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For more information, please go to **[harpethvalleydermatology.com](http://harpethvalleydermatology.com)** or call us at **615-905-8083**.



Dr. Benjamin Bashline



Dr. Megan Morrison



Dr. Pezhman Shoureshi



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# Inside {local} March 2021



**6**

## LOCAL EXPERTS OFFER TIPS TO PLAN FOR SPRING

Williamson County  
Extension Office provides  
tips to get you started  
this fall

**12**

## NEW DERMATOLOGY PRACTICE IN THOMPSON'S STATION

Meet the three doctors  
at Harpeth Valley  
Dermatology

**28**

## WOMEN FACE FINANCIAL OBSTACLES

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financial security



**LOCAL FOCUS**  
**NOTABLE DATES 22**  
**FAITH & WORSHIP 27**  
**SERVICE DIRECTORY 30**

### ON THE COVER:

The Zinnias Giving Garden in Franklin: These beautiful Zinnias growing at the Giving Garden last year. It is a project of the Williamson County Master Gardener Volunteers. Photo by Master Gardener Volunteer, Holly Gardener

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Photography by Holly Gardener

# GETTING YOUR LAWN & GARDEN READY FOR SPRING

## WILLIAMSON COUNTY EXTENSION OFFICE OFFERS BLUEPRINT TO GET STARTED

**BY JASON ZASKY**

“Planning is important to the success of lawns and gardens,” offers Taylor Reeder, extension agent for residential/consumer horticulture at the Williamson County Extension in Franklin. That said, there are a number of things you can do to get your lawn, garden or landscape ready for spring and summer.

“Let’s say you have a vegetable garden,” says Reeder. “Winter is a great time to clean up and get rid of the old leaves, fruit, and vegetables that may have been left in your garden because insects and diseases can live on that leaf litter. Doing sanitation goes

a long way as far as trying to eliminate that disease and insect cycle.”

Another thing you may want to consider is getting your soil tested.

“You can test your soil anytime, but it’s great to do it before you plant because the soil test is going to tell you about your lawn and garden needs for the year,” she says. “Do you need fertilizer? Do you need to worry about your pH? Does your soil pH need to change to accommodate what you are growing?”

For example, if you plan to grow azaleas or blueberries, both like acidic soil, so knowing ahead of time that you need to change

**PAGE 8 >**



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#### < FROM PAGE 6

your soil's acidity can help your plants establish and grow better.

"We offer soil testing at our office, which is located at the Ag Expo Park," explains Reeder. "All you need for a lawn or vegetable garden is about a half-gallon baggie full of soil," though she recommends that you dig it up ahead of time and let it dry out before bringing it to the office. "We box it up and take the boxes to the lab in Nashville, and once the results come back, our diagnostic team can explain the results."

Of course, soil testing is just one of the many ways the Williamson County Extension can serve as a resource.

"We are an arm of the University of Tennessee and Tennessee State University and work to serve the community. The Extension has a diverse array of programs where you can learn about everything from sewing to nutrition to horse husbandry and raising chickens," explains Reeder, who is one of five full-time extension agents.

"I teach Master Gardener, and we have a variety of garden and landscaping programs. But if you are raising horses or starting your own beef production, we have an animal science agent who can answer those questions," she says.

Information about all of the Extension's programs is available

**PAGE 10 >**



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#### < FROM PAGE 8

at [williamson.tennessee.edu](http://williamson.tennessee.edu), as are answers to a wide variety of questions, like: “What should I do this time of year for my fruit trees?” Or “What trees do you recommend planting in our area?”

In fact, many of the issues a landscaper or gardener is likely to encounter are common to our region. “We have heavy, clay soils [here in the southeast], which can be an issue if you’re putting in a new lawn or planting trees or a garden. They tend to not drain as well and are a little harder to dig up,” says Reeder.

“We also get a lot of insect and disease problems here in the southeast,” she adds, alluding to another way that the Extension office can serve as a resource. “One thing I always recommend is scouting and knowing what is going on in your landscape, lawn, or flower pots. We have a diagnostic team, and you can call or come by our office—with pictures of insects or disease—and we

can help figure out what is going on.”

As for advice about what to plant and when, Reeder recommends planting cool-season vegetables in the spring—like peas and leafy greens like lettuces and cabbages—the kind of crops that won’t do as well in the heat of summer.

Similarly, it’s a good time to plant cool-season grasses for your lawn, like fescue or rye. But if you have Bermuda or another of the warm-season grasses, spring is a good time to put out pre-emergent herbicides to help control the spring and summer weeds that are going to come out when the weather gets warm. In other words, this is a good time to do weed control for lawns that haven’t started to green yet.

But don’t wait too long to do your sanitizing and other prep work, notes Reeder, as “We are getting closer and closer to that warmer weather where we will see things flower and flourish and thrive.”





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Photography Allison Carden

# HARPETH VALLEY DERMATOLOGY IS NOW OPEN IN THOMPSON'S STATION

**BY JASON ZASKY**

Williamson County has seen explosive growth in recent years, and Thompson's Station is no exception. Yet, the availability of medical dermatologic services hasn't kept pace, so the arrival of Harpeth Valley Dermatology—on Elliston Way in Tollgate—is a welcome development. The Elliston Way office is one of two Harpeth Valley Dermatology locations that opened last fall, with the other on Presidents Place in Smyrna.

"It's an underserved area," begins Dr. Megan Morrison, one of three dermatologists at the practice—including her husband, Dr. Pezhman Shoureshi—all of whom are Board-certified. "There are no other dermatologists in Thompson's Station right now, and the

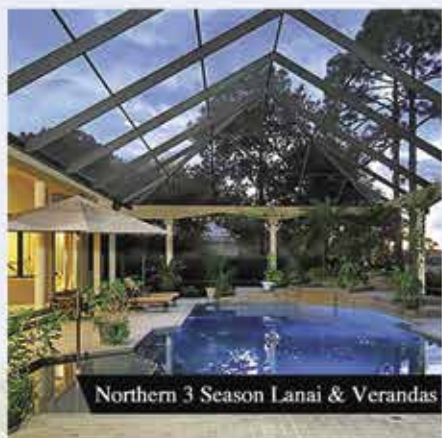
wait for a dermatologist in Cool Springs is upwards of six months for a new patient. So we are happy to provide quicker availability."

As for services, Harpeth Valley Dermatology is a full-service practice that sees patients of all ages, from infants to the elderly. As for what distinguishes the practice from others of its kind, Dr. Morrison says that all patients get to see a doctor, "which is not something you always get when you go to a dermatology office."

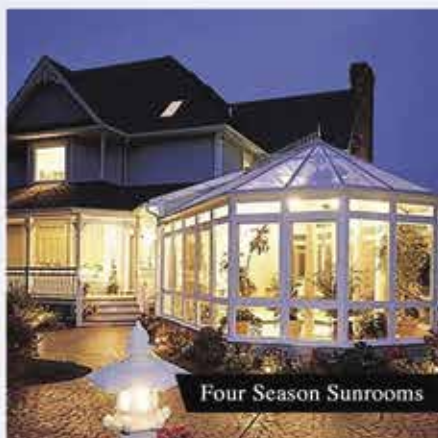
"Also, I am a Fellowship-trained Mohs surgeon, and not all dermatology offices offer that," she elaborates. "It's a specialized skin cancer removal technique that has the highest clearance rate, and we do reconstruction in the office as well."

In addition, Harpeth Valley Dermatology offers a full spectrum

**PAGE 14 >**



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#### < FROM PAGE 12

of cosmetic procedures, including spider vein therapy, toxins, and fillers. They also have an Intense Pulse Light (IPL) laser which “takes away sun damage with minimal downtime,” offers Dr. Morrison. “We also offer CO2 resurfacing, which helps to stimulate collagen deep-down and smooth out fine lines and wrinkles and also takes away brown spots. That has about a week of downtime but provides excellent results.”

Yet most people first come to see Harpeth Valley’s physicians—including the practice’s third provider, Dr. Benjamin Bashline—for a full body skin exam or for a rash, acne, or autoimmune issue.

“There have been many patients who have come in for a

benign maturity spot or something similar, and we end up finding a Melanoma on them and saving their lives,” advises Dr. Morrison. “Melanoma is the deadliest type of skin cancer, and if left untreated, the life expectancy is really low. Multiple times per week, we diagnose Melanoma in patients,” she adds, before recommending that people take care of their skin by using sunscreen in the morning and Retinol at night. “In terms of sunscreen, I always recommend at least SPF 30 with a physical blocker.”

Meanwhile, Dr. Shoureshi says one of the most common issues they treat is psoriasis, which afflicts between five and eight percent of the population.

“There are patients that have severe psoriasis that has not



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#### < FROM PAGE 14

been treated for many years, and these patients are very self-conscious. But we have had a lot of success making these patients completely clear, and it is life-changing for them,” he reports.

“It’s a very rewarding job,” echoes Dr. Morrison, who says she and her husband really enjoy living in Franklin, including its family-friendly atmosphere.

“There are a lot of friendly people we have gotten to know here over the years,” he elaborates, noting that they are members of the Rotary Club of Downtown Franklin and have done a lot of volunteering on behalf of its causes, including My Friend’s House.

“Volunteering is something we’re both passionate about,” adds Dr. Morrison, and something they plan to do more of “once the

world opens up again,” including more free skin cancer screenings for individuals without insurance.

Meanwhile, they are looking forward to continuing to provide medical care for the local community and are accepting all insurance plans to help facilitate that.

“We love everything about Franklin,” she concludes. “You can’t ask for a better community.”

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# NOTABLE DATES FOR MARCH

In March we celebrate Spring, move our clocks forward and the month even declares that you “March Fourth”! With many special days, from peanut butter celebrations to honoring dentists, find some reasons to celebrate this month. Here’s a few options to think about this month.

**MAR 1**

## NATIONAL PEANUT BUTTER LOVER’S DAY

*This holiday has been around since the 1990’s It began as a celebration of the creation of Peanut butter dating back to March 1890, and was started by the National Peanut Board.*

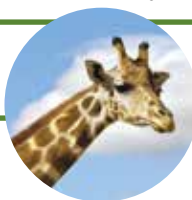
**MAR 3**

## WORLD WILDLIFE DAY

**MAR 6**

## NATIONAL DENTIST’S DAY

*Say thanks to your dentist on this day and let them know they are appreciated!*



**MAR 8**

## INTERNATIONAL WOMEN’S DAY

*A day celebrated worldwide to honor the economic, social and political accomplishments of women everywhere*

**MAR 14**

## DAYLIGHT SAVINGS TIME BEGINS

*Spring Forward and gain an extra hour of evening daylight!*



**MAR 14**

## NATIONAL POTATO CHIP DAY

*Celebrate America’s number one snack, the potato chip.*

**MAR 17**

## ST. PATRICK’S DAY

**MAR 20**

## FIRST DAY OF SPRING

**MAR 29**

## NATIONAL VIETNAM WAR VETERANS DAY



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To start, create the soft, chocolate filled brownie. Combine brownie mix, vegetable oil, one egg, water and the chocolate syrup pouch. Bake and cool completely.

Then it's time for some colorful, festive fun. Make the filling with pow-

dered sugar, butter, whipping cream, softened cream cheese, a splash of peppermint extract and a few drops of green food coloring. Beat and pour over the cooled brownie pan.

The last layer is simple. In a saucepan, melt whipping cream, chocolate chips and butter until smooth. When it's cooled to lukewarm, pour it over the filling for the final layer.

Refrigerate the Mint Brownies for two hours before serving. Cut them into bite-size pieces for small chunks that will melt in your mouth

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**1/4 CUP WHIPPING CREAM**

**5 OUNCES CREAM CHEESE, SOFTENED**

**1/2 TEASPOON PEPPERMINT EXTRACT**

**5 DROPS GREEN FOOD COLOR**

### TOPPING:

**1/2 CUP WHIPPING CREAM**

**1 BAG (12 OUNCES) CHOCOLATE CHIPS**

**1/2 CUP BUTTER**

### INSTRUCTIONS

- Heat oven to 350 F.
- Spray 8-by-8-inch pan with nonstick cooking spray.
- In large bowl, mix brownie mix, water, oil and egg until combined. Pour into prepared baking pan. Bake 35 minutes. Cool completely, about 1 hour.
- To make filling: In large bowl, beat powdered sugar, butter, whipping cream, cream cheese, peppermint extract and food coloring. Spread over

cooled brownies. Refrigerate 1 hour, or until set.

- To make topping: In saucepan, melt whipping cream, chocolate chips and butter until smooth. Cool until lukewarm, about 10 minutes. Pour over filling; spread to cover. Refrigerate 2 hours, or until set.
- Before serving, let brownies set 10 minutes at room temperature.
- Tips: Cut brownies with wet knife for cleaner cuts. Store covered in refrigerator.



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# Want to see your church featured here?

CONTACT **DAVID** AT **615-495-8812** FOR MORE DETAILS.



# HOW CAN **WOMEN** OVERCOME OBSTACLES TO **FINANCIAL SECURITY?**



**Jeff Good**

On March 8, we observe International Women's Day, a celebration of the social, economic, cultural and political achievements of women. Of course, women still tend to encounter more obstacles than men in the pursuit of financial security. Let's consider a few of them.

To begin with, women are still more likely to leave the workforce, at least temporarily, to raise children, resulting in lower contributions to employer-sponsored retirement plans such as 401(k)s. And women are often the ones who become full-time caregivers of aging parents or other relatives. Caregiving duties can exact a big financial toll: The lost wages, pensions (including 401(k)s and similar plans) and Social Security benefits that a woman loses to become a full-time caregiver amount to more than \$300,000 over her lifetime, according to the National Academy of Sciences.

Women also may be more susceptible to financial downturns. Consider the COVID-19 pandemic: Just a few months ago, in December, women lost 156,000 jobs, while men gained 16,000, according to the Bureau of Labor Statistics, which also reported that women accounted for 54% of the jobs lost from the pandemic in 2020.

And women are not unaware of their circumstances and outlook. Just 41% of women are confident about retirement, compared with 56% of men, according to a survey by Edward Jones and Age Wave.

But if you're a woman, you can take steps to help improve your financial outlook. Here are a few suggestions:

## **TAKE FULL ADVANTAGE OF RETIREMENT PLANS.**

If you are still working and your employer offers a 401(k) or similar retirement plan, take full advantage of it. Put in as much as you can afford each year and increase your contributions when your salary goes up. Also, within your plan, you'll want to choose the mix of investments that can help provide the most growth potential, given your individual risk tolerance. Also, even if you contribute to a 401(k) or similar plan, you may also be eligible to fund an IRA, which gives you even more investment choices.

## **EVALUATE YOUR SOCIAL SECURITY OPTIONS.**

You can typically start taking Social Security benefits when you're 62, but your monthly checks will be much larger if you wait until your "full" retirement age, which will likely be between 66 and 67. You might also consider whether you'd be better off by taking spousal benefits, if you're married and your spouse earned more money than you. You're generally even eligible for spousal benefits if you are divorced, as long as you were married at least 10 years and you haven't remarried.

## **LOOK FOR UNEXPECTED INCOME OPPORTUNITIES.**

Even after you've formally retired, you may still find ways to receive some earned income. Perhaps you can work part time or do some consulting. And if you're a caregiver, you might be able to receive some compensation for your work. Many local governments pay non-spouse caregivers who act as personal attendants, although the rules vary greatly by state and county.

These certainly aren't the only ways you can improve your financial status, but they may prove useful to you. In any case, be aware of the challenges facing you and do whatever you can to brighten your future.

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# CAMPS

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age 5 to grade 6

**MARCH 15-19**

**8:30 a.m. – 3:30 p.m.**

Drop off as early as 8:00 a.m.

Pick up ends at 4:00 p.m.

**Register for one day, multiple days, or the entire week!**

\$69 per day per camper

\$345 for full week per camper

Lunch included | Space is limited

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\$15 per child per day or

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**JUNE-JULY**

age 5 to completed grade 6

## Summer Overnight Camp

**JUNE-JULY**

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**SATURDAY, MAR. 6**

5:30-9:30pm | \$20 per child

Ages 4 to 15

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