

Muletown {local}

COLUMBIA & MAURY COUNTY

SEPTEMBER 2026

Exciting Events

*Check out area events
for this fall*

Meet Local Businesses

We highlight business leaders

FALL SPORTS KICKOFF

SUPPORT
LOCAL SCHOOLS



LOCAL ADVENTURE | LOCAL DISCOVERY

Training the Next Generation of Doctors

PROUDLY ENTERING A NEW ERA AS AN ACADEMIC MEDICAL CENTER

For more than 70 years, Maury Regional Health has stood as a trusted, not-for-profit health partner — caring for our friends, families and neighbors. What began as a small community hospital has grown into a comprehensive regional health system driven by a deep-rooted commitment to the people we serve.

Now, we've taken our next historic step by evolving into an academic medical center. In partnership with **University of Tennessee Health Sciences**, we have launched an Internal Medicine Residency Program to bridge advanced medical training with our legacy of clinical excellence.

It is a great privilege to mentor these medical leaders of tomorrow who will learn here, grow here and ensure that **world-class care always remains close to home.**



**MAURY REGIONAL
HEALTH**



**THE UNIVERSITY OF TENNESSEE
HEALTH SCIENCES.**

MAURY INTERNAL MEDICINE RESIDENCY PROGRAM

Program Associate Director Deborah Goldsmith, MD, and Core Faculty Member Pinky Chugani, DO, are part of a premier team of local physician leaders guiding Maury Regional Health's inaugural class of internal medicine residents. Learn more at MauryRegional.com/UTHS.



CPWS



INTERNET



STREAM

game



WORK FROM HOME



LOCAL

SERVICE SUPPORT

1GIG

Call today

www.cpws.com

931-375-7777

LISTERHILL HELPS YOU

find your way home



Make an
appointment
with *Daniell*
today!

We live in the same community, so let's work together. **Take advantage of local decision making with a mortgage loan officer who will get to know you and understand your goals. We can help you select the best rates and terms to meet your needs so you can start making a house your home. All from your local, not-for-profit cooperative.**

- + Short and long term fixed rate loans
- + Conventional
- + FHA
- + USDA
- + VA
- + Low-rate adjustable loans
- + Construction loans
- + Land loans
- + First-time homebuyer programs



Daniell Blair

Mortgage Lender

NMLS# 1622395

3348 Kedron Road

Spring Hill, TN, 37174

256.383.9204 ext 3818

931.374.0507

dblair@listerhill.com



CABINET MAKEOVERS

Middle Tennessee's premier cabinet company, recreating the heart of the home



AFTER



BEFORE

Refacing • Refinishing • Custom cabinetry
Beautiful & functional design • Custom pullout
shelving • Custom pantries & closets



*Summer
Special*

\$500 OFF

any job of \$5,000 or more
Expires 9/30/26



FREE estimate & consultation

615-331-7010

CabinetMakeoversTN.com



**Cabinet
Makeovers**

GIVING OLD CABINETS NEW LIFE SINCE 1979

Our high-end materials, quality craftsmanship, experience, and passion for excellence set us apart

Millers Thrillers

EVERY WEEKEND IN OCTOBER

STARTS SAT. SEPTEMBER 26



HAUNTED MINES AND THE CREEPY INHABITANTS



TRAVEL RUGGED TERRAIN AND SHOOT ZOMBIES WITH PAINTBALL GUNS

PLUS MORE INCLUDING
**Zombie Drumlins, stilt walkers,
fire performers, light, laser &
firework shows and more**

millersthillers.net

1413 CARTERS CREEK PIKE | COLUMBIA TN JUST 5 MINUTES FROM SPRING HILL

YOUR HEALTH OUR PRIORITY!

SINCE 1979

*Prescription refills, vitamins, supplements,
and a full line of compression hose!*

DRIVE THRU WINDOW

WALTER E. HOLLAND DPh.

BARBARA LINCOLN DPh.

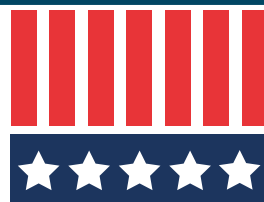


Winner Pharmacy/Pharmacist

HOLLAND'S PHARMACY

931-388-4233 | hollandsparmacy.com

M-Fri 8-6. Saturday 8-2 1608 Hatcher Lane. COLUMBIA



**23 YEARS OF PROTECTING
WHAT MATTERS MOST**

September is Life Insurance Awareness Month

De BERRY
INSURANCE AGENCY



Eric and Chris DeBerry
Owners, Principal Licensed Agents

**Auto-Owners
INSURANCE**

LIFE • HOME • CAR • BUSINESS

*Call, Click, or Come by Today and
let our experienced agents help you
find the coverage you need!*

DeBerryInsurance.com

615.790.8202

5232 Main Street | Spring Hill

*Proudly serving Spring Hill since 2003 | Your Hometown Independent Insurance Agency
Locally Owned and Operated*

Inside {local} September '26

12

EVENTS HIT THE CALENDAR

After the hot summer, it's time for fun

16

3-D PRINTING IN SPRING HILL

Local business to feature 3-D printing and supplies

LOCAL FOCUS

SNAPSHOTS 8

SERVICE DIRECTORY 20, 21, 22, 23, 24

RECIPE 26

**PROUD MEMBER OF
MAURY ALLIANCE**

Visit our website:
muletownlocal.com

Muletown Local is published by WilcoLocal Media & Marketing, published twelve times per year, and delivered both online and by postal delivery to thousands of homes in the Columbia 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 Muletown Local are not responsible for claims made by the business owners. Please submit any questions or comments to jbryant@wilcolocal.com.

For advertising information contact Jeff Bryant at 615-828-2542, or jbryant@wilcolocal.com

Get expert orthopedic care close to home.



Columbia

OrthoQuick/Urgent Care Available

1050 N James Campbell Blvd., Suite 200
Columbia, TN 38401

Appointments:
(931) 381-2663



Spring Hill - Now Open!

Urgent Care & Walk-in Clinic Available

2160 Reserve Blvd.
Spring Hill, TN 37174

Appointments:
(931) 381-2663

TOA
CELEBRATING 100 YEARS
TENNESSEE ORTHOPAEDIC ALLIANCE



Scan to learn
more and
schedule.

TOA.com

COMMUNITY SNAPSHOTS



2027 MIDSTATE CLASSIC PLANNED

The City of Columbia is excited to announce that the University of Tennessee Lady Volunteers will take on the Belmont University Bruins at the 2027 Midstate Classic on Tuesday, April 13, 2027, at Ridley Sports Complex. University of Tennessee Head Coach Karen Weekly said her team is looking forward to returning to Columbia and Belmont University Head Coach Laura Matthews shared her enthusiasm for the opportunity.

Now in its 12th year in Columbia, the Midstate Classic has become one of Middle Tennessee's premier spring softball events. City Manager Tony Massey said the featured matchup reflects Columbia's continued commitment to hosting premier sporting events.

"The Midstate Classic has become a tradition our community looks forward to each year. Welcoming nationally recognized programs like Tennessee and Belmont showcases the quality of Ridley Sports Complex while creating an unforgettable experience for residents and visitors."

Additional event information will be shared closer to the tournament date on [ColumbiaTN.gov](https://www.columbiatn.gov) and the City's Facebook and Instagram pages, [@CityofColumbiaTN](https://www.facebook.com/CityofColumbiaTN).

COLUMBIA FIRE & RESCUE'S CITIZENS FIRE ACADEMY

Columbia Fire & Rescue is now accepting applications for the 2026 Citizens Fire Academy, a free, hands-on learning experience for adults ages 18 and older. The six-week program provides participants with a behind-the-scenes look at life in the fire service, offering firsthand insight into the operations, challenges and teamwork that define Columbia Fire & Rescue's commitment to protecting the community.

"Every day, our firefighters rely on training, teamwork and preparation to serve this community," said Fire Chief Chris Cummins. "The Citizens Fire Academy gives residents the chance to experience some of that training firsthand and see what it takes to be a member of Columbia Fire & Rescue. We look forward to welcoming this year's class and sharing more about the work our department does to keep Columbia safe."

The 2026 Citizens Fire Academy will run from September 15 through October 20, with sessions held every Tuesday evening from 6:00–8:00 p.m. at various Columbia fire stations.





***“We offer Peace
of Mind Protection”***

*Covering all of your insurance
needs since 1952.*

**HOME | AUTO | LIFE
FLOOD | COMMERCIAL**

Licensed in TN, AL, GA, & FL.
204 W. 4th St. COLUMBIA | **931-388-8365**
Info@fosterins.com | FOSTERINS.COM

Auto-Owners
INSURANCE
LIFE • HOME • CAR • BUSINESS

PROGRESSIVE



Foster
Insurance Agency, Inc.

MAURY COUNTY EQUIPMENT

PARTS | SALES | SERVICE



**MAURY COUNTY EQUIPMENT
COMPANY, INC.**

*SERVING MAURY COUNTY AND
MIDDLE TENNESSEE FOR 40 YEARS*

Quinn Hixon | SERVICE | SALES | PARTS | 615.440.2271 cell
Mat Perales | General Manager | 615.517.8155 cell

dicksoncountyeq.com

1075 N. JAMES CAMPBELL BLVD. | COLUMBIA | **931-490-8183** | M-F 8-5. SAT. 8-12

Priority
MOTOR CARS Inc.

**TREATING CUSTOMERS
RIGHT!**

*Let us help you find the car you deserve, priced to fit your
budget. Shop our online showroom of used cars, trucks,
& SUV's, then stop by for a test drive!*

prioritymotorcars.com

1200 S. Main COLUMBIA | 931-982-6040

Mon-Sat 9-5. Sunday by appt. 



NATIONS

RV & MARINE

SALES • SERVICE • PARTS • COLLISION
615-627-2323

Specializing in insurance repairs, bodywork, fiberglass, gel coat, paint services. Complete service, repair and maintenance!

**WE SERVICE A, B, and C CLASS DIESEL OR GAS
TRAVEL TRAILERS | 5TH WHEELS | HORSE TRAILERS | FOOD TRUCKS
HOUSEBOATS | CRUISERS | LUXURY ENTERTAINMENT COACHES**

**7657 HWY 7 | LYLES TN
www.nationsrvtn.com**

JIMMY D. DUGGER



*I Want To Be
Your Family's
"REALTOR
FOR LIFE"*

BROKER - VICE PRESIDENT | Auctioneer
Office: **931-540-8400** | Mobile: **615-210-5027**

**CRYE-LEIKE,
REALTORS®**

1118 NASHVILLE HWY. | COLUMBIA, TN

**REMEMBER I'M
JIMMY D.
COME LIST,
BUY & SELL WITH ME!**

1966 • 60 YEARS • 2026

JONES & LANG

SPORTING GOODS, INC.

1412 TROTWOOD | COLUMBIA | 931-388-8060 | jonesandlang.com



OFFERING STATE-OF-THE-ART AUDIOLOGY SERVICES INCLUDING:

Diagnostic Hearing Exams | Hearing Aids | Cerumen Management (Wax Removal)
Pediatric Audimetry | Tinnitus Management | RealEar Measurements
Balance Evaluation | Tympanometry | Cognivue Screenings | Otoacoustic Emissions
(OAE) Measurement | Auditory Processing Disorder | Custom Plugs.

FRANKLIN | SPRING HILL | DICKSON | NOLENSVILLE | TULLAHOMA | CHATTANOOGA & TRENTON, GA.
(615) 591-6410 | INFO@HEARTN.COM | HEARTN.COM



**CHRIST CENTERED
PREPARED FOR COLLEGE
EQUIPPED FOR PURPOSE**

The Mission of Zion Christian Academy is to instruct students from the light of God's word in order to equip them for a lifetime of learning, leadership, worship, and service to the Glory of God.

PreK-12 | 2323 Zion Road COLUMBIA | 931-388-5731 | zioneagles.org

CALL TO SCHEDULE YOUR NEXT RENTAL



**SKID STEERS | MINI SKIDS | EXCAVATORS
FORESTRY SKIDSTEER MULCHERS | TELEHANDLERS
LIFTS | TRAILERS | ROCK HAMMERS | GRAPPLES
HARLEY RAKES | BRUSH CUTTERS | MULCHERS & MORE!**

10% OFF CODE "EquipGO10"

(metered equipment only) Expires 9-30-26

**CONVENIENT DELIVERY & PICKUP TO MAURY
AND SURROUNDING COUNTIES
WE BRING OUR EQUIPMENT TO YOU!**

COMPACT EQUIPMENT RENTAL
LOCALLY OWNED - SMALL FAMILY BUSINESS

📞 (931)-364-7368

🌐 WWW.EQUIPGO.LLC

📍 401 N. HORTON PKWY,
CHAPEL HILL, TN, 37034



FALL EVENTS



CAMPIN' IN THE PARK 2026

SEPTEMBER 19-20 FISCHER PARK,
4285 PORT ROYAL ROAD, SPRING HILL
FOR MORE INFO: [SPRINGHILLTN.COM](http://SpringHillTN.com)

Get the kids away from their electronic devices and into nature! The City of Spring Hill Parks and Rec and the Union Sportsman Alliance are hosting a weekend of outdoor fun at "Campin' in the Park." Gather your family, pitch a tent, and enjoy an unforgettable camping experience filled with community, adventure, and memories under the stars. Outdoor activity sessions including Backyard Bass, Archery, a Scavenger Hunt, Frisbee Golf and lots of fun activities for all ages to enjoy. Bring your own lunch. Dinner will be provided. All youth must be accompanied by a parent, guardian, or chaperone. Registration is free!

MILLERS THRILLERS HAUNTED WOODS AND HAYRIDE

EVERY FRIDAY AND SATURDAY NIGHT BEGINNING SATURDAY
SEPT 26 - OCT 31. 1431 CARTERS CREEK PIKE, 5 MILES WEST
OF SPRING HILL MILLERSTHRILLERS.NET

Millers Thrillers Haunted Woods & Zombie Paintball will be held again this year every Friday and Saturday beginning September 26 and continuing through October. Millers Thrillers is located at 1431 Carters Creek Pike, just 5 miles west of Spring Hill. For more info go to Millersthillers.net or on facebook.

WHOLE HOG FESTIVAL

OCTOBER 17, 10AM - 5PM OAKLAWN MANSION
DENNING LANE, SPRING HILL | THEWELLOUTREACH.ORG

The 21st Annual Whole Hog Festival will be held at Oaklawn Mansion on Denning Lane in Spring Hill. The grounds will be filled with vendors, food trucks, kid's games, arts & crafts, live music, and much more. This year's event will feature a cook off between 15 internationally recognized pit masters. Fun for the whole family! For more information go to thewelloutreach.org

FRUIT TEA FESTIVAL

SEPTEMBER 12, 3PM -8PM
DOWNTOWN COLUMBIA

Columbia is searching for the recipe that will earn the title of Best Fruit Tea in Columbia, Tennessee. On Saturday, September 12, Columbia Main Street invites the community to battle it out in the Fruit Tea Challenge at the community-wide Fruit Teaser event. Restaurants, businesses, churches, caterers, nonprofit organizations, civic clubs, and individuals with "secret" recipes passed down through generations are invited to compete for the title. Teams must register at ColumbiaMainStreet.com by September 1st. Space is limited, so early registration is encouraged.

At the event, each competitor will provide approximately 10 gallons of homemade fruit tea to serve during the ticketed tasting. Guests will sample each recipe and vote for their favorite, while a panel of judges will also select a winner.

Two champions will be crowned: "The People's Pour" – Community Choice, and "The Golden Glass Award" – Judges' Choice. Both winners will earn community titles of Columbia's Best Fruit Tea, receive special recognition from Columbia Main Street's social media, and be featured in an official press release announcing their winning recipe.

Want to taste them all? Fruit Tea Tasting Tickets are just \$5 and can be purchased in advance at ColumbiaMainStreet.com or at the event. Guests who pre-purchase their tasting ticket will receive a FREE collectible Fruit Tea cup while supplies last.

To learn more about the Fruit Teaser event and other Columbia Main Street programs and events, visit ColumbiaMainStreet.com or follow @ColumbiaTNMainStreet on social media.



FALL EVENTS



COOPER TROOPER FOUNDATION PIVOTS FROM PUMPKINS TO PUTTERS FOR FALL FUNDRAISER

The Cooper Trooper Foundation announced a transition from their well-known “Pumpkin Patch” Fundraiser of 16 years. This September the nonprofit will hold their first annual Charity Golf Classic at Franklin Bridge Golf Club, during childhood cancer awareness month. The event will feature exciting contests, swag bags, a raffle, golf air cannon, prizes, breakfast from Big, Bad Breakfast, and lunch. Personalized signs honoring and remembering children diagnosed with cancer and their siblings will be displayed along the course and can be purchased with a \$100 tax-deductible donation. The event will take place on Thursday September 10. The golf tournament will begin with an 8 am shotgun start, with registration beginning at 7 am. **Visit coopertrooper.org** for more information.

FIRST FRIDAYS

SEPTEMBER 4, 5PM – 8PM DOWNTOWN COLUMBIA
EXPERIENCEMAURY.COM

First Fridays is back in Downtown Columbia. This is a monthly free event on September 4th from 5pm to 8pm in downtown Columbia. Shop craft vendors and support vendors who are young entrepreneurs; Grab dinner from a food truck or a downtown restaurant; Interact with local businesses, organizations, and non-profits; Enjoy live music from the main stage plus buskers playing music around the downtown area; Game zone for all ages. September Theme: We are “Spilling the Tea” for our Fruit Teaser event that is to take place on September 12th.



FREEDOM REIGNS FALL FESTIVAL & HOEDOWN

SEPTEMBER 12, 4:30 PM – 7:00 PM COLUMBIA
FREEDOMREIGNSRANCH.COM

Fun for all ages with crafts, a guided tour, bale bucking contest, and line dancing. The event will include live music and a silent auction. Dinner will be provided. Waiver is required for all attendees. Please do not arrive earlier than 10 minutes before start time to allow us to prepare for your visit. Suggested donation to attend: \$20/person, \$50/family, dinner included. For more information and registration visit freedomreignsranch.com. Freedom Reigns Ranch provides equine-assisted mentor sessions to children and young adults who have experienced trauma and other life challenges. All sessions are completely free of charge. The Ranch also serves as a foster home for horses recovering from abuse and neglect in Middle Tennessee.



RIVERWALK ARTS FESTIVAL

SEPTEMBER 10-12 AND 17-19 COLUMBIA'S RIVERWALK PARK
WATERSHEDPUBLICTHEATRE.ORG

The third annual Riverwalk Arts Festival is a free event that connects the community with local artists and arts initiatives. Bring a blanket or chair and settle in for a night of great entertainment and arts celebration. Pack a picnic or enjoy offerings from the food trucks. Enjoy face painting and a variety of different local artists performing each night, followed by a modern retelling of the classic play *Cyrano*.

The Riverwalk Arts Festival is presented by Watershed Public Theatre (WPT) with support from Columbia Arts Council and Columbia Parks & Recreation. This event is FREE and open to all, donations are encouraged to help WPT continue to bring accessible arts programs to the community.

Superior Quality Dental Care

BUILDING PATIENT RELATIONSHIPS ONE SMILE AT A TIME!



Sam Hutton, DDS



Emalie Hutton, DDS

CALL OR VISIT OUR WEBSITE TO SCHEDULE AN APPOINTMENT

HUTTONFAMILYDENTISTRY.COM | 931-388-1935

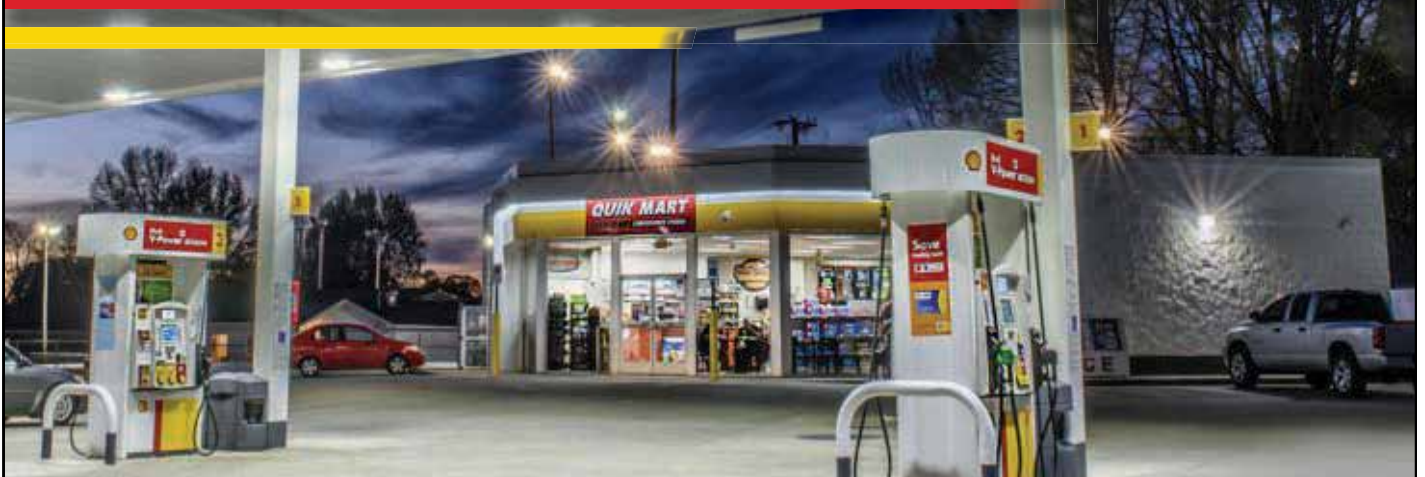
1706 WEDGEWOOD DR. | COLUMBIA | MON-THURS 8-5

QUIK MART
CONVENIENCE STORES

Edwards Oil Company
Since 1945



**39 LOCATIONS SERVING MIDDLE TENNESSEE
AND NORTHERN ALABAMA!**



FIND A QUIK MART CONVENIENCE STORE NEAR YOU

WWW.QUIKMART.COM





Now Open

"3D Supply & More is Middle Tennessee's destination for everything 3D printing. We carry top brands like Flashforge, Creality, Tinmorry, and more, with a wide selection of 3D printers, filament, parts, tools, and accessories. Whether you're a beginner, hobbyist, educator, or business, we have everything you need to bring your ideas to life."



4910 Main St.
Spring Hill, TN
37174



www.tn3dfilament.com



Kim Proctor (owner), and assistant Joey McKinnon of 3D Supply & More. Photography by Robbie Mathis

3D SUPPLY & MORE

“When I want to buy something, I want to see it, touch it and then bring it home,” begins Kim Proctor, owner of 3D Supply & More, which recently opened its doors at 4910 Main St. in Spring Hill. That helps explain why Proctor is offering visitors the chance to come in and learn the ins and outs of 3D printing.

“I’m looking to attract people who want to get into 3D printing and see the printers in operation,” he adds. “If you come in and see what can be done with a 3D printer, you’ll see why I envision every household having one, much like every household has a microwave.”

With the opening of 3D Supply & More, area residents can now walk in and take home a Flashforge printer, or a Creality printer, not to mention all the accessories that go with them. This as opposed to waiting for product to arrive in the mail.

“You can go online and order a 3D printer from WalMart.com, but they are a third-party seller. The printer has to be shipped from the manufacturer, and it typically takes two to three weeks to get a

machine,” offers Proctor.

Likewise, it isn’t easy to get filament locally.

“There are only three retailers in a 40-mile radius of our store that sell filament,” explains Proctor, referring to the raw material that is used to print 3D objects. “We have 5,000 rolls and 20 different types of filament—including glow-in-the-dark, translucent, matte and gloss—in a wide variety of colors. Any color you can think of, we probably have it,” he relates, obviously looking to attract the customer who currently orders filament online.

3D printing enthusiasts will also have the opportunity to purchase Willy’s 3D filament and Tinmorry 3D filament at the five Old School Vapor stores Proctor owns in Williamson and Maury counties, referring to it as a great opportunity to “cross-pollinate” his stores.

Longer-term, Proctor says 3D Supply & More is also planning to print unique items to sell.

PAGE 18 >



One Tough Animal®

Bobcat®
of Maury County

2662 Pulaski Hwy
Columbia, TN 38401
(931) 981-9909

VISIT OUR WEBSITE




Comprehensive Diagnostic & Therapeutic Eye Care
*Experienced Ophthalmologists
*Specializing in Medicine and Surgery of the Eye
*Refractive and Cataract Surgery



Jacob W. Fleenor, MD



Timothy E. Gordon, MD

Creekside Medical Plaza
1050 N. James Campbell Blvd., Suite 100 | Columbia
Call (931) 375-1050 | columbiaeye.net

ATHENS INSURANCE



- AUTO
- HOME
- BUSINESS
- LIFE

Andy Crichton Agent

*"Combining the coverage you need
with the service you deserve."*

acrichton@athensins.com
931.398.5533

700 N. MAIN STREET | SUITE 100-101 | COLUMBIA



Pursuing Beauty, Goodness, & Truth since 2003



PK-12 | AgathosSchool.com | 931-388-0556



3D Supply & More envisions a 3D printer in every home. Photography by Robbie Mathis

< FROM PAGE 16

“We’re going to offer some items that I think people will buy when they see them, like college- themed mailbox flags. Instead of having a (generic) mailbox flag, we’re going to print mailbox flags that have an orange ‘T’ on the end, or an Alabama ‘A’—the kind of things that people don’t even know they need,” he says.

That said, Proctor recognizes that education will play a major role in his store’s success.

“I will heavily be involved in schools, because I want kids to learn 3D printing. I want to go to the state of Tennessee and to the Williamson County schools to try to introduce an elective class on 3D printing,” says Proctor.

“Also, both of the companies I am buying from, have an education program,” he continues. “On our website (tn3dfilament.com) we have instructional videos from the manufacturers, as well as videos from a few YouTubers. We will have a database so that people can watch a couple videos, get a printer out of the box, and be printing in 20 minutes.”

That kind of education is invaluable, and can minimize the

chance of failed 3D print jobs, while also minimizing the risk of a difficult unboxing experience.

Proctor promises that with the help of his staff—including his general manager and assistant manager—he’ll have newbies printing household items in no time.

“Just the other day, I needed something to hang my Weed Eater on. You can go print something and have your Weed Eater hanging on it in an hour. It’s that handy,” says Proctor, about 3D printing technology.

Last but not least, Proctor wants to find a few 3D printing enthusiasts to come work in the store part-time.

“I’m hoping the store will attract some heavy 3D hobbyists who want to come in and educate and want to print & play and make money at it,” he says. Likely the kind of person who is interested in printing their own designs, much like the store’s owner.

“I really like printing prototypes,” concludes Proctor. “I’m heavy into the CAD (Computer-Aided Design) part of it where I can design my own stuff and then print it.”

3D Supply & More 4910 Main St. Spring Hill, tn3dfilament.com

JJ JIMMY JOHN'S®

NOW OPEN



10AM-9PM • Columbia • 890 S James Campbell Blvd

Pickup, delivery, in store and catering available

Sponsored by JJPM, LLC, an independent Jimmy John's Franchisee. 26_JJ_2881577

SIMPLY BETTER MEDICINE

Dr. Meghan Silbs and NATALIE QUINTERO, NP

- DIRECT ACCESS
- PERSONALIZED ATTENTION
- COLLABORATIVE APPROACH
- PREDICTABLE PRICING
- SAME DAY SICK APPOINTMENTS
- DOT PHYSICALS
- IV FLUIDS & VITAMINS

Monthly membership
No insurance required



**Extended weekday
& weekend hours**

**Convenient regular
& sick appointments**



Scan to visit
our website

Serving Spring Hill and
surrounding communities

simplybettermedicine.com

931.538.3105

Working together to provide the best in Direct Primary Care

MULETOWN SERVICE DIRECTORY

HEAL THE WORLD
COLUMBIA HEALTH FOODS

Trusted source for all your health needs.

Supplements, Organic Groceries, Health & Beauty Aids,
Juice & Smoothie Bar, Foot Reflex, Light Therapy

Located in Downtown Columbia
106 W 7th St
Columbia, TN 38401
931-388-1148

Scan to download!

Sales Paper

Doug Foglia
REALTOR®

Cell: (931) 619-7744
Office: (931) 540-8400
dougfoglia@yahoo.com

1118 Nashville Hwy,
Columbia, TN 38401
www.chhomes.com

CRYE-LEIKE, REALTORS®

2 Storey's **ANTIQUES**

VINTAGE &
RARE
ANTIQUES

2983 Carters Creek Station Rd. COLUMBIA
931-446-7090 | 2StoreysAntiques.com | Thurs-Sat 10-5 Sun. 1-5

Doris' Flowers & Gifts

2500 Pillow Drive
COLUMBIA
931-381-9341

dorisflowersandgifts.com

WALKERS WHOLESALE

HOME IMPROVEMENT STORE
WHOLESALE AND LIQUIDATION

**QUALITY PRODUCTS
AT DISCOUNT PRICES
NEW MERCHANDISE WEEKLY**

walkerswholesales@gmail.com

201 Wayne St. COLUMBIA. 919-710-0451. M-F 9:30-5:00

Kay Daugherty
GRI, CRS

**THANK YOU!
BEST REAL
ESTATE AGENT!**

Serving Maury,
Marshall, Davidson, and
Williamson Counties

40 years of experience selling and buying houses!

Phone: Office: (931) 388-9400 • Cell: (931) 698-5125
Email: kd5159@realtracs.com
Office: Remax Encore 100 West 6th St.
Columbia, TN 38401

Follow me on
social networks!

2024 CHOICE AWARDS

Cooper's Garage
www.coopersgaragetn.com

EUROPEAN AUTOMOTIVE SPECIALIST

615-454-6391
4408 Franklin S CT | Franklin, TN 37064

Megan Tull Thornton
Attorney

ESTATE PLANNING | WILLS, TRUSTS,
POWER OF ATTORNEY | LIVING WILLS,
ADVANCE CARE DIRECTIVES,
PROBATE | ESTATE ADM. | CONSERVATORSHIPS
ELDER LAW | GUARDIANSHIPS | JUVENILE LAW
BUSINESS LAW | CONTRACTS

809 S. Main. COLUMBIA 615-530-5719
megan@tullattorney.com

MULETOWN MOTORCYCLES
HARLEY • DAVIDSON PARTS AND SERVICE

NOW OPEN!

ROB CURTIS 1112 WOODLAND ST.
(931) 421-8589 COLUMBIA, TN 38401

BEST & NEW BRAND CLEANERS

Thanks for the incredible love and support shown to our family. From the bottom of our hearts "THANK YOU" for standing by us and our team!

COLUMBIA | SPRING HILL | FRANKLIN | BRENTWOOD | BestCleanersOfColumbia.com



DON'T GET STUCK, CALL THE DUCK

PLUMBING SERVICE CALLS
WATER HEATER SERVICE & INSTALL
GAS/PROPANE LINE SERVICE & INSTALL
RESIDENTIAL PLUMBING

Scan for our website:



LOCALLY OWNED & OPERATED LICENSED, BONDED, & INSURED
615-569-8342 | DuckRiverPlumbing.com

Caring Hearts Home Healthcare LLC



*Quality Homecare services
that include companionship,
meal prep, personal care,
bath assistance, light house
cleaning, and more!*

LICENSED & INSURED. LOCALLY OWNED AND OPERATED

1121 TROTWOOD AVE. #2 COLUMBIA. 931-381-5470
caringheartshomehealthcarellc.com

Davis
HEATING & COOLING
Home Comfort Specialists
an LSI Company

931-388-2090

www.davisheatingandcooling.net

2319 Campbell Park Drive • Columbia

American Standard.
HEATING & AIR CONDITIONING
Financing Options/WAC



Quality
Contractor
Network



**Middle Tennessee's Trusted
Fence Company**

**WOOD | VINYL
ALUMINUM | CHAIN LINK
PRIVACY &
FARM FENCING**

RESIDENTIAL & COMMERCIAL

email: Ashli Pearce
apearce@midtnco.com

931-360-5117
midtnfence.com

Call for a Free Estimate

MID TN
FENCE CO



**DISCOUNT PLUMBING
& ELECTRIC SUPPLY**
discountpe.com

FRANKLIN 615-794-1068 | COLUMBIA 931-388-8467

1508 Nashville Hwy.
Columbia

101 Century Court
Franklin

WOODS



IRONCRAFT

**BUY-SELL-TRADE
NEW & USED AG EQUIPMENT**

831 WESTOVER DRIVE | COLUMBIA | 931.381.1839

MULETOWN SERVICE DIRECTORY

The Best Gifts Come in Small Packages



Tillis Jewelry | 105 W. 7th St. | Columbia | 931.901.0242 | tillisjewelry.com

Parkway Wine & Spirits

CHECK US OUT ON FACEBOOK

GREAT PRICES & GREAT SELECTION

Mon - Thur 9AM-9PM | Fri - Sat 9AM-10PM | Sun 10AM-7PM

Located in the Crossings of Spring Hill Shopping Center next to Cracker Barrel

2026 CROSSINGS CIR | SPRING HILL | 931.451.7118

JOHNSON'S CARPETS & FLOORS

COMMERCIAL | RESIDENTIAL | CARPET
WATERPROOF LVT | HARDWOOD
LAMINATE | SALES & INSTALLATION

931.388.1386
johnsonscarpetttn.com

M-FRI. 8-5 | 1208 S. MAIN | COLUMBIA



Don Johnson

SOUTHERN ELECTRIC

\$25 OFF

EXPIRES 9/30/26 • Must Present Coupon

NO JOB TOO SMALL
Take Advantage of our
Discounts by Visiting
www.callsouthernelectrictoday.com



615-261-4800



We Now Offer

FINANCING PLANS

EASY APPLICATION PROCESS | FAST APPROVAL | SIMPLE PROCESS

LANDSCAPE LIGHTING
RECESS CAN LIGHTING | REMODELING
BREAKER PANEL UPGRADES
CEILING FAN INSTALLATION
LIGHTS & OUTLETS | SPAS & POOLS
NEW CONSTRUCTION

callsouthernelectrictoday.com

THE TRAILER STORE

SALES AND RENTAL • ALL TYPES OF TRAILERS • PARTS & SERVICE

HORSE AND CATTLE | EQUIPMENT | FLAT UTILITY
CUSTOM BUILT | ENCLOSED CARGO

BEST PRICES | LARGEST SELECTION

1021 NEW LEWISBURG HIGHWAY | COLUMBIA 931-381-2795 | M-F 8-5

TheTrailerStoreColumbia.com

FLAG WORLD

Over 4,000 Flags in Stock | Flag Pole Installation
Decals, Military Pins, Patches, Kites, Windsocks,
Yard Spinners, Mailbox Covers.

craig@flagworldamerica.com | flagworldamerica.com

CRAIG EILERMANN, OWNER | 32 PUBLIC SQ. | COLUMBIA | 931.548.2076



paintcolumbia.com

Benjamin Moore
MENTION THIS AD FOR A FREE
COLOR SAMPLE

Locally owned and
operated since 1946



2001 CAMPBELL STATION PKY. | SUITE B-5 SPRING HILL | 931-674-1985
1114 CARMACK BLVD | COLUMBIA | 931-388-2806



Dixie Motors Of Columbia



AUTOMOTIVE DEALERSHIP & ACCESSORIES

316 N. GARDEN | 931-388-1687 | 931-374-5404

thrift LOVE

Donation Based Non Profit Thrift Store

OUR MISSION is to provide an employment platform for those with special needs and/or disabilities, and offer their talents to benefit both themselves and their community.

thriftlove.org | YOUR STUFF = JOBS

1116 Nashville Hwy Suite 101 COLUMBIA | 931-374-6754
Mon. Wed. & Fri. 10-5. | Thurs 10-6. | Sat 10-4. | Closed Sun

Simon Williams
Director of Sales & Marketing



Aurora Settlement Services, Inc.
A Multi-State Policy Issuing Title Insurance & Escrow Company

SimonW@auroratitle.net | Licensed in NY, NJ, PA, KY, & TN

OFFICE: (631) 721-0688 | CELL: (516) 860 - 9948



The area's top selection of...

**Mulch • Topsoil • Decorative Gravel
Sand • Grow Mix • Compost
Flagstone • Boulders & much more!**

DELIVERY AVAILABLE

OPEN MONDAY – SATURDAY

visit our facebook page or website for hours of operation

2580 COLUMBIA HWY. | COLUMBIA
BeasleysYard.com | 931.486.2575



**NOW
OPEN**



**STATE-OF-THE ART
BOARDING & DAYCARE
VET SUPERVISION
CLIMATE CONTROLLED
DAILY EXERCISE**

2690 Spring Meade Blvd. COLUMBIA (near Spring Hill HS)
931-489-9333 yourpetsnewvet.com

BURGLARY DETECTION
VIDEO SURVEILLANCE
FIRE PROTECTION
ACCESS CONTROL
DATA CABLING
MULTI-ROOM AUDIO
HOME THEATER SET UP
SMART HOME AUTOMATION



877.720.2527
PREVENTIASECURITY.COM



**LOCALLY OWNED | FAMILY OWNED
VETERAN OWNED | GOD IS IN CHARGE**

We sharpen kitchen knives, garden tools, lawnmower blades, axes, woodworking tools and much, much more!

Located inside Shapard Lumberyard at 103 B Cemetery Avenue near downtown.

SHAPARDLUMBERYARD.COM 931-388-3612



103 Cemetery Avenue | COLUMBIA | email: shapardlumberyard@yahoo.com
MONDAY - FRIDAY 8:00 AM - 4:00 PM | SATURDAY 9:00 AM - 12 NOON

**TENNESSEE
CUSTOM CABINETS**

*Custom made All Wood Construction
Finest Hardwoods & Finishes*

AMISH Built in Santa Fe, TN USA!

SERVING ALL OF MIDDLE TENNESSEE

931-446-8034



**Sales & Service
Commercial & Residential**

ECHO | SHINDAIWA



917 Nashville Hwy. COLUMBIA (next to Brickhouse BBQ) 931-840-9883 | columbiaoutdoorpower.net

MULETOWN SERVICE DIRECTORY



ASHLEY CARPENTRY



REMODELING | PAINTING | DECKS
ROTTEN WOOD REPAIR | HARDWOOD FLOORS
TILE WORK | PRIVACY FENCES
PRESSURE WASHING | HANDYMAN PROJECTS

40+ YEARS EXPERIENCE | FREE ESTIMATES
GENERAL CONTRACTOR LICENSED AND INSURED

BRET ASHLEY 615-812-1124 | SERVING ALL OF MAURY COUNTY

Clock Doctor of Tennessee

Mobile Clock Repair & Maintenance

Lawrence Smathers

615-664-8571

www.clockdoctortn.com



Freddie Morton

Real Estate & Auction Co
COLUMBIA

REAL ESTATE & ESTATE LIQUIDATION
Real Estate Broker & Auctioneer License # 5554

List, Buy, or Sell Properties

931-840-5809 | FreddieMorton.com

- CUSTOM HOME BUILDING
- ADDITIONS
- BARN & GARAGES



QUALITY BUILDERS
LLC

*For every house is built by someone,
but He who built all things is God.
Hebrews 3:4*

931.486.1309 | qualitybuilderstn.com



ENGINE/TRANSMISSION DIAGNOSTICS
A/C SYSTEM | BRAKES | GENERAL AUTOMOTIVE
REPAIR AND SERVICE

GTA38401@gmail.com Francisco Lopez, Automotive Technician

1319 S. MAIN ST COLUMBIA | 931.408.8350 | FAMILY OWNED AND OPERATED

Mid Tenn



Supply

RELIABLE. HOMETOWN. QUALITY.
931-379-3775

LUMBER | METAL ROOFING
AND SIDING | FEED | HARDWARE
POLE BARNs | REBAR
CULVERTS | MULCH | GRAVEL
SAND | EQUIPMENT RENTALS
SEASONAL FLOWERS
AND GOODS | CONCRETE

MidTennSupply.com
COME BY AND SEE US!

301 CANAAN RD | COLUMBIA

EMAIL: INFO@MIDTENNSUPPLY.COM



MIDTENN SUPPLY



@MIDTENNSUPPLY

MON-TUES 7:30-4:30 • WED 7:30-2:00
THURS-FRI 7:30-4:30 • SAT 7:30-12:00

HOURS SUBJECT TO CHANGE IN THE COMING MONTHS



- ▶ POOL DECKS
- ▶ DRIVEWAYS
- ▶ SIDEWALKS
- ▶ PATIOS
- ▶ STEPS
- ▶ PORCHES
- ▶ INTERIOR
- ▶ EXTERIOR
- ▶ RESIDENTIAL
- ▶ COMMERCIAL
- ▶ INDUSTRIAL
- ▶ FOUNDATION REPAIR
- ▶ MASONRY
- ▶ DRAINAGE SOLUTIONS
- ▶ CRAWL SPACE REPAIR



**SCAN FOR A
FREE ESTIMATE!**

**VETERAN & FIRST
RESPONDER OWNED**



615.207.7103 | A1NASHVILLE.COM

FAST & COST-EFFECTIVE CONCRETE LEVELING

★ **CALL NOW FOR YOUR FREE EVALUATION!** ★



EXPERIENCE MATTERS! 25+ YEARS OF PROVEN RESULTS.

Great RECIPES

GOT A GREAT RECIPE YOU WANT TO SHARE? SEND US YOUR RECIPE AND A COUPLE OF PHOTOS
AND YOUR CREATION COULD BE FEATURED HERE! EMAIL to jbryant@wilcolocal.com

Grilled Chicken and Avocado Salad

Servings: 4. Recipe adapted from **Delish**

INGREDIENTS:

2 BONELESS, SKINLESS CHICKEN BREASTS
(8 OUNCES EACH)
1 TEASPOON DRIED OREGANO
1 TEASPOON GROUND CORIANDER
KOSHER SALT, TO TASTE
FRESHLY GROUND BLACK PEPPER, TO TASTE
2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
3 ROMAINE HEARTS, CHOPPED
3 CUPS SPINACH
2 AVOCADOS, THINLY SLICED
2 CUCUMBERS, THINLY SLICED
1 APPLE, THINLY SLICED
1 CUP GRAPES, HALVED

CREAMY HONEY-DIJON DRESSING:

3/4 CUP PLAIN GREEK YOGURT
3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
1 1/2 TABLESPOONS HONEY
1 TABLESPOON DIJON MUSTARD
1 TABLESPOON FRESH LEMON JUICE
1 TEASPOON APPLE CIDER VINEGAR
1/4 TEASPOON GARLIC POWDER
1/4 TEASPOON SALT
1/8 TEASPOON BLACK PEPPER



DIRECTIONS:

- Preheat grill or grill pan to medium-high heat. In medium bowl, sprinkle chicken with oregano, coriander and salt and pepper, to taste. Add oil then toss to coat.
- Grill chicken, covered, about 8 minutes per side, until slightly charred and registering 165 F on thermometer inserted into thickest part. Transfer to cutting board, let rest 5 minutes then thinly slice.
- Divide romaine, spinach, avocados, cucumbers, apples and grapes among bowls. Top with chicken.
- To make dressing: Whisk Greek yogurt, olive oil, honey, Dijon mustard, lemon juice, apple cider vinegar, garlic, salt and pepper. Drizzle over salad and serve.

Excellence In Private Christian
EDUCATION
— COLUMBIA ACADEMY —

COLUMBIA: PRESCHOOL - 12TH GRADE • SPRING HILL: PRESCHOOL-6TH GRADE



KNOWLEDGE

CONFIDENCE

CHARACTER

CABULLDOGS.ORG

ADVANCE

PAVING CO. INC.

SERVING MAURY CO. & MIDDLE TN SINCE 2000
FAMILY OWNED & OPERATED
LICENSED AND INSURED | FREE ESTIMATES

**COMMERCIAL - INDUSTRIAL
RESIDENTIAL**

931-281-0823
advpaving.com



**More Living.
Less Worry.**

The right care. Right here.

Start the
Conversation



Schedule a Tour
(931) 388-2200

COLUMBIA
MorningPointe

Assisted Living & Memory Care

EXPANDING SOON

2050 Union Place
Columbia, TN 38401



THANK YOU MAURY COUNTY

for giving me another opportunity to serve as Maury County Clerk!
This office isn't about one person, but includes our incredible staff that
work hard every day to provide the best possible service for our citizens.

With much Appreciation and Gratitude, **Joey Allen**

MAURY COUNTY CLERK | 10 PUBLIC SQ. | COLUMBIA

**BROKEN DRAWERS? DISORGANIZED CABINETS?
TIRED OF KNEELING DOWN AND HURTING YOUR BACK AND KNEES?
THERE IS A SOLUTION!**

PULLOUT SHELVES



FREE DESIGN & ESTIMATE

 **Cabinet
Makeovers**
GIVING OLD CABINETS NEW LIFE SINCE 1979

CALL TODAY!

615-331-7010

CabinetMakeoversTN.com



OPTIMIZE YOUR SPACE • TRULY CUSTOM CABINETS • ORGANIZE YOUR LIFE



building homes, hope, and community *in Maury County*

hfhwm.org | (615) 690-8090 | info@hfhwm.org



W'lin's

ASIAN CUISINE & SPIRITS

\$5 OFF
\$35 OR MORE

W'lin's expires 10/31/26 MTL

BUY ONE LUNCH
SPECIAL - GET ONE
50% OFF

W'lin's expires 10/31/26 MTL

WED - MON 11AM-9PM LUNCH MON, WED-SAT 11AM-3PM **CLOSED TUESDAY**

★ **5 YEARS OF WINNING!** ★★



2026 WINNER

Best Takeout / Curbside
in WILLIAMSON COUNTY



2026 WINNER

Best Asian / Sushi
in WILLIAMSON COUNTY



2026 WINNER

W'LIN'S ASIAN CUISINE & SPIRITS

Best Asian / Sushi
in SPRING HILL



2024 WINNER

W'LIN'S ASIAN CUISINE & SPIRITS

Best Asian / Sushi
in SPRING HILL



2023 WINNER

W'LIN'S ASIAN CUISINE & SPIRITS

Best Asian / Sushi
in SPRING HILL



2022 WINNER

W'LIN'S ASIAN CUISINE & SPIRITS

Best Asian / Sushi
in SPRING HILL

2105 WALL STREET | SUITE 103 | SPRING HILL, TN 37174

📞 **615.302.8088** | ORDER ONLINE **WilinsTN.com**

Not valid with other offers.

One coupon per table/visit. Dine in or take out only.

931-486-3125
MYFAFCU.ORG



FamilyADVANTAGE
FEDERAL CREDIT UNION

Find us on Facebook, Instagram, & Twitter

COLUMBIA
615 West 7th Street

SPRING HILL
100 Stephen P. Yokich Pkwy

HOHENWALD
557 E. Main Street

FAIRVIEW
7001 City Center Way



Maury County Visitors Bureau 931-375-4106

Mural by Kristin Seibold

302 W. 7TH STREET COLUMBIA, TN. 38401 **experiencemaury.com**





EXPERT ORTHOPAEDIC CARE. RIGHT HERE IN **SPRING HILL.**

Compassionate care. Advanced solutions. Better outcomes.
We're here to help you move better, live better, every day.



Matt Anderson, M.D.

Orthopaedic Surgery
Sports Medicine



John Dockery, M.D.

Interventional
Spine



Preet Gurusamy, M.D.

Orthopaedic Surgery
Joint Replacement



Saurabh Mehta, M.D.

Orthopaedic Surgery
Hand, Wrist, Elbow
and Shoulder

SERVICES WE OFFER



JOINT REPLACEMENT

Hip, knee, shoulder
and more



SPORTS MEDICINE

Injury care and
performance restoration



SPINE

Diagnosis and
treatment for neck and
back pain



HAND, WRIST, ELBOW & SHOULDER

Specialized care for
upper extremity
conditions



ORTHOPAEDIC URGENT CARE

Immediate care for
unexpected orthopaedic
injuries

SPRING HILL LOCATION

5221 Port Royal Road, Suite 101
Spring Hill, TN 37174
(615) 791-2630
www.boneandjointtn.com

SCAN TO LEARN MORE ABOUT SERVICES OR
TO MAKE AN APPOINTMENT!



PRSTD STD
U.S. POSTAGE
PAID
FRANKLIN, TN
#357

ECRWSS
Local Customer

Imagine your home, totally organized!

Custom Closets
Garage Cabinets
Home Offices
Wall Beds
Wall Organizers
Pantries
Laundries
Wall Units
Hobby Rooms
Garage Flooring
Media Centers
and more...



**SPECIAL FINANCING
FOR 12 MONTHS!**

With approved credit. Call or ask your Designer for details. Not available in all areas.

40% Off
Plus **Free Installation**

PLUS TAKE
AN EXTRA **10% Off**

Terms and Conditions: 40% off any order of \$1000 or more or 30% off any order of \$700-\$1000 on any complete unit order of custom closet, garage, or home office, and any other products. Take an additional 15% off on any complete unit order. Not valid with any other offer. Free installation with any unit order of \$850 or more. With incoming order, at time of purchase only. Expires 9/30/26. Offer not valid in all regions.



Call for a free in home design consultation and estimate

615-265-6360 MT

closetsbydesign.com

Locally Owned and Operated. Licensed and Insured.

Follow Us



 **ClosetsbyDesign**