



# TELL-E-GRAM

**AUGUST 14, 2018**



## WELLNESS CENTER CLOSURE

With the Wellness Center closing on Thursday, the Recreation Department wants to remind you that there is no need to despair. There are so many awesome opportunities to get in a great workout while challenging yourself by trying something new. The Wellness Center will be completely closed for business beginning Thursday, August 16th at 3 pm and will reopen on Monday, August 27th at 6 a.m. Restroom facilities for outdoor sports will be available at the tennis courts.

At Kahite, you can participate in half a dozen different classes, play tennis or pickleball or enjoy a dip in their outdoor pool. There is also a small exercise room in the clubhouse immediately to your left as you walk in. Everyone's favorite floor trainer will be on site at Kahite during his regular hours to help out anyone that needs it. Matt from TOC is also planning to make his weekly house call at Kahite on Wednesday, August 22nd. Don't miss it!

Are you looking for something new and different to try while the Wellness Center is closed? Have you ever wondered what all those people are doing on the other side of the Wellness Center parking lot? Do you want to try one of America's fastest-growing sports? Well, pickleball may be just what you're looking for! It's a fun, active, and social sport for all ages and skill levels. You can find out for yourself during the week that the Wellness Center will be closed for upgrading and repairs.

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

August 16, 9 a.m., ACC, POA Conference Room  
August 17, 9 a.m., Finance Advisory Committee, POA Conference Room  
August 20, 1 p.m., Dock Captains, POA Conference Room  
August 21, 3 p.m., Golf, POA Conference Room  
August 22, 1:30 p.m., POA Board Meeting, Yacht Club

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The Tellico Village Pickleball Club and the Recreation Department are offering some free, "drop-in" sessions where you can see what all the excitement is about. The recreation department will provide equipment and experienced pickleball players will be on hand to help you get introduced to the game as well. So stop by and give it a try! The pickleball courts are located across the parking lot from the Wellness Center.

Here's when they'll be there just for you:

- Tuesday, August 21, from 1:00 - 3:00
- Thursday, August 23, from 1:00 - 3:00

At Chota, there are several classes taking place throughout the week, not to mention a number of racquet sport opportunities. Additional classes will be taking place at Chota as well, make sure you pick check the Tell-Events calendar or call Chota for an updated class schedule at 865-458-6779.

Don't forget about the outdoor pool too! The Chota Rec Center will be opening at 6 a.m. in order to accommodate early morning swimmers.

That's not all! We have miles of new walking trails around the Village. There are also water sport opportunities down by at the Beach Pavilion. Call Chota to sign up for Friday morning Kayak and Paddleboard 101, Tuesday morning kayak rentals or Thursday morning stand up paddleboard yoga!

If you are interested in participating in the Senior Olympics, don't forget that the application deadline is August 17th. Applications can be picked up or dropped off at the Wellness Center of Chota Rec Center. The Kahite Outdoor pool will be closed on Wednesday, August 15th for maintenance beginning at 12 p.m. We hope that you will take advantage of the ample opportunities to stay active while the Wellness Center is closed and will try some new activities!

## GOLF AD HOC COMMITTEE

The Ad Hoc Committee will be reviewing the following topic:  
Unlimited and pre-paid

- Do we eliminate the Unlimited Golfer fees structure?
- Do we eliinate the Pre-Paid fee structure?
- Do we eliminate the Member discount fee structure?

Each topic will be presented on the POA website in the coming days. Comments and suggestions can be directed to Mike Colacone at mc195@aol.com and/or Pat White at jwhite2032@charter.net

## SHOP TELlico VILLAGE

### Edward Jones – Ashley Benson

Ashley Benson is a financial advisor affiliated with Edward Jones. Her office is located at 101 Cheeyo Way, Suite C. Her specialty areas include: investors savings for retirement, retirees, college savers, individuals with insurance needs, and individuals with estate needs. Ashley can be reached via phone at (865) 458-9194 or via email at ashley.benson@edwardjones.com



**Ashley Benson**  
Financial Advisor

101 Cheeyo Way Suite C  
Loudon, TN 37774  
Bus. 865-458-9194 Fax 877-479-4255  
ashley.benson@edwardjones.com  
www.edwardjones.com

**Edward Jones**  
MAKING SENSE OF INVESTING

### Edward Jones – Ben Campbell, CRPC

Ben Campbell is a financial advisor affiliated with Edward Jones. He is a Chartered Retirement Planning Counselor (CRPC). His office is located at 204 Village Square Dr. and his specialty areas include: college savings, estate & legacy strategies, insurance & annuities, retirement income strategies, and retirement savings strategies. Ben can be reached at 865-408-2377 or ben.campbell@edwardjones.com



**Ben R Campbell**  
Financial Advisor

204 Village Square Drive  
Loudon, TN 37774  
Bus. 865-408-2377 Fax 855-659-2004  
ben.campbell@edwardjones.com  
www.edwardjones.com

**Edward Jones**  
MAKING SENSE OF INVESTING

**Edward Jones – Gary Stuart, CFP**

Gary Stuart is a financial advisor affiliated with Edward Jones. He is a Certified Financial Planner (CFP) and his office is located at 141 Chota Center. His specialty areas include: college savings, estate & legacy strategies, insurance & annuities, retirement income strategies, retirement savings strategies, and portfolio reviews. Gary can be reached at 865-408-1157 or gary.stuart@edwardjones.com



**Gary Stuart, CFP®**  
Financial Advisor

141 Chota Center  
Loudon, TN 37774  
Bus. 865-408-1157 Fax 888-273-3979  
gary.stuart@edwardjones.com  
www.edwardjones.com



**COMMUNITY CHURCH AT TELlico VILLAGE PARKING LOT CLOSURE**

The Community Church at Tellico Village is having the entire parking lot resurfaced August 27th - 31st. There will be no through traffic during that time. We apologize for any inconvenience this may cause.

**LONG RANGE PLAN STRATEGIC PLAN QUESTIONNAIRE REMINDER**

If your household has already completed the Long Range Strategic Plan Questionnaire—thank you and disregard this message. If you have not submitted it, why not? The Questionnaire closes August 20th.

It is available online at <https://lrpc.questionpro.com> or a paper version is available at the Welcome Center.

Tellico Village is our home and it is essential that your voice be heard. It matters.



**UPCOMING EVENTS AND MEETINGS**

**SOLO CLUB MONTHLY MEETING**

The Tellico Village Solo Club monthly meeting will be on Wednesday, August 15th, at the Yacht Club top floor. Sign-up for events starts at 5 pm with the meeting at 5:30 pm. Dinner at 6 pm for those who wish to stay.

**HIKE THE EAST LAKESHORE TRAIL IN AUGUST**

Join us on August 21st when we will hike 2.5 miles of the Sinking Creek Branch of East Lakeshore Trail. We will gather at the Poplar Springs Boat Ramp parking lot at 9:00 AM, where we will carpool to the trail head. Hikers coming from Kahite can meet us around 9:15 AM at the Sinking Creek Trailhead, which is at the intersection of Axley Chapel Road and National Campground Road. The East Lakeshore Trails are just across the lake and are one of the most beautiful and accessible hiking trails in East Tennessee and have been designated as National Recreation Trails by the Department of the Interior. If you would like to become more familiar with these trails and/or would just like to take a short 2 1/2 to 3 mile hike, then come join us on the 3rd Tuesday of every month. All of the monthly hikes should finish no later than 11:30 AM. Your hike leaders will be Larry Elder and Jon Foreman. For additional information feel free to contact: Larry: lelder49@gmail.com / 865-657-9722 or Jon: for4man@charter.net / 412-337-5500



## AUGUST CLASSES AT TELLICO VILLAGE UNIVERSITY

Visit our website at [www.tvuniversity.org](http://www.tvuniversity.org) for complete class descriptions, requirements, tuition information for each class and links to the registration process. Registration is required, and in some cases, it is limited so we can manage our class experience. If you must cancel, please do so via the website.

- **WHEN STYLE MEETS TRUST: Why People are the Way They Are and What to do About it** - Villager Cindy Rogers is doing a repeat of this fun and interactive two session class to help us understand how we are alike, how we are different, and how we can engage with others more effectively. This class will take place on August 17 and 24 at Chota Rec Center from 9:00 – 11:00 a.m.
- **AMERICAN SIGN LANGUAGE** - this course will be eight sessions and will occur on August 20 and 27; September 10, 17, 24, and October 1, 8, 15 in the Yacht Club Gallery. This course will be taught by an instructor from the Knoxville Center for the Deaf. It is limited to 20 persons.
- **COMPLIMENTARY CLASS IN IMPROVING BALANCE AND PREVENTING FALLS** - A COMPLIMENTARY Tellico Village University session. Be sure to register now! STOP FALLS, BEFORE THEY STOP YOU! This class will take place on September 10, from 10 -12 at Chota Rec Center D with Cynthia Rockey. Please make time to attend this complimentary presentation on a very important health and safety topic that affects most of us. Did you know that 1 in 4 Americans aged 65+ falls every year? Falls are the leading cause of fatal and non-fatal injuries for older Americans. Those who attend this session will be able to participate in an individual fall assessment to be done by a physical therapist from Benchmark Physical therapy (time permitting). Participants will also learn practical lifestyle adjustments, evidence-based programs, and community partnerships that can reduce the number of falls among seniors. Our Presenter is Cynthia Rockey L.C.S.W., M.Ed, Health Promotion Manager from E. Tennessee Area Agency on Aging & Disability. Those who register will be seated first to ensure good seating. There is no charge for this class.
- **ENVIRONMENTAL SUSTAINABILITY CLASS** - Registration is now open for a two hour presentation on Environmental Sustainability taught by two Maryville College faculty Dr. Mark O,Gorman and Ms. Adrienne Schwarte, Associate Professor Maryville College. Passing on a natural legacy: Sustainability at Tellico Village – This class will take place on September 25 from 2 – 4 p.m. in Chota Room A. What can individuals do to make sure our natural resources are of high quality and remain so for generations to come? This two hour presentation will describe methods and daily living habits to conserve natural resources in our homes and backyards. Learn how such environmentally sustainable thinking and practices saves money, helps the planet and makes people feel happy – all at the same time! There is a \$5 tuition (cash please) to provide our visiting faculty a well-deserved honorarium.

### **SocialMedia4Seniors class in September at the Welcome Center:**

- iPhone/iPad Basics Part 1: September 6 and 7 from 8:30 - 10:30 a.m. in the Welcome Center
- Android Basics Part 1: September 6 and 7 from 11:00 a.m. -1:00 p.m. in the Welcome Center

## GARDEN CLUB

Tellico Village Garden Club will meet Thursday, September 6 at 12:30 p.m. at the Yacht Club. New members are most welcome. Dues for the new program year are \$15; please pay by check. Horticulturalist Julian Cosner will give us tips for site preparation and plant selections for Shade gardens.

## NEW VILLAGERS CLUB SOCIAL

**Please note new start time:** The New Villagers Club holds a Social 4:30-6:30 p.m. on the first Thursday of every month at Tellico Yacht Club. The next Social will be 4:30 p.m. on Thursday, September 6th, at the Yacht Club. New members should arrive promptly by 4:30 p.m. Please note that no event sign-ups will be accepted before 4:30 p.m. Visit the New Villagers Club website for more information: [www.telliconewvillagers.com](http://www.telliconewvillagers.com)

## NEW BEGINNER TAI CHI CLASS STARTING SEPTEMBER 6

The Taoist Tai Chi Society of the USA will offer a beginner Tai Chi class 10:30 a.m. - noon on Thursdays, starting September 6 in the Wellness Center. (You do not need to be a member of the Wellness Center to attend.) This four-month class covers a 108-move Tai Chi set. Tai Chi is an ancient Chinese internal martial art - widely known for its health benefits. These include increased flexibility, strength, improved balance, and a calmer mind. Tai Chi can be practice by people of all ages and physical abilities. The Taoist Tai Chi Society of the USA is a tax-exempt, charitable organization whose accredited volunteer instructors donate their time in order to share the health-giving benefits of Taoist Tai Chi arts. For more information, contact Gail Eades at 865-599-6785 or visit [www.taoist.org](http://www.taoist.org)

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## UPCOMING PHOTOGRAPHY WORKSHOPS

### Beginner's Digital Photo Workshop

Just in time to take great pictures during our spectacular Autumn foliage season! Join Dennis Sabo, award-winning, professional photographer in this Hands-on Digital Photo Workshop. This teaching workshop consists of 3 days including a photo field trip to a working horse ranch and arena where riders work with their horses. It will take place on August 15, 17, and 31 from 9 a.m. – Noon.

This 3-day workshop with Dennis is a great opportunity for beginners, new camera owners, and inactive photo hobbyists. Learn camera familiarity, exposure techniques and composition do's and don'ts to ensure picture perfect images in the post-production process. Digital SLR camera is required. Point & Shoot camera owners should call for alternate workshop options. Cost is \$165.00 per person. Workshop is limited to (5) students to allow for individual attention.

### Landscape and Scenic Photography Workshop

Once you know your camera buttons how do you take better landscape and scenic pictures? Join Dennis Sabo, award-winning, professional photographer for an extensive 2 day lecture series on "The Art of Landscape" Photography. It will occur on September 20 and 27 from 9 a.m. – Noon.

This hands-on class and field workshop teaches artistic composition, equipment considerations and proper lighting to capture great travel, landscape and scenic photos. You will also learn quick software tips to make your photos pop with color.

For those that love to take landscape and scenic pictures join Dennis for this fun and informative seminar to improve that area of your photography. Cost is \$165.00 per person. Workshop is limited to (5) students to allow for individual attention.

Pre-Registration is required for both workshops, secure your space with Dennis at [dsabo.photo@gmail.com](mailto:dsabo.photo@gmail.com) For more information on this workshop call Dennis at 865-253-0798 or email him. Dennis' website can be viewed at [www.dsabophoto.com](http://www.dsabophoto.com)

## LIBRARY CORNER

### Below are some upcoming events being held at the Library:

- **ANNUAL BOOK SALE 2019** - Help us make a difference in our library and community. The Friends of Tellico Village Library are looking for people to join our Annual Book Sale Team as Logistics Coordinator and Team Leader. The Friends of Tellico Village Library is a member-supported, non-profit organization that provides support for the library and its literacy and educational programs. The Annual Book Sale is part of the events program that allows us to give financial aid to the library. Preparations for the sale are year round. However, the main responsibilities for the Team Leader and Logistics Coordinator coincide with the month of and before the sale. It is critical to continuing the sale to find volunteers for these positions. If you are interested or would like information on the responsibilities, please contact Becky Haile, President of Friends of the Tellico Village Library at [beckythaile@gmail.com](mailto:beckythaile@gmail.com)
- **Wednesday, August 15** - 1-2pm, Anterior Hip Replacement, presented by Dr. Mag Abdu, PT, a therapist with Advanced Physiotherapy Clinic in Lenoir City, with specialties in Neurological and Orthopedic Physical Therapy. This session will meet in the Library Conference Room at The Public Library at Tellico Village. There is no charge for this event. Please call the library at 865-458-5199 to register.

## MS SUPPORT GROUP

Tellico Village is starting a support group, "Standing Up to MS", for those impacted by MS- individuals, support partners, and health care professionals. The group meets every third Tuesday of the month at the Thai Bistro Restaurant in the Main Village at 11:30 AM. We would like to have this information posted in the Connection Calendar of Events. For further information, please contact Patricia Garrett, 423-884-3894 / [patgarrett@tds.net](mailto:patgarrett@tds.net) or Vicky St. John, (513) 477-0453 / [stjohnvicky@gmail.com](mailto:stjohnvicky@gmail.com)

# TELLICO VILLAGE PICKLEBALL CLUB

Are you looking for something new and different to try while the Wellness Center is closed? Have you ever wondered what all those people are doing on the other side of the Wellness Center parking lot? Do you want to try one of America's fastest-growing sports? Well, PICKLEBALL may be just what you're looking for! It's a FUN, ACTIVE, SOCIAL sport for all ages and skill levels, and you can find out for yourself during the week that the Wellness Center will be closed for upgrading and repairs. The Tellico Village Pickleball Club and the Recreation Department are offering some free, "drop-in" sessions where you can see what all the excitement is about. We'll provide everything, and we'll have players on hand to help you get introduced to the game as well. So stop by and give it a try! We're located acrosss the parking lot from the Wellness Center, and we'll have players ready to meet you and get you started.

Here's when we'll be there just for you:

- Tuesday, August 21, from 1:00 - 3:00
- Thursday, August 23, from 1:00 - 3:00

Drop in and have some fun!

## Ladies Luncheon

### Tellico Village Ladies Luncheon

#### When:

Wednesday,  
September 5, 2018  
10:00 AM to 1:00 PM

#### Where:

The Yacht Club  
100 Sequoyah Rd,  
Loudon, TN 37774

865-458-4363

### Guest Charity

#### Baker:

The September desserts are provided by Deb Young and are \$3.00 each. Proceeds from the sale will benefit Pulmonary Fibrosis.



### September: Tellico Village Ladies Luncheon and Fashion Show

Join us as we return to the runway with our first luncheon this Fall.

**Fashions:** Presented by Chico's.

**September Vendors:** Shop the World Gifts.

Fashion Artier, Sandy's Southern Scrubs, Linda Johnson Water Colors and Cornshux Creations.

**Table Centerpieces:** Shop the World Gifts

**Music:** Provided by Peggy Bastien.

**September Menu:** Chicken Wraps with a small side salad and house chips. No Substitutions Please.

**Buy tickets:** \$15.00 paid reservations can be made at the Yacht Club by the Deadline of Wednesday, Aug 29, 2018. You may also buy tickets at the preceding HOA and New Villager Socials.

## BACK TO SCHOOL SUPPLIES AND VOLUNTEERS NEEDED!

Back-to-school supplies are needed for students at Loudon County and Steekee Elementary Schools. The Tellico Village Adopt-a-Class Program supports this effort with donations. We have placed boxes at 4 convenient locations - the Wellness Center, library, Chota Rec Center and the Welcome Center (storage - may drop-off at front desk). Items requested include sharpened pencils, erasers, glue sticks, crayons, notebook paper, 2-pocket folders, spiral notebooks, and construction paper. Classroom needs include dry erase markers and cleaner, tissue, hand sanitizer, disinfectant wipes, and band aids. School begins on August 6, so please act now. Contact Bonnie Pierce (516-413-0177) or at [adopt.a.class.donations.tn@gmail.com](mailto:adopt.a.class.donations.tn@gmail.com) or Karen Hamerslag (352-219-1046) or at [adopt.a.class.tn@gmail.com](mailto:adopt.a.class.tn@gmail.com) with questions. Cash donations are also appreciated - contact us for further information. The Tellico Adopt-a-Class program supports local elementary schools with classroom volunteers and donations of school supplies. Volunteers are matched with a classroom and teacher, fostering relationships with children while assisting in their education. Villagers usually volunteer 3 – 5 hours a week, either on one day or split into 2 sessions. Most work directly with students, either individually or in small groups. Adopt-a-Class is now active in both Loudon and Steekee Elementary Schools. We are currently accepting volunteers for the 2018-2019 school year. Please contact Karen Hamerslag at 352-219-1046 or [adopt.a.class.tn@gmail.com](mailto:adopt.a.class.tn@gmail.com) for further information.

## HOMEcoming SUNDAY COMING TO TELLICO VILLAGE

Homecoming Sunday is a day the Community Church at Tellico Village will celebrate their 30th anniversary of being a church family. They are encouraging everyone to invite past members and friends back to church or new friends that are looking for a church family to help celebrate this important milestone on September 9th. There will be one service that day at 10:15am along with a series of presentations and acknowledgements of the service and support the Community Church as provided to various local organizations as well as the local community. The church has arranged for a fully catered lunch to be served after the 10:15pm service, on September 9th. Tickets can be purchased at the church office during the week. Each lunch ticket is \$10 and includes a pulled pork sandwich, three sides and your choice of banana pudding or peach cobbler. Deadline for purchasing tickets is August 17th. For additional information the church office phone number is: 865-458-1516 and for more details the web site is: <http://www.tellicochurch.com/>



### Ankle and Knee Pain Seminar Series

Hyaluronic Acid Treatment  
Platelet Rich Plasma treatment (PRP)  
Prolotherapy  
Stem Cell Therapy

Wednesday, August 15<sup>th</sup>, 4p-6pm

Complimentary Cocktail

Tanasi Bar & Grill

450 Clubhouse Point, Loudon, TN 37774

Please **Reserve** your spot today  
865.524.1234



Toqua Cafe  
Join us on Mondays!

# Steak Night

\$11

Mondays 5:00pm - 8:00pm

Toqua Cafe  
200 Toqua Club Way  
Loudon, TN 37774

TANASI BAR  
& GRILL  
LIVE MUSIC  
6:30-8:30PM

AUGUST 6TH  
AM STATION

AUGUST 13TH  
KENNY DYKES

AUGUST 20TH  
DEREK CRIDER

AUGUST 27TH  
JOAN LOVELACE

\$16 Prime Rib  
& FREE DESSERT  
4pm - 8pm  
Loaded Baked Potato

Toqua Pavillion  
5:30 - 7:30PM

MUSIC ON THE  
FAIRWAY

AUGUST 2018

2nd Tennessee Sons

9th No Music

16th Star Southern

23rd Wade Hill Hillians  
(Blue Grass)

30th No Music

2018  
7-10pm

TIKI FRIDAY  
August

3rd  
ROCKIN-  
FELLER  
BAND

10th  
NO TIKI

17th  
KNOXVILLE  
TRANSFER  
BAND

24th  
AM  
STATION  
BAND

31st  
DJ LOU

TELLICO VILLAGE YACHT CLUB



*Fellico Village Yacht Club*  
*Macallan Dinner*

SEPTEMBER 20, 2018

6:30PM

Passed Cocktail with The Macallan 10 Year Fine Oak

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**FIRST COURSE**

Cheese & Charcuterie plate that includes Smoked Gouda, Gruyere,  
and Dubliner Cheese, as well as Spanish Iberico Chorizo and  
Italian Finochietta Salami

Paired with The Macallan Fine Oak 15 Year Single Malt

**SECOND COURSE**

Moules au Roquefort

Paired with The Macallan Edition No. 3

**THIRD COURSE**

Roasted Beef Tenderloin with Rosemary, Dark  
Chocolate, and Wine Sauce

Paired with The Macallan 12 Year Double Cask Single Malt

**FOURTH COURSE**

Dark Chocolate Souffle'

Paired with The Macallan 18 Year Single Malt

*For reservations call:*

*865-458-4363*

**\$125 Per Person**

**\*Does not include Tax or Gratuities\***

TANASI BAR & GRILL  
PRESENTS  
**Sippin' Sunday**

3 Onion Rings Drizzled With Chipotle  
1 Eggroll  
2 Rib Bones  
Small Chips & Salsa

One FREE Individual Appetizer of Choice  
Above With Purchase of Any Bar Drink  
Starting at 4pm

*Start Planning Your*

## **Christmas Party**

*At Tanasi Bar & Grill*

*Hurry! Dates Fill Up Fast!*

CONTACT TANASI RESTAURANT  
MANAGER & EVENT PLANNING:

KALEIGH DISLER  
KDISLER.AWEHOSPITALITY@GMAIL.COM

*Let us deal with the stress of party planning!*

# TANASI'S TACO BAR TUESDAY

11-2PM

\$8

20% GRATUITY & TAX NOT INCLUDED

CHICKEN &  
GROUND  
BEEF  
GRILLED  
GREEN  
PEPPERS &  
ONIONS,  
SOFT  
TORTILLA  
SHELLS,  
TORTILLA  
CHIPS, PICO  
DE GALLO,  
SALSA,  
LETTUCE,  
SOUR  
CREAM,  
QUESO

TELICO VILLAGE YACHT CLUB

2018  
**KARAOKE  
NIGHT**  
THURSDAY  
AUGUST 30TH

**STARTS AT 6:00PM**

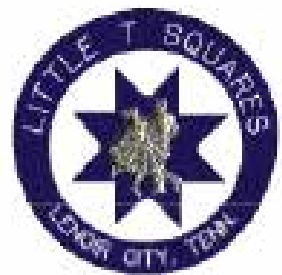
**IN THE DINING ROOM**

**CALL FOR DINNER RESERVATIONS**

**865-458-4363**



# Have Some Fun . . . Try Square Dancing!



LittleTSquares.com

For more info:  
Call Maggie  
at 865-617-1267  
or Shea  
at 843-816-4061  
PrezlittleT@comcast.net  
www.LittleTSquares.com

## Try it out FREE!

**No commitment.**  
**Come enjoy yourself and see if**  
**Square Dancing is for you.**

*(the worst that can happen is that you have some fun,  
meet some nice people and enjoy some treats)*

### FREE Introduction

**Tuesday, Aug. 28, 2018 and Sep. 4, 2018**  
**7:00 p.m.**

**Memorial Building**  
**103 North B Street, Lenoir City, TN**

**We Will Meet Every Tuesday**  
**September through December**  
**7:00 to 8:30 p.m.**

**\$5 per person for each dance night**

**Come try it.**  
**We'd love to meet you!**





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## PETS OF THE WEEK: MEET BRUNO!

This week's Pet of the Week is Bruno. Bruno is a 14 month old red pit bull mix. He has a non-aggressive personality and gets along with other dogs. He has the best leash-walking manners of any dog in the shelter and appears to be at least partially trained. He is a quick learner who loves attention and will smile for the camera. As with any large dog, he is probably better suited to a family with children that are past the toddler age, but this guy is a real charmer.

Summer is a time when the extreme heat of the season can be dangerous for pets. The most serious concern is heat stroke. Symptoms can include excessive panting, lethargy, drooling, fever and vomiting. You can help your pet to lower their body temperature. Move them to a cooler location (somewhere indoors with a fan or air conditioner) and provide cool fresh water. Use room temperature water (either by hand or in a misting spray bottle) to help cool their skin via evaporation.

Limit exercise periods during hot days. Take walks in the morning and evening hours. Keep them on grassy areas if possible as hot surfaces can harm their paw pads as well as increase their body temperatures. Find a shady area and be sure to have cool clean water available. Help keep water cool by using ice cubes or adding a container of frozen chicken or beef stock.

Never use a muzzle for your dog in hot weather as it restricts their ability to pant – which is how they cool themselves off to maintain their body temperature. Remove shedding fur or trimming long hair to keep your pet cooler, but don't shave too close (leave at least an inch in length) as the fur protects your pet from sunburn.

Finally, never leave your pet in a parked car as temperatures will rise very quickly – even if the windows are open.

The Monroe County Animal Shelter Thrift Store has opened at its new location: 3949 Highway 411, Madisonville. The store will be open Wednesday through Saturday from 10 AM to 4 PM. There are tremendous bargains, and new merchandise arrives daily. The thrift store is an important revenue generator that helps the organization care for the homeless and abandoned cats and dogs of Monroe County. Along with our new location, check out our new Facebook page at Thrift Store of MCFA.

The Monroe County Animal Shelter is at 170 Kefauver Lane in Madisonville (behind Wal-Mart) and is open Tues-Fri 11-4:30 and Saturdays 11-2. The shelter is closed Sunday and Monday. Call 423-442-1015 or check out all available pets on our website at [monroecountyfriendsofanimals.org](http://monroecountyfriendsofanimals.org).

