

Spring Hill {local}

SPRING HILL

SEPTEMBER 2026

Exciting Events

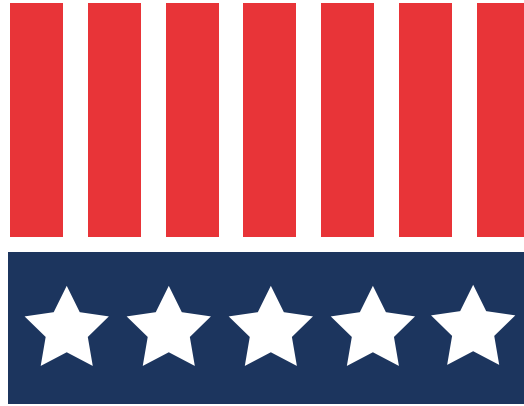
Check out our Featured Fall Events

Business for Good Health

Unique Local Medical Practice



LOCAL ADVENTURE | LOCAL DISCOVERY



23 YEARS OF PROTECTING WHAT MATTERS MOST

September is Life Insurance Awareness Month



Eric and Chris DeBerry

Owners, Principal Licensed Agents

Auto-Owners
INSURANCE

LIFE • HOME • CAR • BUSINESS

*Call, Click, or Come by Today and
let our experienced agents help you
find the coverage you need!*

DeBerryInsurance.com

615.790.8202

5232 Main Street | Spring Hill

*Proudly serving Spring Hill since 2003 | Your Hometown Independent Insurance Agency
Locally Owned and Operated*



leecompany.com/plus

Your Home's Favorite Membership



Plumbing • Electrical • Heating • Air Conditioning

Visit Your Local Banking Experts

4871 Port Royal Road
Spring Hill, TN

5398 Main St
Spring Hill, TN

Amber Davis
Branch Manager
Port Royal
NMLS# 638001

Rob Ferrara
Market Manager
Spring Hill
NMLS# 1422340



FIRST FARMERS®

Member
FDIC 
EQUAL HOUSING
LENDER



Celebrating 20 years of 20/20!

See What You've Been Missing

Experience exceptional care at Spring Hill Eyecare, where your vision and eye health are our top priorities. Our expert team, now including four full time doctors, provides comprehensive eye exams, advanced dry eye treatments, and a wide selection of stylish eyewear with one of the largest frame galleries in the region. With state-of-the-art technology and personalized care, we ensure clear, comfortable vision for the whole family. Conveniently located on Main street, we're committed to keeping your eyes healthy for years to come. Schedule your appointment today and see the difference - just scan the QR code!



5238 Main Street Spring Hill | 931-489-1950 | springhilleyecare.com



OFFERING STATE-OF-THE-ART AUDIOLOGY SERVICES INCLUDING:

Diagnostic Hearing Exams | Hearing Aids | Cerumen Management (Wax Removal)
Pediatric Audimetry | Tinnitus Management | RealEar Measurements
Balance Evaluation | Tympanometry | Cognivue Screenings | Otoacoustic Emissions
(OAE) Measurement | Auditory Processing Disorder | Custom Plugs.

FRANKLIN | SPRING HILL | DICKSON | NOLENSVILLE | TULLAHOMA | CHATTANOOGA & TRENTON, GA.
(615) 591-6410 | INFO@HEARTN.COM | HEARTN.COM

Excellence In Private Christian
EDUCATION

— **COLUMBIA ACADEMY** —

COLUMBIA: PRESCHOOL - 12TH GRADE • SPRING HILL: PRESCHOOL-6TH GRADE



KNOWLEDGE

CONFIDENCE

CHARACTER

CABULLDOGS.ORG

Millers Thrillers

EVERY WEEKEND IN OCTOBER

STARTS SAT. SEPTEMBER 26



HAUNTED MINES AND THE CREEPY INHABITANTS

ZOMBIE HAYRIDE RELOADED

TRAVEL RUGGED TERRAIN AND SHOOT ZOMBIES WITH PAINTBALL GUNS

PLUS MORE INCLUDING

**Zombie Drumlines, stilt walkers,
fire performers, light, laser &
firework shows and more**

millersthillers.net

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



Expert Radiation Oncology, Right Here Where You **Live.**

Vanderbilt-Ingram Cancer Center at Maury Regional Spring Hill provides radiation treatment tailored to you.

With state-of-the-art equipment, this radiation oncology team targets cancerous tumors while sparing healthy tissue. Radiation also treats benign conditions such as osteoarthritis, using low-dose radiation for joint pain and inflammation.

The team includes radiation oncologists, medical physicists, radiation therapists, nurses and support staff to offer the best possible care. Whether you need treatment for cancer or some other condition, the Vanderbilt team at Spring Hill provides expert care close to home. No need to drive to Nashville. No shortage of parking.

Radiation Oncology

Vanderbilt-Ingram Cancer Center at Maury Regional Spring Hill

1003 Reserve Blvd., Suite 120, Spring Hill, TN 37174-3085 • 931-380-1194

VanderbiltRadiationOncologySpringHill.com

Inside {local} September '26

10

FALL EVENTS CALENDAR

Fun events are popping
into our schedules

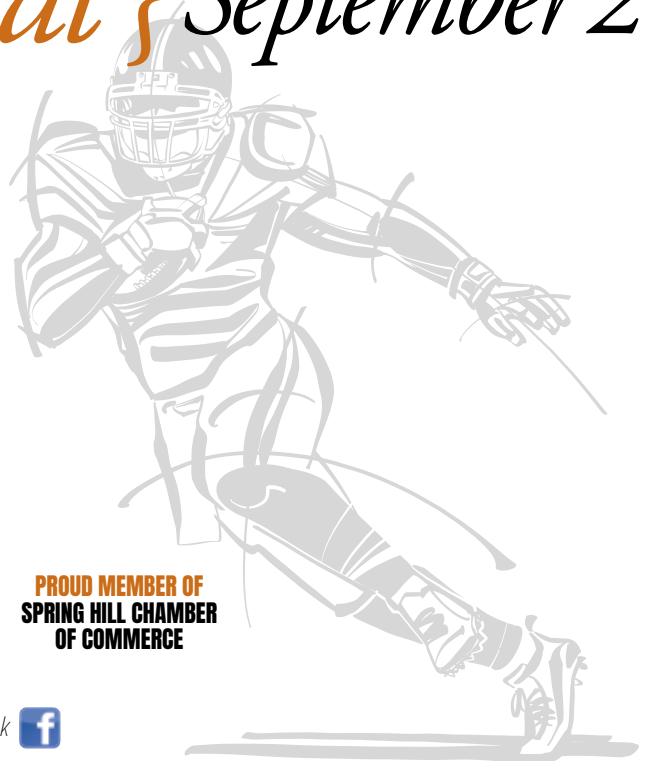
18

BETTER MEDICINE IS CLOSE BY

A better approach to your
care in Spring Hill

LOCAL FOCUS
COMMUNITY SNAPSHOTS **16-17**
RECIPE **18**
SERVICE DIRECTORY **22-26**

**PROUD MEMBER OF
SPRING HILL CHAMBER
OF COMMERCE**



Visit our website: springhilllocal.com Follow us on facebook 

Spring Hill Local is published by WilcoLocal Media & Marketing, published twelve times per year, and delivered both online and by postal delivery to 1,000's of homes in Spring Hill. Advertising claims are the sole responsibility of the consumer to check the validity and honesty of the offer made by the business. WilcoLocal Media and Spring Hill Local are not responsible for claims made by the business owners. Please submit any questions or comments to jbryant@wilcolocal.com.



MODERN ORTHODONTICS OLD-FASHIONED CARE

24/7 ACCESS TO DR. WES

RELAXED ONE-ON-ONE VISITS

**HIGH-TECH, CUSTOM
TREATMENTS FOR ALL AGES**

**NO CRAZY WAITS OR
ASSEMBLY LINE CARE**

**COMPLIMENTARY
CONSULTATIONS**

615.282.5038



Dr. Wes

ORTHODONTICS



DR. WES CHLADNY

4012 O'HALLORN DRIVE, SUITE B, SPRING HILL | drwesortho.com

A Neighborhood Business Fest

TOLLGATE

BLOCK PARTY!

FREE
Entry!

**FOOD, GAMES
& PRIZES**

PRESENTED BY
 **the well**
Outreach

 **Spring Hill**
Chamber of Commerce



Friday

SEPTEMBER 18

4-7 PM

*2000 Tollgate Blvd.
Thompson's Station, TN*

UNleashed

AT CARTERS CREEK
**DOGGIE DAYCARE
& BOARDING**

**NOW
OPEN**



ANIMAL CARE CENTER
of Carters Creek

**STATE-OF-THE ART
BOARDING & DAYCARE
VET SUPERVISION
CLIMATE CONTROLLED
DAILY EXERCISE**

2690 Spring Meade Blvd. COLUMBIA (near Spring Hill HS)
931-489-9333 yourpetsnewvet.com



Comprehensive Diagnostic & Therapeutic Eye Care

**Experienced Ophthalmologists*

**Specializing in Medicine and Surgery of the Eye*

**Refractive and Cataract Surgery*



Jacob W. Fleenor, MD



**COLUMBIA EYE
PHYSICIANS**



Timothy E. Gordon, MD

Creekside Medical Plaza

1050 N. James Campbell Blvd., Suite 100 | Columbia
Call (931) 375-1050 | columbiaeye.net

FAST LANE

EXPRESS LUBE & REPAIR SHOP

CHANGE YOUR OIL EVERY 3000 MILES

20TH ANNIVERSARY!

OCTOBER 2006 - OCTOBER 2026

Come and celebrate with us!

\$10 OFF

FULL SERVICE OIL CHANGE

WITH AD | EXPIRES 9/30/26

OPEN ON SATURDAYS

MECHANICS SHOP 8AM TO 4PM

615-791-3632 CHOOSE OPTION 2



PIT STOP WITH US!

**OIL CHANGES | TIRE ROTATIONS | TIRES
ALL TYPES OF AUTOMOTIVE CARE.**

LUBE SHOP 615.791.3632

REPAIR SHOP 615.791.3632+2

4713 TRADER'S WAY | THOMPSONS STATION



FALL EVENTS



CAMPIN' IN THE PARK 2026

SEPTEMBER 19-20 FISCHER PARK,
4285 PORT ROYAL ROAD, SPRING HILL
FOR MORE INFO: SPRINGHILLTN.COM

Get the kids away from their electronic devices and into nature! The City of Spring Hill Parks and Rec and the Union Sportsman Alliance are hosting a weekend of outdoor fun at "Campin' in the Park." Gather your family, pitch a tent, and enjoy an unforgettable camping experience filled with community, adventure, and memories under the stars. Outdoor activity sessions including Backyard Bass, Archery, a Scavenger Hunt, Frisbee Golf and lots of fun activities for all ages to enjoy. Bring your own lunch. Dinner will be provided. All youth must be accompanied by a parent, guardian, or chaperone. Registration is free!

MILLERS THRILLERS HAUNTED WOODS AND HAYRIDE

EVERY FRIDAY AND SATURDAY NIGHT BEGINNING SATURDAY
SEPT 26 - OCT 31. 1431 CARTERS CREEK PIKE, 5 MILES WEST
OF SPRING HILL MILLERSTHRILLERS.NET

Millers Thrillers Haunted Woods & Zombie Paintball will be held again this year every Friday and Saturday beginning September 26 and continuing through October. Millers Thrillers is located at 1431 Carters Creek Pike, just 5 miles west of Spring Hill. For more info go to Millersthillers.net or on facebook.

WHOLE HOG FESTIVAL

OCTOBER 17, 10AM - 5PM OAKLAWN MANSION
DENNING LANE, SPRING HILL | THEWELLOUTREACH.ORG

The 21st Annual Whole Hog Festival will be held at Oaklawn Mansion on Denning Lane in Spring Hill. The grounds will be filled with vendors, food trucks, kid's games, arts & crafts, live music, and much more. This year's event will feature a cook off between 15 internationally recognized pit masters. Fun for the whole family! For more information go to thewelloutreach.org

FRUIT TEA FESTIVAL

SEPTEMBER 12, 3PM -8PM
DOWNTOWN COLUMBIA

Columbia is searching for the recipe that will earn the title of Best Fruit Tea in Columbia, Tennessee. On Saturday, September 12, Columbia Main Street invites the community to battle it out in the Fruit Tea Challenge at the community-wide Fruit Teaser event. Restaurants, businesses, churches, caterers, nonprofit organizations, civic clubs, and individuals with "secret" recipes passed down through generations are invited to compete for the title. Teams must register at ColumbiaMainStreet.com by September 1st. Space is limited, so early registration is encouraged.

At the event, each competitor will provide approximately 10 gallons of homemade fruit tea to serve during the ticketed tasting. Guests will sample each recipe and vote for their favorite, while a panel of judges will also select a winner.

Two champions will be crowned: "The People's Pour" – Community Choice, and "The Golden Glass Award" – Judges' Choice. Both winners will earn community titles of Columbia's Best Fruit Tea, receive special recognition from Columbia Main Street's social media, and be featured in an official press release announcing their winning recipe.

Want to taste them all? Fruit Tea Tasting Tickets are just \$5 and can be purchased in advance at ColumbiaMainStreet.com or at the event. Guests who pre-purchase their tasting ticket will receive a FREE collectible Fruit Tea cup while supplies last.

To learn more about the Fruit Teaser event and other Columbia Main Street programs and events, visit ColumbiaMainStreet.com or follow @ColumbiaTNMainStreet on social media.



LISTERHILL HELPS YOU

find your way home



Make an
appointment
with *Daniell*
today!

We live in the same community, so let's work together. **Take advantage of local decision making with a mortgage loan officer who will get to know you and understand your goals. We can help you select the best rates and terms to meet your needs so you can start making a house your home. All from your local, not-for-profit cooperative.**

- + Short and long term fixed rate loans
- + Conventional
- + FHA
- + USDA
- + VA
- + Low-rate adjustable loans
- + Construction loans
- + Land loans
- + First-time homebuyer programs



Daniell Blair

Mortgage Lender

NMLS# 1622395

3348 Kedron Road

Spring Hill, TN, 37174

256.383.9204 ext 3818

931.374.0507

dblair@listerhill.com



Bluebird Hollow *in Spring Hill*

Brandon Woods *in Spring Hill*



Ole South
Tennessee's Favorite
Home Builder



4 Sided All Brick From the 500's
\$99 Contract | Deposits
\$99 Closing Costs

Nashville, Murfreesboro, Fairview, Gallatin, Pleasant View,
Spring Hill, Smyrna, Shelbyville

4-Sided Brick Homes From the 400's
Visit our model home at **162 Brandon Woods Drive**
Spring Hill, TN 37174

Contact Our Sales Team For More Details!
615-219-5744

615-219-5644 | OleSouth.com | Sales@OleSouth.com 

Offered by Ole South Realty, 615-896-0019, Firm ID 00256584, Principal Broker Trey Lewis ID #00275803. *\$99 contract deposits and \$99 closing costs subject to credit approval and owner occupancy using preferred lender. Offer for a limited time. Ole South is offering over 200 market homes in over 20 locations for sale with \$99 contract deposits and \$99 total closing costs.* Down payment programs available for first time home buyers.

Trusted for 100 Years, 10 Million Comebacks And Counting.

Tennessee Orthopaedic Alliance is Tennessee's largest and most comprehensive orthopedic provider, with a legacy of care dating back to 1926. What began as Nashville's first orthopedic clinic—founded by Dr. George Carpenter, Sr. and known locally as “the carpenter shop”—has grown into a statewide organization serving communities across Middle, Southern and East Tennessee.

For a century, TOA has supported the health and mobility of an estimated 10 million patients, helping individuals and families live more active, fulfilling lives.

TOA **TOA.com**
CELEBRATING 100 YEARS
TENNESSEE ORTHOPAEDIC ALLIANCE



Now Open

"3D Supply & More is Middle Tennessee's destination for everything 3D printing. We carry top brands like Flashforge, Creality, Tinmorry, and more, with a wide selection of 3D printers, filament, parts, tools, and accessories. Whether you're a beginner, hobbyist, educator, or business, we have everything you need to bring your ideas to life."



4910 Main St.
Spring Hill, TN
37174



www.tn3dfilament.com



EXPERT ORTHOPAEDIC CARE. RIGHT HERE IN **SPRING HILL**.

Compassionate care. Advanced solutions. Better outcomes.
We're here to help you move better, live better, every day.



Matt Anderson, M.D.

Orthopaedic Surgery
Sports Medicine



John Dockery, M.D.

Interventional
Spine



Preet Gurusamy, M.D.

Orthopaedic Surgery
Joint Replacement



Saurabh Mehta, M.D.

Orthopaedic Surgery
Hand, Wrist, Elbow
and Shoulder

SERVICES WE OFFER



JOINT REPLACEMENT

Hip, knee, shoulder
and more



SPORTS MEDICINE

Injury care and
performance restoration



SPINE

Diagnosis and
treatment for neck and
back pain



HAND, WRIST, ELBOW & SHOULDER

Specialized care for
upper extremity
conditions



ORTHOPAEDIC URGENT CARE

Immediate care for
unexpected orthopaedic
injuries

SPRING HILL LOCATION

5221 Port Royal Road, Suite 101
Spring Hill, TN 37174
(615) 791-2630
www.boneandjointtn.com

SCAN TO LEARN MORE ABOUT SERVICES OR
TO MAKE AN APPOINTMENT!



SHARED EXPERIENCES. LASTING CONNECTIONS.

VOTED #1 BY PARENTS FOR 13 YEARS



MOTHER-DAUGHTER GETAWAY WEEKEND SEP 11-13

Exciting adventures, creative activities,
and engaging conversations



MOTHER-SON FALL PICNIC SUN NOV 1

Fun-filled afternoon of adventure
and connection



DADDY-DAUGHTER WINTER BALL SAT DEC 12

Enchanting evening of dinner, dancing
and quality time



MARRIED COUPLES WEEKENDS NOV, FEB, MAR — REGISTRATION OPEN FOR ALL Intentional time of romance and renewal



Visit **deerrun.camp/family-friends**
for all the details! | **615.794.2918**

150 private wooded acres located 20 minutes from Spring Hill
Deeper Faith. Stronger Relationships. Greater Adventures.

COMMUNITY SNAPSHOTS



TREE OF LIFE CLINIC, INC. RIBBON CUTTING CEREMONY

The Spring Hill Chamber celebrated Tree of Life Clinic, Inc. with an official Ribbon Cutting Ceremony on Wednesday, July 22, at 5083 Main Street, Suite 5 in Spring Hill. Tree of Life Clinic is a nonprofit medical clinic serving uninsured and underinsured low-income residents of Spring Hill.



COFFEE & COMMERCE AT PREMIER CHIROPRACTIC

The Spring Hill Chamber hosted a Coffee & Commerce networking event at Premier Chiropractic on Thursday, July 23, at 2040 Reserve Boulevard in Spring Hill. Premier Chiropractic is a locally owned family chiropractic practice that has served the community since 2015.



TWELVESTONE INFUSION CENTER CELEBRATES SPRING HILL OPENING

The Spring Hill Chamber celebrated TwelveStone Infusion Center with an official Ribbon Cutting Ceremony on Friday, July 24, 2026, at 5221 Port Royal Road, Suite 300 in Spring Hill. TwelveStone Infusion Center serves patients with chronic, complex, and rare conditions in a safe, comfortable, and faith-based environment.



TOA SPRING HILL CELEBRATES SPRING HILL OPENING

The Spring Hill Chamber celebrated TOA Spring Hill with an official Ribbon Cutting Ceremony on Friday, July 24, at 2160 Reserve Boulevard in Spring Hill. TOA provides convenient access to experienced orthopedic specialists, advanced treatment options, and compassionate, patient-centered care close to home.



COMMUNITY SNAPSHOTS



CAMPBELL STATION KINDERCARE CELEBRATES SPRING HILL OPENING

The Spring Hill Chamber celebrated Campbell Station KinderCare with an official Ribbon Cutting Ceremony on Wednesday, July 29, at 2:30 PM at 4009 O'Hallorn Drive in Spring Hill. Campbell Station KinderCare is a newly opened early childhood education center serving families in the Spring Hill community.



COFFEE & COMMERCE AT EDWARD JONES – DALTON POTTS & WILL TENNPENNY

The Spring Hill Chamber hosted a Coffee & Commerce networking event with Edward Jones – Dalton Potts & Will Tennpenny on Thursday, August 13, 2026, at 2023 Wall Street, Suite 4 in Spring Hill. Edward Jones takes a personalized approach to investing by meeting with clients to understand their individual needs and develop strategies to help them achieve their long-term financial goals.



COOPER TROOPER FOUNDATION WILL PIVOTS FROM PUMPKINS TO PUTTERS FOR FALL FUNDRAISER

The Cooper Trooper Foundation announced a transition from their well-known "Pumpkin Patch" Fundraiser of 16 years. This September the nonprofit will hold their first annual Charity Golf Classic at Franklin Bridge Golf Club, during childhood cancer awareness month. The event will feature exciting contests, swag bags, a raffle, golf air cannon, prizes, breakfast from Big, Bad Breakfast, and lunch. Personalized signs honoring and remembering children diagnosed with cancer and their siblings will be displayed along the course and can be purchased with a \$100 tax-deductible donation. Visit website or <https://linktr.ee/thecoopertrooperfoundation> for more information.

The event will take place on Thursday September 10. The golf tournament will begin with an 8 am shotgun start, with registration beginning at 7 am. Visit website or linktr.ee/thecoopertrooperfoundation for more information.



CITY HIRES NEW LIBRARIAN

Jennifer Jenkins is the new Director of the Spring Hill Public Library. She comes to Spring Hill from Arlington, TN, where she served as library director. Jennifer has experience not only in the realm of public libraries, but also in the academic and private sectors. She is a graduate of UT Knoxville and Rhodes College in Memphis.



Training the Next Generation of Doctors

PROUDLY ENTERING A NEW ERA AS AN ACADEMIC MEDICAL CENTER

For more than 70 years, Maury Regional Health has stood as a trusted, not-for-profit health partner — caring for our friends, families and neighbors. What began as a small community hospital has grown into a comprehensive regional health system driven by a deep-rooted commitment to the people we serve.

Now, we've taken our next historic step by evolving into an academic medical center. In partnership with **University of Tennessee Health Sciences**, we have launched an Internal Medicine Residency Program to bridge advanced medical training with our legacy of clinical excellence.

It is a great privilege to mentor these medical leaders of tomorrow who will learn here, grow here and ensure that **world-class care always remains close to home.**



**MAURY REGIONAL
HEALTH**



**THE UNIVERSITY OF TENNESSEE
HEALTH SCIENCES**

MAURY INTERNAL MEDICINE RESIDENCY PROGRAM

Program Associate Director Deborah Goldsmith, MD, and Core Faculty Member Pinky Chugani, DO, are part of a premier team of local physician leaders guiding Maury Regional Health's inaugural class of internal medicine residents. Learn more at MauryRegional.com/UTHS.





4875 Port Royal Road
Spring Hill, TN 37174
(931) 369-0699

Auto Care The Way It Should Be[®]

With online scheduling, after-hours drop-offs,
and a complementary shuttle service, we'll
help you maintain your ride on your schedule.



Scan To Book



931-486-3125
MYFAFCU.ORG

FamilyADVANTAGE
FEDERAL CREDIT UNION

Find us on Facebook, Instagram, & Twitter

COLUMBIA 615 West 7th Street	SPRING HILL 100 Stephen P. Yokich Pkwy	HOHENWALD 557 E. Main Street	FAIRVIEW 7001 City Center Way
--	--	--	---

THE SPRING HILL HOME & SERVICES DIRECTORY



2 Storey's ANTIQUES

VINTAGE & RARE ANTIQUES

2983 Carters Creek Station Rd. COLUMBIA
931-446-7090 | 2StoreysAntiques.com | Thurs-Sat 10-5 Sun. 1-5



FIGHTING TO PROTECT YOU!



Jaimee Davis
615-392-1107
517 Maury Hill St.
Spring Hill
jaimeedavis@allstate.com



Allstate.

THE Hearth & Grill Shop

GAS LOGS • FIREPLACES
WOOD STOVES • GRILLS
& OUTDOOR FURNITURE



535 W. Thompson Lane, NASHVILLE | 615-255-4551 | M-F 9-5, SAT 9-4
Family owned & Operated. Hearthandgrill.com



BEASLEY'S YARD

Making Landscapes shine
for over 18 years!

The area's top selection of...

**Mulch • Topsoil • Decorative Gravel
Sand • Grow Mix • Compost
Flagstone • Boulders & much more!**

DELIVERY AVAILABLE
OPEN MONDAY – SATURDAY
visit our facebook page or website for hours of operation

2580 COLUMBIA HWY. | COLUMBIA
BeasleysYard.com | 931.486.2575

**Smith
+ Co.**



BRAD SMITH CPA | WEALTH ADVISOR

FINANCIAL STEWARDS
Leadership that delivers clarity, perspective, and confidence.

TAX-SMART WEALTH STRATEGIES

(615) 682-4383
www.smithcoadvisory.com

Smith & Co is a DBA for Smith & Co Advisory LLC and Smith & Co CPA LLC.
All investments carry risk and are not guaranteed. Investment advisory services are provided through Smith & Co Advisory LLC, a registered Investment Advisor with the U.S. Securities and Exchange Commission (SEC). Registration with the SEC does not imply a certain level of skill or training.

Cooper's Garage
www.coopersgaragetn.com

EUROPEAN AUTOMOTIVE SPECIALIST



615-454-6391
4408 Franklin S CT | Franklin, TN 37064

HEAL THE WORLD



COLUMBIA HEALTH FOODS

Trusted source for all your health needs.



Supplements, Organic Groceries, Health & Beauty Aids,
Juice & Smoothie Bar, Food Diets, Light Therapy

Located in Downtown Columbia:
104 W 7th St
Columbia, TN 38401
931-588-1148

Scan to download!



Salad Paper

THE SPRING HILL HOME & SERVICES DIRECTORY

Member SIPC

Will Tenpenny
AAMS®
Financial Advisor
will.tenpenny@edwardjones.com

Dalton L Potts
CFP®, CEPA®
Financial Advisor
dalton.potts@edwardjones.com

EJB-19325-A-E-DA-6 AECSPAD > **edwardjones.com**



THE SPRING HILL HOME & SERVICES DIRECTORY

ME
Massage Envy

SPRING HILL
4884 Port Royal Road, Ste #140
Spring Hill, TN 37174
(931) 499-7030
M-S 9a-8p | Su 10a-6p

MASSAGE | FACIALS | STRETCH

Memberships Available
Schedule Your Facial,
Massage, or Stretch Today!
Scan to book online.




Heritage PDR
Mobile Paintless Dent Repair

Hail Damage
Door Dings

Large Dents
Creases

931-451-8552
www.HeritagePDR.net

Caring Hearts Home Healthcare LLC

Quality Homecare services
that include companionship,
meal prep, personal care,
bath assistance, light house
cleaning, and more!

LICENSED & INSURED. LOCALLY OWNED AND OPERATED

1121 TROTWOOD AVE. #2 COLUMBIA. 931-381-5470
caringheartshomehealthcarellc.com

AWARD WINNING ASIAN CUISINE & SPIRITS!

W'lin's

WED-MON 11AM-9PM
LUNCH MON, WED-SAT 11AM-3PM CLOSED TUESDAY

2105 WALL STREET | SUITE 103 | SPRING HILL | 615.302.8088
ORDER ONLINE WlinsTN.com

BURGLARY DETECTION
VIDEO SURVEILLANCE
FIRE PROTECTION
ACCESS CONTROL
DATA CABLING
MULTI-ROOM AUDIO
HOME THEATER SET UP
SMART HOME AUTOMATION

**FLOODLIGHT
CAMERA SPECIAL**

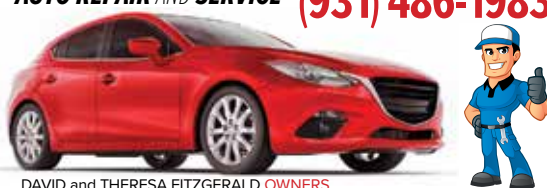
**PREVENTIA
SECURITY**

SCAN HERE FOR
YOUR FREE QUOTE!



877.720.2527
PREVENTIASECURITY.COM

Beechcroft Automotive
AUTO REPAIR AND SERVICE (931) 486-1983



DAVID and THERESA FITZGERALD OWNERS

5406 MAIN STREET (behind Sonic) SPRING HILL

CHAD COX
LUTCF, Agency Manager

**Farm Bureau
INSURANCE**
Tennessee

Auto • Home • Life

4886 Port Royal Rd. #260 | SPRING HILL
M-F 8:00-4:30 | 931-486-3816

Parkway Wine & Spirits
CHECK US OUT ON FACEBOOK

**GREAT PRICES &
GREAT SELECTION**

Mon - Thur 9AM-9PM | Fri - Sat 9AM-10PM | Sun 10AM-7PM
Located in the Crossings of Spring Hill Shopping Center next to Cracker Barrel

2026 CROSSINGS CIR | SPRING HILL | 931.451.7118

COLUMBIA
EST 1948
PAINT & WALLCOVER

**Benjamin
Moore**

MENTION THIS AD FOR A FREE
COLOR SAMPLE

Locally owned and
operated since 1946

paintcolumbia.com

2001 CAMPBELL STATION PKY. | SUITE B-5 SPRING HILL | 931-674-1985
1114 CARMACK BLVD | COLUMBIA | 931-388-2806

THE SPRING HILL HOME & SERVICES DIRECTORY

Key Daugherty
REALTOR®
Serving Maury, Marshall, Davidson, and Williamson Counties

THANK YOU! BEST REAL ESTATE AGENT!

2024 CHOICE AWARDS

Phone: Office: (931) 388-9400 • Cell: (931) 698-5125
Email: kd5159@realtracs.com
Office: Remax Encore 100 West 6th St., Columbia, TN 38401

Follow me on social networks!

Facebook Instagram LinkedIn

JOIN OUR MONTHLY WASH CLUB TODAY!

GREAT WHITE EXPRESS
CAR WASH

greatwhiteexpress.com
931-446-9344

Now Open at 8:00 am Gift Cards Available!
Wash Club Membership Good at Both Locations!

Visit our 2nd Spring Hill location at
3003 Belshire Village Dr. (near Lowes)

1075 CROSSINGS CIRCLE | SPRING HILL (behind RaceTrac convenience store)

EVERYTHING FOR YOUR GARDEN

RIVERBEND NURSERIES

LOCALLY GROWN: ANNUALS, PERENNIALS, TREES, SHRUBS, EDIBLES
WE ALSO SELL: TOOLS, MULCH, POTTERY, HOUSE PLANTS

2008 Lewisburg Pike | 615.468.2008
RiverBendNurseries.com

At Lewisburg Pike & Thompson's Station Road East

DISCOUNT PLUMBING & ELECTRIC SUPPLY
discountpe.com

FRANKLIN 615-794-1068 | COLUMBIA 931-388-8467

1508 Nashville Hwy. Columbia
101 Century Court Franklin

SOUTHERN ELECTRIC

\$25 OFF
EXPIRES 9/30/26 • Must Present Coupon

NO JOB TOO SMALL
Take Advantage of our Discounts by Visiting
www.callthesouthernelectrictoday.com

615-261-4800

We Now Offer
FINANCING PLANS
EASY APPLICATION PROCESS | FAST APPROVAL | SIMPLE PROCESS

**LANDSCAPE LIGHTING
RECESS CAN LIGHTING | REMODELING
BREAKER PANEL UPGRADES
CEILING FAN INSTALLATION
LIGHTS & OUTLETS | SPAS & POOLS
NEW CONSTRUCTION**

callsouthernelectrictoday.com

Clock Doctor
of Tennessee
Mobile Clock Repair & Maintenance
Lawrence Smathers

615-664-8571
www.clockdoctortn.com

FAST LANE
EXPRESS LUBE SHOP

\$5 OFF FULL SERVICE OIL CHANGE
WITH AD
WE DO BRAKES!

LUBE SHOP 615.791.3632 REPAIR SHOP 615.791.3632
4713 TRADER'S WAY | THOMPSONS STATION

*Middle Tennessee's Trusted
Fence Company*

**WOOD | VINYL
ALUMINUM | CHAIN LINK
PRIVACY &
FARM FENCING**

RESIDENTIAL & COMMERCIAL

email: Ashli Pearce
apearce@midtnco.com

931-360-5117
midtnfence.com

Call for a Free Estimate



 **The Law Office of
STACY S.
EISLER**
A Professional Limited Liability Company
Conveniently located in Spring Hill
2011 Wall Street | (615) 302-3300
neislerlaw.com

WILLS
TRUSTS
ESTATES
DIVORCE
ADOPTION

Mr. Electric
a neighborly company



Tarra Bopp: Owner **724-953-3062**

Locally owned & operated franchise

MrElectric.com | columbiatn.owner@mrelectric.com

Great RECIPES

Cold Green Pea and Peanut Salad

Recipe courtesy of The Peanut Institute Servings: 8



DRESSING:

1/3 cup sour cream
1 1/2 tablespoons mayonnaise
2 teaspoons apple cider vinegar
2 teaspoons sugar

SALAD:

1 package (20 ounces) green peas, frozen
1 cup celery, chopped
1/3 cup red onions, chopped
1 cup dry roasted peanuts
6 slices thick cut bacon, cooked and crumbled
1 pinch salt, or to taste
1 pinch freshly ground black pepper, or to taste

To make dressing: In small mixing bowl, whisk sour cream, mayonnaise, apple cider vinegar and sugar.

To make salad: In large mixing bowl, combine frozen green peas, celery and onion. Pour dressing over salad and toss to combine. Refrigerate at least 2 hours.

Before serving, stir in roasted peanuts and crumbled bacon. Season with salt and freshly ground black pepper.

SIMPLY BETTER MEDICINE

Dr. Meghan Sils and NATALIE QUINTERO, NP

- DIRECT ACCESS
- PERSONALIZED ATTENTION
- COLLABORATIVE APPROACH
- PREDICTABLE PRICING
- SAME DAY SICK APPOINTMENTS
- DOT PHYSICALS
- IV FLUIDS & VITAMINS

Monthly membership
No insurance required



Extended weekday
& weekend hours

Convenient regular
& sick appointments



Scan to visit
our website

Serving Spring Hill and
surrounding communities

simplybettermedicine.com

931.538.3105

Working together to provide the best in Direct Primary Care



UNITED AUTO WORKERS LOCAL 1853

*Building the Middle Class Through
Improved Wages and Benefits Since 1936*

THE BODY SHOP ATHLETIC CLUB

The club has the latest equipment with group exercise classes, personal trainers, tanning and childcare. For more information please call 931-486-2545 to speak with a expert.



125 STEPHEN P. YOKICH IN SPRING HILL AT UAW LOCAL 1853 UNION HALL



Dr. Meghan Sills of Simply Better Medicine. Photo by Robbie Mathis

DIRECT PRIMARY CARE

JASON ZASKY

Opening Simply Better Medicine has been a life changing decision for me, my staff, our patients—everybody,” says Dr. Meghan Sills, about her decision to start her own Direct Primary Care (DPC) practice in June 2023.

Readers who aren't familiar with the DPC model should know that it's an innovative approach to delivering primary care, in which the practice charges a monthly, quarterly, or annual fee that covers most services. In the case of Simply Better Medicine, adult members (21 and older) pay \$125 per month after an initial prospective member fee of \$125. Similarly, children are charged \$60 per month (with an adult member), or \$125 a month if they are without an adult member.

What patients receive is more personalized, accessible—and frequently more affordable—medical care. For one, patients can communicate directly with Dr. Sills and her team. And appoint-

ments proceed at a more relaxed pace.

“Each patient in the office has a 45-minute appointment and each telemedicine appointment is 20 minutes,” says Dr. Sills, before noting that patients have her direct email, so they can communicate with her directly. More notably, still, each visit is only \$25.

“It's \$25 no matter what the visit is for,” adds Dr. Sills, “whether it's a full physical or a telemedicine visit or a strep throat test.”

Simply Better Medicine also has a contract with Labcorp that can be very advantageous when it comes to lab tests.

“Probably 90 percent of my patients have some sort of insurance. But if patients have high-deductible insurance they will take advantage of our contract with Labcorp, as most of our labs are about four dollars per test,” she says. “And while we don't take insurance, it can still be used for medication, imaging and referrals.”

Most importantly, perhaps, Dr. Sills and her staff—including

PAGE 28 >

Imagine your home, totally organized!

Custom Closets
Garage Cabinets
Home Offices
Wall Beds
Wall Organizers
Pantries

Laundries
Wall Units
Hobby Rooms
Garage Flooring
Media Centers
and more...



40% off

Plus Free
Installation

PLUS TAKE
AN EXTRA **10% off**

Terms and Conditions: 40% off any order of \$1000 or more or 30% off any order of \$700-\$1000 on any complete unit order of custom closet, garage, or home office, and any other products. Take an additional 15% off on any complete unit order. Not valid with any other offer. Free installation with any unit order of \$850 or more. With incoming order, at time of purchase only. Expires 9/30/26. Offer not valid in all regions.

SPECIAL FINANCING FOR 12 MONTHS

With approved credit. Call or ask your Designer for more details. Not available in all areas.

Call for a free in home design consultation and estimate

615-265-6360 SHL

closetsbydesign.com      

Locally Owned and Operated. Licensed and Insured.





Patients at Simply Better Medicine receive personalized care. Photo by Robbie Mathis

< FROM PAGE 26

nurse practitioner Natalie Quintero and certified nursing assistant Mckynlie Cooke—have the opportunity to get to know each of their patients as individuals.

“We all know who you are and what you are supposed to be doing,” says Dr. Sills, “including whether it’s time for a mammogram or a colonoscopy. We know everything about you and get to celebrate things with you but also help you in time of need. It’s just a different relationship,” she concludes, a far cry of what she experienced when she first started practicing medicine in 2009, and soon had 4,000 patients calling her their doctor.

“It was a lot,” she says, noting that after a full day of seeing patients she was up from 9 pm to 1 am charting, even while she had two young children.

Today those once-young children are young adults, and are frequently helping out at Simply Better Medicine alongside their father, J.B. Sills, who serves as Vice President and Chief Operations Officer for the practice.

“On any given day, you might see Will, our oldest, working the front desk. Or Blakeley, if she is home from college, she likes to call patients to get updates on how they are feeling. All three of my boys wash and fold the work laundry and all of them have taken turns sweeping the floor. They take pride in it,” says Dr. Sills,

proudly.

“It’s our family business, and we all chip in to do what we need to do. And my kids understand that if we’re on vacation and a patient needs me, it’s what we do. We just take care of it because it’s important, and they understand because they have grown up around it,” she says.

That said, it’s perhaps no surprise that many of the practice’s patients treat Dr. Sills and her team like family.

“When J.B. and I got married our patients had an engagement party. And when I got COVID, my patients brought food to my house. They cared for me like I care for them,” she says.

As for the future of the practice, Dr. Sills says she expects it to continue growing, thanks to the anticipated addition of new personnel.

“The whole point is to keep our patient count small. I don’t want 800 patients, because that won’t allow me and my team to provide the care we want to provide. But Spring Hill is growing and we have a huge need for primary care. We will continue to help provide that for our community.”

Simply Better Medicine
3011 Harrah Dr., Ste. N, Spring Hill
931-538-3105
[Simplybettermedicine.com](https://www.simplybettermedicine.com)



- POOL DECKS
- DRIVEWAYS
- SIDEWALKS
- PATIOS
- STEPS
- PORCHES
- INTERIOR
- EXTERIOR
- RESIDENTIAL
- COMMERCIAL
- INDUSTRIAL
- FOUNDATION REPAIR
- MASONRY
- DRAINAGE SOLUTIONS
- CRAWL SPACE REPAIR



SCAN FOR A
FREE ESTIMATE!

VETERAN & FIRST
RESPONDER OWNED



615.207.7103 | A1NASHVILLE.COM

FAST & COST-EFFECTIVE CONCRETE LEVELING

★ **CALL NOW FOR YOUR FREE EVALUATION!** ★



EXPERIENCE MATTERS! 25+ YEARS OF PROVEN RESULTS.



Your Partner In Pediatric Care

For over 11 years, we have been honored to care for your little ones with the same heart and expertise we would want for our own. At every visit, our team of compassionate pediatric doctors, nurses, and dedicated child life specialists puts your child—and your family—at the center of everything we do.

Monroe Carell Jr. Children's Hospital Vanderbilt at Williamson Medical Center is proud to be your hometown partner in pediatric care!

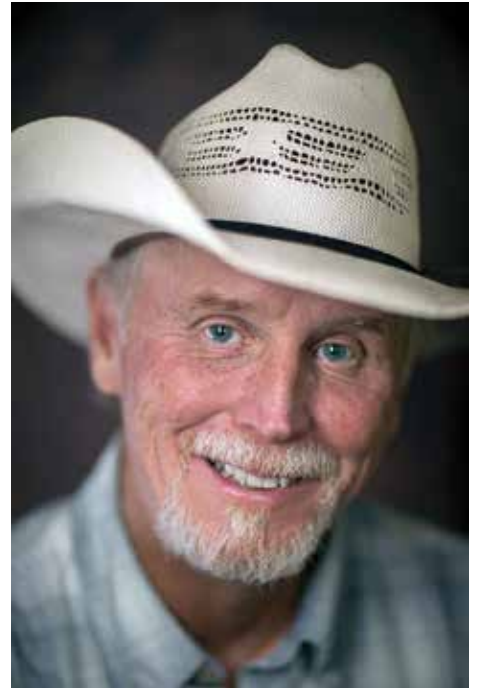
Learn more about our pediatric services at
WilliamsonHealth.org/Pediatrics



PROFESSIONAL PORTRAITS

PACKAGES STARTING AT \$150

Michael Dominic Tedesco is a photographer in Nashville, formerly New York City. Clients include: Mutual of America, Farm Bureau Insurance, Penguin Publishing Group, Gotham Books, Avery Books, Bloomberg Markets, Men's Health, Women's Health, Men's Fitness, The Source, CMJ, St. Johns University, Decker Design, Jujamcyn Theaters, Journal Communications, Warner Music Nashville, University of Tennessee, Meharry College, Edge Artist Management and many Departments of Agriculture in the United States. View more work at www.tedescopictures.com



PICTURE NASHVILLE

917-549-5551
PictureNashville.com

MICHAEL DOMINIC TEDESCO
HEADSHOT & PORTRAIT PHOTOGRAPHER

mdt@tedescopictures.com
tedescopictures.com
facebook.com/TedescoPictures
instagram.com/tedescopictures

PRSTD STD
U.S. POSTAGE
PAID
FRANKLIN, TN
#357

ECRWSS
Local Customer

DEFERRED-INTEREST FINANCING AVAILABLE!

[inspired]
FLOORING & DESIGN

www.inspiredflooringdesign.com

**CALL 615-392-8207
FOR YOUR FREE
HOME ESTIMATE!**



Locally owned & operated

SPECIALIZING IN:

- **HARDWOOD**
- **LAMINATE**
- **LVP/LVT**
- **CARPET**
- **TILE**
- **CABINETS**
- **KITCHEN REMODELS**
- **BATHROOM REMODELS**

2105 Wall St Ste 101
Spring Hill, TN 37174

