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SEPTEMBER 2024

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Est. 2005

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CELEBRATING NATIONAL SKIN CARE AWARENESS MONTH: TIPS FOR A RADIANT YOU

Now is a perfect time to spotlight the importance of taking care of your skin. Your skin is not only your body's largest organ but also a critical barrier against environmental threats. This month, let's focus on simple, effective ways to keep your skin healthy and glowing.



Stay Hydrated: Drinking plenty of water is crucial for maintaining skin hydration. Aim for at least eight glasses a day to keep your skin plump and supple.

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.

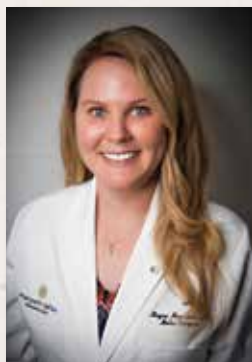
This month, take time to evaluate and refresh your skin care routine. Remember, healthy skin reflects overall wellness. Celebrate National Skin Care Awareness Month by investing in your skin's future and embracing a daily routine that nurtures your natural beauty.



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Inside {local} September '24

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Y'ALL COME

We've got all the Whole Hog Festival details -see you there

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SERVICE DIRECTORY 22, 23, 24, 25
COMMUNITY SNAPSHOTS 28

Visit our website: springhilllocal.com

ON THE COVER: Spring Hill's largest annual event benefits The Well and is presented by John Maher Builders. Last year the annual event attracted over 7,000 attendees. Offering something for everyone, the event takes place Saturday October 5th at Oaklawn Mansion in Spring Hill.

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THE 2024 WHOLE HOG 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 turned out for 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 in 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 past will also be back. One has contestants calling hogs, the other – eating bacon.

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

"Last year, we had a huge foam pit (set up by Foamboree) that was a really big 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."

The festival has grown bigger through the years, even as the mission it supports has evolved.

When it first started in 2005, it was called the Country Ham Festival. It took a break in 2018, then John Maher Builders brought it back in 2019 with a new name and a partnership with The Well Outreach. 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 buy 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.

"The story of The Well is that we see broken and hurting people daily, and we're so thankful we have the community to come alongside us to support this need."

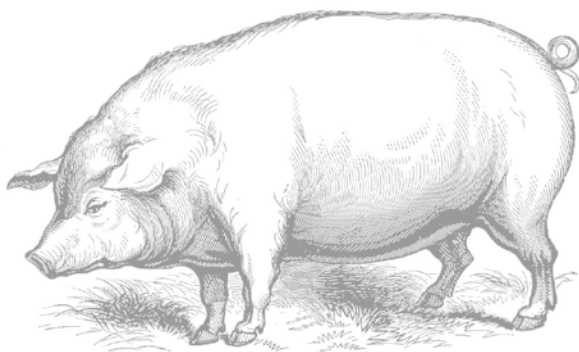
The need continues to grow so dramatically that The Well Outreach opened a second food pantry in Mount Pleasant earlier this year.

"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."

So, the Whole Hog Festival, those in the community who support it, and the many sponsors and vendors behind it - can celebrate a very good time had by all, and at the same time, make a positive difference.

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.



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FESTIVAL ARTIST SCHEDULE

10:00 A.M. 10:50 A.M. | ZACH RAY

11:05 A.M. – 12:00 P.M. | KING COTTON

12:00 P.M. – 12:20 P.M. | HOG CALLING CONTEST

12:20 P.M. – 1:10 P.M. | BROTHER MAVEN

1:25 P.M. – 2:15 P.M. | HERRICK

2:30 P.M. – 3:20 P.M. | BORDERTOWN

3:35 P.M. – 4:25 P.M. | SMITH & GONE

4:40 P.M. – 5:30 P.M. | BAD DOG BAND

FEATURES

FOAMBOREE

Giant foam pit! Foamboree, a professional foam-making team is bringing two large foam cannons, complete with music, great tunes, beach balls, and. Kids and adults alike will love playing in the pool-sized foam pit!

JOYFUL ARCADE

Joyful Arcade's Mobile Unit is every gamer's dream! Joyful Arcade is a retro, virtual reality and next-generation gaming arcade located in Spring Hill.

HOG CALLING CONTEST

Suey! The Hog Calling contest is one of the the most popular events of the day and draws a lot of fun and crowds together for a great time! This event is usually held at mid-day from the stage.

KIDS ZONE

There will be a huge kids zone hosted by local businesses and organizations in the Spring Hill area and beyond. It will include inflatables, fall-themed kids crafts and activities, facepainting, glitter tattoos, balloon art, and more!

PETTING ZOO

Every kid loves the experience of a good petting zoo at their local fall festival! Stop by the petting zoo section at the Whole Hog .

ANTIQUE TRACTOR SHOW

A Whole Hog Festival favorite! Step back through time and experience farm life with a caravan of antique tractors from all over Tennessee.

FREE BACON FOR A YEAR

Because who doesn't LOVE the idea of free bacon for a full year? For a \$5 donation to the Well Outreach, those who enter the contest can have a shot at winning free bacon for an entire year.

FOOD PANTRY VIRTUAL MARKET

Feed a local Family in-need at the Well's Virtual Grocery Store! This new Whole Hog Festival feature attraction allows families to have a personal food pantry shopping experience to help local families in need.



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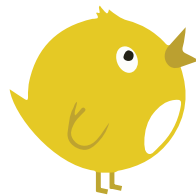
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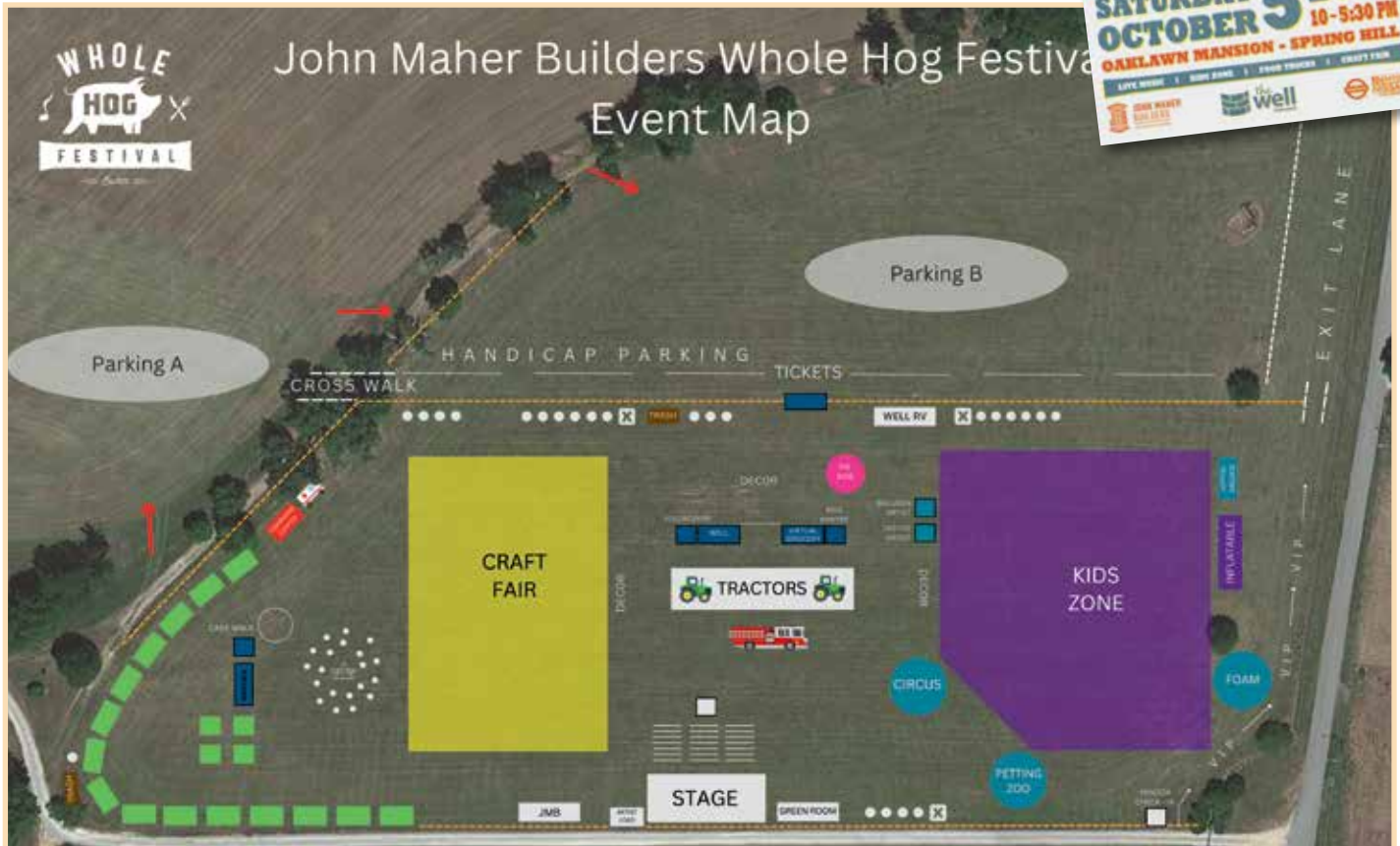
18 mos - Pre-K



HOURS 9:00 AM - 3:00 PM



FESTIVAL MAP



FOOD TRUCKS

Cousins Lobster | Smoky Dawgs

Jordan's BBQ | Cheesecake Society | Datsy Deliscious

Ooh La La | Di's Kettle Korn | Holy Smokes BBQ

Martin's BBQ | Five Ladies Donuts | Just Love Coffee

Shug's Ice Cream | Corn Roasters

Cajun Hub Catering | Whiskey Creek BBQ

Franklin Fruit Tea | Meat Social | ZZZ BBQ



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John Maher Builders (JMB) has been Spring Hill's #1 home-builder for over 30 years. JMB has always believed in putting community at the forefront of what they do through continued efforts to reinvest in Williamson and Maury Counties with the many festival sponsorships, corporate donations, and scholarships awarded each year.

John Maher Builders views The Whole Hog Festival and our partnership with The Well Outreach as an opportunity to give to the community that has given our family and company so much throughout the year. This fun, family-friendly event benefits The Well Outreach and its mission to feed those in need.

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The Well Outreach has been serving the community since 2006, filling a need that has increased dramatically through the years, especially in the wake of the COVID pandemic.

It began at Wellspring Christian Church as part of a local ministry to help feed the hungry, branching off several years later to become its own non-profit. It still follows the same Christian principles in its dedication to aiding families in need, through a local food pantry. As the number of families in crisis has grown, the Well has expanded its programs and now sees a need for a second food pantry.

It has quickly outgrown its current facility, which was brand new three years ago.

“We moved into our Main Street facility at the start of the pan-

demic on March 13th, 2020,” says Shelly Sassen, Chief Executive Officer of The Well. “When we got into that building, we moved from a 1,500 square foot building to a 7000 square foot building. We thought it would solve all of our needs because the space was almost quadrupled.”

And yet, since then, the need for food from families in crisis has quadrupled, as well.

“The need has increased so significantly. Our food pantry has gone from feeding 200 families a month to more than 1,000 families,” Sassen says. “And our Jetpack Program has gone from feeding 800 students to 1,200 students.”

In addition to working to support its current food pantry in Spring Hill, The Well has a second facility in Mount Pleasant in Southern Maury County.

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, donate food, or volunteer at either the Spring Hill or Mount Pleasant food pantry. To learn more visit:

thewelloutreach.org/



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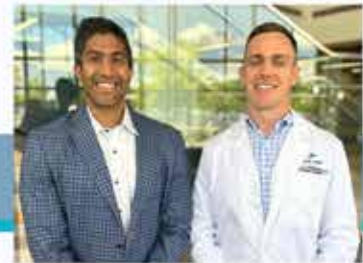
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COMMUNITY SNAPSHOTS



THE AWAKEN HOUSE CELEBRATES SPRING HILL OPENING

The Spring Hill Chamber celebrated the opening of The Awaken House, a charming event space, airbnb, and coffee shop in Spring Hill at 3035 Reserve Boulevard on July 15.



SALADWORKS & FRUTTA BOWL CELEBRATES SPRING HILL OPENING

The Spring Hill Chamber celebrated the opening of Saladworks and Frutta Bowls, offering delicious salads and a variety of healthy options, in Spring Hill at 5201 Port Royal Road on July 26.



THRIVE LENDING CELEBRATES THOMPSON'S STATION OPENING

The Spring Hill Chamber celebrated the opening of Thrive Lending, an innovative and client-centered mortgage brokerage, at 2035 Tollgate Blvd in Thompson's Station on July 31.



THE SPRING HILL CHAMBER OF COMMERCE is excited to announce "Celebrate Spring Hill 2024," presented by John Maher Builders. Mark your calendars for an unforgettable evening on Saturday, September 14, 2024, from 6:00pm to 10:00pm, at World-wide Stages in Spring Hill. Reserve your spot today by visiting our website at business.springhillchamber.com/events/details/celebrate-spring-hill-2024-36357



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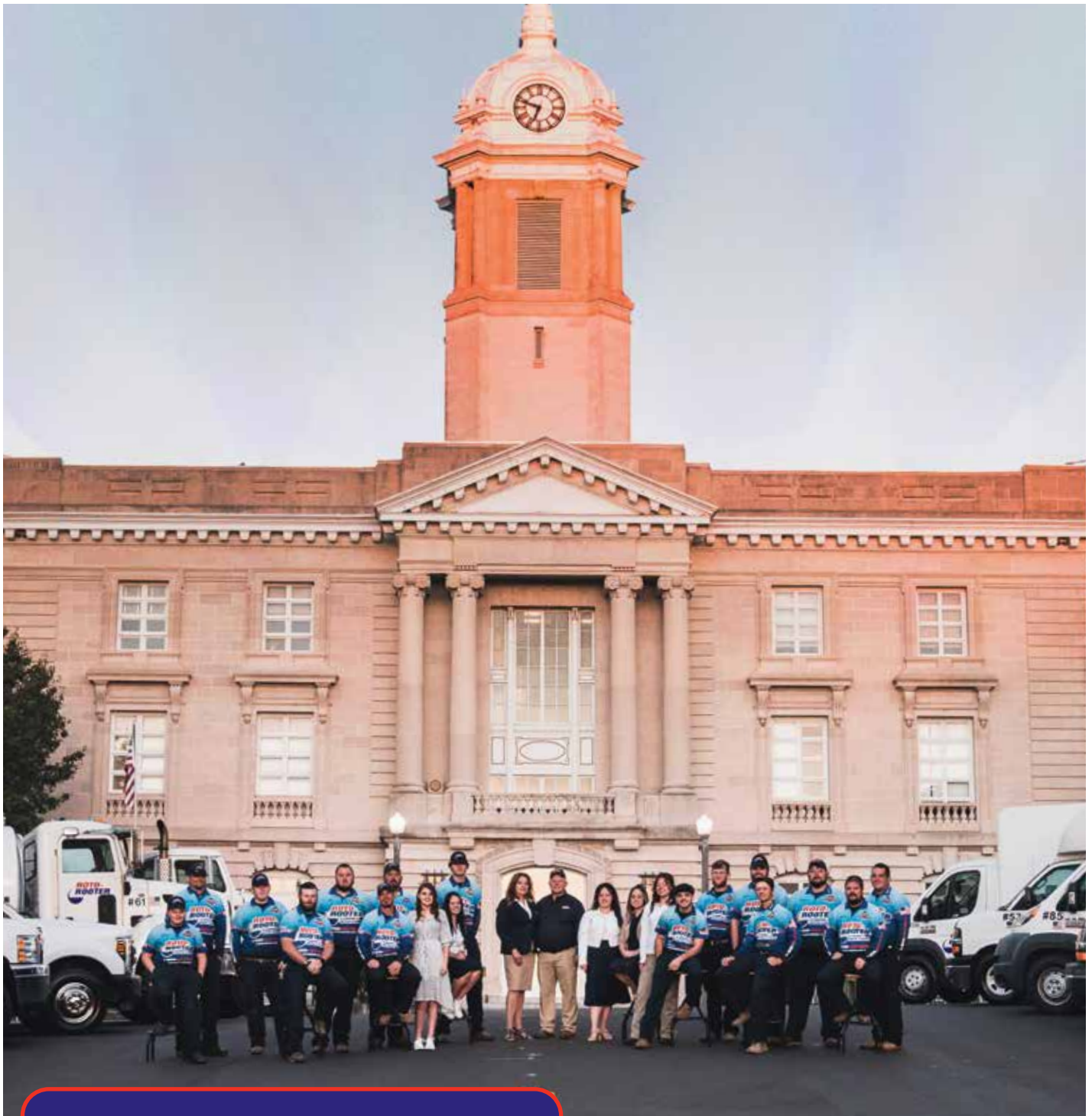
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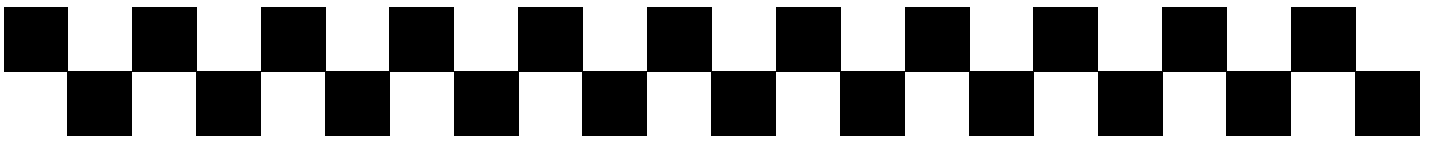
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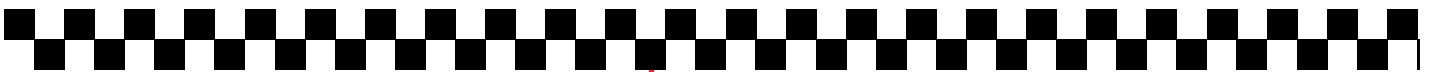


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