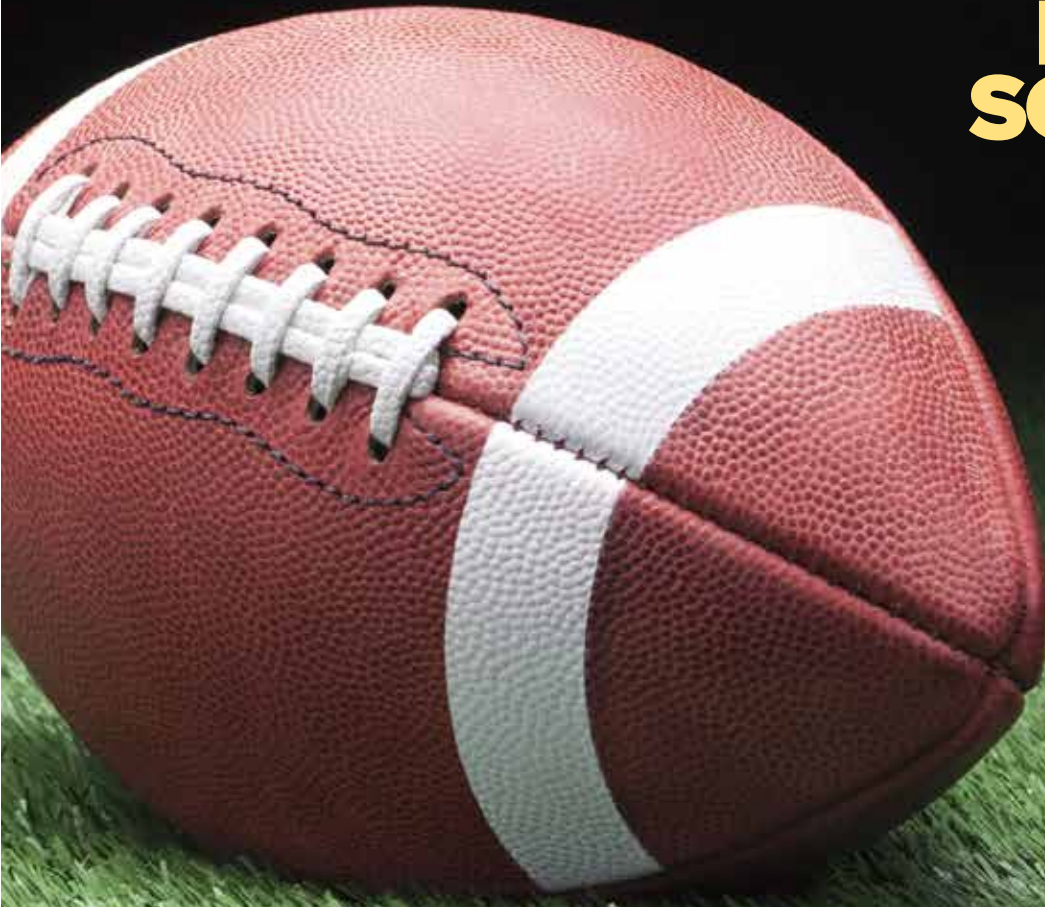


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Inside {local} September '24



8

NEW BUSINESS IN BERRY FARMS

Store opening brings more service and convenience to residents



18

FESTIVAL SEASON

Spring Hill's largest festival is coming soon, and you're invited



28

FOOTBALL IS BACK

We are featuring local high school football schedules this season

LOCAL FOCUS FAITH PAGE 22 SERVICE DIRECTORY 30

ON THE COVER: High school football season plays a big role in our community and the season is in full swing. We are featuring local schedules of schools in our community on page 28

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The UPS store is in the Berry Farms community on Rural Plains Circle. Photography by Michael Tedesco

THE UPS STORE COMES TO BERRY FARMS

JASON ZASKY

Anil Sawhney aimed to open a UPS Store in Berry Farms as far back as 2018, but it wasn't until February 2024 that his dream became reality.

"Being that Berry Farms is one of the thriving new developments in the area, I wanted to make sure I had a location here," says Sawhney, who also owns a UPS Store in Maryland Farms (Brentwood) and yet another on Port Royal Road in Spring Hill, the latter of which opened in July of this year.

"Things are going even better than expected. The community has been very good to us, and we are excited that we are here," he says.

That is hardly a surprise, considering the services and convenience his shop offers.

"We are a full-service small business center, so a lot of things can be done in one place. Customers can avoid making multiple stops and spend less time on the road," he begins.

"UPS is known for shipping, but we are also a full-service print shop," he continued. "We do posters, banners, brochures, and binding. We also do custom-printed invitations. We can print the invitations, envelope them, and send them out. It's an end-to-end process where customers don't really have to do anything except help with the design."

Sawhney's store also provides notary services and takes passport photos, among other things. That's why he counts on three full-time employees and several part-time staffers to help spread the word about all the establishment offers.

"I tell my employees they have two jobs: One is to provide to

PAGE 10 >



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SCAN TO BOOK YOUR APPOINTMENT





The Berry Farms UPS Store is open seven days a week. Photography by Michael Tedesco

< FROM PAGE 8

provide world-class customer service and a world-class customer experience. People come in happy, and I want them to go out happy,” he says. “The second job they have is to educate customers in terms of services we provide and things we can do. Many times, people are not aware that they can get their invitations printed here,” he notes.

Meanwhile, Sawhney and his team are also working hard to fully integrate the store into the local community.

For instance, they sponsored Movies in the Park in June, a monthly event at Hughes Mill Park.

“We have also partnered with local schools on events, and I have reached out to local churches to donate and partner with them,” adds Sawhney, who has lived in Brentwood or Franklin for the past 25 years and expects to stay here when he retires, though his retirement is still many years away.

For now, he is laser-focused on getting the Berry Farms and Spring Hill stores to maximum efficiency.

“I just want the community to know that we are here to help with any of their day-to-day printing and shipping needs. I can guarantee you will go out with a smile,” he adds, before noting that the Berry Farms location is open seven days a week, in part

because it provides a maximum level of convenience for customers.

“Some people are only able to come out on the weekends because they are working long hours during the week, and being open on Saturday and Sunday makes things easier for them,” he says.

Asked whether he would consider opening yet another UPS Store in Middle Tennessee, Sawhney has a ready answer.

“Probably,” he says with a laugh. “I want all the existing locations to be high-performing stores first, and when the time comes, if it’s God’s will, there will probably be another one,” he advises, knowing that the Nashville metropolitan area will likely continue to grow for many years to come.

“I truly thank God for my family and all their support, and the community for entrusting us to perform the services we provide,” he concludes. “Right now, I just want to continue pursuing the path I am on.”

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Sunscreen is a Must: Protect your skin from harmful UV rays by applying sunscreen with at least SPF 30 daily, even on cloudy days. This helps prevent premature aging and reduces the risk of skin cancer.

Cleanse and Moisturize: Use a gentle cleanser to remove dirt and impurities, followed by a moisturizer suited to your

skin type. Cleansing and moisturizing help maintain the skin's natural barrier and prevent dryness.

Healthy Diet: Incorporate a balanced diet rich in antioxidants, vitamins, and healthy fats. Foods like berries, nuts, and leafy greens can support skin health from within.

Avoid Overexposure: Limit time spent in direct sunlight (especially between 10-3), and wear protective clothing or seek shade during peak hours. This reduces the risk of sun damage and aging.

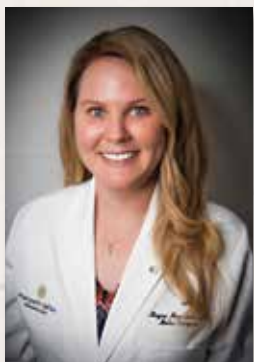
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The Whole Hog Festival benefits The Well Outreach. Photography provided

SPRING HILL'S LARGEST FESTIVAL

PAM WINDSOR

Things are gearing up for next month's John Maher Builders Whole Hog Festival, which gets bigger and better every year. Last year, more than seven thousand people attended the family-friendly event that offers something for everyone – and all for a good cause. Profits from the festival support The Well Outreach, which operates food pantries in Spring Hill and Mount Pleasant to help families in need.

Set for Saturday, October 5th, on the grounds of the historic

Oak Lawn Mansion, the festival will offer live music, crafts, a kid's zone full of fun things to do, a host of other activities, and plenty of food, with 20 food trucks on-site. As you might expect, a lot of that food will be pork-themed.

"We'll have Martin's BBQ providing a whole hog," says Shelly Sassen, Chief Executive Officer for The Well Outreach. "We'll have pork rinds, flavored bacon, street tacos with carnitas (cuts of pork), barbecue, ribs, hot dogs, and much more.

Two pork-related contests that have proven very popular in the

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King Cotton performs at last year's festival. Photography provided



< FROM PAGE 18

past will also be back. One has contestants calling hogs, the other – eating bacon.

Seven bands will provide live music throughout the day, forty different vendors will display their wares as part of a regional craft fair, and some very cool attractions for kids will be available.

“Last year, we had a huge foam pit (set up by Foamboree) that was a huge draw for the kids, and we’ll have that again this year,” Sassen says. “And this year, we’re adding a kids’ stage where we’ll have local dance companies, gymnastics studios, and local children performing music, all from that stage.”

Over the past five years, the festival has served as a fundraiser for The Well’s Spring Hill food pantry, which helps families who cannot afford groceries on their own. Sassen says her organization

is grateful to host an event that brings everyone together for a fun time, then uses the profits to support those in need.

“This time last year, we were serving about 1200 families a month,” Sassen explains, “and now we’re serving over 2000 families a month through our two food pantries.”

This year’s festival runs from 10am to 5:30pm. Tickets are \$5 for adults, kids under the age of five get in free.

Organizers are grateful to the festival’s many sponsors, including John Maher Builders and Benton Nissan of Columbia, which is this year’s stage and sound sponsor.

If you’d like to support The Well Outreach beyond the festival, you can make a monthly donation of \$30, which buys a family \$250 worth of groceries, or donate food or volunteer at the Spring Hill or Mount Pleasant food pantry. To learn more, visit: thewelloutreach.org/



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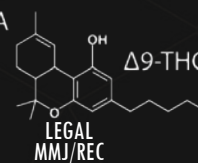
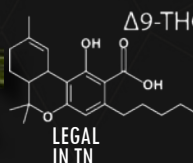
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Double Chocolate Zucchini Bread

INGREDIENTS

1 ½ CUPS SHREDDED ZUCCHINI
1 CUP ALL PURPOSE FLOUR
½ CUP UNSWEETENED COCOA POWDER
¾ TEASPOON BAKING SODA
¼ TEASPOON BAKING POWDER
¼ TEASPOON SALT
¼ TEASPOON ESPRESSO POWDER, OPTIONAL THOUGH RECOMMENDED
2 LARGE EGGS STRAIGHT FROM THE REFRIGERATOR
¼ CUP CANOLA OIL OR VEGETABLE OIL
¼ CUP PLAIN GREEK YOGURT (OR SOUR CREAM)
½ CUP GRANULATED SUGAR
1 TEASPOON VANILLA EXTRACT
1 CUP MILK CHOCOLATE OR SEMI-SWEET CHOCOLATE CHIPS, PLUS
MORE FOR GARNISH

INSTRUCTIONS

Preheat the oven to 350 degrees Fahrenheit. Grease a 9x5" loaf pan, and line the pan with a 7 inch wide piece of parchment paper that fits the bottom of the pan and up 2 of the sides with a little over-hanging.

Place the shredded zucchini on two paper towels to absorb some of the excess moisture, do not squeeze or press hard to the drain juices. Lightly press another paper towel into the top to absorb some of the top moisture. You want to absorb a little of the moisture from the zucchini, but not all of it. This is what makes it so moist. Set aside. In a medium bowl, whisk together the flour, cocoa powder, baking soda, baking powder, salt, and espresso powder. Set aside.

In a large bowl, whisk together the eggs, oil, yogurt, sugar, and vanilla extract together until fully combined.

Add the dry ingredients to the bowl of the wet ingredients, and gently whisk until combined.

Using a rubber spatula, fold in both the zucchini and chocolate chips until combined.

Pour the batter into the prepared loaf pan. Garnish the top of the zucchini bread with a small handful of chocolate chips, as desired.

Bake for 50-60 minutes, or until a toothpick comes out clean or the center of the bread measures 209 degrees Fahrenheit.

Let completely cool in the pan on a wire rack. Remove, slice, and enjoy. Store in an airtight container at room temperature.



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on balances up to \$300,000; then 0.50% APY on balances in excess of \$300,000¹

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1 – APY = Annual Percentage Yield (APY) and is accurate as of 06/04/2024. APY assumes original balance and earnings remain on deposit and rate holds constant for 365 days. This offer is available to members using new funds to America's Christian CU and must be established using external funding source within 7 days of account opening; OR members using proceeds from a maturing ACCU term share certificate on the stated renewal maturity date or up to seven days following the stated maturity date. Limit one high-yield savings account per member. The interest rate and APY will be based on your balance as listed on the rate table at AmericasChristianCU.com/HYS-Rates. Actual APY earned is dependent on daily deposit balance and may result in a blended rate. High-yield balances as listed on the rate table may fluctuate based on market conditions. The rate may change after the account is opened. The minimum balance to open a high-yield savings account is \$50,000. If the account balance drops below \$50,000, the account may incur a maintenance fee per the fee schedule. This offer is for new funds or funds deposited less than 30 days prior to opening the high-yield savings account. This account is not available to be opened in the name of a revocable or irrevocable trust. This account is limited to six (6) transfers/withdrawals per calendar month. A fee of \$10.00 per additional withdrawal/transfer during the same month may be incurred. Fees may reduce earnings on the account. Offers, rates, terms and conditions are subject to change or discontinue without notice. Certain restrictions apply.

New members must qualify for membership and must pay a \$2 membership fee. This credit union is federally insured by the National Credit Union Administration. Added savings protection provided by American Share Insurance (ASI) on qualifying member's accounts in excess of that provided by NCUA. ASI is a credit union owned-share guaranty corporation. See a credit union representative for details.

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LOCAL HIGH SCHOOL FOOTBALL SCHEDULES



Independence High School

8/23	Home	Oakland
8/30	Away	Page
9/6	Away	Centennial
9/13	Home	Franklin
9/20	Home	Beech
9/27	Away	Ravenwood
10/3	Away	Overton
10/18	Away	Fairview
10/25	Home	Brentwood
11/1	Home	Summit



Summit High School

8/23	Home	Spring Hill
8/30	Away	Centennial
9/6	Away	Green Hill
9/13	Away	Blackman
9/20	Home	Brentwood
9/27	Away	Franklin
10/3	Home	Ravenwood
10/18	Home	Overton
10/25	Home	Nolensville
11/1	Away	Independence



Page High School

8/23	Home	Giles County
8/30	Home	Independence
9/6	Away	Franklin
9/13	Away	LaVergne
9/20	Home	Coffee Co.
9/27	Home	Glenciff
10/4	Away	James Lawson
10/18	Home	Hillsboro
10/25	Away	Centennial
11/1	Away	Nolensville



Centennial High School

8/23	Away	Franklin
8/30	Home	Summit
9/6	Home	Independence
9/13	Home	James Lawson
9/20	Away	Springfield
9/27	Away	Nolensville
10/4	Away	Glenciff
10/11	Away	Brentwood
10/25	Home	Page
11/1	Home	Hillsboro

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The graphic features a woman's profile looking out a window with raindrops. Text on the left reads: "If you're experiencing depression, you're not alone! We can help." On the right, the NeuroStar logo is above a purple box titled "PATIENT HEALTH QUESTIONNAIRE". Inside the box, it says "Assess Your Depression" and lists four steps: 1. Open your Camera app, 2. Hold your smartphone camera up to the QR code, 3. Click the link to open the questionnaire in your browser, 4. Fill out the questionnaire and submit. A QR code is shown next to the steps. Below the QR code, it says "Your answers will be securely transmitted to your provider to review during your appointment." and "SCAN ME" with a hand icon pointing to the QR code.

- *NeuroStar Advanced Therapy is a non-invasive, non-drug treatment for depression and is free from side effects often associated with antidepressant medications.*
- *It's best for people who have not benefited from prior medicines and want to try a non-systemic treatment.*
- *Transcranial Magnetic Stimulation (TMS) is a medical procedure that delivers highly focused MRI-strength magnetic pulses to stimulate the brain and treat major depression (MDD) non-invasively.*
- *NeuroStar has delivered 83% positive response and 62% remission in patients suffering from depression.*
- *Consider scanning the QR code to take the PHQ-9 depression screening tool. It's quick and can objectively examine your symptoms' severity.*
- *We offer free consultations and are here to help if you or a loved one is suffering from depression. Call us today to set up a consultation to begin achieving complete remission of your symptoms.*

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