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JANUARY 2025

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Inside {local} January '25



10

SHE'S NOT FIDDLIN' AROUND

Columbia native is a multi-talented singer, songwriter, and instrumentalist who has performed since childhood



18

A FRESH START

Step into January 2025 and embrace the opportunity to embark on new projects or adopt new ways of life



26

COUNTY LIBRARY BECOMES MORE WELCOMING

Charity and Library staff work together to making library more welcoming for Autistic patrons

LOCAL FOCUS
COMMUNITY SNAPSHOTS 8
SERVICE DIRECTORY 22, 23, 24

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COMMUNITY SNAPSHOTS



SMILE HILLS DENTAL CELEBRATES SPRING HILL OPENING

The Spring Hill Chamber celebrated the opening of Smile Hills Dental on Friday, November 15, at 5201 Port Royal Road in Spring Hill. Smile Hills Dental provides preventive, restorative, and cosmetic dentistry and focuses on each individual patient and their unique dental needs.



RECOVERY ZONE CELEBRATES SPRING HILL OPENING

The Spring Hill Chamber celebrated the opening of Recovery Zone on Tuesday, November 19 at 5228 Main Street in Spring Hill. Recovery Zone's mission is to provide people in the community with a holistic and innovative approach to sports recovery and wellness by providing the highest quality care. Their facility infuses superior equipment and cutting edge technology with non-invasive and natural recovery treatments.



ROCK N' ROLL SUSHI CELEBRATES SPRING HILL OPENING

The Spring Hill Chamber celebrated the opening of Rock N' Roll Sushi on Monday, November 25, at 4884 Port Royal Road, Suite 130 in Spring Hill. Rock N' Roll Sushi features big, bold flavors and is proud to be the original American-style sushi restaurant founded on great food and rock 'n roll music.

FULLY LEADED COFFEE CELEBRATES SPRING HILL OPENING

The Spring Hill Chamber celebrated the opening of Fully Leaded Coffee on Friday, December 6, at 4825 Main Street, Suite 4 in Spring Hill. Fully Leaded Coffee is locally owned and operated and features smoothies, frappes, teas, hot and iced coffees, and a breakfast and lunch menu.



BUTTERS' ACE HARDWARE CELEBRATES THOMPSON'S STATION OPENING

The Spring Hill Chamber celebrated the opening of Butters' Ace Hardware on Wednesday, December 4, at 1109 Elliston Way in Thompson's Station. As the helpful hardware folks in your neighborhood, Butters' Ace Hardware promises that helping you is the most important thing they do each day. Butters' Ace Hardware is committed to being "the Helpful Place" by offering customers personal service, quality products and a convenient shopping experience from the local experts.

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Natalie Stovall grew up in Columbia, where she learned to play violin as a child, starting her music career. Photography by Michael Tedesco

HOME GIRL

PAM WINDSOR

Natalie Stovall is equally at home whether she's hosting a show at the Grand Ole Opry, touring with the female trio Runaway June, or doing a solo show and demonstrating her mastery of the fiddle with her dynamic version of "The Devil Went Down to Georgia."

The Columbia native is a multi-talented singer, songwriter, and instrumentalist who has performed ever since childhood.

"It started with an article in the Columbia newspaper when I was about three years old," she recalls. "My grandmother saw that a violin teacher was coming to town and asked if I wanted to take violin lessons, and I said sure."

She admits that there may have been a little more to it.

"Even at that age, I think I knew it meant I got to be onstage," she says with a laugh. "I'm the youngest of four, and I've always

been kind of a ham."

She started taking acting lessons at about the same time.

"I started taking violin lessons and I loved it, so I continued doing both. I remember I did my first commercial when I was about six, and then auditioned for the Opryland Kids Club (at Opryland Theme Park) when I was ten.

She got the job that required her to sing, as well as play the fiddle, and was soon performing on a regular basis. She continued to excel on the fiddle and, by the age of twelve, had her debut on the Grand Ole Opry.

Stovall continued to focus on music, and after high school, headed off to Berklee College of Music. While there, she also formed a band, with plans to come home during summer break and play live shows.

PAGE 12 >

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Photography by Michael Tedesco

< FROM PAGE 10

"I put this band together and called my parents and said, 'Hey, can I bring this band of four boys with me, and can they live in the house? I'll book us gigs around town.'"

Surprisingly, her parents agreed. Stovall had never actually "booked a gig" before but got to work.

"I put my little press kit together with the help of my now-husband, who was my drummer at the time. And for two summers in a row, we came down from Boston to Columbia and played at Sam Hill's. It was a local restaurant and venue that's no longer there. We also played other places, but Sam Hill's was our home base, and we played there almost every week. Looking back, I don't know where my career would be today without it."

Stovall later launched a solo career. When COVID hit, and live shows came to a halt, many musicians left Nashville to find other work, and Stovall's band splintered apart. But soon, a new opportunity came knocking - from the group, Runaway June.

"They called and asked if I'd be interested in playing some of their shows and possibly replacing one of their members. I've always loved harmony singing and being part of a group, so it's

really been an amazing and delightful thing to be part of."

Stovall balances touring with Runaway June, with her hosting duties at the Opry.

"I do their TV shows, so Opry Live is the one-hour portion that airs on Saturday nights. And sometimes when I'm on the road, they have to get someone else to do it, but it usually works out with my schedule."

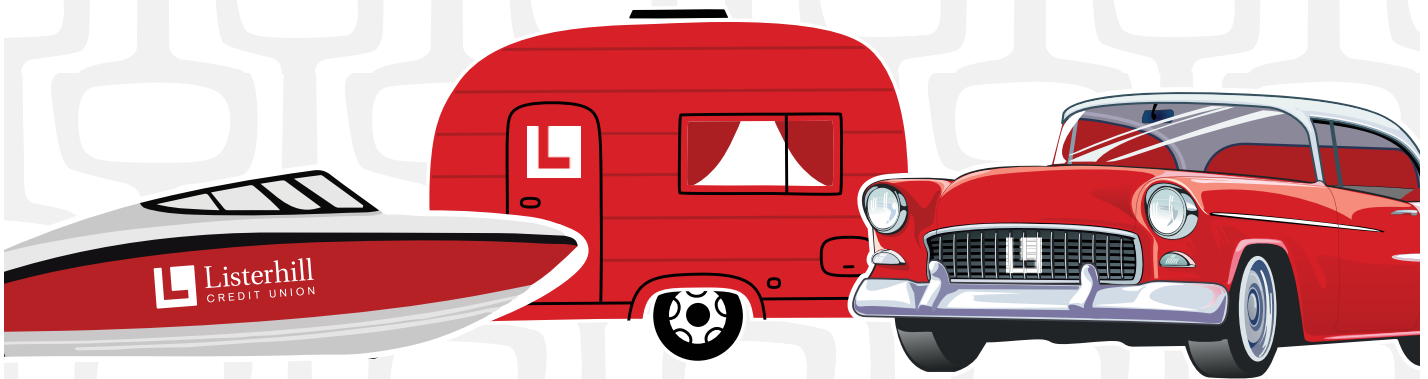
Stovall is a master at balancing a busy schedule. She's been doing it for decades. She credits growing up in Columbia with laying the foundation for all she's doing now.

"I think about how fortunate I was as a kid to have the big city of Nashville where I would go and take voice lessons and do commercials, but I always had my hometown of Columbia," she says. "I received so much love and support here when I was growing up, then during college when I came back and played those shows during the summer. I think that's what gave me the confidence to know all of this was possible, that I could do this anywhere in the world, but I always had Columbia to come back to."

Visit nataliestovall.com or runawayjune.com, for more information.

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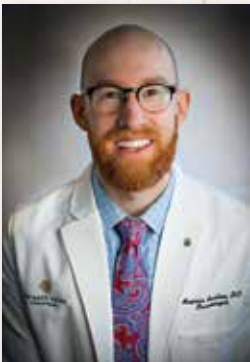
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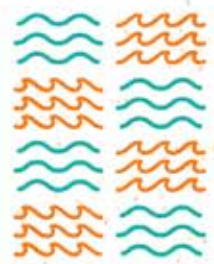
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A group of approximately ten people of various ages and ethnicities are posing in front of a black backdrop with the words "EXTREME ESCAPE GAMES" in large, white and red letters. They are all smiling and cheering, with many raising their arms in celebration. One person in the center is holding a small white sign that reads "WE ESCAPED 5700". The overall atmosphere is one of excitement and accomplishment.

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KICK OFF 2025

Welcome to 2025—a perfect opportunity for us, as a community, to turn our resolutions and plans into reality. Berry Farms Local, with the support of local businesses, has uncovered valuable strategies to make achieving our goals simpler and more attainable. Dive into the following paragraphs for inspiring ideas and resources designed to elevate our 2025, whether we're focusing on finances, health, or other vital areas of our lives. Let's make this year our best yet, together.

A NEW FUN OUTING

Grassroots dirt track racing unlike any other, plan a family-friendly, adrenaline-packed outing for 2025!

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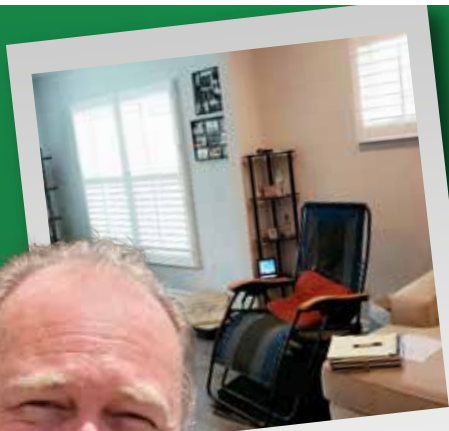
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SUMMIT

Nov 18 Home (boys only)	Santa Fe
Nov. 19 Hall of Fame Game	Giles Co. High School
Nov. 22 Home	Chestatee HS
Nov. 25 Tournament (N)	Ray Tucker Classic
Nov. 26 Tournament (N)	Ray Tucker Classic
Dec. 2 Away	Shelbyville Central
Dec. 6 Away	Columbia Central
Dec. 9 Home	Shelbyville Central
Dec. 10 Away	Fairview
Dec. 13 Home	Franklin
Dec. 17 Away	Brentwood
Dec. 20 Home	Fairview High School
Dec. 26 Tournament (N)	Galesville Holiday Tour.
Dec. 27-28 Home (girls only)	Spartan Classic
Jan. 3 Home	Columbia Central
Jan. 7 Home	Ravenwood
Jan. 10 Away	Page High School *
Jan. 14 Home	Nolensville *
Jan. 17 Away	Independence
Jan. 21 Away	Franklin High School
Jan. 24 Home	Centennial
Jan. 28 Home	Brentwood
Jan. 31 Home	Page
Feb. 4 Away	Ravenwood
Feb. 7 Home	Independence
Feb. 11 Away	Nolensville
Feb. 14 Away	Centennial



COLUMBIA ACAD.

Nov. 19 Home	Lincoln Cty
Nov. 23 Away	Ezell-Harding
Nov. 25/26 Away	Ravenwood (girls)
Nov. 25/25 Away	Friendship (boys)
Nov. 29/30 Away	Ezell-Harding (girls)
Dec. 3 Away	Marshall Cty
Dec. 6 Away	Middle TN Christian
Dec. 9 Home	Hickman Cty
Dec. 10 Away	University School
Dec. 13 Home	Webb
Dec. 20/21 Away	FRA
Jan. 3 Home	Grace Christian
Jan. 7 Away	Providence Christian
Jan. 9 Home	Fairview
Jan. 10 Away	FRA
Jan. 14 Home	BGA
Jan. 17 Home	Middle TN Christian
Jan. 21 Home	University School
Jan. 24 Away	Webb
Jan. 28 Away	Grace Christian
Feb. 1 Home	FRA
Feb. 4 Home	Providence Christian
Feb. 7 Away	BGA



INDEPENDENCE

Nov. 19 Home	Stewarts Creek
Nov. 23 Home	Bartlett
Nov. 23 Home	Maryville
Nov. 25 Home	Grissom AL
Nov. 26 Home	Blackman
Dec. 3 Away	LaVergne
Dec. 6 Home	Hillsboro
Dec. 10 Home	Whites Creek
Dec. 13 Away	Nolensville
Dec. 17 Home	Ravenwood
Dec. 20 at Riverdale	Brentwood Academy
Dec. 21 at Riverdale	Bearden
Dec. 26-28 Away	BGA Christmas Tour.
Dec. 27-28 Away (girls only)	Spartan Classic
Jan. 3 Away	Cane Ridge
Jan. 7 Home	Franklin
Jan. 10 Away	Centennial
Jan. 14 Away	Brentwood
Jan. 17 Home	Summit
Jan. 21 Home	Nolensville
Jan. 24 Away	Page
Jan. 28 Away	Ravenwood
Jan. 31 Home	Centennial
Feb. 4 Away	Franklin
Feb. 7 Away	Summit
Feb. 11 Home	Brentwood
Feb. 14 Home	Page



BATTLECREEK

Nov. 19 Away	Hickman County
Nov. 23 Away	Murfreesboro Central
Nov. 29 Away	Boys Cascade
Nov. 29 Away Girls	Mt. Pleasant
Nov. 30 Away Boys	Community
Nov. 30 Away Girls	Mt. Pleasant
Dec. 5 Away	Lawrence County
Dec. Away	East Hickman
Dec. 12 Away	Fairview
Dec. 13 Away	Summertown
Dec. 17 Away	Santa Fe
Dec. 20 Away	Boys FCA
Dec. 21 Away Boys	Franklin Classical
Dec. 27 Away Girls	Moore County
Dec. 28 Away Girls	Moore County
Jan. 10 Away	Spring Hill
Jan. 17 Away	Loretto
Jan. 21 Away	Mt. Pleasant
Jan. 27 Away	Forrest
Feb. 7 Away	Lewis County



SPRING HILL

NOV. 26 Home	Marshall County
Dec. 2 Home	Giles Cty
Dec. 6 Away	Marshall Cty
Dec. 9 Away	Nolensville
Jan. 10 Home	Battle Creek
Jan. 14 Home	Warren Cty
Jan. 17 Away	Lincoln Cty
Jan. 25 Away	Columbia Central
Jan. 31 Home	Warren Cty
Feb. 4 Home	Lincoln Cty
Feb. 7 Home	Columbia Central



**Schedules may be incomplete due to press deadlines*

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Understanding Autism: Embracing Neurodiversity and Autistic Culture

Saturday, January 25
3 p.m., Main Library
in Franklin



INCLUSIVE KITS AND PROGRAM FOR AUTISTIC LIBRARY PATRONS

Williamson County Public Library System has partnered with AutismTN to launch new items designed to make our library more inclusive and welcoming for Autistic patrons, neurodiverse families, and the entire community. Thanks to funding from the KFC Foundation, they will soon offer

Sensory Kits. The kits will be available for use in the library; these kits include stim aids and other tools to enhance comfort during library visits or at home.

Updated Collections: Books and materials authored by Autistic people, offering neuro-affirming perspectives and valuable insights into neurodiversity.

As part of this project, AutismTN will also host a free public program, "Introduction to the Autistic Neurotype," on Saturday, January 25, at 3:00 p.m. at the Main Library. This engaging session will explore Autistic experiences and ways to create a more inclusive community.

"We are thrilled to introduce our new sensory kits and expanded collection of neurodiverse-friendly books to better serve and support our community. At WCPLS, we believe in fostering an inclusive environment where all individuals, regardless of their

abilities, can discover, learn, and engage with the world around them. These sensory kits are designed to create a calming and interactive experience for individuals with sensory processing differences, while our new book collection reflects a variety of neurodiverse perspectives. We're proud to work with AutismTN to foster greater understanding, inclusion, and accessibility in Middle Tennessee", said Library Director, Jessica Jeffers.

These new resources are expected to be available in January, and we encourage everyone to come explore how Williamson County Public Library is evolving to better serve our community. We're proud to work with AutismTN to foster greater understanding, inclusion, and accessibility in Middle Tennessee.

For more information about these resources and programs, visit wcpltn.org or learn more about AutismTN's work at <https://autismtn.org>.

To learn more about the Williamson County Public Library System resources, visit wcpltn.org. The Williamson County Public Library System's Main Library is in downtown Franklin at 1314 Columbia Avenue.



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Green Tea Mojito Mocktails

SERVINGS: 4 (1 1/2 CUPS PER SERVING)

INGREDIENTS:

4 CUPS WATER

4 SINGLE-SERVING GREEN TEA BAGS

32-40 PRIGS FRESH MINT, PLUS ADDITIONAL FOR GARNISH, DIVIDED

2 CUPS ICE CUBES

1 CUP 100% WHITE GRAPE JUICE

1/2 CUP FRESH LIME JUICE (ABOUT 4 MEDIUM LIMES)

1 MEDIUM LIME, CUT INTO FOUR WEDGES OR LIME ZEST TWISTS (OPTIONAL)

PREPARATION:

- In small saucepan over high heat, bring water to boil. Remove pan from heat. Submerge tea bags. Steep 4 minutes. Discard tea bags. Let tea mixture cool 30 minutes. Pour into pitcher. Refrigerate 2 hours, or until chilled.
- At serving time, add mint leaves to four glasses. Using muddler or wooden spoon, mash mint leaves several times to release juices. Don't mash into pulp. Add ice.
- Stir white grape juice and lime juice into tea mixture. Pour into glasses. Garnish each with lime wedge and mint leaf.
- Tip: To get more juice from citrus, before slicing, microwave fruit on high 30 seconds, or until warm. When cool enough to handle, use citrus reamer or handheld juice press to juice citrus.

*Nutritional information per serving: 45 calories; 0 g total fat
(0 g saturated fat, trans fat, polyunsaturated fat and monounsaturated fat);
0 mg cholesterol; 7 mg sodium; 13 g carbohydrates; 0 g fiber;
10 g total sugars (0 g added sugars); 1 g protein.*



*Recipe courtesy of the American Heart Association
Discover more ways to improve daily routines at [Heart.org/eatasmart](https://www.heart.org/eatasmart)*



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