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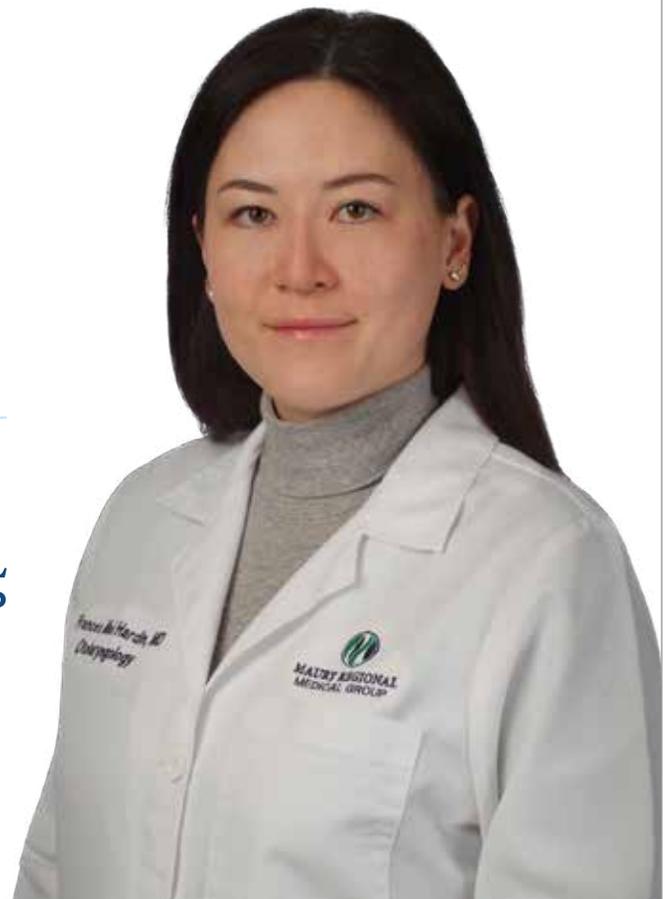
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Inside {local} September '22



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PROUD OF HIS HOMETOWN

Maury County is more than a great place to do business, it's a great place to live



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FESTIVE WEEKEND

Two festivals, lots of fun for the whole family, great food, entertainment and more!



16

BEAUTIFUL REFLECTIONS

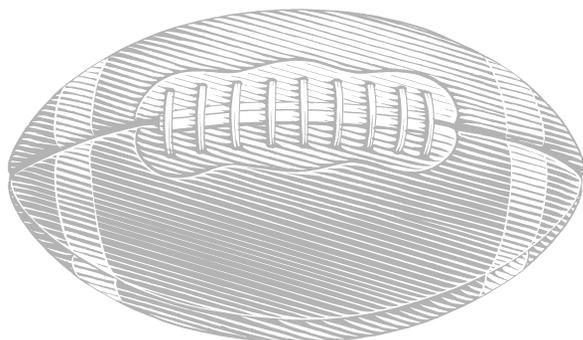
From rashes to skin cancer, Harpeth Valley Dermatology can help



20

THE BEST APPLE

Local charity partners with Boys and Girls Clubs



LOCAL FOCUS **SERVICE DIRECTORY 22, 23** **BUSINESS AWARD 26** **RECIPE 28**

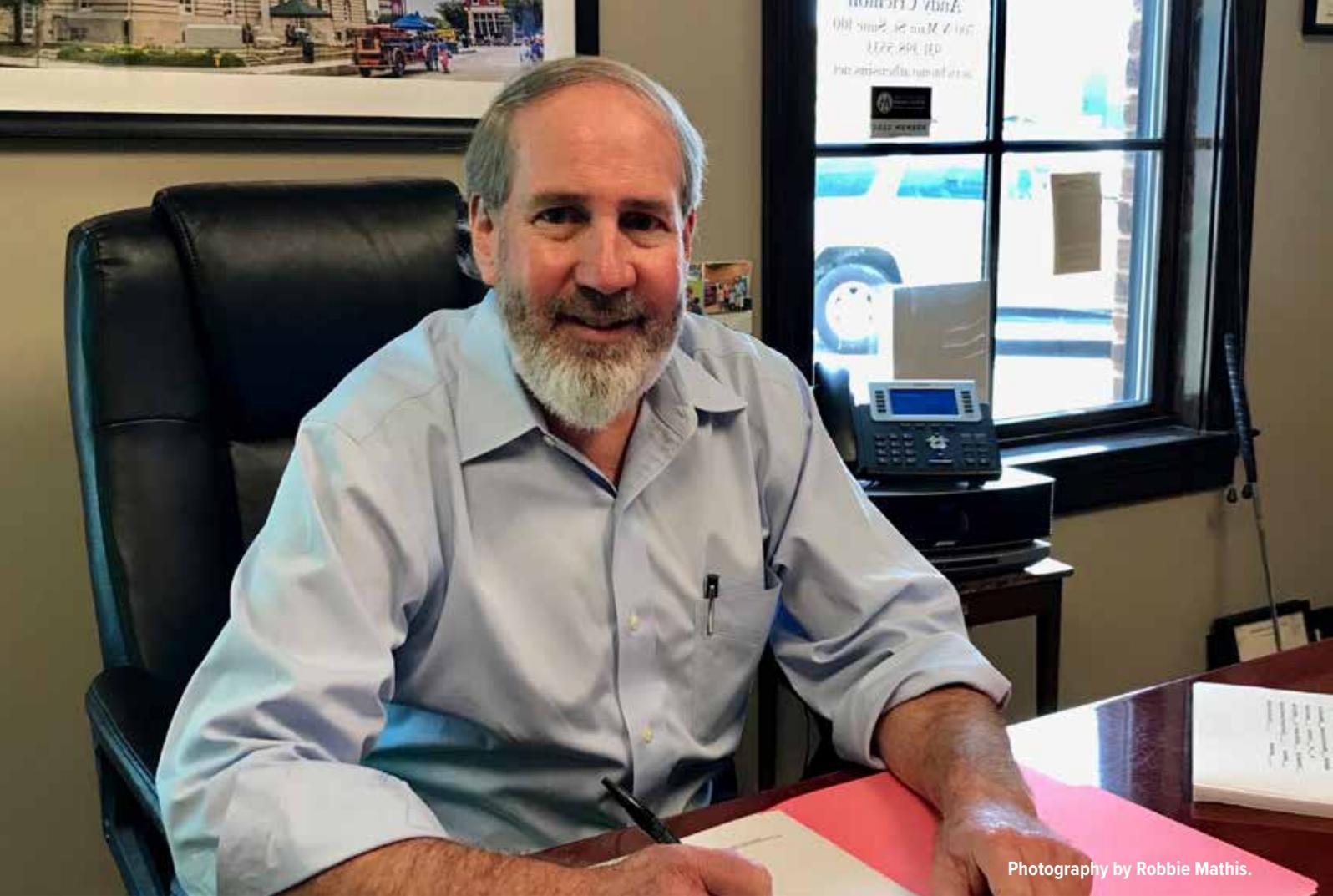
Creative Director: Dennis Carroll

ON THE COVER: *Wonderful fall weather will be here soon. There's no better time than now to get out and explore all that Muletown has to offer. Photo by Robbie Mathis*

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Photography by Robbie Mathis.

ATHENS INSURANCE

SPECIALIZED EXPERIENCE WITH DEEP LOCAL ROOTS

BY JASON ZASKY

If there's anyone who understands and appreciates the history of Columbia and the surrounding community, it's Andy Crichton, whose local roots date back five generations. Crichton grew up on a local farm before attending boarding school in Virginia, going off to college in Missouri, and then returning to Nashville after completing his education. But he brought his business to Columbia seven years after getting his start in the insurance business. For the past two decades, he's worked in Columbia, first at the historic firm of Redman-Davis Insurance and, more recently, at Athens Insurance.

"For the past six years, I have managed a branch office in downtown Columbia, and it's been a wonderful experience," he says of working for the Athens, Tenn.-based firm.

Crichton's main focuses are commercial insurance and construction.

"I'm a generalist (and handle) home, auto, and personal umbrella," he says, but 60 percent of his business is commercial.

"I'm focused on contractors and write a lot of business in the downtown area," he adds, with an emphasis on contractors, manufacturers, distributors, and restaurants. "I'm heavy on construction because that's what the game is right now. You see a lot of dump trucks, a lot of excavation, and a lot of landscapers" in Columbia these days, owing to the increased pace of development in the region.

Crichton says it's vital to find an agent who understands your industry.

"You wouldn't believe how complicated the rules and regulations of workers' compensation can be," he says, before going

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Photography by Robbie Mathis.

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on to note that individuals who work for contractors often need insurance themselves.

“I’ve got a client who is a painter and does drywall, and he’s got to meet certain qualifications and criteria to get a job with a general contractor. So there’s a lot more to it than people realize. We don’t just pull policies off the shelf,” he concludes, referring to himself and the colleague he works with in his office.

As for his philosophy in terms of handling clients, Crichton says he focuses on building relationships.

“I have a very high retention rate,” he says, without a trace of bravado. “I try to keep accounts and take care of them. I go for quality over quantity because you can’t be everything to everybody. I really want to serve people, and I focus on educating and protecting.”

That said, Crichton is also a big part of the local community and attends the First Presbyterian Church on South High St. in Columbia, where he married his wife Julie Gilbreath Crichton in

2005. The couple have two girls, who will turn 14 and 11 in October.

He spends much of his free time enjoying live entertainment and is a big supporter of the Maury County Arts Guild. He calls the Watershed Public Theatre a “great little theater” and “a hidden gem of our town,” before adding that “it always amazes me the local talent that shows up on the stage.”

Crichton also works on behalf of CASA of Maury County, which supports children at risk of being placed in the foster care system. To that end, he recently hosted a benefit concert for CASA at The Factory at Columbia, bridging his love of live music and charitable causes.

He says he feels very fortunate to work with Athens Insurance, and to live in Columbia.

“Maury County is a special place to grow up and to live and raise a family,” he concludes. “This area has always been a charm. I love to travel but the best thing is coming back to Columbia.”

See the Athens Insurance ad on page 22 to learn more.

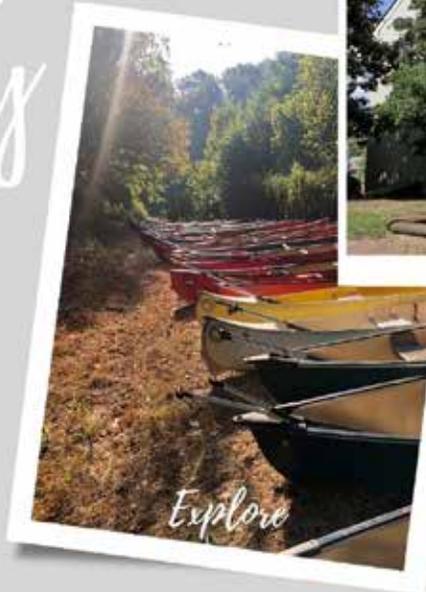
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SPRING HILL TO HOST TWO FESTIVALS IN ONE GREAT WEEKEND

PAM WINDSOR

THE WHOLE HOG FESTIVAL

Spring Hill's "Whole Hog Festival" gets bigger and better every year with more pork-themed events, added attractions for kids and adults, and more craft vendors, food, and live music.

Organizers will bring back the Antique Tractor Show, the chance to win free-bacon-for-a-year, and the old-fashioned cake walk they introduced last year. But they're also adding a new bacon-eating contest, a children's circus troupe, and the chance to ride, not a mechanical bull, but a mechanical pig.

"You've seen those bucking horses or cows that people ride to see if they can do it without falling off," says Sally Sassen, Chief Executive Officer of The Well Outreach. "We're going to have a bucking pig called Porkchop. Each year we try to add new things

and some surprise elements, as well."

The bacon-eating contest will also be a big deal. It's a timed contest to see who can eat 2 pounds of bacon the fastest, provided by Hitman Smoked Products. The winner receives \$100.

The popular festival, scheduled for Saturday, October 8th, marks its 15th anniversary this year. Originally called The Country Ham Festival, it started in 2005 but took a break in 2018. Then, John Maher Builders brought it back in 2019 with a new name and a partnership with "The Well Outreach," a local food pantry that serves families in crisis.

"This is one of three fundraisers for us each year, and this one, is very important to us," Sassen explains. "It lets us love on our community and share a little bit about the story of The Well." Organizers have spent months working to bring this year's festival together. There will be live music from start to finish featuring

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entertainers including Brother Maven, King Cotton, Herrick, and others, playing everything from progressive bluegrass to rock to country. However, the music does stop for a short time midday to allow everyone to gather for the popular hog-calling contest. (You couldn't have a whole hog festival without it.)

Food trucks will offer barbecue, brisket, bacon, hot dogs, hamburgers, kettle corn, shaved ice, doughnuts, and much more.

Look for lots of craft vendors – even more than last year.

The Whole Hog Festival takes place Saturday, October 8th, from 10 am to 6 pm at Historic Oaklawn Plantation, 3331 Denning Lane in Spring Hill. Tickets are \$5 per person, with children under five admitted for free.

For more information go to www.springhillwell.org

UAW FALL FESTIVAL

Members of UAW Local 1853 are gearing up for their big Fall Festival on Sunday, October 9th. It's an outdoor, family-oriented event that brings union members, their families, and the general public together for a jam-packed day full of fun.

"I'm excited because it's the first time in three years we've had it," says Cathy Busbee, UAW Local 1853 President. "We had to shut down for a couple of years because of COVID, then the year before that (2019), we didn't have it due to the strike."

They seem determined to return better than ever with all kinds of attractions. A group of select committees within the local autoworkers' union has been working hard for months - to bring it all together.

There will be live music, plenty of food, a car show, craft vendors, some direct-sales business vendors, a beer tent, and plenty of

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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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things for the kids.

“We have a really good kids’ zone,” Busbee says. “We have bounce houses, face painting, and a magic show. There’s a guy who dresses up like Black Panther and another one who dresses like Spiderman, and they walk around and talk to the kids. We’ll have a lot of other things, as well.”

And those who like homemade crafts will appreciate the large number of artisans selling and showcasing their wares.

“We’ll have handmade crafts like wood crafting, jewelry, and much more. We also have a lady who is going to do some spinning of wool. She’ll be demonstrating that.”

There will be many different types of food available. People attending the festival are advised to ‘come hungry.’

“We’re bringing in a variety of food trucks,” says Busbee. “One I’m looking forward to is The Spice is Right. It’s a local truck (Maury County), and everybody loves their food. So, I’m really happy

they’re coming. We’ll also have our typical hot dogs, hamburgers, and things like that.”

The fall festival starts at 10 am and goes until 6 pm in the evening, and admission is free for everyone (both union members and the general public).

“It’s for our members and an outreach to the community,” Busbee says. “There’ll be something here for everybody. You should come.”

The location is the UAW Local 1853 Union Hall at 125 Stephen P. Yokich Parkway, Spring Hill, Tennessee.

For more information, visit their fall festival Facebook page at @uawfallfest.

UAW Local 1853 is an Amalgamated Local with approximately 4500 members. It’s made up of a diverse workforce covering different companies. They include General Motors, Adient, American Food & Vending, Comprehensive Logistics, Leadec, Magna, Ryder, & MPS.



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Dr. Benjamin Bashline



Photography by Michael Tedesco

LOCAL DERMATOLOGY PRACTICE WELCOMES THE COMMUNITY

TREATING EVERYTHING FROM RASHES TO SKIN CANCER

BY PAM WINDSOR

One of the things Dr. Megan Morrison enjoys most about her dermatology practice is the wide range of patients she sees daily. As a child, she dreamed of becoming a doctor, but always thought she'd become a pediatrician. It wasn't until medical school that she realized she had a heart for treating people of all ages.

"I discovered dermatology and liked the fact that I still get to see children," she explains, "but also get to see geriatrics and the whole spectrum of all ages. And I really enjoy doing surgery."

A native of Niceville, Florida, Morrison, and her husband, Dr. Pezhman Shoureshi, also a dermatologist, moved to Tennessee seven years ago. They worked in Smyrna and Murfreesboro until a year and a half ago when they opened their Harpeth Valley Dermatology office in Thompson Station.

"We live in Franklin, so we always wanted to do something

closer to home," she says. "We love the Thompson Station area, and there's no dermatologist there, so pre-pandemic we started doing a build-out for Thompson Station."

The pandemic slowed things slightly, but in September of 2020, they opened their new office at 990 Elliston Way, Suite 101. No longer in Murfreesboro, they now operate two offices in Thompson Station and Smyrna. They also have a third dermatologist who works with them, Dr. Benjamin Bashline.

They welcome new patients, handling everything from General dermatology to skin cancer. Morrison, who recommends annual full-body exams for everyone, says the skin can tell doctors so much about what's going on inside the body.

"There are thousands of diagnoses we are trained in being familiar with diagnosing and understanding how to work up and

PAGE 18 >

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Dr. Megan Morrison



Dr. Pezhman Shoureshi

< FROM PAGE 16

how to treat. Which is also another exciting thing about dermatology; it is a very diverse field. Every room I go into is completely different. A rash is not just a rash. What's causing the rash? Are they allergic to something, is there something internal going on, do they have a vitamin deficiency? There are lots of different things that present with skin lesions that can be caused by something else."

Morrison focuses primarily on treating skin cancer. She did an additional fellowship after her residency on Moh's surgery – a surgical technique to treat common types of skin cancer.

"The bulk of what I do is skin cancer, excisions, and reconstructions on the head and neck. Most of my patients are full-body skin exams which we recommend people to come in and get annually where we look them over from top to bottom, make sure that

there are no suspicious moles or lesions anywhere that could be a skin cancer or pre-cancer. And then if there are, I treat them in the office with local numbing medicine, so they're not having to go to a surgical outpatient surgery or anything like that."

Morrison says she enjoys interacting with patients and the goal of their practice is to make people feel comfortable. "I love taking care of people, which is why I wanted to be a pediatrician anyway. But I also love getting to know people, getting to know their families. For example, in my work family, I've known my nurses the entire time I've been in Tennessee, but I feel the same way with patients. It's really about treating them like I would treat a member of my own family."

Harpeth Valley Dermatology is located at 990 Elliston Way, Suite 101 in Thompson's Station. For more information, see their ad on page 27



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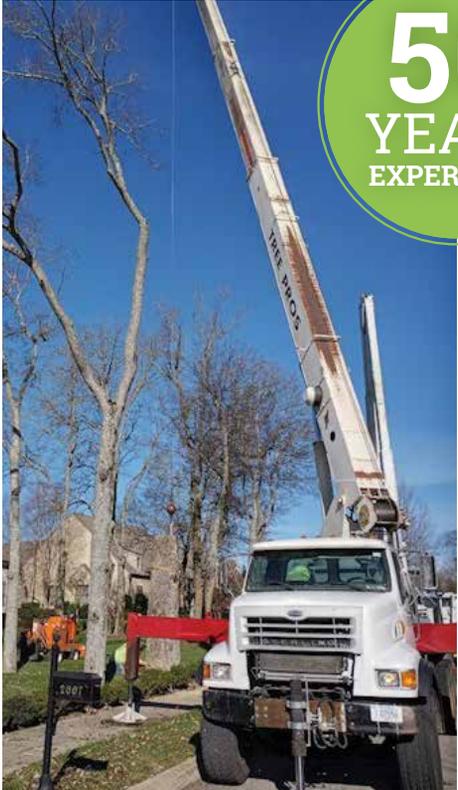
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BRIGHT APPLE

PARTNERS WITH BOYS & GIRLS CLUBS TO PROVIDE HEALTHY SUMMER SNACKS

Bright Apple recently partnered with Boys & Girls Clubs of South Central Tennessee to provide healthy snacks for Maury County students. The snacks were distributed to students and families participating in the BGCSTN summer program.

Bright Apple was chosen as a recipient of a Summer Feeding Grant from Save the Children. Grant funds were used to provide the snacks through Boys & Girls Clubs and Maury County School students that Bright Apple served throughout the summer.

“We are very thankful for the funds we received through Save the Children’s Summer Feeding Grant,” said Charity Kimes, founder of Bright Apple. “The grant made it possible to provide healthy snacks for students throughout the summer. Boys & Girls Clubs have been a great partner in helping us serve more children.”

Carrika Washington, Wayne Street/Howell Unit Director for BGCSTN said the snacks provided through Bright Apple will mean a lot to the families they serve.

“These snacks will help to fill the gap in helping families provide healthy food for their children,” said Washington. “The fresh fruit is especially appreciated as fresh fruit is not regularly available.”

The healthy snacks will also support the BGCSTN mission to prioritize health education for their students.

“Helping kids learn about healthy lifestyles and healthy eating habits is a priority for us,” said Lauren La Porte, Chief Development Officer/Co-Interim CEO for BGCSTN. “It has been a tough couple of years for everyone. We have spent some time this summer to give kids a break and give them opportunities to focus on their physical and mental health. The healthy snacks will be a great addition to this!”

Washington added that many families need support right now. BGCSTN currently has a waiting list with hopes of being able to serve more families.

“There really is a need,” she said. “One family we serve is a single mom taking care of three children as well as her sister’s two children. Supplemental food such as these snacks will be a great help to her. Families need support more than ever.”

For more information about Bright Apple, visit BrightApple.org. For more information about Boys & Girls Clubs of South Central Tennessee, visit bgcstn.org. For more information about Save the Children, visit SavetheChildren.org.



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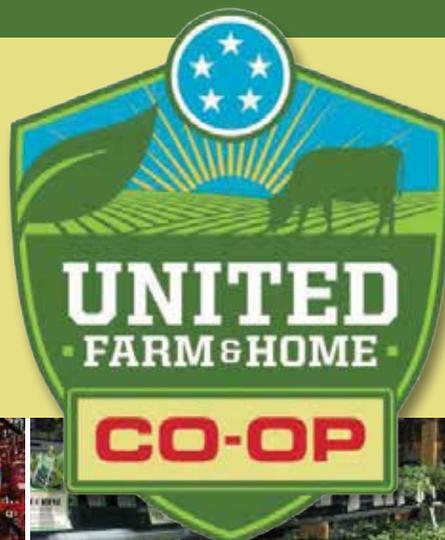
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WIRED MASTERMIND GROUP AWARDS \$14,000 TO LOCAL BUSINESSES

On Wednesday, August 17th, the Maury County Chamber & Economic Alliance and the Spring Hill Chamber of Commerce hosted the first annual WIRED Pitch Competition at the Hampton Inn in Spring Hill, where the WIRED Mastermind group presented local entrepreneurs with \$14,000 in funds to accelerate their business.

“The pitch competition experience was a perfect culmination to the year-long Mastermind journey. Our CEO’s demonstrated their servant leadership, and each participant did a fantastic job presenting their business proposition and commitment to the community. We truly hope that this inspires others to be a positive influence in elevating our economy through the talents and means that they uniquely possess, said” Rebecca Melton, Executive Director, Spring Hill Chamber of Commerce.

Ten businesses applied for the opportunity, and three were invited to make their pitch in front of the 2022 WIRED Mastermind Group for a chance to receive \$10,000 and future mentorship from the group. After three solid presentations and extensive deliberation, the group selected Josh Merrill, Founder and Owner of Legacy Coffee Co. as the recipient of the \$10,000 check. In a surprise turn of events, the group decided to contribute additional funds and awarded sisters Susan Martin and Laura Purtle \$4,000 for their business, Old Stone Creamery. All ten applicants were connected to Amelia Bozeman, Director of the Tennessee Small Business Development Center, which offers no-cost consulting and training for small business owners looking to start, fund, or grow a business.

“Legacy Coffee is in the heart of two amazing communities.

Nestled between Spring Hill and Columbia in Neapolis, this amazing company is giving to both communities. Josh Merrill’s passion and love for coffee and the community is evident in every cup he creates. We are excited about the ideas he has to grow his business and look forward to continuing to partner with him in the future,” said Will Tenpenny, Edward Jones Financial Advisor.

The 2022 WIRED Mastermind Group is comprised of: Seth Blanks, CEO at Highland Corporation; Todd Essig, VP of Business Development at Rae Products; Peter Goodwin, CEO at GrooveLife; Jack Maher, President at John Maher Builders; Hitesh Patel, Vice President at Halifax Hospitality; Lora Powell, CEO at Salon Blonde, Bob Taylor, Owner at Covenant Technology; Will Tenpenny, Financial Advisor Edward Jones; and Aaron Whitaker, Owner at Preventia. They have been meeting monthly over the past year to share experiences, foster growth, and learn from each other’s areas of expertise. Together they contributed \$14,000 for the PITCH Competition and will provide additional mentorship and guided as needed.

“It is always exciting, and maybe a little nerve-racking, to launch a new program such as this. We are thrilled by the success of the inaugural Mastermind cohort and pitch competition, which provided an opportunity for local CEOs to develop new relationships, learn from each other, and partner together to provide real assistance to other up and coming entrepreneurs in the community. We also want to thank the Spring Hill Chamber for developing the original idea and allowing us to partner with them to implement the program county-wide,” said Will Evans – President, Maury County Chamber & Economic Alliance.

ARE YOU STRUGGLING WITH STUBBORN ACNE?



Do you continue to break out despite having tried several acne treatments? Are you convinced that nothing's going to work, but given time, the acne will clear on its own?

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Here's what you can expect when you see a board-certified dermatologist.

HOW DO DERMATOLOGISTS DIAGNOSE ACNE?

If you have acne, a dermatologist can diagnose you by looking at your breakouts. During your appointment, a dermatologist will also note what types of acne you have and where the breakouts appear on your skin.

This helps your dermatologist create an effective treatment plan.

Sometimes what looks like acne isn't acne. While rare, what looks like acne can be another condition. For example, some people mistake hidradenitis suppurative, also called acne inversa, for everyday acne. Treatment for this condition differs from that for acne.

Another condition that can be mistaken for acne is perioral dermatitis. It often causes breakouts that look like acne around the mouth.

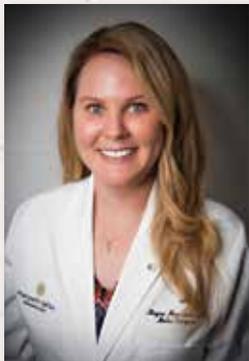
Seeing a board-certified dermatologist can be reassuring. Whether you have stubborn acne or another condition, a board-certified dermatologist can diagnose you and create a treatment plan tailored to your needs.

If you have acne, make an appointment with one of our Board-Certified Dermatologists to set up a customized skin care regimen!

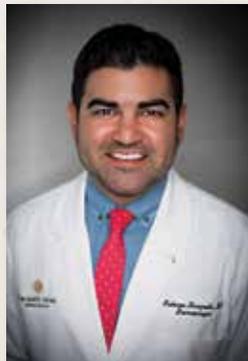
For more information, please go to harpethvalleydermatology.com or call us at **615-905-8083**.



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Great RECIPES

A WINNING RECIPE TO FEED GAME DAY FANS

One of the easiest ways to take your menu from benchwarmer to superstar status is to add foods from one of the country's top authentic Mexican food brands, Cacique, to your playbook. For example, flavor-packed, heaping Cheesy Chorizo Nachos can score a touchdown at your gathering, even among the pickiest of fans. When the game is on the line, call on this dish to keep your team satisfied from kickoff to the final whistle.

Made with crumbly, creamy, pleasantly milky queso fresco; authentic real cheese queso dip that's ready in minutes; robust, spicy pork chorizo; fresh-tasting Crema Mexicana; and small-batch homestyle salsa, this shareable dish can feed a houseful of hungry fans. Ready in less than an hour, it's a perfect solution for pregame baking so it's ready just before the coin toss.

CHEESY CHORIZO NACHOS

INGREDIENTS

1 PACKAGE CACIQUE PORK CHORIZO
1 PACKAGE CACIQUE QUESO BLANCO QUESO DIP
1 CAN (15 OUNCES) REFRIED BEANS
2 TABLESPOONS WATER, PLUS ADDITIONAL, IF NECESSARY
1 BAG (12 OUNCES) TORTILLA CHIPS
1 PACKAGE CACIQUE RANCHERO QUESO FRESCO
1/2 CUP CACIQUE CREMA MEXICANA
1 LARGE JALAPENO, SLICED THIN
2 RADISHES, SLICED THIN
FRESH CILANTRO LEAVES, FOR GARNISH
GUACAMOLE, FOR SERVING
CACIQUE MILD HOMESTYLE SALSA, FOR SERVING

In large nonstick skillet or well-seasoned cast-iron pan over medium-low heat, cook pork chorizo, using spoon to break it up. Stir regularly until completely warmed through and deep brown, scraping crispy bits from bottom of pan.

Microwave queso dip 2-3 minutes until heated through.

In medium bowl, thin refried beans with water. Beans should be thick but nearly pourable; add additional water 1 tablespoon at a time, if necessary.

Heat oven to 350 F.

To assemble nachos, add half the tortilla chips to 13-by-9-



inch rectangular baking dish. Use spoon to drizzle half the queso dip and half the refried beans evenly over chips, distributing as evenly as possible. Sprinkle with half the crumbled queso fresco. Repeat with remaining chips, queso dip, beans and crumbled queso fresco. Bake 5-8 minutes until crumbled queso fresco softens and queso dip is creamy.

Remove from oven then drizzle with crema Mexicana and scatter pork chorizo over top. Garnish with sliced jalapeños, radishes and fresh cilantro. Serve with guacamole and salsa.



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