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LADY VOLS VS GOVERNORS

TUESDAY, MARCH 10, 2026

5:30 PM

TICKETS
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LADY VOLS



VS

GOVERNORS



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TICKET

- 10:00 am COLUMBIA CENTRAL HIGH SCHOOL vs SPRING HILL HIGH SCHOOL
- 1:30 pm COLUMBIA STATE COMM COLLEGE vs CALHOUN COMM COLLEGE
- 5:30 pm UNIVERSITY OF TENNESSEE vs AUSTIN PEAY UNIVERSITY

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HEALTHY EATING

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LOCAL FOCUS

COMMUNITY SNAPSHOTS 14
SERVICE DIRECTORY 22-25

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ON THE COVER: A CSX locomotive sits on the tracks next to the station on Depot street in Spring Hill. Photo by Robbie Mathis

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CUSTOM QUALITY

PAM WINDSOR

Since opening a little more than 25 years ago, Quality Builders has certainly made its mark in Middle Tennessee. The family-run business, owned by Dan and Janet LaRose, has built a solid reputation as a go-to builder for a wide range of construction needs.

"We do custom homes, remodels, additions, garages, outdoor living areas, and much more," notes Janet. "And while we do some commercial work, primarily we do residential building."

The "custom" part of what they do is where Quality Builders shines.

"We don't do subdivisions like some of the other big builders; we're a family-owned custom builder," Janet explains. "When I say

custom, we don't tell our clients what to put in their homes. We want them to share their vision and their dream with us. We take a lot of time getting to know them and what they want, before we ever break ground."

Although Quality Builders is based in Spring Hill, they build in a number of other communities.

"We're going out to Columbia, Summertown, Mt. Pleasant, Lewisburg, and elsewhere. The majority of our work is now out in those areas."

The idea of starting their own business came along soon after they met and got married. Dan had moved to Tennessee from Connecticut, and Janet from Alabama. She was detail-oriented

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Daven, Dan, and Janet LaRose of Quality Builders. Photography provided



< FROM PAGE 8

and could help with the business side of things, and he had a wealth of experience in construction.

“Dan’s family was in construction, so he’s been in it his entire life. He loves construction, it’s his passion. And he’s a great problem-solver, too. In fact, honestly, I don’t think there’s anything he can’t do. He’s also very good with our customers.

And now, their oldest son, Daven, is part of the team.

“Daven has gone to job sites with Dan ever since he was little. He also worked with him during the summer. When Daven turned 18, we told him the same thing we told both our boys, you can go to college, or you can work. And Daven knew immediately what he wanted to do, he wanted to come work with us.”

Owning a small business can pose challenges amid economic ups and downs and setbacks like the COVID pandemic, but Quality Builders has held steady. Janet credits their staying power to their track record for being honest, transparent, and putting the customer first. She says those are the qualities people should consider when hiring a builder.

“I tell everybody, you want one with a good reputation and one who cares about your project because you’re going to spend a lot

of time together. You’ll be on the phone together, on the job site together, and you’ll want someone you feel comfortable with and can work with.”

She recommends researching different companies before making a decision and suggests asking a lot of questions. As the one who usually answers the phone at Quality Builders, Janet spends a lot of time doing just that.

“I’m old school, so I’d rather talk to someone over the phone rather than email or text. I have people calling me all the time to ask questions. ‘What do we need to do for this’ or ‘How would we go about doing this?’ And I don’t mind a bit.”

She enjoys her work and seeing how the business has evolved over the past two-and-a-half decades.

“When we started this, I never envisioned how it would all progress, and seeing the homes we’re doing now versus what we did when we first started. The design work has grown, and I love some of the beautiful homes we’re doing now. I feel very blessed with the clients we’re currently working with and the many clients we’ve had through the years.”

To learn more about Quality Builders, visit their website at qualitybuilderstn.com or call (931) 486-1309.



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COMMUNITY SNAPSHTOS



Pictured (left to right, back row): Williamson County advanced emergency medical technician graduates Thomas Welch, Samuel North, Anneliese Weijers, August Dorsten, Jacob Wilder and Thomas Mayo. Pictured (left to right, front row): William Rainey, Rosalita Funderburg, Kayleigh Wixon and Zachary Denny.



Pictured (left to right): Maury County advanced emergency medical technician graduates Craig Heimbold, Lulani Murphy and Jacob Beard.

COLUMBIA STATE PINS 41 NEW EMERGENCY MEDICAL SERVICES GRADS

Columbia State Community College recently recognized 13 emergency medical technicians and 28 advanced emergency medical technicians upon completion of their programs during the Fall 2025 EMS Pinning ceremony held in the Cherry Theater.

An EMT provides basic life support at the site of illnesses and injuries, assisting with transport to the hospital. The Advanced EMT provides basic and advanced life support at sites of illness and injury through transport to the hospital.

For more information about the EMS program, visit www.ColumbiaState.edu/EMS or contact Johnson at 931.540.2792.

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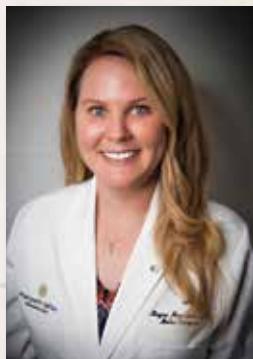
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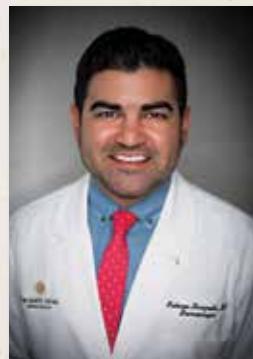
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LOCAL EVENTS



VALENTINE'S DAY SOCIAL

FRIDAY, FEBRUARY 13, 1 PM TO 3 PM
SPRING HILL COMMUNITY SENIOR CENTER
563 MAURY HILL STREET 931-487-0027

Join the fun the day before Valentine's Day. Treats, drinks, trivia and making cards. The Spring Hill Community Senior Center, located at 563 Maury Hill Street, is a welcoming space where adults age 55 and older can stay active, social, and engaged. The center offers a wide variety of activities designed to encourage fun, connection, and lifelong friendships.

2026 NIGHT OF HOPE FEATURING BIG DADDY WEAVE BENEFITTING THE WELL OUTREACH

SATURDAY, FEBRUARY 28, 6PM TO 10PM
WORLDWIDE STAGES, 5000 NORTHFIELD LANE
VISIT: thewelloutreach.org/night-of-hope/

The Well Outreach's first fundraiser of the year is the annual gala, which offers guests an opportunity to enjoy dinner, a live auction and a concert. In 2026 the event will take place at Worldwide Stages and welcome Big Daddy Weave to the stage.

A VALENTINE'S TRIBUTE TO THE SOUNDS OF SINATRA

THURSDAY FEB 12, 8PM TO 10:30PM
THE MULEHOUSE, 812 SOUTH HIGH STREET,
COLUMBIA, VISIT: themulehouse.com/home

An enchanting evening celebrating the timeless music of Frank Sinatra in a special Valentine's Day tribute. Featuring the captivating talents of Richard Jacques, Keith Sargent, Kyle Henry and Michelle Murray, this Rat-Pack-style show promises a blend of classic charm and exceptional musicianship.

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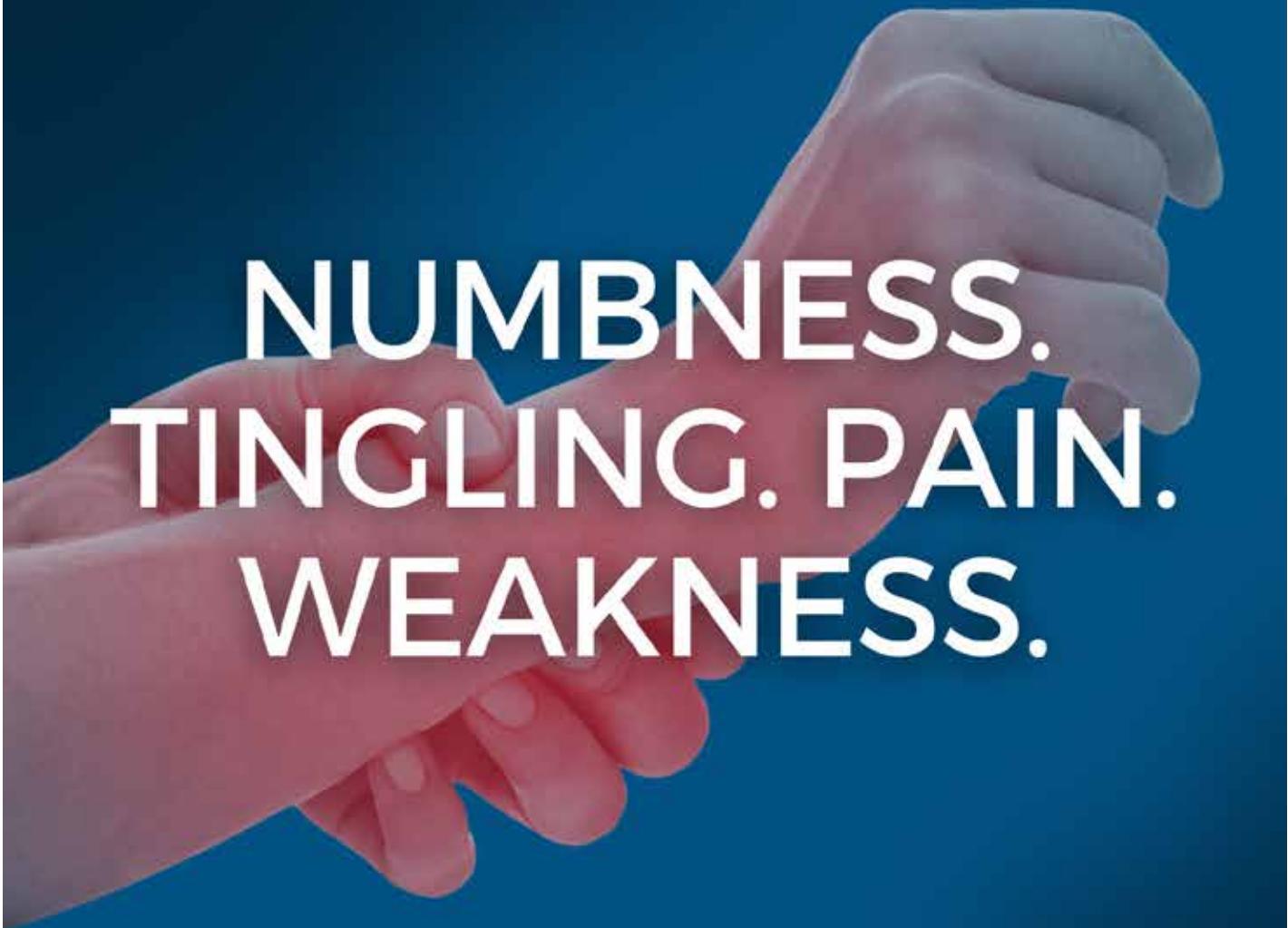
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Great RECIPES

Easy Lemon Blueberry Bars



INGREDIENTS

1 STICK BUTTER, MELTED
1 BOX LEMON CAKE MIX
2 EGGS
1/3 CUP FRESH BLUEBERRIES
2/3 CUP WHITE CHOCOLATE CHIPS, DIVIDED
1/3 CUP CHOPPED PECANS

DIRECTIONS

- Heat oven to 350 F.
- In bowl, combine butter, cake mix, eggs, blueberries, 1/3 cup white chocolate chips and pecans.
- Butter 7-by-11-inch pan and spread mixture evenly into pan. Bake 30-35 minutes.
- Let cool then melt remaining white chocolate chips and drizzle over bars.
- Tip: If melted white chocolate chips are too thick, add a little oil before drizzling.

Recipe courtesy of “Cookin’ Savvy”

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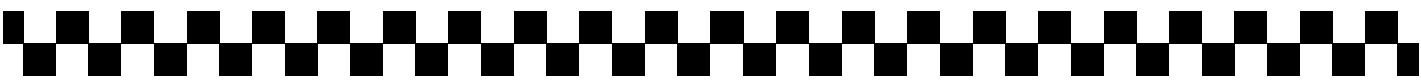
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