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THANK YOU! The staff of Berry Farms Local would like to take this opportunity to thank our readers and advertisers for your continued support! Happy Holidays dear friends!

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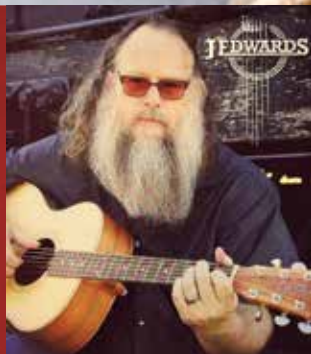
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LOCAL HOLIDAY EVENTS



CHRISTMAS TREE LIGHTING IN DOWNTOWN FRANKLIN

DECEMBER 6, 6 PM - 8:30 PM

FRANKLINTN.GOV/OUR-CITY/CHRISTMAS-TREE-LIGHTING-ON-THE-SQUARE

The City of Franklin is excited to light up the Square on Friday, December 6, for the 2024 Christmas Tree Lighting on the Square, one of the best tree lighting events in Middle Tennessee, sponsored by Middle Tennessee Electric.

Free photos with Santa will be provided by Mars Petcare beginning at 6:00 pm, with a Pet-Friendly hour from 5–6 pm.



MILLION DOLLAR QUARTET CHRISTMAS

DECEMBER 5–29, 2024

THE TURNER THEATER AT THE FACTORY OF FRANKLIN
230 FRANKLIN RD, FRANKLIN
WWW.STUDIOTENN.COM

Get Ready to Jingle Bell Rock n' Roll! After a sold-out and triumphant run in Studio Tenn's 2023-24 Season, the Million Dollar Quartet is back, this time to ring in the holiday season. Set on the same evening of December 4, 1956, the story seamlessly continues from right where the music legends left off. Not only did they capture some of their greatest hits that night, but they also recorded beloved sounds of the season and chart-topping Christmas tracks.



A HOLIDAY TRADITION: DICKENS OF A CHRISTMAS

DECEMBER 14 – 15

MAIN STREET IN DOWNTOWN FRANKLIN

WILLIAMSONHERITAGE.ORG/EVENTS/DICKENS-OF-A-CHRISTMAS

The Dickens of a Christmas, presented by Wilson Bank & Trust, recreates the time of Charles Dickens using historic downtown Franklin's charming architecture as the backdrop. Various musicians, dancers, and Dickens characters will fill the streets. Expect to see and interact with the nefarious Fagin from *Oliver Twist*; Jacob Marley, Ebenezer Scrooge, Tiny Tim, and the rest of the Cratchit family from *A Christmas Carol*; and of course, a Victorian Father and Mother Christmas with treats for children. The event will include arts & crafts, food & beverage vendors, a Victorian village with holiday dancers, characters, carolers, music stages, and more.



DOWNTOWN FRANKLIN ROTARY CLUB'S FRANKLIN CHRISTMAS PARADE

DECEMBER 7, BEGINS AT 1 PM

DOWNTOWN FRANKLIN

DOWNTOWNFRANKLINROTARY.COM

The 2024 Franklin Christmas Parade is coming to town. This year's theme is "Miracle on Main St." and the holiday magic happens even sooner this year. The parade will start at 1 pm on December 7, one hour earlier than last year. Arrive early and get ready for the fun.

LOCAL HOLIDAY EVENTS



7TH ANNUAL CHRISTMAS WITH THE KING: A HOLIDAY TRIBUTE TO ELVIS

DECEMBER 7-8 | FRANKLIN THEATRE | DOWNTOWN FRANKLIN
FRANKLINTHEATRE.COM

Nashville Elvis Festival proudly presents the 7th annual Christmas with the King: A Holiday Tribute to Elvis. A special two-hour show starring Graceland's 2023 Ultimate Elvis Tribute Artist World Champion COTE DEONATH (CoteUltimateElvis.com). A Franklin tradition, this high-octane holiday event features costume changes, a visit by Santa, and more. All shows will be backed by the Infinit-E Tribute Band — the premiere Elvis tribute backing band and the official house band of the Nashville Elvis Festival.



LEIPER'S FORK CHRISTMAS PARADE

DECEMBER 14, BEGINS AT 2 PM | DOWNTOWN LEIPER'S FORK
LEIPERS-FORK-COUNTRY.COM

Please arrive early as there is only ONE road through the village, and it will be closed at 1:55 pm. If you plan to enter the Leiper's Fork Christmas Parade, it's time to get started building your float.



HOLIDAY SPIRITS: A CHRISTMAS COCKTAIL AFFAIR

DECEMBER 13, 6 PM – 9 PM | THE FACTORY AT FRANKLIN
FACTORYATFRANKLIN.COM

It's the most wonderful time of the year for a Holly, Jolly Cocktail Festival. Stroll through The Factory at Franklin, sipping seasonal cocktails, savoring gourmet sweets, jingling along to holiday tunes, and posing for festive photo ops. Each ticket includes 12 sample-sized signature cocktails. Food and full-sized drinks will be available for purchase as well. This event supports TennGreen, so every sip gets you closer to the nice list.



BRIGHTSTONE'S A NIGHT FULL OF JOY

DECEMBER 17, 6 PM
LIBERTY HALL AT THE FACTORY OF FRANKLIN | BRIGHTSTONE.ORG

A fun-filled and heartwarming evening featuring the many talents of the BrightStone students. Come shop for your holiday needs with gifts, decor, and treats made by our students, available in our Pop-Up Shoppe. Family-friendly, free to the community, and a reception to follow.

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The holidays can be a rough time on your skin. Between colder, drier weather and travel, it's easy to feel the effects. That's why Harpeth Valley Dermatology has created a skincare line that makes it simple to keep skin healthy, radiant, and protected all season long.



KEEP YOUR SKIN IN TOP SHAPE FOR THE HOLIDAYS:

Moisturize, moisturize, moisturize! Winter's dryness can lead to redness and flakiness. A quality moisturizer makes all the difference! Harpeth Valley Dermatology's Intensive Recovery Cream will not only moisturize your skin, but reduce redness and signs of aging.

Don't Forget SPF! Even with less sun, UV rays are still a factor. Add a hydrating SPF to your morning routine, like our Hydro Essence SPF.

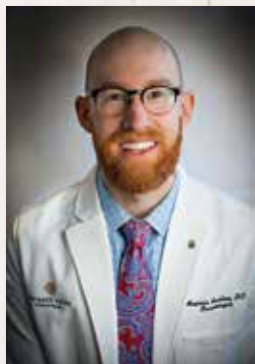
Modulate Your Retinoid Use. Retinoids are key to many routines but can be extra drying in winter. Try using them every other day, with a deep moisturizer on alternate days to keep skin balanced.

Stay Hydrated!

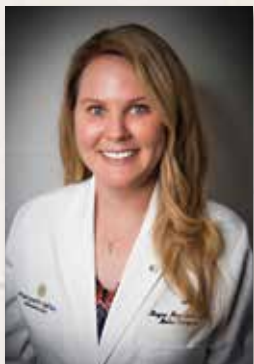
Travel and celebrations make hydration even more important. Drinking plenty of water is key to keeping skin looking its best.



For more information, please go to harpethvalleydermatology.com or call us at **615-905-8083**.



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Christmas Cinnamon Cookies



INGREDIENTS:

1 2/3 CUPS SELF-RISING FLOUR

2 1/2 TEASPOONS CINNAMON

1/4 TEASPOON GINGER

1/8 TEASPOON CLOVES

1/2 CUP SUGAR

1/2 CUP BROWN SUGAR

1 EGG

2 TABLESPOONS WATER (OPTIONAL)

1 CUP POWDERED SUGAR (OPTIONAL)

Recipe courtesy of “Cookin’ Savvy”

In mixing bowl, combine flour, cinnamon, ginger, cloves, sugar, brown sugar and egg to make dough. If dough is too dry to form into ball, add water. Form into log and wrap in parchment paper. Refrigerate 1 hour.

Heat oven to 350 F.

Roll dough out and cut into shapes with cookie cutters. Place on cookie sheet covered in parchment paper and bake 8-10 minutes. Let cool on rack then dust with powdered sugar, if desired.

Find these recipes and more from “Cookin’ Savvy” at **Culinary.net.**



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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

PAGE

Dec. 3 Home	Rockvale
Dec. 5 Home	Mt. Juliet
Dec. 10 Home	Hendersonville
Dec. 13 Away	Ravenwood
Dec. 17 Home	Centennial
Dec. 19 Knoxville	(N) 5 Star Preps
Dec. 20 Knoxville	(N) 5 Star Preps
Dec. 21 Knoxville	(N) 5 Star Preps
Dec. 27 Home	(N) Music City Hoopfest
Dec. 28 Home	(N) Music City Hoopfest
Dec. 30 Home	(N) Music City Hoopfest
Dec. 31 Home	(N) Music City Hoopfest
Jan. 3 Tournament	(N) Shackle Island Shootout
Jan. 7 Away	Brentwood *
Jan. 10 Home	Summit *
Jan. 14 Away	Franklin *
Jan. 17 Away	Nolensville *
Jan. 21 Home	Ravenwood *
Jan. 24 Home	Independence *
Jan. 28 Away	Centennial *
Jan. 31 Away	Summit *
Feb. 4 Home	Brentwood *
Feb. 7 Home	Nolensville *
Feb. 11 Home	Franklin *
Feb. 14 Away	Independence *

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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
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Christmas Masses

December 24: 4pm & 6pm - English | 8pm - Español
10:00pm - Bilingual

December 25: 10:00am - English | 12noon - Español

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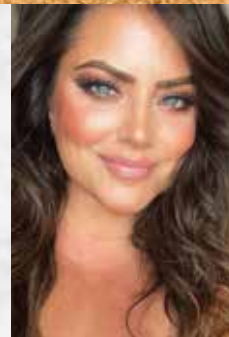
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Assess Your Depression

1. Open your camera app on your smartphone.
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3. Click the link to open the questionnaire in your browser.
4. Fill out the questionnaire and submit.

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- *NeuroStar Advanced Therapy is a non-invasive, non-drug treatment for depression and is free from side effects often associated with antidepressant medications.*
- *It's best for people who have not benefited from prior medicines and want to try a non-systemic treatment.*
- *Transcranial Magnetic Stimulation (TMS) is a medical procedure that delivers highly focused MRI-strength magnetic pulses to stimulate the brain and treat major depression (MDD) non-invasively.*
- *NeuroStar has delivered 83% positive response and 62% remission in patients suffering from depression.*
- *Consider scanning the QR code to take the PHQ-9 depression screening tool. It's quick and can objectively examine your symptoms' severity.*
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