 14th. Under close supervision of CFR firefighters, participants will use the skills and knowledge they will have obtained in Citizens Fire Academy classes to participate in hands on department activities including, donning and doffing firefighter turnout gear, deploying hoses, placing ladders, per-

forming search and rescue operations and more! Participants will get to witness a mock life-saving vehicle extrication, learn how to properly use a fire extinguisher, perform CPR and gain an understanding of basic and advanced life support skills. Citizens Fire Academy is a great way to learn more about day to day operations of your local fire department! For more information about Citizens Fire Academy check out Columbia Fire & Rescue's Facebook page @ColumbiaTNFire or visit the City of Columbia's website: tn-columbia.civicplus.com/701/Citizens-Fire-Academy

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U.S. NEWS & WORLD REPORT NAMES MAURY REGIONAL AMONG HIGH PERFORMING HOSPITALS

U.S. News & World Report has recognized Maury Regional Medical Center (MRMC) as a high performing hospital in the areas of colon cancer surgery, heart failure treatment, kidney failure treatment, stroke treatment, hip fracture treatment and knee replacement for 2022–23.

The annual U.S. News & World Report Best Hospitals rankings and ratings, now in their 33rd year, are designed to assist patients and their physicians in making informed decisions about where to receive quality care for challenging health conditions or common elective procedures.

“Maury Regional Medical Center’s health care team is committed to ensuring all our patients receive the best possible outcomes,” said Maury Regional Health Interim CEO and Chief Medical Officer Martin Chaney, MD.

For the 2022–23 rankings, the Best Hospitals list evaluated

hospitals in more than 30 medical and surgical services. The list’s methodology are based largely on objective measures, such as survival rates, patient experience, level of nursing care and how successfully each hospital helps patients return home.

To calculate the rankings for overall performance, specialties, states and metro areas, U.S. News evaluated each hospital’s performance using a variety of measures from data provided by the Centers for Medicare & Medicaid Services, American Hospital Association, professional organizations and medical specialists. In the areas of procedures and conditions, the ratings are based on objective patient care measures.

For more information about the 2022–23 rankings by U.S. News & World Report, visit Health.USNews.com/Best-Hospitals.

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MAURY COUNTY TOURISM REPORTS RECORD BREAKING YEAR

Visitors returned to Maury County in 2021 with spending totaling \$109.55 million, a 38% increase over 2020, according to new information released today by the Tennessee Department of Tourist Development. The five sectors included in the visitor spending report are Accommodations, Food and Beverage, Recreation, Retail, and Transportation. Each sector experienced increases for 2021.

"Maury County proved to be a popular place to visit in 2021, and our visitor spending surpassed even our 2019 levels, which is fantastic news," said Erin Jagers, Executive Director of Maury County Visitors Bureau. Maury County is the fastest growing county in Tennessee. We are ranked 20 of 95 counties in visitor spending.

Maury County has so much to offer. We promote Tourism in print, digital advertising, billboards, social media and more. Visitors come to tour the 11th President James K Polk home, Duck River, travel team sports tournaments, festivals and music events, historic sites, unique downtowns, parks, farms, weddings, great restaurants, boutiques, wineries and breweries -- the list goes on and on.

Tourism not only benefits local businesses, but also residents of Maury County. Visitors directly generated \$109.55 million in state and local taxes, which is equivalent to \$248 in tax savings for every Maury County household, according to today's state report. In other words, if it were not for state and local taxes generated by tourism, each Maury County household would pay \$248 more in state and local taxes.

For more information, please contact Erin Jagers at ejagers@maurycounty-tn.gov



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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



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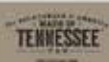
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FOLLOW US

COMMUNITY CALENDAR

Big Bleu Pickin' Party!



Saturday, October 15, 2022 AT 9 AM – 5 PM

Big Bleu Pickin' Party

Historic Public Square, Columbia

Flea market style fun in the parking lot at the corner of Woodland and E. 7th St.! Live music, food trucks, and lots of junk! Bring the gang for this FREE event! Come early and see some great classic cars across the street at Columbia Cars and Coffee the same day from 7-10am.

Saturday, October 15 7:00PM - 11:00PM

Rory Feek - Home Concerts

Hardison Mill Homestead Hall

4544 US-431 | Columbia

Rory is one-half of the Grammy-award-winning duo, Joey+Rory. He and his wife, Joey, toured the world and sold nearly a million records before her untimely passing in March 2016. Rory's highly anticipated first solo album "Gentle Man" was released June of 2021. More info and ticket info at www.RoryFeek.com.



November 5, 2022

Fall Festival & Chili Cook-Off

Highland Realm Blueberry Farm 4443

Hampshire Pike Hampshire

Highland Realm Blueberry Farm presents the first annual Fall Festival and Chili Cook-Off. Enjoy the sights, sounds and flavors of the season in a beautiful country setting in the hills of Middle Tennessee. Live music, chili tasting, food trucks, local vendors, inflatables for the kids and more.



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?

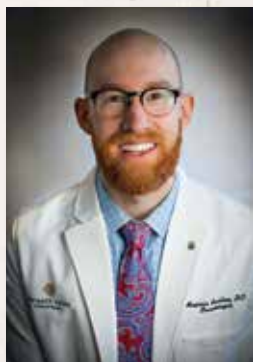
Eczema is a defect in the top layer of the skin, the epidermis, that causes the barrier to the outside world to become impaired. Important components of the epidermis, such as ceramides, become depleted, leading to dry, red, and inflamed patches on the skin. Eczema typically affects the flexural areas 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.

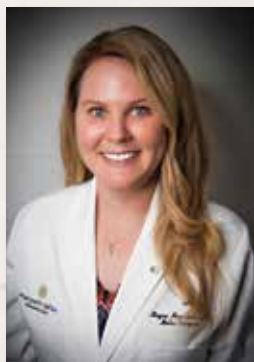
HOW DO YOU TREAT ECZEMA?

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 our Board Certified Dermatologists to see what treatments are available.

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



Dr. Benjamin Bashline



Dr. Megan Morrison



Dr. Pezhman Shoureshi



Harpeth Valley
DERMATOLOGY

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Great RECIPES

Roasted Chicken and Vegetable Soup

PREP TIME: 15 MINUTES
COOK TIME: 35 MINUTES
SERVINGS: 4

INGREDIENTS

1 DOLE® HOMESTYLE ROASTED HERB SHEET PAN MEAL STARTER KIT

1 CONTAINER (32 OUNCES) CHICKEN BROTH

1 CUP WHOLE-WHEAT PASTA SHELLS, COOKED

Prepare sheet pan meal starter kit according to package instructions. Transfer to cutting board and carefully cut chicken and vegetables into 1/2-inch pieces.

In medium saucepot over medium-high heat, bring chicken broth to simmer. Stir in pasta shells, chicken and vegetables. Reduce heat to medium. Cook 5 minutes, or until heated through, stirring occasionally.



#16402 Source: Dole



1000 SUNNYSIDE DRIVE

For Sale

Columbia, TN 38401 • 5 Beds, 3/1 Baths, 3181 SqFt



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2708 GRAY CIRCLE

For Sale

Columbia, TN 38401 • 4 Beds, 2 Baths, 2267 SqFt



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