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What is Psoriasis? Psoriasis is a chronic autoimmune condition that causes the rapid buildup of skin cells, leading to scaling on the skin's surface. It can cause discomfort, itching, and emotional distress

KNOW THE SIGNS:

- Red patches of skin covered with thick, silvery scales
- Dry, cracked skin that may bleed
- Itching, burning, or soreness
- Thickened or ridged nails
- Swollen and stiff joints

LIVING WITH PSORIASIS:

- **Seek Treatment:** Consult with a healthcare provider to find the right treatment plan for you. Options include topical treatments, phototherapy, and systemic medications.
- **Stay Informed:** Educate yourself about triggers and management strategies. Stress, infections, and certain medications can exacerbate symptoms.
- **Support Networks:** Connect with support groups and communities for emotional support and shared experiences.

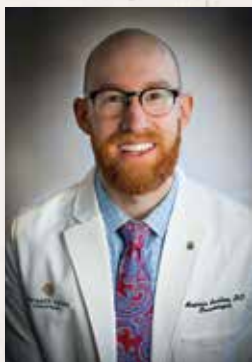
GET INVOLVED:

- **Raise Awareness:** Share information about psoriasis to help reduce stigma and increase understanding.
- **Advocate for Research:** Support organizations and initiatives dedicated to finding better treatments and ultimately a cure.

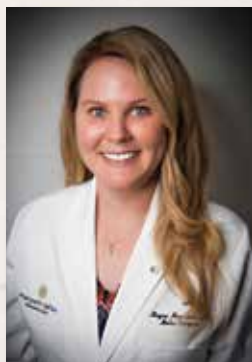


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Inside {local} August '24



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LOCAL RESIDENT AWARDED

Spring Hill resident recognized nationally for charitable lifestyle

18

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Partners in spa provide clients fresh opportunities to improve health

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COMMUNITY SNAPSHOTS 28

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ON THE COVER: Spring Hill resident Vicki Bechet was recently awarded the General Federation of Women's Club's "Jennie Award", recognizing her life of community service. Photographed at The Awaken House in Spring Hill, visit theawakenhouse.co for more information about this event venue, cozy coffee shop, and unique Airbnb. Photo by Michael Tedesco

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Vicki Bechet shown with her national award she received at the worldwide annual meeting of the Greater Federation of Women's Clubs. Photographed at The Awaken House in Spring Hill. Photography by Michael Tedesco

A LIFETIME OF GIVING BACK

PAM WINDSOR

Spring Hill resident Vicki Bechet grew up in a family that set a strong example of “giving back,” so it’s something that has always come naturally to her. Even as a child, she remembers setting up a lemonade stand to raise money for the American Cancer Society. While helping others has always come with its own reward, Bechet was especially honored to get national recognition during the annual convention of the General Federation of Women’s Clubs in June.

She received the group’s Jennie Award, as members from across the United States and worldwide gathered in Chicago.

“It’s very gratifying to be recognized for your hard work and enthusiasm when it comes to being a community service volunteer,” Bechet says. “It was a wonderful recognition of my 40 years with

this organization.”

Handed out every two years, the award is named for the organization’s founder, Jane Cunningham Croly, who wrote for national newspapers under the pseudonym “Jennie June.” It celebrates extraordinary club women who epitomized Croly’s spirit of independence, courage, and persistence in their roles as volunteers in every aspect of their lives.

Bechet is a fourth-generation member of the GFWC and founder of the GFWC’s Spring Station Woman’s Club. A graduate of the University of Tennessee, Knoxville, Bechet is a nationally certified (retired) RN who has stayed actively involved with the GFWC throughout much of her life.

The organization has been around since 1890 when Croly, who created a women’s group in New York, decided to try to pull

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Vicki Bechet receiving the Jenie Award from the General Federation of Womens Clubs' president, Debbie Strahanoski. Photo provided

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similar clubs together to form a federation, and got a charter from Congress to do so.

Working together, those groups have had a considerable impact on their communities, as well as their country.

"Since we started, women's clubs are credited with starting 75 percent of all libraries in America through the 1930's," Bechet explains. "We were instrumental in getting the first Pure Food & Drug Act passed, the first child labor laws passed, and the formation of the National Park Service. And during World War II, we raised enough money to buy hundreds of warplanes."

In fact, the GFWC's "Buy a Bomber" campaign raised \$101,671,750 to purchase planes for the Air Force. Translated into today's dollars, that's approximately \$1,520,266,385.

There are currently GFWC chapters in every state with the current membership at around 60,000. Local groups work on a wide range of projects and fundraisers. Bechet's largest GFCW project was the state-wide initiative to replace the thousands of elementary school library books destroyed in the August 2021 flash flood in

her hometown of Waverly, TN.

"Some of our projects are big, some are small, but we have a lot of fun, we really do. Things like the Waverly book project can take several months. We also do smaller projects that can be accomplished in a 45-minute session, such as when we pack up toiletries to give to ShowerUp, a local organization that provides hot showers for the unhoused."

The Spring Station Woman's Club meets one night a month, usually the first Monday from 6-8pm in the basement of the Winchester Community Facility on Maury Hill Street.

"I can't think of another organization for women in this country that has the breadth and depth of service opportunities, gives women an outlet for their creative juices, and encourages them to have fun while working together and gaining incredible friendships," Bechet says.

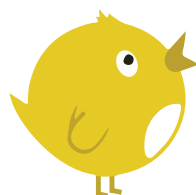
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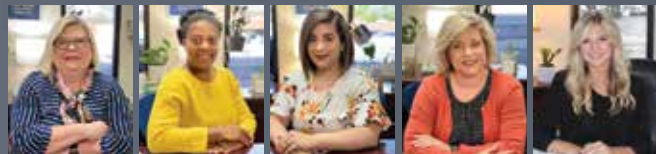
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Photography by Robbie Mathis

MIND, BODY, AND SOUL

JASON ZASKY

“We’ve always enjoyed helping people,” says Rose Perrie, co-founder of the holistic full-service spa Salted Peace, making reference to herself and co-owner Sonia Morse. True to her word, the five-and-a-half-year-old spa — found at The Crossings of Spring Hill shopping center — offers countless ways to help clients feel better mentally, emotionally, and physically.

“We do massage, facials, and waxing,” begins Perrie, with Swedish, Thai, Deep Tissue, and Cupping among the massage services offered. “We also have a Far Infrared Sauna, a Vibrational Frequency Table (VFT), and we do Pressotherapy,” the latter a non-invasive treatment that involves a compression suit and the application of air pressure on different parts of the body.

But the spa’s most notable treatment room is its beach-themed Salt Therapy Room, which features a Halogenerator that crushes

pharmaceutical salt into a powdered form that is dispersed into the air.

“You inhale and (the salt) helps to open up your airways and sinuses, and it’s great for skin conditions,” relates Perrie, before recalling the first time she tried salt therapy and how her so-called ‘Tennessee sinuses’ — not to mention the drainage down the back of her throat — became a non-issue after a single 45-minute treatment.

As for the origins of salt therapy, it dates back many hundreds of years, when people began to recognize the seemingly miraculous healing properties of salt cave environments. In recent years, salt therapy has been rediscovered and is now being used to address respiratory conditions like asthma, bronchitis, respiratory allergies, sinusitis, and chronic obstructive pulmonary disease (COPD), among many other conditions. It also has the potential to

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improve dermatological issues like acne, dermatitis, and psoriasis.

"In the past, you actually went into a salt cave, and now we have man-made salt rooms. Ours is decorated like a beach because I don't go to a cave to relax, I go to a beach," quips Perrie, who says that many clients take advantage of the spa's unlimited salt therapy membership. Others choose the unlimited Far Infrared Sauna package.

"Our sauna is a little different because we also have sound therapy and light therapy, so it's like getting 3-for-1 service," she says, before noting that an infrared sauna is different from a steam or dry sauna in that instead of heating the air, the infrared rays raise your core temperature three degrees. In effect, your body is heated from your core out towards your skin, which helps push out toxins.

"In addition to helping you to detoxify, it can also help you relax and lose weight. It's also good for reducing blood pressure and improving circulation and can help with attention deficit disorder, chronic fatigue syndrome, and fibromyalgia. Personally, I use it for inflammation reduction and pain relief," offers Perrie, who employs seven massage therapists and three estheticians, in addition to a quartet of customer service staffers.

Yet her team of 14 — and Salted Peace's 2,400-square-foot facility — may not be big enough to meet demand long-term,

which is why Perrie and Morse are looking at opening a second location to serve a client base that ranges from people in their 20s to individuals in their 80s.

In particular, the duo has had a lot of success offering memberships where clients can mix and match services, as with the Salted Peace membership, which is a massage or facial, one a month, plus two of the salt therapy or the sauna or the VFT.

"We also have Peace packages where you can do the infrared sauna, the salt room, and the VFT for a discounted price," continues Perrie, a Maryland native who moved to Spring Hill in 1998. "And we have a Detox Special, which is the salt room and the sauna. But our most popular package is the Queen Bee, which is named after my mom. It features an hour-long massage, an hour-long facial, and 45 minutes in the Salt Room," the latter of which has white Sea Salt on the walls and pink Himalayan Salt on the floor, contributing to the cozy, peaceful vibe.

With the success of the business and her comfort level with Spring Hill, Perrie can hardly imagine living anywhere else.

"I love the area and the people here. I have watched Spring Hill grow from a time when the only grocery store was Food Lion. Being here since '98, it's almost my hometown now."

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www.saltedpeace.com/ See their ad on page 11

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COMMUNITY SNAPSHOTS



SAND + SOL COLLECTIVE CELEBRATES SPRING HILL OPENING

The Spring Hill Chamber celebrated the opening of Sand + Sol Collective, an upscale salon, in Spring Hill at 5075 Main Street, #D4 (around the corner from Early's Honey Stand) on June 25, 2024.



BABYLON BEER GARDEN CELEBRATES SPRING HILL OPENING

The Spring Hill Chamber celebrated the opening of Babylon Beer Garden, a neighborhood bar, in Spring Hill at 412 McLemore Avenue (next door to The Brunch Collective) on July 12, 2024.



GREAT WHITE EXPRESS CAR WASH OPENS SECOND LOCATION

Great White Express Car Wash owners, James and Debbi Whitlock recently celebrated the opening of their second location at 3003 Belshire Village Dr. (near Lowes). Their first location is located at 1075 Crossings Circle. Membership packages are good at both car washes. For more information go to Greatwhiteexpress.com.



NEW STATE SONG PENNED BY COLUMBIA RESIDENT

State Representative Mark White presented Makky Kaylor with the framed legislation for having composed 'Tennessee, In My Dreams.' It is the newest Official State Song of Tennessee and only the 14th in the state's history.





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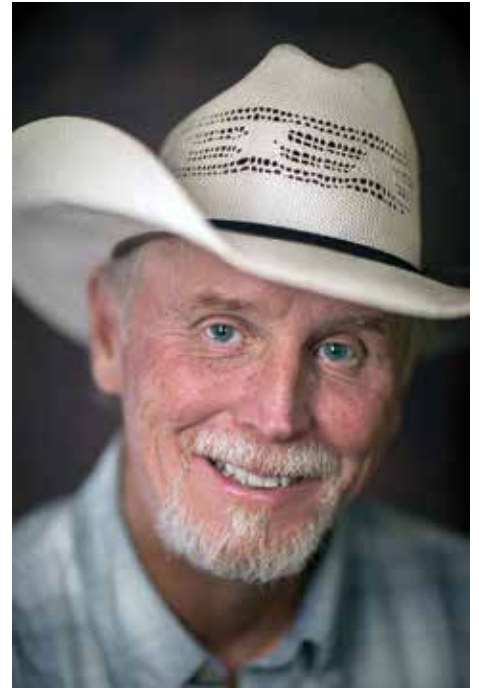
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