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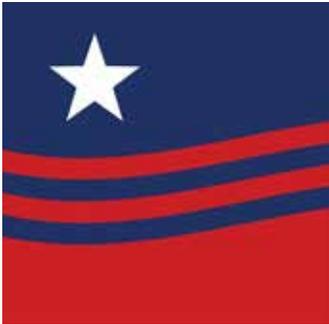


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ECZEMA AFFECTS 1 IN 10 PEOPLE WE CAN HELP

Eczema, also known as atopic dermatitis, is a common disease that affects approximately 1 in 10 people during their lifetime. Although eczema often presents in childhood, it can affect adults as well. Although we don't fully understand eczema, genetics and environmental conditions both play prominent roles.

WHAT IS ECZEMA?

Eczema is a defect in the top layer of the skin, the epidermis, that causes the barrier to the outside world to become impaired. Important components of the epidermis, such as ceramides, become depleted, leading to dry, red, and inflamed patches on the skin. Eczema typically affects the flexural areas of the extremities (creases in the arms and legs), but can affect any area of the body. If present long enough, eczema can lead to a

thick leathery appearance of the skin, also known as lichenification.

HOW DO YOU TREAT ECZEMA?

The treatment of eczema revolves around attempting to restore hydration and depleted nutrients to the epidermis. Moisturizers, especially those with ceramides, are the backbone of all treatment regimens. Topical steroids are often prescribed in order to reduce inflammation and restore barrier function. In more severe cases, oral or injectable medications are often used by board certified dermatologists to control symptoms. If you or a loved one suffers from eczema, make an appointment with one of Board Certified Dermatologists to see what treatments are available.

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COMMUNITY SNAPSHOTS



THE FEUD

The Colley Family from Columbia travelled to Atlanta to be contestants on Family Feud. The original episode aired on September 28 and is scheduled to re-air on October 4. L to R: Abigail Thornton, Susan Colley, Nick Persinger, Liz Persinger, and Drake Colley.



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Ellen J Marketplace is an upscale boutique carefully curated with a fresh take on modern design, women's apparel, accessories, home decor and gifts. They have also partnered with local small businesses to offer a wide array of choices on the second floor. From kids' clothes and books to men's t-shirts, something for everyone.



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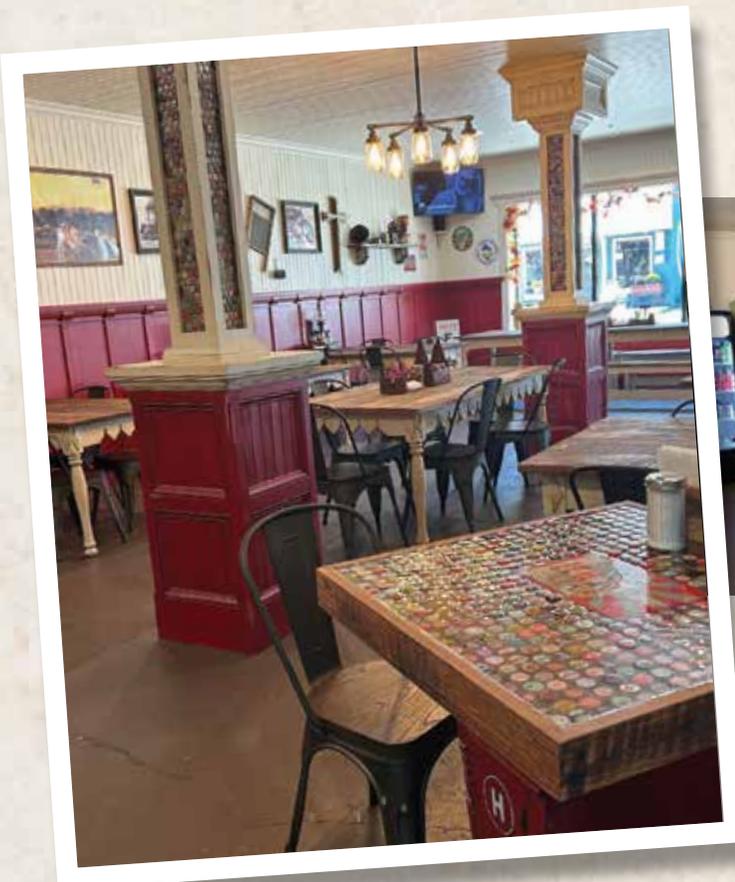
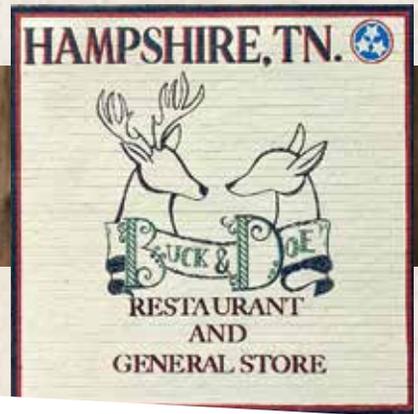


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COLUMBIA MAYOR'S YOUTH COUNCIL

The City is excited to announce the start of the 3rd year of the Columbia Mayor's Youth Council (CMYC). The 2023-24 class held their initial kickoff meeting on Tuesday, September 12, 2023 at 4:00 pm at Columbia City Hall. The CMYC is composed of members from various Maury County high schools who value academic excellence, community involvement, and leadership. The goal of the CMYC is to foster leadership and community involvement among Columbia's diverse high-school population and to encourage students to become further interested in local government. CMYC meetings will be held monthly, in addition to community and volunteer projects. The CMYC members were selected based upon an application process that was made available to all public, private, and home-schooled Maury County high school students. The application process opened August 1st and closed August 25th.

Mayor Chaz Molder stated, "When I was first elected, I felt a special obligation to the youth of our community, considering I am the youngest mayor to serve in this office. Since being re-elected last year, that commitment is as strong as ever, and I am really excited to double down on investing in our youth through the Columbia Mayor's Youth Council. This Council has been a huge success in its first couple of years of being organized and I feel confident this year's Council will take the Council, and indeed our community, to even greater heights. It will help bridge the gap between generations and cultivate a generation of future leaders. I am so pleased with the interest we received for this 3rd year of Mayor's Youth Council, a diverse group from all over Maury County. These Council members represent some of the best and brightest of our youth, and this Council should give us all optimism and hope for our future."

THE STUDENTS SELECTED TO SERVE ON THE 2023-2024 CMYC ARE AS FOLLOWS:

12th

Addyson Codling - Columbia Academy
 Ayanna Jones - Mount Pleasant High School
 Caroline Cashion - Columbia Central High School
 Chloe Moore - Culleoka Unit School
 Darden Powers - Columbia Central High School
 Emily Diles - Columbia Academy
 Finley Skelton - Columbia Academy
 Greenley Floyd - Columbia Central High School
 Hannah Alberd - Zion Christian Academy
 Lily Tweedy - Spring Hill High School
 Madison Smith - Columbia Central High School
 Myla Lindsey - Mt. Pleasant High School
 Owen Hollis - Columbia Central High School
 Parker Shirley - Columbia Academy
 Patton Duvall - Columbia Central High School
 Ruhan Patel - Columbia Academy
 Will Sowell - Columbia Academy

11th

Addison Thomas - Columbia Academy
 Anna Brewer - Columbia Academy
 Brooke Gibbs - Culleoka Unit School
 Carter Lawrence - Columbia Central High School
 Ke'veontae Martin - Columbia Central High School
 Lollie Jo Greene - Mt. Pleasant High School
 Riley Krimmel - Columbia Central High School
 Ryan Bytwerk - Culleoka Unit School
 Tre'Veontae Martin - Columbia Central High School
 Zion Wyatt - Maury County Virtual Schools

10th

Jacqueline Karp - Zion Christian Academy

9th

Audrey Rountree - Columbia Central High School

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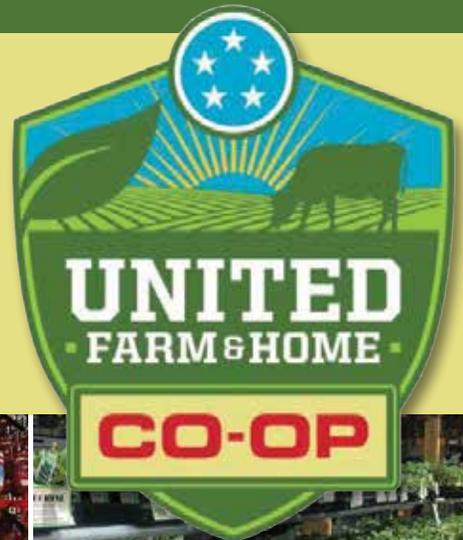
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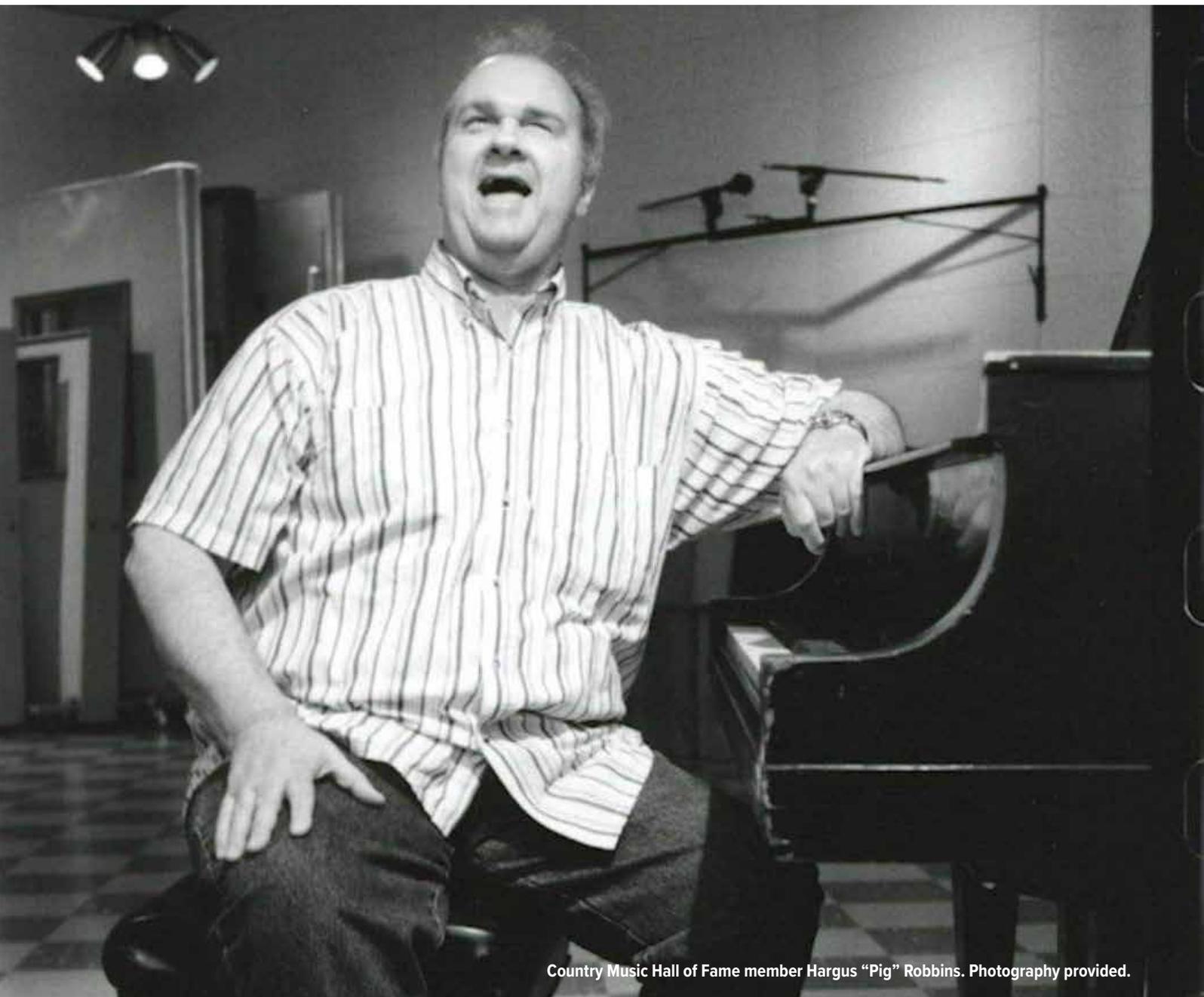
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Country Music Hall of Fame member Hargus "Pig" Robbins. Photography provided.

THE MAGIC OF PIG

PAM WINDSOR

The legendary Hargus "Pig" Robbins played piano on many of the greatest songs in country music. A member of Nashville's "A" team, his first big hit was "White Lightning" by George Jones.

"He's most known for his signature licks on Crystal Gayle's "Don't It Make My Brown Eyes Blue" and "Behind Closed Doors" by Charlie Rich," says his son, David Robbins. "Dad did "Walking After Midnight," "Sweet Dreams," and "She's Got You" with Patsy Cline. He played a lot with Connie Smith, including "Once A Day," her first hit."

When Robbins died at the age of 84 in January of 2022, many mourned his loss while reflecting on his incredible musical legacy.

Blinded as a child after a knife accident, Robbins would attend the Tennessee for the Blind. There, he started taking piano lessons at the age of seven. It's also where he got the nickname "Pig." He loved sliding through the building's old metal fire escapes, and when he once returned covered in black soot, a supervisor described him as dirty as a "little pig." The name stuck.

In the late 1950s, Robbins headed to Nashville to pursue a music career. After his break with George Jones, he started getting

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Sonja Robbins Scales and David Robbins in her Maury county home. Photography by Robbie Mathis.

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more attention on Music Row.

“Then, when Floyd Cramer decided to take his act on the road, my dad became swamped with work,” says David. “If he was here, he’d tell you he was in the right place at the right time.”

In the following years, Robbins played with some of the biggest names in country music. In 1999, he left the music scene for several years to battle lymphoma but later returned, picking up where he left off.

While he’s well-known for his music, Robbins was also a devoted family man with a wonderful sense of humor and a passion for NASCAR. David says although Robbins was blind, he was determined to do everything a dad with sight would do.

“When I was probably five or six years old, old enough to hold a baseball bat, he would go out there and try to pitch to me. And the ball would hit me or go behind me, and I don’t think I was ever able to hit one of them.” David laughs as he remembers. “But it was that special father/son time, you know? He’d also take me to the movies with his driver.

David’s cousin, Sonja Robbins Scales, also has fond memories of her Uncle Hargus.

“He was an amazing example of a human,” she recalls. “He cared about people and loved having fun. He and David and my Dad and brother would go to NASCAR races. My uncle couldn’t see, but he loved to go.”

When Robbins passed away, one of the greatest reminders of

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Match Show Photo © 2007 BV



Photography by Robbie Mathis.

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the man they loved so much was his piano.

“When he wasn’t working, which was rare, he would practice on that piano,” David says. “He felt if he didn’t practice every day, he’d get rusty.”

The family could have sold the piano but wanted to keep it in the family. And it’s always had a special meaning for Sonja.

“When I would go to their house, instead of greeting them, I would go and look at that piano first,” she says. “I told my uncle if he ever wanted to get rid of it, I’d love the opportunity to purchase it.”

“It has a lot of sentimentality,” says David. “We were offered \$10,000 to put it in the Musicians Hall of Fame, but we declined. It wasn’t about the money.”

Sonja remembers when she got the news the piano was hers.

“David called me one day and said, ‘Do you have room for that piano? And I just buckled.’”

It’s now in her home in Sante Fe, recently tuned.

“I’m going to learn to play it,” she says. “It’s the most precious piece of furniture in my house. It has my uncle’s fingerprint marks on it and warms my heart every time I sit down to it.”

David and his wife, Pam, have also donated a couple of his Dad’s other smaller instruments to the Tennessee School for the Blind.

While he’ll miss the piano, David feels his Dad’s presence everywhere.

“My Dad played on 400 No. 1 songs and probably some 15,000 recordings overall. Pam and I listen to Willie’s Roadhouse on SiriusXM every day, and Dad’s on like every third song we hear. So, he’s still with us.”

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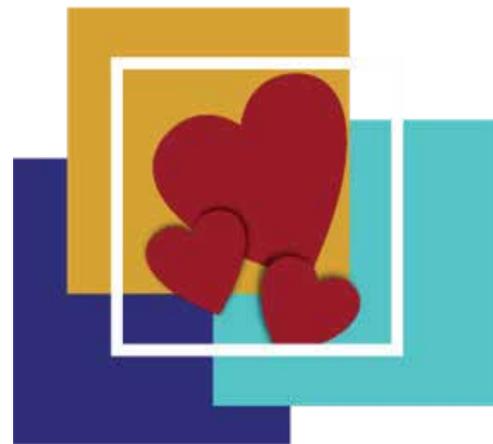


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1/2 TEASPOON GARLIC POWDER
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1/2 CUP HOT SAUCE
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DIRECTIONS:

Heat oven to 400 F.

In bowl, mix shredded chicken, cream cheese, sour cream, 1 1/2 cups shredded cheese, onion powder, garlic powder and dried dill until combined.

Add hot sauce; mix until combined.

Transfer mixture from bowl to oven-safe dish. Top with additional shredded cheese, to taste.

Bake until cheese is melted, approximately 15 minutes.

Top with blue cheese crumbles and chopped green onion.

Serve warm with chips and vegetable sticks.



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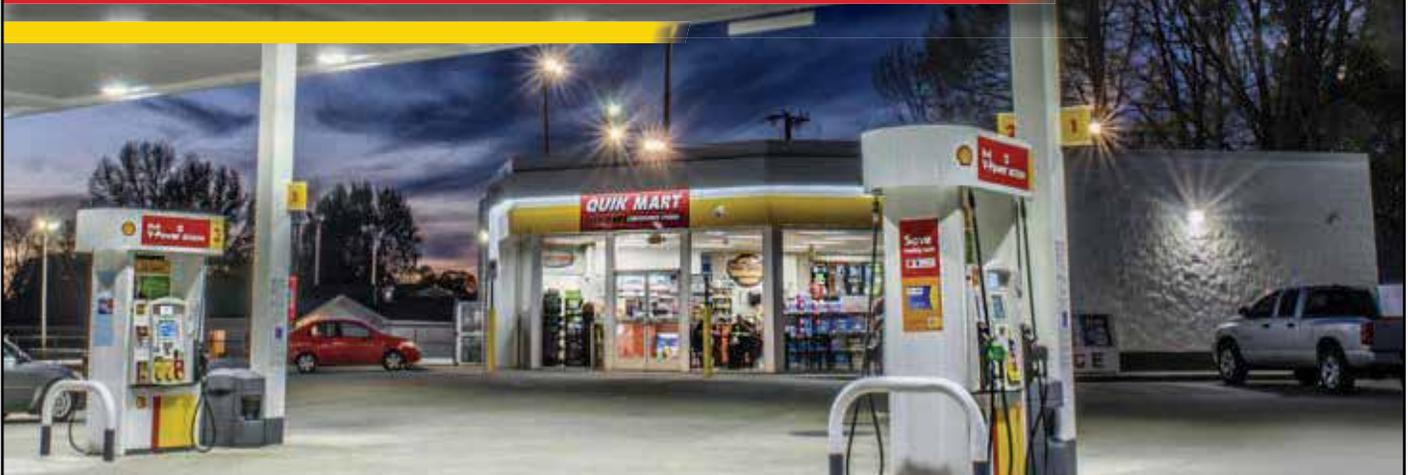
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COLUMBIA SEEKS GRANT FOR BEAR CREEK PIKE INFRASTRUCTURE PROJECT

The City of Columbia took a step towards enhancing its road infrastructure by submitting a grant application for the 2023 Statewide Partnership Program on Friday, August 4, 2023. The application seeks funding to undertake the project of widening 7.2 miles of Bear Creek Pike, stretching from Nashville Highway to Interstate 65.

If successful, this initiative would mark one of the most substantial investments in road infrastructure that the city has witnessed in a generation. The project holds immense significance for the City of Columbia and its residents, as it aligns with a long-standing priority and vision for enhanced road connectivity and accessibility. Bear Creek Pike's expansion to a four-lane highway from Florence, AL, to Columbia, TN, subsequently connecting to Interstate 65, underscores its regional importance. City Engineer Glenn Harper commented, "This segment of Bear Creek Pike provides a regional connection to Interstate 65 and is a priority for the City of Columbia due to the impacts that increasing traffic will create regarding safety, congestion, and economic opportunities." The widening would bring notable efficiencies to the daily commute for countless residents who utilize this route.

Mayor Chaz Molder stated, "I am pleased the City of Columbia, and our City Council have agreed to the most significant partner-

ship investment in city history—\$10 million dollars over 10 years to show Columbia's commitment to the project."

The timing of this proposal dovetails perfectly with ongoing infrastructure projects. Currently underway is a \$29 million enhancement project for the Interstate interchange at I-65 Bear Creek Pike. Furthermore, City Manager Tony Massey noted, "The City has committed \$4.5 million for enhancements for the Bear Creek Pike intersection and Nashville Highway intersection." By integrating these planned improvements into the broader Bear Creek Pike widening project, two major corridor improvements will be achieved.

Molder went on to say, "I am hopeful, if not confident that, with the support of our state legislative delegation, and our community as a whole, that TDOT will fund this application to widen Bear Creek Pike which will have a generational impact on that corridor and our road infrastructure as a whole."

The City of Columbia eagerly anticipates the response to its grant application and remains committed to propelling the city's progress through strategic investments in its roadwork. With the support of both local and state stakeholders, this endeavor could reshape the future of transportation in the region

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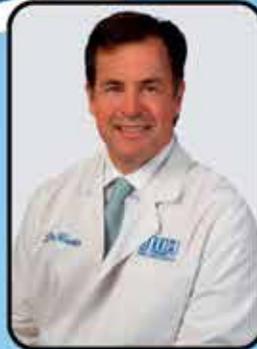
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BRINGING THE FUN OUTDOORS

TWO NEW OUTDOOR ATTRACTIONS HEADLINE TENN PIN ALLEY'S LATEST EXPANSION

BY JASON ZASKY

Since 2017, Tenn Pin Alley has been Columbia's preeminent destination for family fun & entertainment, with core attractions like bowling, laser tag, and spin zone bumper cars, not to mention an arcade that includes everything from the classics to today's cutting-edge favorites. Now, thanks to a recent expansion, Tenn Pin Alley's arcade is bigger and better than ever before, with eight new games, including an interactive virtual reality King Kong game.

"We have also added a Hungry, Hungry Hippo game where two to four people can sit on a hippo and use a lever to grab the marbles in the middle," notes Derek Ransom, who co-owns Tenn Pin Alley with his wife Brandee.

There are also a pair of brand-new outdoor attractions, including a Go-Kart track that is big enough to race 20-plus cars. The track is adjacent to a new 18-hole miniature golf course, one that reinforces the steampunk theme that characterizes much of Tenn Pin Alley's interior.

"We are also looking to build an outdoor patio where people will be able to sit and socialize," adds Ransom, one that will go along with an increase in the size of the parking lot and a "facelift" of the exterior of the building, which will be the last stage of the current expansion project.

That said, it's hardly a surprise that Tenn Pin Alley is in the market for new staffers.

"We are looking for team members to operate the new outdoor

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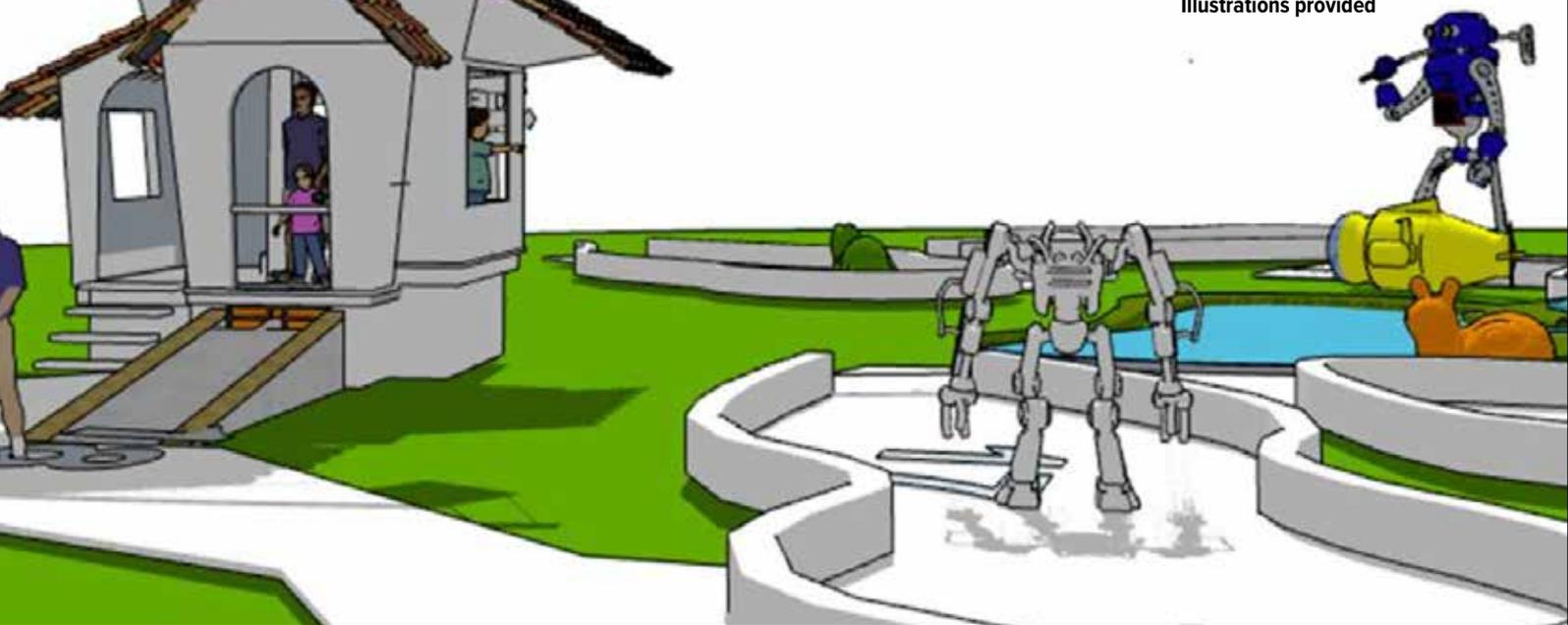
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Illustrations provided



< FROM PAGE 24

attractions and help with the indoor arcade, and we are also looking for kitchen staff,” explains Ransom, the latter a need thanks to the popularity of Max’s Café, which offers everything from salads, pizzas, wings, and burgers, and also features a full bar that serves beer, wine, and cocktails. For the past three years, Tenn Pin Alley has even had its own food truck, which can often be found serving specialty sandwiches at concerts & festivals and can be booked for special events.

Meanwhile, Tenn Pin Alley continues its commitment to serving the bowling community, hosting adult and youth leagues while also donating the use of its lanes to Special Olympics, which holds regional matches, and its state tourney at the 67,000-square-foot facility, which has 32 lanes.

And while birthday parties remain the leader in terms of the most common events hosted at Tenn Pin Alley, more and more area companies are using the space for team building and corporate retreats.

“We are now doing full facility rentals where a company can

rent out the whole property,” notes Ransom, before going on to note that Tenn Pin Alley is committed to growing along with Columbia while trying to provide the best possible entertainment value for local families and businesses.

That helps explain why Derek and Brandee—who have five kids of their own—are already beginning to conceptualize Tenn Pin Alley’s next expansion project.

“We still have about 8,000 square feet of warehouse space to grow into, so we are always looking for the next activity,” says Ransom, before hinting that escape rooms might well be a part of a future round of additions.

“There is also a private room that we want to upgrade and pair with an activity and use for private room rentals,” he concludes. “We are really trying to keep the funnel full.”

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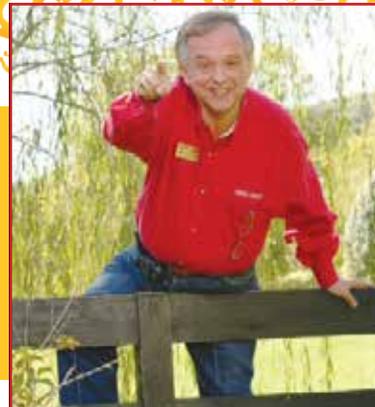
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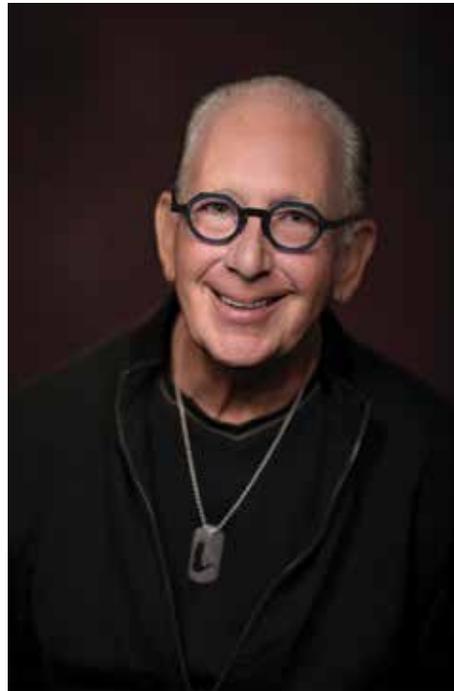
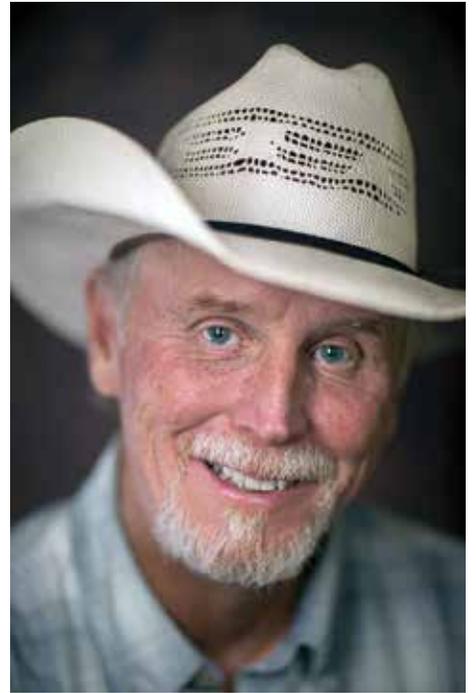
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