



TELL-E-GRAM

FEBRUARY 20, 2018



**TELLICO VILLAGE PROPERTY OWNERS ASSOCIATION AGENDA
WEDNESDAY, FEBRUARY 21, 2018
1:30 P.M.
TELLICO VILLAGE YACHT CLUB**

	Outcome	Responsible
I. President's Announcements	Call to Order	Bruce Johnson
II. Minutes (January 24, 2018)	Approve	Bruce Johnson
III. Advisory Committee/Liaison Reports		
• HOA - Update		Sue English-Kovar
• ACC/Public Works		Jeff Gagley
• Finance Report		Parker Owen
IV. Other/Member Comments - Discussion		

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POA MEETINGS AND EVENTS (RED DENOTES IRREGULARITY OF TIME, DAY, AND/OR LOCATION):

February 20, 3 p.m., Golf, POA Conference Room
February 21, 1:30 p.m., POA Board Meeting, Yacht Club
February 22, 9:30 a.m., Long Range, POA Conference Room

NEW KAYAK STORAGE INFORMATION

The Board approved a new kayak storage space in the 2018 budget. This space will hold 32 kayaks. As was done with the first space, we need 32 people to commit to this and pay the annual fee (\$318) up front. When the 32 payments are in hand, the contract will be signed and construction can begin. At this time, we have only 7 checks in hand, with 10 on the wait list that have not responded. If you are interested in this kayak storage space, please contact Karen Davis at the POA office. Her number is 865-458-5408 x4117. February 28th is the deadline for checks to be turned in. If we do not have 32 committed people by that date, the project will not proceed in 2018.

TREE PLANTING SERVICE PROJECT - YOU'RE INVITED!

The Rotary Club of Tellico Lake is working with the Recreation Department, Public Works, and the community to plant 125 trees at the Wellness Center this Friday, February 23rd, at 1 p.m. This is in conjunction with 250K Tree Day in Tennessee. This is the largest tree planting event in Tennessee history and we are excited to be a part of it! There will be five different species of trees being planted. The community is invited to join in and help plant trees. If you don't want to plant trees, you can still stop by and enjoy some complimentary lemonade at this momentous event!

HOW TO PROPERLY DISPOSE OF PAINT

As a follow-up from the article in the February 16th Tell-E-Gram, Jeff Gagley, Director of Public Works, would like to encourage Villagers to properly dispose of paint. If you need to dispose latex paint and cannot take it to a recycling center, add cat litter to the paint and stir to dry it out. Place the lid back on and dispose of the dried paint in the garbage. Oil-based paints are considered hazardous waste and must be taken to a recycling center or a hazardous waste collection point.

UPCOMING EVENTS AND MEETINGS

TELICO VILLAGE HIKING CLUB

Black Mountain/Cumberland Trail – Join us on Wednesday, February 21st as we hike the Black Mountain trail. Black Mountain trail is part of the Cumberland trail and is located near Crab Orchard. The trail climbs through beautiful forest land up to the southwest flank of Black Mountain. This hike is rated as moderate and is 7.2 miles. We will depart at 8 a.m. from Chota Center. Hike leader is George Zola (614-937-0767 or zola1029@gmail.com).

TELICO VILLAGE SINGLE BABY BOOMERS CLUB

The monthly meeting for the Tellico Village Single Baby Boomers Club is Thursday, February 22nd. The Social will take place in the yacht Club bar at 5:30 pm. The meeting will take place on the upper floor of the yacht Club at 6:00 pm. Our events are planned for mainly evenings and weekends to allow working members to participate. The purpose of our club is to provide activities for singles living in Tellico Village and surrounding areas. Come join us, have fun, and meet new friends!

GFWC TELICO VILLAGE MEETING

GFWC Tellico Village will be meeting on February 26, at 2:30 at Rosy's Café at 221 Lakeside Plaza. We begin with social time at 2:30 p.m., business meeting from 3-5 p.m. and dinner at 5 p.m. If you are interested in what the GFWC Tellico Village club is doing, please come to our meeting on February 26. From February 14-26 we are conducting our second annual food drive for Good Samaritan. Beginning February 14, donations will be accepted in food bins at Chota Rec Center, Wellness Center, Lakeside Real Estate and Tellico Village Welcome Center. Good Samaritan has furnished us with a list of items they need: bath soap, beef stew, boxed potatoes, canned pasta, canned chili, cooking oil, corn meal, dried beans, feminine pads or tampons, 2 lb bag of flour, instant pudding, jelly, oatmeal, peanut butter and saltines.

Last February, we were able to donate 2,000 lbs of food provided by many Villagers and members. March will be busy with our annual membership drive. There are lots of interesting community projects we do, so please drop by or call Nancy Benn, 458-5253, Barbara Ellerbrock, 657-3596 or go to our website www.tellicowomensclub.org. We are a non-profit volunteer organization and our members contribute significantly to their communities through the club's various volunteer efforts. Hope to see you at Rosy's on February 26.

NEW VILLAGERS MONTHLY SOCIAL

The New Villagers Club holds a Social 5-6.30 p.m. on the first Thursday of every month at the Yacht Club. The next Social will be 5pm, Thursday March 1st at the Yacht Club. New members should arrive at 4:30pm. Visit the New Villagers Club website for more information www.telliconewvillagers.com

TELLICO VILLAGE WOODWORKERS MEETING

The Tellico Village Woodworkers Club will be holding their monthly General Meeting on March 1st at 7:15 p.m. The meeting will be held on the top floor of the Yacht Club. This month's program will feature Wayne Watson who will discuss the process to restore a vinegar tank. The public is welcome to attend. For more information, go to tvwoodworkers.com.

AMERICAN LEGION POST 256 MEETING

American Legion Post 256, extends an invitation to all Veterans to join us at our meetings on the 1st Thursday of each month. The next meeting will be Thursday, March 1. The meeting begins at 9 a.m. and includes a breakfast buffet for \$12.00. Reservations are required by noon on the Monday prior to the meeting. Please call Commander Vic Vickery, (423) 884-6476 or Adjutant Jim McNeece, (865) 233-5664. Breakfast is followed by an informative guest speaker and updates on community and veteran's services projects. Join us in the Fellowship Hall at The First Baptist Church of Tellico Village. For directions and more information visit www.TellicoLakePost256.org.

TELLICO VILLAGE GARDEN CLUB

The Tellico Village Garden Club will meet on Thursday, March 1 at 12:30 p.m. at The Yacht Club. The speaker will be Troy Marden from Nashville describing the development of his personal garden. His title is Wit's End - A Collector's Garden.

TELLICO VILLAGE NATURALISTS CLUB MEETING

The Tellico Village Naturalists Club monthly meeting will be on March 5th in Room A, Chota Recreation Center. Social starts at 6pm so members can catch-up with each other. The Program meeting starts at 6:30pm and will focus on Biodiversity and Habitats. Non-members are welcome to come to the Program meeting to learn more about the club. For more information, visit us at:

www.sites.google.com/view/tvnaturalists-public

HOA SOCIAL

The HOA Social is Tuesday, March 13th, 5-6:30 p.m. at the Yacht Club. Sign up for community events. Stay for dinner with the group at the Yacht Club, if you choose. For more information visit: www.hoatelicovillage.com

HOA GENERAL MEETING

HOA General Meeting on Thursday March 15th from 4 – 6 p.m. at the Tellico Village Community Church. A Town Hall Political Forum featuring candidates running for Loudon County offices. Any property owner is welcome.

ART GUILD OF TELLICO VILLAGE

On March 15th, the Art Guild of Tellico Village will have the talented potter & painter Jane Cartwright as our featured speaker. This meeting will occur from 9:30 a.m. – 12:30 p.m. on the top floor of the Yacht Club. Light refreshments and beverages will be served before the speaker presents. Jane lives in Oak Ridge and is one of the founding members of The Atomic Mud and Mayhem Society. Jane teaches handbuilding at the Oak Ridge Art Center. In her previous life, she was a graphic designer and illustrator. You can learn more about Jane and see some of her creations by visiting her website – janecartwrightpottery.blogspot.com

NEW INFORMATION FOR HAND AND FOOT SATURDAY

The Hand and Foot Club will now be held every Saturday starting in March. Play is at the Chota Recreation Center, Room B. Time: 1-4 p.m. Please arrive 10 minutes early and wear your name tag. This club is for experienced players, we do not have instructors. For more information, contact Carol at 865-657-3110.

SHRED DAY IS BACK!

Do you have important documents that you need shredded but no access to a shred machine? You're in luck because shred day is BACK! On Wednesday, March 7th, there will be a shred machine at the Welcome Center. The shredder will be available to everyone in the Village and will shred documents from 8 a.m. until 3:30 p.m. All you have to do is drop your documents off. The Mayor of Loudon County, Buddy Bradshaw, will also be on site should anyone have questions, issues, or comments they wish to discuss.

COMING UP AT TELlico VILLAGE UNIVERSITY IN MARCH...

THE LIFE AND TIMES OF KING LOUIS XIV

- Date: March 2, 9, and 16. Chota Rec Center, Room D, 9 – 11 a.m. Sex, Drugs, and Minuets: The life and times of King Louis XIV. Visit the France of one of the longest-reigning monarchs in history (72 years!) Learn about the wars, the mistresses, the scandals, the economic life, and the building of the great palace at Versailles.

DIY LAWN MAINTENANCE 2.0: LAWN PESTS AND WEEDS - IDENTIFICATION AND ERADICATION

- Date: March 5th from 1 - 3 p.m. in the Yacht Club Gallery. For those who do not have the luxury of having a pest and weed-free lawn, we have just the expert to help us DIY. Teaching us the basics of DIY Lawn Maintenance: Pests and Weeds Identification and Eradication is Loudon County University of Tennessee Agriculture Extension Agent John Goddard. John brings us research-based information from UT's Agriculture programs to help us conquer our lawn pest and weed problems. Come to this very informative two hour session and learn the basics of DIY home owner lawn care. Even if you do have a lawn service, come anyway and pick up some pointers you can use to help maintain your beautiful lawn.

DIY HOME MAINTENANCE AKA: Plumbing, Electrical, Drywall Holes, Strange House Noises and more – You Can Do It

- Date: March 12th from 9 - 11 a.m. in Chota Rec Center, Room D. Do you need to clean a sink drain, reset or unstick a garbage disposal, stop a mysterious running of the toilet, unclog a shower head, install a fluorescent bulb, troubleshoot telephone wiring and reset the modem, repair a hole in drywall, or prevent mold in your HVAC duct? Or are you just living with the problem because you don't know what to do about it? TVU has partnered with the STAYinTV Home Maintenance Team again to demonstrate rewiring a lamp, showing the details of changing a doorknob set, and replacing a toilet flapper and other common household repairs. Bring your questions. Invite your friends to register and attend with you!

THE ART OF ORIGAMI

- Date: March 13th from 9 a.m. - 12 p.m. in Chota Rec Room D. An Origami Tsunami is coming to Tellico Village. This three hour workshop will focus on creating four different flowers. Origami artist Susan K. Wettling is passionate about her love of origami and is looking forward to sharing her skills with us. Origami is the art of folding a sheet of paper into a sculpture, decorative shape, or functional item. In contrast to many creative art forms, origami involves carefully following a set pattern in order to create the chosen object. It has been shown to aid in motor skills, memory, spatial visualization abilities, improved concentration, organizational skills, and stress relief. Registration is required through the TVU website at www.tvuniversity.org. If you must cancel, the courtesy of your cancellation notice is appreciated so we may make your seat available to someone on the wait list.

Complete details about these and upcoming classes offered this Spring are included at www.tvuniversity.org – click the “Classes in Tellico Village Spring 2018” tab in the menu bar. Each class requires payment of a modest tuition payable to TVPOA or by cash at the class.

TELLICO VILLAGE LIONS – CHILI/SOUP DINNER FAST APPROACHING

The TV Lions are well into the planning phase of what provides everyone a great opportunity to get out of the house on these cold winter nights and eat a great meal and socialize with friends and neighbors – the annual Chili/Soup Dinner. This is the club's first fundraising event of the year. The event will be held on Tuesday, February 27th and will be from 4 – 7 p.m. It will be held in the Christian Life Center of the TV Community Church. Ticket prices are \$11/person in advance or \$13/person at the door. They can be purchased from any Lion or at Sloan's, The Community Bank or The Village Salon. If you don't know any Lions, call Marcia Higby (458-9356), Larry Stickler (458-6582), or Perry Sylvester (713-880-0341).

This is a popular event and tickets are limited so get yours early. The proceeds from this and other Lions fundraising events are used to support the club's service activities in Loudon County and East Tennessee. One example of the use of these funds is the free eyeglass program for impoverished county citizens. A Health Fair is conducted at the Good Samaritan Center in Lenoir City once every month. Individuals who attend are screened for high blood pressure, glucose and are given an eye examination. Those who are determined to need glasses can receive them free of charge if they qualify under federal poverty guideline. Over the course of the last 12 months, this program provided 115 pair of free glasses at a cost to the club of just under \$14,500. You can support this and other Lions program by buying your ticket and joining your friends and neighbors for a great meal. Come one, come all.

TGIF AT KAHITE!

Join friends and neighbors for drinks at the Kahite Pub and Grill on the second and fourth Fridays of each month! Our next fun Friday will be on February 23rd. The bar will be open from 4 to 6:30 pm to kick off your weekend. Feel free to bring an appetizer or snack to share (optional). Beer, wine and mixed drinks are available. No reservations needed, just show up and party with friends and neighbors!



Tanasi Bar & Grill
Saturday, March 17th
ST. PATRICKS DAY

Karaoke 5pm-7pm

**Karaoke &
Green Beer**

Dinner Special 4pm-8pm

**Corned Beef & Bangers with
Braised Cabbage & Boiled
Potatoes**

Full Menu Available

Call any Golf Shop to
sign-up today!

TELICO VILLAGE WINTER GOLF CLASSIC

SAT 2018
FEB 24th

DEADLINE
TO SIGNUP
**FEB 21st
2018**

\$15 Per Player Entry
4-Person Team
2-low NET scores per hole

PLACE Tanasi Golf Club
10:00 AM Shotgun

CONTACT: CASEY FLENNIKEN, PGA
(865) 458-4707
Cfenniken@tvpoa.org

Ladies' Clinics

@ Toqua Golf Club

March 7th, 14th, 21st, 28th

April 4th, 11th, 18th, 25th

May 2nd, 9th, 16th, 23rd

COST
\$20 per
session

All students must
pre-pay for each
session at the
Toqua Golf Shop

Week 1 - Full swing
Week 2 - Chipping/Pitching
Week 3 - Short Irons/Bunkers
Week 4 - Long Irons/Hybrids
Week 5 - Fairway Woods
Week 6 - Drivers
Week 7 - Putting
Week 8 - Full swing
Week 9 - Chipping/Pitching
Week 10 - Iron Play
Week 11 - Fairway Woods
Week 12 - Putting

Email with questions:
Cfenniken@tvpoa.org

Wednesdays 12:00 PM to 1:00 PM
or 1:00 PM to 2:00 PM

Swing Into Spring!

Join the Tellico Village Golf mailing list!

Get golf updates and info via
email today!

Text

TVGOLF

to **22828** to get started.



Message and data rates may apply.



**SUMMIT
MEDICAL GROUP**

Tellico Village

"Healthy Aging with an emphasis on falls prevention and prevention of fragility/osteoporotic fractures"

Dr. F. Brandon Sammons D.O.

Monday February 26, 2018

4 p.m. to 5 p.m.

Christ Our Savior Lutheran Church

260 Wade Road West Loudon, TN 37774

865.458.8531

SAVE THE DATE FOR THE TELLICO VILLAGE SINGERS CONCERT

Save the date for the Tellico Village Singers concert "Yesterday Once More" - Music we all grew up with. It will take place at the Tellico Village Community Church on Monday, March 19th. The concert will begin at 7 p.m. If you're interested in additional information, contact Jan Sampson at (630) 207-1040.



WOMEN'S INTERCLUB TENNIS TEAM SEEKING ADDITIONAL PLAYERS FOR LEAGUE PLAY

The Tellico Village Women's Interclub Tennis Team is seeking additional players for upcoming league play in the Greater Knoxville Tennis Association (GKTA). Matches will be played on Thursday mornings starting in June at various clubs around the Knoxville region, with home matches held at the Chota courts in Tellico Village. (Level of play is nominally United States Tennis Association (USTA) level 3.5 and above, but no formal ranking is required.) Come join us! Requirements for play include paid recreation membership (or daily use/guest pass) fee, a USTA Interclub league fee of \$13 and GKTA registration dues of \$16. If interested, please contact Kelly Priestley at kpriestley13@gmail.com by March 14, 2018.

2018 LADY LINKSTERS GOLF

The Tellico Village Ladies Linksters Golf Association will hold its orientation and sign-up meeting March 14th at the Yacht Club from 10:00-12:00. We are a league that emphasizes "FUN" while playing golf. Whether you are a beginner or looking to improve your knowledge and experience in playing the game of golf, we are the league for you! Golf professional Adam Jacob will discuss the new "Team Lady Linksters", how to use Chelsea, golf rules, and the schedule for the upcoming season.

The season will begin with a scramble at 9:00 am April 3rd at the Kahite Golf Course. Stop by for a taco bar lunch at the Kahite Grill after golfing and a chance to win prizes! Any questions, please contact Kate Greer at kategreer329@gmail.com or 865-657-5029.

TENNIS MIXED DOUBLES SPRING LEAGUE STARTS MARCH 13

The Tellico Lake Tennis Association (TLTA) is forming up teams for mixed doubles league play. All matches are played at the Chota courts on Tuesdays and/or Thursdays from March 13 through May 3 at 6:30 pm. No partners needed for sign-up! Participants will be placed on teams, and matches will be coordinated each week by team captains. Come join us! Requirements for play include a TLTA membership (annual membership is \$15 for individual, \$20 for family) and a \$5 league fee. Cash or check payments can be made at the Chota Recreation Center.

Make checks payable to TLTA. For any questions, please contact Jack Wright at wrightjmj@gmail.com

TELLICO RESIDENT WINS TWO AWARDS FOR DUPLICATE BRIDGE

Congratulations to Villager, Tom Paul, who earned two duplicate bridge awards for his consistent and skillful play in 2017. The Tennessee Valley Unit 165 of the American Contract Bridge League sponsors both of the awards. Unit 165 encompasses nine duplicate bridge clubs in Northeast Tennessee and Southwest Virginia, including Tellico Village and Knoxville.

For finishing first in the 50-100 master point level for Unit 165, Tom received a Mini-McKenney medallion. These medallions are given to the player in each ranking level in a Unit who scores the most master points during the year. Masterpoints are earned by placing well in sanctioned duplicate bridge tournaments and club games.

Competing with all Unit 165 players who began 2017 with 50 – 100 master points, Tom also earned the Sterling Silver Award by winning the most masterpoints at Unit 165 Sectional tournaments in 2017. The best part—free play at all Unit 165 Sectional tournaments held in 2018! Tom and his wife, Kathie, have been residents of Tellico Village for over 12 years and live in the Toqua neighborhood.



TENNESSEE LIVING TRUST WORKSHOP

On Wednesday, February 21st you're invited to the TN Living Trust Workshop at Tanasi Bar & Grill. This free Dinner Workshop will begin at 6 p.m. Seating is limited and reservations are required. To enroll, contact Libby Underwood at 865-415-2062. To enroll online or view a video preview, visit: www.TNLivingTrust.com. Attendees will receive the TN Living Trust workbook and checklist. This event is free and there is no charge for the materials received.



SOFTBALL PLAYERS WANTED

TELLICO MEN'S SENIOR SOFTBALL LEAGUE

New Player Meeting

Tuesday, Feb. 27th. at the Chota Rec. Center – 1:00 PM

- . Open to all men 55 and over (by December 31st, 2018) residing in Loudon County and surrounding communities.
- . Slow pitch, 7 inning, 8 game season in the spring and 8 games in the fall.
- . Cost to play - \$50 (includes both seasons). Pays for field rental, bats, balls, etc.
- . Games played at Loudon Municipal Park off Hwy 72 (about 1 mile east of I-75).
- . Games played on Tuesdays 1:00 PM beginning March 20th.

ALL NEW PLAYERS MUST ATTEND AT LEAST ONE PRACTICE SESSION

Practices will be held Mar. 1, 6, 8 & 13 beginning at 12:00 noon at the Loudon Municipal Park.

For additional information, contact League Commissioner John Hunter at 865-300-6058 or upnrunn@yahoo.com.

TICKETS ON SALE FOR TELlico COMMUNITY PLAYERS COMEDY PLAY ON!

Reserved seats at \$21 for the comedy *Play On!* are on sale on the Tellico Community Players website: www.tellicocommunityplayhouse.org - click on the "tickets" section to purchase. Dates for this first Players performance of 2018 are Thursday - Saturday, February 22-24 and Thursday - Sunday March 1- 4. All shows begin at 7:30 p.m., except for the matinee Sunday, March 4, which begins at 1:30 p.m. *Play On!* is sponsored by the Sweetwater investment services firm, Fairweather Financial. In this hilarious story, directed by Sue Aukerman, a community theatre is about to produce a show called Murder Most Foul: a new "murder mystery play" with the same title as an Agatha Christie novel but with no relation whatsoever.

The director, Gerry, thought producing the play was a good idea since the inexperienced playwright has agreed to let their company perform the show for no charge. Gerry, however, had no idea what disasters awaited her: the show is hilariously amateur, the "murder mystery" plot doesn't really have a murder, and to top it off the playwright keeps changing the story and script only two days from its' premiere! It doesn't help that the cast is disgruntled, and the playwright accidentally deletes the entire sound effect board. All of the disasters come to fruition in Act III when the company performs the actual show with hilarious mishaps at every turn. The play was written by Rick Abbot, one of several pen names for the late prolific playwright Jack Sharkey. The show's producer is Phil Geyer.

Art Guild of Tellico Village

Spring 2018 Classes & Workshops

Beginning Drawing Class

Art Instructor - Loretta Lee Edge
Fridays beginning March 27th 9AM to 12Noon
Chota Recreation Center - Room A
Contact Lee Edge at paintingsbylee@gmail.com

Beginning Watercolor Class

Art Instructor - Loretta Lee Edge
Fridays beginning March 27th 1PM to 4PM
Chota Recreation Center - Room A
Contact Lee Edge at paintingsbylee@gmail.com

Mixed Media Workshop

Art Instructor - Sandra Washburn
April 5, 6, 7 9AM to 4:30PM
Chota Recreation Center - Room A
For more information and registration see www.tellicoartguild.org

Realistic Oil Painting Workshop

Art Instructor - Laurie Szilvagy
May 3, 4, 5 9AM to 3PM
Chota Recreation Center - Room A
For more information and registration see www.tellicoartguild.org

Creating Dramatic Landscapes in Watercolor

Art Instructor - Kate Aubrey
June 7, 8, 9 9AM to 4:30PM
Chota Recreation Center - Room A
For more information and registration see www.tellicoartguild.org

LIBRARY CORNER

Wednesday, February 21, 2018, 1-2 p.m., How to Keep Your Knees Healthy and Strong, presented by Dr. Mag Abdu, PT of Advanced Physiotherapy Associates in Lenoir City. This session will meet in the Library Conference Room of the Public Library at Tellico Village. There is no charge to attend. However, please preregister to insure space available by calling 865-458-5199.

Thursday, February 22, 2018, 4:30-5:30 p.m., Learn How the New Tax Plan Affects You! Providence Advisors Group presents Nick Stovall, CPA MBA, who will give a workshop on understanding the new tax laws. Please call the Public Library at Tellico Village, where this session will be held, at 865-458-5199 to register. There is no charge.

Saturday, February 24, 2018, 9:30-10:30 a.m., Long Term Care Planning, with Providence Advisors Group. This session will be held at the Public Library at Tellico Village and there is no charge. Please call 865-458-5199 to register.

MARCH LADIES LUNCHEON & FASHION SHOW



Wednesday, March 7, 2018

Tellico Village Yacht Club

Doors open @ 10:00 for shopping

Lunch served at 11:30



*Fashions provided by
Christopher & Banks*



March Vendors

Cranberry Hollow Premier Jewelry
Ridiculously Adorable Swarovski Elements
Table Decorations by Occasion Decorated Cakes

Music will be provided by Peggy Bastien

Charity Guest Baker - Janice Moler

MS

Desserts available for \$3.00 at luncheon

Menu

Traditional Chef Salad, diced red onions, diced tomatoes, hardboiled eggs,
Layered with ham & turkey Coffee, tea and water **No Substitutions Please**

Full Bar available from 10:00 to 1:00

\$15.00 pp cash or check payable to TV Yacht Club

Reservation Deadline is February 28, 2018

Reservations & payment at Yacht Club, New Villager & HOA Socials





Aging Doesn't Have to be a Pain!

Joint **pain** or stiffness? **Fatigue**? Poor **Circulation**?
Forgetful? A few stubborn **pounds**? **Sleeplessness**?
Just want to wake up feeling great?

It's time for a
wellness
REVOLUTION!

Join Bess Howard, NP-C for a one-hour seminar on being and living well! Getting older doesn't mean that you can't have energy, be active, and look and feel great!

Learn how you can take the first step toward better health during the Wellness Revolution!

11:00 a.m. Friday, March 9, 2018

**Kahite Annex, 400 Kahite Trail
Vonore, Tennessee**



Stay for lunch at the Kahite Pub & Grill, where Bess will be available to answer questions until 1:00 p.m.

RSVP to Carla Johnson, tvradioprint@yahoo.com

Advanced Scholarship Trained: American Academy of Anti-Aging & Regenerative Medicine

PET OF THE WEEK: MEET JAZZ!

Single shy female seeks loving companion with quiet household for committed relationship. Let me say up front, "I want to be the only pet in your home!" I enjoy playing with toys and can be quite entertaining. I prefer to be an indoor cat and I'm just fine with a litter box. The good folks at Monroe County Animal Shelter took me in as I was wandering around homeless. I am well-mannered so I must have had some family life in my past, and I miss that. I may be a bit shy at first (it's been tough out there on the streets), but give me a chance and we'll enjoy lots of warm and fuzzy time together. I'm a young 2 years old so we'll have a long life together. Hoping for a visit from you soon and if we don't click (sigh), there are other cats & kittens here that might. Although, I can't image any kitty more adorable than me.

If you are interested in adopting Jazz, contact the Monroe County Animal Shelter located at 170 Kefauver Lane in Madisonville (behind Walmart). Please note new hours: Tuesday-Friday from 11-4:30 and Saturdays from 11-2. The shelter is closed to the public on Sunday and Monday. Call 423-442-1015 and check out all available pets on our website at: www.friendsofanimalsmc.org

TN Monroe County Animal Shelter is the official Facebook page for the Monroe County Animal Shelter. Adoption Gift Certificates available all year. All animals adopted are spayed or neutered, have age appropriate vaccinations and testing, and are microchipped (with registration). Cats are litter box trained. \$40 adoption fee.

We are still looking for a few fosters for some small pups and some bigger pups who need socialization. If you can foster for a bit, please contact us and let us know. Shelter Needs: Paper Towels, Laundry detergent, lots of scoopable/clumping cat litter, copy paper, bleach, Q-tips, cotton balls, and Original Blue Dawn-all cleaning & office supplies are always needed!

SNAP (Spay Neuter Assistance for Pets) offers free vouchers to qualifying families for a spay or neuter procedure at participating local veterinarians. The next voucher session will be held Saturday, February 24th, at the Tellico Plains Community Center, 10-11am. Vouchers are available to qualified Monroe County residents. If you are in another county, you can visit this webpage to find options close to you <http://www.spaytennessee.org> PPAW in Greenback also offers low cost neutering at their clinic for anyone who does not meet the voucher income or residency qualifications. Take advantage of these no or low cost opportunities available to EVERYONE.

