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## OCTOBER IS ECZEMA AWARENESS MONTH: A GUIDE TO UNDERSTANDING AND MANAGING ECZEMA



October is Eczema Awareness Month, dedicated to raising awareness about this chronic skin condition affecting millions. Eczema, also known as atopic dermatitis, causes red, inflamed, and itchy skin. It can occur at any age and is often linked to genetic and environmental factors. Approximately 1 in 10 people will experience an eczema flare during their lifetime.

**Symptoms** include dry, sensitive skin, persistent itching, red or inflamed patches, and in severe cases, oozing or crusting. Triggers such as irritants, allergens, stress, weather conditions, and hormonal changes can exacerbate symptoms.

**Managing Eczema** involves daily moisturizing with hydrating products, such as our Intensive Recovery Cream, which is designed to reduce inflammation and improve overall hydration of the skin. Avoiding known triggers, moisturizing daily and using medications prescribed by your dermatologist can aid in reducing flares and restore your skin to good health.

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# Inside {local} October'24

#### **10** A PART OF HIS LIFE

Local resident spends his life dedicated to Special Olympics

#### **SNAPSHOTS**

28

Noteworthy events and happenings in Spring Hill and the surrounding area

#### **LOCAL FOCUS**

HS FOOTBALL SCHEDULES 13 SERVICE DIRECTORY 22, 23, 24 COMMUNITY SNAPSHOTS 28

Visit our website: springhilllocal.com

**ON THE COVER:** Spring Hill resident, Jack Elder, is a 2024 Inductee into the Tennessee Sports Hall of Fame, recipient of the Pat Summitt Lifetime Achievement Award. He was recognized for his lifelong work with Special Olympics.

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Photography by provided

Jack Elder, 2024 inductee into the Tennessee Sports Hall of Fame, and recipient of the Pat Summitt Lifetime Achievement Award. Photography by Michael Tedesco.

#### SPRING HILL'S JACK ELDER RECEIVES THE 2024 PAT SUMMITT LIFETIME ACHIEVEMENT AWARD

#### JASON ZASKY

"Sports have always been an important part of my life. I knew at an early age I wanted to be a teacher and coach," begins Jack Elder, recipient of the 2024 Pat Summitt Lifetime Achievement Award, named for the legendary University of Tennessee women's basketball coach and conferred by the Tennessee Sports Hall of Fame. After beginning a teaching and coaching career in south Texas, the El Paso native moved to Nashville in 1972, where he pursued a graduate degree in Physical Education and Recreation for the Handicapped at George Peabody College.

It was there that he was introduced to Special Olympics, which had been founded four years earlier to provide sports training and athletic competition for individuals with intellectual disabilities. In 1973, he was named the first executive director of Tennessee Special Olympics, part of an effort to develop statewide Special Olympics programs all over the country. "When I first heard about the program, it really got to my heart," says Elder. "I had taken sports for granted, and here we had a whole population that didn't have the opportunity to participate. As soon as Eunice Kennedy Shriver founded Special Olympics, I felt strongly that I wanted to be part of it."

Long story short: by the time Elder moved on to a position with the organization's international office in the late 1980s, Tennessee Special Olympics was recognized as one the country's strongest and best-managed state programs, with upwards of 13,000 athletes participating in local, regional, and statewide competitions in 14 sports.

To get to that place, Elder spent a lot of time on the road introducing the program and explaining it to people.

"In the early years, I sensed that some individuals did not feel that Special Olympians should be considered athletes, but after learning more and/or experiencing the joy, skill, sharing, and courage of the Special Olympics athletes, that perception grew

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Photography by Michael Tedesco

#### < FROM PAGE 10

much smaller," he says. "I focused on visiting colleges & universities, parks & recreation departments, and people with an interest in sports. I also talked to civic groups to educate them and get people to volunteer," he adds, noting that by the time he moved on to a position with Special Olympics International, there were upwards of 8,000 volunteers in Tennessee, working across 16 area programs that covered every county in the state.

That said, this is not the first time that Elder has been honored for his work with Special Olympics. For example, in 1984, he was named Sportsman of the Year by the Nashville Banner.

But on this occasion, he was feted at the Tennessee Sports Hall of Fame banquet, held at the Omni Hotel in downtown Nashville in July. On that day, he shared the spotlight with other athletes, coaches, sportswriters, and sports administrators who have impacted the history of Tennessee sports, with 2024 inductees that included former Tennessee Titans All-Pro running back Chris Johnson; former Nashville Predators goaltender Pekka Rinne; and gold medal-winning figure skater Scott Hamilton, the latter of whom is also famous for his work as a television analyst and commentator.

In addition to being formally honored at the 2024 banquet, Elder had the opportunity to do a live Q&A with Tennessee Titans radio play-by-play announcer Mike Keith. That was a chance to publicly reflect and comment on a career that included operating a regional office (out of Nashville) for Special Olympics International beginning in 1988.

"My role was to work with ten states and two U.S. territories, to help establish Special Olympics programs in other countries, and to accept other special projects as assigned by Mrs. Shriver," recalls Elder, who is now retired and lives in Spring Hill, where he serves as Vice Chair of the Historic Commission.

Given the opportunity to reflect further, Elder says: "My time with Tennessee Special Olympics was special. It brought me such joy in helping to bring sports participation to a population of individuals that would not, for the most part, have had that experience without Special Olympics. I never made much money, but I don't know how anyone could have had a more rewarding career," he offers.

Elder is also very appreciative of the countless men & women who helped him grow the Tennessee Special Olympics program without whom his lifetime achievement award wouldn't have been possible.

"I always had a very small but dedicated staff, who were so important in overcoming challenges and reaching milestones. And the athletes, parents, and volunteers—not to mention our Board of Directors and many generous financial contributors—were remarkable to work with and served as an inspiration," he adds, before noting that Music City might well be in the Special Olympics spotlight at the beginning of the next decade, as Nashville and Cleveland are the two finalist cities bidding to host the 2030 Special Olympics USA Games.

As for the Pat Summitt Lifetime Achievement Award: "It means a lot to me," he concludes. "When you're in sports, that's about as good as it gets."

For more information about Special Olympics Tennessee: *www.specialolympicstn.org/* 



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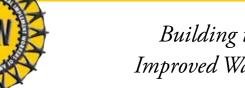
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Summit High School

8/23	Home	Spring Hill
8/30	Away	Centennial
9/6	Away	Green Hill
9/13	Away	Blackman
9/20	Home	Brentwood
9/27	Away	Franklin
10/3	Home	Ravenwood
10/18	Home	Overton
10/25	Home	Nolensville
11/1	Away	Independence



**Independence High School** 

8/23	Home	Oakland
8/30	Away	Page
9/6	Away	Centennial
9/13	Home	Franklin
9/20	Home	Beech
9/27	Away	Ravenwood
10/3	Away	Overton
10/18	Away	Fairview
10/25	Home	Brentwood
11/1	Home	Summit



**Spring Hill High School** 

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23	Away	Summit
30	Away	Mt. Pleasant
6	Home	Maplewood
13	Away	Lincoln Co.
20	Home	James Lawson
26	Away	Lawrence Co.
/4	Home	Columbia Central
/11	Home	Shelbyville Central
/25	Away	Tullahoma
/1	Home	Franklin Co.



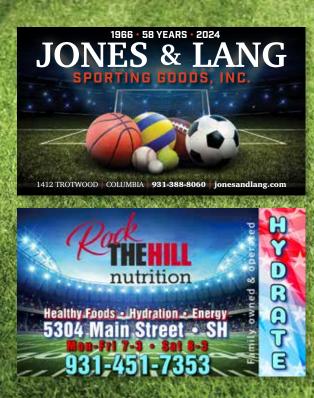
#### **Columbia Academy**

8/23	Away	MTCS
8/26	Away	Battle Creek
8/30	Home	Webb School
9/6	Home	Friendship Christian
9/13	Away	Huntingdon
9/20	Home	Donelson Christian
9/27	Away	Ezell-Harding Christian
10/4	Away	Clarksville Academy
10/11	Home	Nashville Christian
10/25	Home	Mt. Juliet Christian Academy
11/1	Away	Grace Christian Academy



#### **Battle Creek High School**

8/26	Home	Columbia Academy
9/9	Home	Cascade
9/16	Away	Cannon Co.
9/23	Home	Shelbyville
10/14	Away	Overton
10/21	Home	Community HS
10/28	Home	East Hickman





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- BARNS & GARAGES



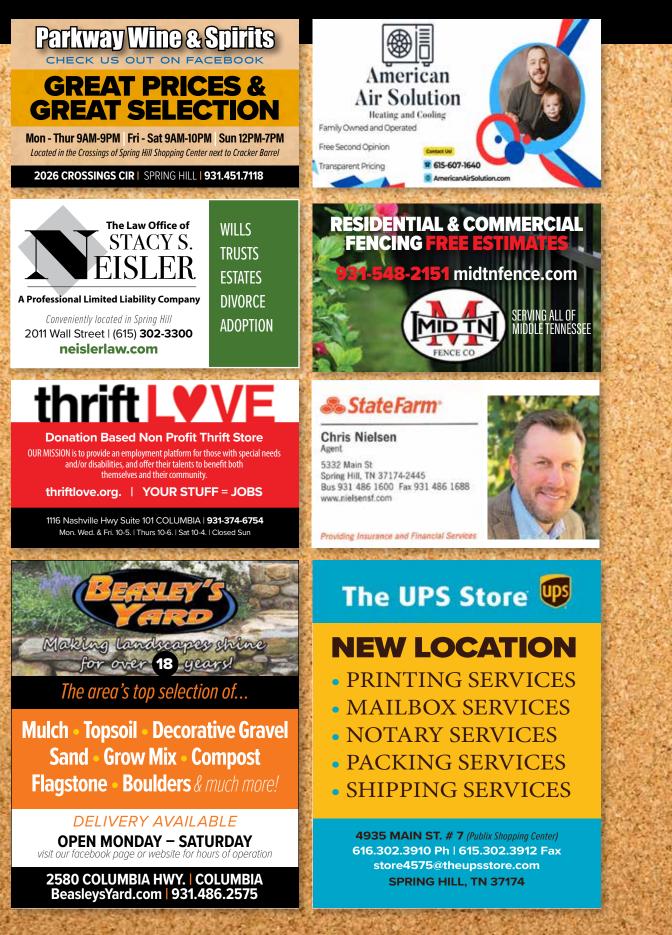
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#### **MILLER'S THRILLERS**

Miller's Thrillers will be open every Friday and Saturday night through the end of October. In addition, the haunted destination will be open November 1st and 2nd. Located at 1431 Carters Creek Pike, Columbia. (Look for the lights as you cross over the Beechcroft Road Intersection. Only 5 minutes south of exit 23, I-840, and 5 minutes west of Spring Hill.) On any given night, the stage will be full of jugglers, magicians, stilt walkers, fire performers, light shows, acrobats, storytellers, music, and more. Enjoy shooting zombies (paintball), hayrides, and, of course, the 40 minutes of adventure into Hillbilly Hollar.



**BRIGHT APPLE FUND RAISER** 

Bright Apple is set to host the first-ever Apple Fest on Saturday, November 2, 2024, from noon to 3:00 pm, at Iglesia Una Esperanza Viva Church, 2628 Pulaski Highway in Columbia. The event is being held to raise funds to support Bright

Apple's mission of providing healthy snacks for students in Maury County. Since 2019, Bright Apple has provided over 850,000 healthy snacks to students in Maury County.

For more information about Apple Fest and to purchase tickets, visit BrightApple.org or email to: **info@BrightApple.org**.



#### SPRING STATION SPOOKTACULAR

On Tuesday, October 29, The Spring Station Middle School Music Department will host the Spring Station Spooktacular. The fundraiser will kick off at 4:30 pm, including games, face painting, a cakewalk, and more! The 8th grade Band has their Spooktacular concert that evening at 7 pm inside the high school after activities end. SSMS Mustang Cadet Color Guard & Drumline are hosting games & costume contests. All funds raised benefit the Band, color guard, and drumline.



#### SUPPORTING THE ANIMAL SANCTUARY

Hidden Bee Farm, located at 753 Carters Creek Pike in Columbia, is an animal sanctuary providing a permanent home where animals can live their lives with dignity and loving care. To support its ongoing efforts, they will be hosting their 3rd annual Pumpkin Patch, that includes a hayride, maze, escape room, pumpkin bowling, classes, and local vendors. The Patch opens in late September and runs through October. For more information, visit **hiddenbeefarm.org** 

28 Spring Hill local



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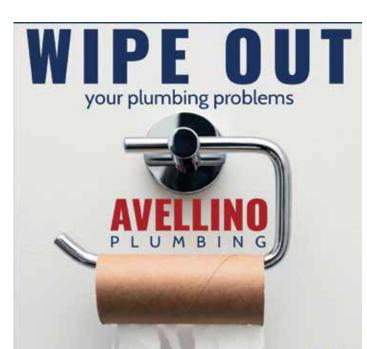
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