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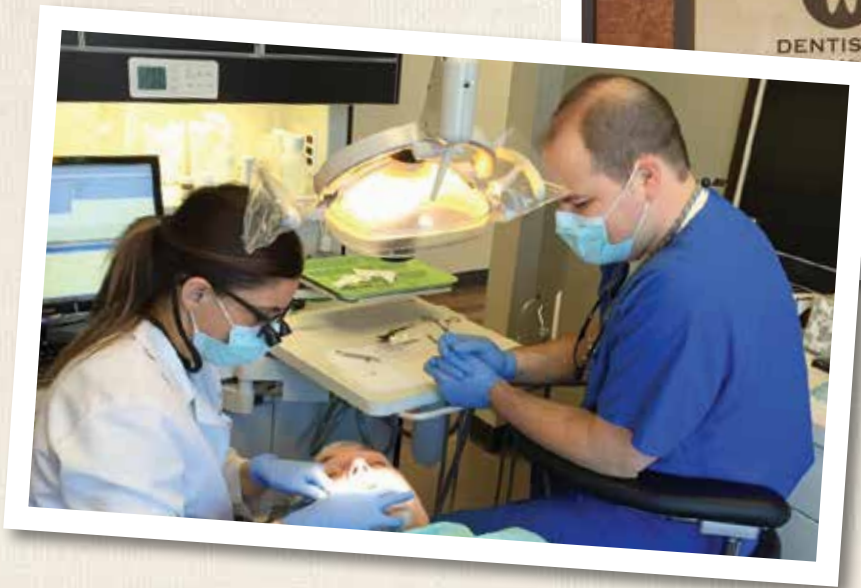


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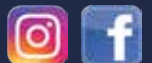
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Inside *{local}* May 2020



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NEIGHBORS LEND A HAND TO HEALTHCARE WORKERS

A group of neighbors connect and start making masks for local frontline workers



10

FURNITURE FOR HOSPITAL

Local Business Owner donates recliners to hospital staff



LOCAL FOCUS
FAITH & WORSHIP 21
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RECIPE 18

ON THE COVER: Please support the local businesses in our area! We want to remind everyone to remember the advertisers on the pages of Berry Farms Local and patronize them and help them in these unprecedented times. Their livelihood and the our local economy depends on it.

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NEIGHBORS SHARING WITH NEIGHBORS

MAKING AND DELIVERING MUCH NEEDED MASKS

Gail Berglund's daughter, Dr. Melissa Soderquist, shared an article from her alma mater, The University of Florida, about masks that leverage materials that already exist in hospitals and medical facilities. The University of Florida has been investing significantly in research and innovation in the past few years, and this is one of the outcomes of their innovations in the Anesthesia Department. She shared this article in late March 2020.

"It touched my heart," said Berglund.

Berglund realized this was a way that she could help make a difference for our frontline healthcare providers and indirectly, her daughter. It made her really feel good!

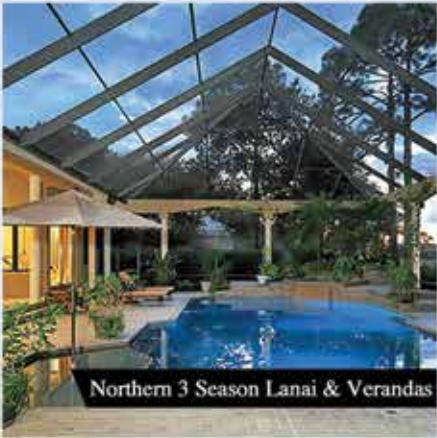
Having moved to Franklin less than a year ago, Berglund's personal network is not very large. She reached out on the Next-door app to her neighbors by sharing a little about the masks and asking if anyone was interested in working on this initiative. The

response was more than expected. In no time at all, Kathie Moore became her co-leader, and with Kathie's network, the team grew to over 132 team members.

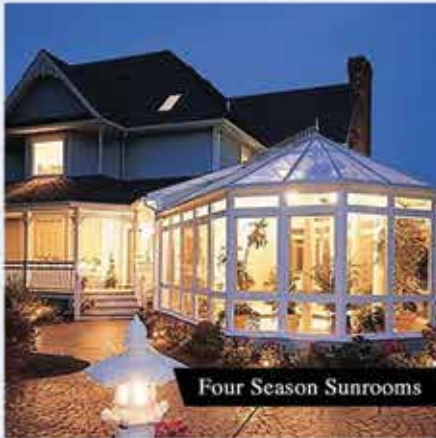
"We moved to a Facebook group in order to better manage the information sharing." Sewing Masks in Williamson County was born!

"Our initial connection, Chuck Spivey, with Williamson County Medical Center (WMC), put us in touch with Danielle Walters at Project C.U.R.E. They have generously donated the material for our masks. Marty Blank, also of Project C.U.R.E., delivered them to WMC for us. We are so grateful for them," added Moore.

As the Facebook group grew, teams naturally evolved. "We have individuals who work on coordination, cutting material, cutting wire, assembling material, and wire into 'bundles'



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< FROM PAGE 6

of 10 for sewing and seamstresses. Many people work on multiple areas – it depends on what we need the most at that time. Some of the areas have leaders to whom we are grateful. We are all volunteers who want to make a difference for our frontline healthcare providers.”

“Everything related to our masks happens on “The Porch”. “The Porch” is located at Gail’s house, where the material is available to pick-up for cutting, ‘bundles’ with all the materials are available for the seamstresses, cut and shaped wire is dropped off, completed masks are dropped off... Everything happens at The Porch. It is a contactless interaction with a ‘homey’ feel,” said Moore.

The group has been able to donate over 1,000 masks to groups with whom our team members have personal relationships. These groups include frontline healthcare providers. They have donated

to the Arrington Volunteer Fire Department, Williamson County Emergency Management, Williamson Medical Center Imaging Center, NHC, St Thomas, and Meharry Medical Center.

“All we ask in return is a few pictures that we can share with the team. The photos keep us motivated and encouraged to see how appreciative these groups are of our donated masks.”

“New team members are always welcome and joining all of the time! We encourage this! It is truly a labor of love for so many of us. Neighbors sharing with neighbors, church members, family; all people who want to make a difference. The teamwork and making a difference are what drives us to make these masks. We are honored to be able to do it and grateful for the opportunity,” said Moore.

For more information, find the Sewing Masks in Williamson County on Facebook.

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Galleries located in Middle Tennessee.

After learning the St. Thomas Hospital was opening new lounges for the staff, they decided they could help.

The Nickerson Family, along with their La-Z-Boy Furniture

PAGE 12 >

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< FROM PAGE 10

Galleries, donated recliners to the hospital to place in the new lounge areas. It's just a way to thank the folks that are working so hard to keep those affected by the virus healthy. The recliners have been delivered and are now available for the hospital employees.

La-Z-Boy Furniture Galleries has locations in Hendersonville, Murfreesboro, and Franklin. The Franklin store is located at 3010B Mallory Lane in Cool Springs. Their phone number is (615) 778-0190

For more information, see the La-Z-Boy ad on page 22

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Mexican Beef and Rice Casserole

This one-pot dish is super easy and a quick clean up. So many flavors to enjoy, and you can play with the ingredients and the toppings to make it your own dish. If you like a little more heat, you could add jalapenos, or if you prefer it a bit milder, you could substitute diced tomatoes instead of Rotel. As far as other topping ideas, we like shredded lettuce and avocado, and we always add tortilla chips to the side. This would also be great as a filling in taco shells or rolled up in a flour tortilla as a burrito. For the burrito, drizzle a little taco sauce over the top and add shredded cheese and bake at 350 until heated through, about 30 minutes. Many possibilities, so get cooking and have fun making this recipe your own!!

INGREDIENTS

1 TABLESPOON OLIVE OIL
1 POUND GROUND BEEF
1 ONION, DICED
2 CLOVES GARLIC, MINCED
1 (1.25-OUNCE) PACKAGE TACO SEASONING
1 CUP RICE
1 CUP VEGETABLE OR CHICKEN BROTH
1 (15-OUNCE) CAN BLACK BEANS, DRAINED AND RINSED

1 (10-OUNCE CAN) ROTEL MILD DICED TOMATOES & GREEN CHILIES
1 CUP CORN KERNELS, FROZEN, CANNED OR ROASTED
2 TABLESPOONS CHILI POWDER
1 TEASPOON CUMIN
SALT AND BLACK PEPPER, TO TASTE
JUICE OF 1 LIME
2 TABLESPOONS CHOPPED FRESH CILANTRO LEAVES
1 CUP SHREDDED CHEDDAR CHEESE
1 CUP SHREDDED MONTEREY JACK CHEESE
1 ROMA TOMATO, DICED

Directions:

- Heat olive oil in a large skillet over medium high heat. Add ground beef, onion and garlic. Cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks; drain excess fat; stir in taco seasoning.
- Stir in rice, broth, beans, Ro*Tel®, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until rice is cooked through, about 16-18 minutes. Stir often to keep rice from sticking to bottom on pan. Stir in lime juice.
- Remove from heat and top with cheeses. Cover until cheese has melted, about 2 minutes.
- Serve immediately, garnished with tomato and cilantro, if desired.

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