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Inside {local} October '24



10

NOT FIDDLIN' AROUND

Singer/Songwriter learns violin at early age and career takes off



16

KEEPING COLUMBIA HEALTHY

Health food store has their hand on the pulse of the community's health



24

TAKE A BITE FOR LOCAL CHARITY

Help Bright Apple provide healthy snacks for kids

LOCAL FOCUS COMMUNITY SNAPSHOTS 8 SERVICE DIRECTORY 20, 21, 22

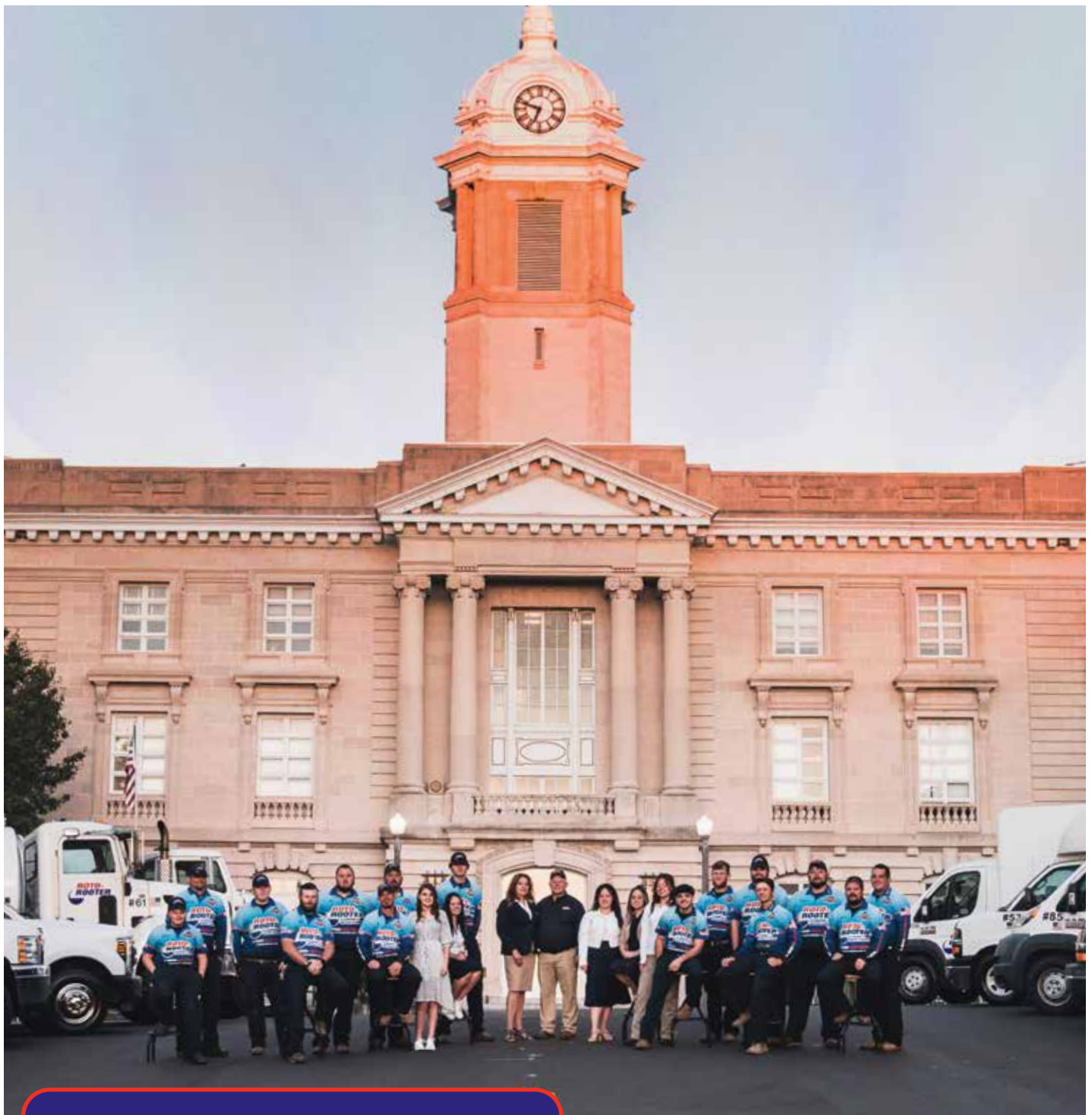
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ON THE COVER: Columbia native Natalie Stovall is equally at home whether she's hosting a show at the Grand Ole Opry, touring with the female trio Runaway June, or doing a solo show and demonstrating her mastery of the fiddle. Photo by Michael Tedesco

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COMMUNITY SNAPSHOTS



TOUCHDOWN PORTER FORD!

The true meaning of team spirit was shown by the leadership of head coach James Dickinson of Whitthorne Middle School, the Junior Varsity football team, cheerleaders, and fans from both teams. Porter Ford, a special needs student, rallied for a well-orchestrated touchdown play during a game between WMS and Spring Hill Middle School on August 22. Porter serves as a team manager for the WMS JV football team. He loves football and being a part of the team.



SUPPORTING THE ANIMAL SANCTUARY

Hidden Bee Farm, located at 753 Carters Creek Pike in Columbia, is an animal sanctuary providing a permanent home where animals can live their lives with dignity and loving care. To support its ongoing efforts, it will host its 3rd annual Pumpkin Patch, which includes a hayride, maze, escape room, pumpkin bowling, classes, and local vendors. The Patch opens in late September and runs through October. For more information, go to hiddenbeefarm.org.



HALLOWEEN DESTINATION

Halloween in Middle Tennessee means it is time to visit Miller's Thrillers, a local tradition. Open this season every Friday and Saturday night in October. Plus, the haunted destination will open this year on November 1st and 2nd. Located at 1431 Carters Creek Pike, Columbia. (Look for the lights as you cross over the Beechcroft Road Intersection. Only 5 minutes south of exit 23, I-840, and 5 minutes west of Spring Hill.) On any given night, the stage will be full of jugglers, magicians, stilt walkers, fire performers, light shows, acrobats, storytellers, music, and more. Enjoy shooting zombies (paintball), hayrides, and, of course, the 40 minutes of adventure into Hillbilly Hollar.



CITY OF COLUMBIA DEDICATES CHAMPIONSHIP FIELD AT RIDLEY PARK IN HONOR OF FORMER MAYOR DEAN DICKEY

The City of Columbia celebrated the dedication of the Championship Field at Ridley Park on Friday, August 30, in honor of former City Mayor Dean Dickey. The ceremony, which coincided with Mayor Dickey's birthday, was a fitting tribute to his enduring commitment to public service and numerous community contributions.

Mayor Chaz Molder remarked, "Dean Dickey's legacy was already destined to live on for many reasons. Today's dedication confirmed that his legacy with respect to Ridley Park will never be forgotten."

OCTOBER IS ECZEMA
AWARENESS MONTH:

A GUIDE TO UNDERSTANDING AND MANAGING ECZEMA



October is Eczema Awareness Month, dedicated to raising awareness about this chronic skin condition affecting millions. Eczema, also known as atopic dermatitis, causes red, inflamed, and itchy skin. It can occur at any age and is often linked to genetic and environmental factors. Approximately 1 in 10 people will experience an eczema flare during their lifetime.

Symptoms include dry, sensitive skin, persistent itching, red or inflamed patches, and in severe cases, oozing or crusting. Triggers such as irritants, allergens, stress, weather conditions, and hormonal changes can exacerbate symptoms.

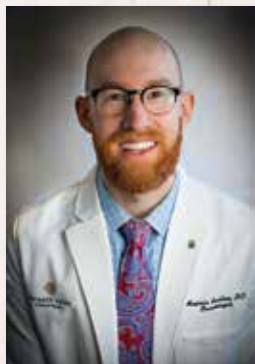
Managing Eczema involves daily moisturizing with hydrating products, such as our Intensive Recovery Cream, which is designed to reduce inflammation and improve overall hydration of the skin. Avoiding known triggers, moisturizing daily

and using medications prescribed by your dermatologist can aid in reducing flares and restore your skin to good health.

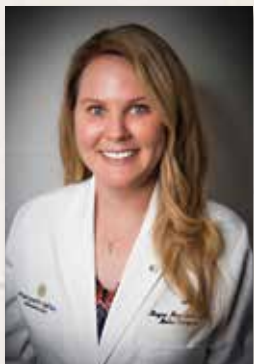
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Natalie Stovall grew up in Columbia, where she learned to play violin as a child, starting her music career. Photography by Michael Tedesco

COLUMBIA'S OWN

PAM WINDSOR

Natalie Stovall is equally at home whether she's hosting a show at the Grand Ole Opry, touring with the female trio Runaway June, or doing a solo show and demonstrating her mastery of the fiddle with her dynamic version of "The Devil Went Down to Georgia."

The Columbia native is a multi-talented singer, songwriter, and instrumentalist who has performed ever since childhood.

"It started with an article in the Columbia newspaper when I was about three years old," she recalls. "My grandmother saw that a violin teacher was coming to town and asked if I wanted to take violin lessons, and I said sure."

She admits that there may have been a little more to it.

"Even at that age, I think I knew it meant I got to be onstage," she says with a laugh. "I'm the youngest of four, and I've always

been kind of a ham."

She started taking acting lessons at about the same time.

"I started taking violin lessons and I loved it, so I continued doing both. I remember I did my first commercial when I was about six, and then auditioned for the Opryland Kids Club (at Opryland Theme Park) when I was ten.

She got the job that required her to sing, as well as play the fiddle, and was soon performing on a regular basis. She continued to excel on the fiddle and, by the age of twelve, had her debut on the Grand Ole Opry.

Stovall continued to focus on music, and after high school, headed off to Berklee College of Music. While there, she also formed a band, with plans to come home during summer break and play live shows.

PAGE 12 >

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



Photography by Michael Tedesco

< FROM PAGE 10

"I put this band together and called my parents and said, 'Hey, can I bring this band of four boys with me, and can they live in the house? I'll book us gigs around town.'"

Surprisingly, her parents agreed. Stovall had never actually "booked a gig" before but got to work.

"I put my little press kit together with the help of my now-husband, who was my drummer at the time. And for two summers in a row, we came down from Boston to Columbia and played at Sam Hill's. It was a local restaurant and venue that's no longer there. We also played other places, but Sam Hill's was our home base, and we played there almost every week. Looking back, I don't know where my career would be today without it."

Stovall later launched a solo career. When COVID hit, and live shows came to a halt, many musicians left Nashville to find other work, and Stovall's band splintered apart. But soon, a new opportunity came knocking - from the group, Runaway June.

"They called and asked if I'd be interested in playing some of their shows and possibly replacing one of their members. I've always loved harmony singing and being part of a group, so it's

really been an amazing and delightful thing to be part of."

Stovall balances touring with Runaway June, with her hosting duties at the Opry.

"I do their TV shows, so Opry Live is the one-hour portion that airs on Saturday nights. And sometimes when I'm on the road, they have to get someone else to do it, but it usually works out with my schedule."

Stovall is a master at balancing a busy schedule. She's been doing it for decades. She credits growing up in Columbia with laying the foundation for all she's doing now.

"I think about how fortunate I was as a kid to have the big city of Nashville where I would go and take voice lessons and do commercials, but I always had my hometown of Columbia," she says. "I received so much love and support here when I was growing up, then during college when I came back and played those shows during the summer. I think that's what gave me the confidence to know all of this was possible, that I could do this anywhere in the world, but I always had Columbia to come back to."

Visit nataliestovall.com or runawayjune.com, for more information.

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Columbia Health Foods owner Jackie Davis, and manager Misty Gray. Photography by Robbie Mathis.

MULETOWN'S HEALTHY OPTION

JASON ZASKY

It has been more than four decades since Muletown has known a downtown without Columbia Health Foods.

"My mom started the business in 1982," recalls Jackie Davis, who has owned the store since 2013. "(After our family) moved to the area, we were going to a local health food store. Then, one day, we went there, and it was closed. So, my dad said, 'Why don't we just open one ourselves?'"

The family did just that, and operated the store for more than 30 years before Davis bought the business from her mother and moved the store across the street to its current address.

"We keep expanding at this location," says Davis, before noting that they have moved beyond selling supplements, essential oils, health and beauty aids, incense, gluten-free foods, bulk foods, and bulk herbs, which have long been core offerings.

"We have a spa in the back where we do Biofeedback, light therapy, body wraps, and foot detoxes. And we have an all-organic

juice and smoothie bar that features a variety of specialty juices and smoothies," adds Davis. That includes the best-selling "Super Green," which is made with kale, spinach, apple, celery, ginger, cucumber, and lemon," as well as the "Detox," which is a combination of kale, beet, carrot, and apple.

Customers who prefer to go with a specialty juice can choose from offerings that include the Berrylicious (blueberry, strawberry, banana, and almond milk) and Island Pina Colada (pineapple, banana, and coconut milk). They also sell soups and a fresh organic mixed green salad, with daily soup specials advertised on the store's Facebook page.

Columbia Health Foods also sells products produced by various local brands, including jams, jellies, pickles, and pickled vegetables from Brush Creek Farm; meat and eggs from Liberty Trace Farm; and honey from the Duck River Honey Company of Centerville, Tennessee.

PAGE 18 >



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Photography by Robbie Mathis.

< FROM PAGE 16

"Columbia is very locally-oriented. Our customers would rather buy local than go somewhere else or order online," says Davis. "And being downtown is a really great location for us. It's been a blessing to be here."

Davis also credits her salespeople for the store's long-running success.

"Our customers are mostly people who are trying to get healthier, and we have a lot of knowledgeable and experienced people on the floor, so customers are confident that we can help them," she says.

In fact, the store is so popular that "we've been asked to open locations in other towns," Davis adds. "That's not really in our plan, but we haven't ruled it out, either."

Instead, the store plans to expand into clothing.

"We want to go into cotton clothing that doesn't contain bad dyes and chemicals," she says. "Another thing we want to start doing is having classes and hosting guest speakers, so people can come and learn about different subjects. We have a lot of good educators that want to come and educate the community on different topics."

Meanwhile, Columbia Health Foods has been working on renovating the store itself.

"We closed at Christmastime last year and re-did the ceiling, and in July we were closed for a couple weeks while we re-did the hardwood floors," says Davis.

The store is also a place where people can come to find out what's happening in the community.

"We have a big window out front, and we allow local non-profits—including Center of Hope, Room in the Inn, and Light from the Darkness—to use our window to communicate what it is they do," says Davis, who notes that she sits on the board at Columbia Main Street and is always advocating for the city, which she calls "a great town."

The store will even custom-order products so locals don't have to leave Columbia.

"They call us the 'little Whole Foods,'" says Davis with a laugh. "We'll order anything we can get for our customers, so they don't have to drive 30 minutes to get what they are looking for."

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Bright Apple will host Apple Fest on Saturday, November 2. The event is a fund-raiser for the local charity. Deva Collins Photography

EVENT BENEFITS HEALTHY SNACKS FOR KIDS

Bright Apple is set to host the first-ever Apple Fest on Saturday, November 2, 2024, from noon to 3:00 pm. The event will occur at Iglesia Una Esperanza Viva Church, 2628 Pulaski Highway in Columbia. The event is being held to raise funds to support Bright Apple's mission to provide healthy snacks for students in Maury County.

Attendees will enjoy tacos and dessert. They can also participate in an apple tasting of treats such as apple cider and donuts, apple butter, homemade applesauce, and fried apple pies. There will be plenty of family fun with outdoor games and festivities, a

fall-themed photo booth, a live band, face painting, and temporary tattoos. Kids can even try bobbing for apples!

"Our board of directors and volunteers are excited for this first-ever Apple Fest and are rallying together to make it a special time for folks to get together for great food and good fun for our mission," said Lisa Ciesliga, Director of Development for Bright Apple.

Bright Apple is a nonprofit organization that provides healthy snacks for students in Maury County each school day. The snacks

PAGE 26 >

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help students concentrate during the school day, as many students have lunch at school but don't eat again until the following day. School schedules vary, and some children eat lunch early or late in the day and feel hungry before or after lunch. It is Bright Apple's mission to focus on feeding children so they can focus on learning.

"We conducted a survey earlier this year with our teachers and administrators," Ciesliga said. "Out of the 103 responses we received, 100% said that the healthy snacks contribute to better student focus and attention in class."

Since 2019, Bright Apple has provided over 850,000 healthy snacks to students in Maury County. Bright Apple proudly serves

the students of J.R. Baker Elementary, Joseph Brown Elementary, Highland Park Elementary, Mt. Pleasant Elementary, and Riverside Elementary. Bright Apple's newest school, Randolph Howell Elementary, was added to the roster this school year.

Howell Elementary Principal Marisa Massey says the snacks have been very well received, and the teachers are appreciative.

"It really equals the playing field when everyone has a healthy snack during the school day," Massey said. "Kids can't learn when they are hungry. As a school, we want to give students what they need academically, emotionally, and physically. The snacks from Bright Apple help us do that. It truly makes a difference."

It costs just \$5 a month to provide snacks for one student each school day. Bright Apple has relationships with food distributors to have USDA Smart Snacks such as apples, bananas, pears, and cheese and crackers sent directly to participating schools. The goal for Bright Apple's first-ever Apple Fest is to raise enough money to fund one school for the entire school year.

"Every contribution we receive from Apple Fest means so much more than a yummy fruit for our students in class. It means dignity staying intact, better classroom atmosphere, behavior issues decreasing, teacher satisfaction, and most importantly, learning success for our students," Ciesliga said.

Apple Fest Tickets can be purchased online for \$25 per person/all ages. Table sponsorships are available for \$200 and include admission for 8 table guests as well as the opportunity to have an informational booth at the event. For more information about Apple Fest and to purchase tickets, visit **BrightApple.org** or send an email to **info@BrightApple.org**.

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8/30	Home	Dickson Co.
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9/13	Away	Shelbyville
9/20	Home	Lawrence Co.
9/27	Home	Tullahoma
10/4	Away	Spring Hill
10/18	Home	Franklin Co.
10/25	Away	James Lawson
11/1	Away	Lincoln Co.



Spring Hill High School

8/23	Away	Summit
8/30	Away	Mt. Pleasant
9/6	Home	Maplewood
9/13	Away	Lincoln Co.
9/20	Home	James Lawson
9/26	Away	Lawrence Co.
10/4	Home	Columbia Central
10/11	Home	Shelbyville Central
10/25	Away	Tullahoma
11/1	Home	Franklin Co.



Battle Creek High School

8/26	Home	Columbia Academy
9/9	Home	Cascade
9/16	Away	Cannon Co.
9/23	Home	Shelbyville
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9/27	Away	TN Tigers
10/4	Away	Tri-Cities Christian
10/18	Away	Lewis Co.



Columbia Academy

8/23	Away	MTCS
8/26	Away	Battle Creek
8/30	Home	Webb School
9/6	Home	Friendship Christian
9/13	Away	Huntingdon
9/20	Home	Donelson Christian
9/27	Away	Ezell-Harding Christian
10/4	Away	Clarksville Academy
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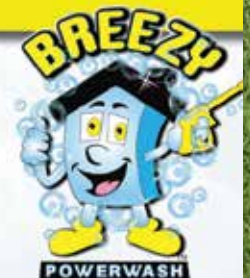
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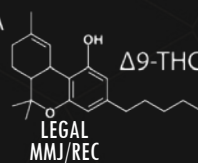
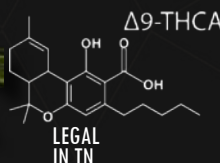


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