

TELL-E-GRAM

MARCH 5, 2019



UPDATE: TOQUA CLUBHOUSE & KAHITE COMMUNITY CENTER

TOQUA: Site survey is underway. They are laying out the foundation columns and checking sub-grade level.

KAHITE: Building layout for footer and columns is complete and they have begun digging columns. The goal is to pour footers and columns by Friday before the next rain.

For photos and to keep up with the ongoing construction for both projects, visit: https://www.tellicovillagepoa.org/news/toqua-clubhouse-updates/ and https://www.tellicovillagepoa.org/news/katie-community-center-project/.

LOUDON COUNTY CLERK

The Loudon County Clerk's satellite office is open every Thursday from 9 a.m. – 4 p.m. Their office space is conveniently located at 100 Chota Center, across from the gas station (courtesy of Lakeside Real Estate Group). The Loudon County Clerk's office assists customers with vehicle registrations, duplicate titles, vehicle renewals, and handicap applications.

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POA MEETINGS AND EVENTS: (RED DENOTES IRREGULARITY IN TIME/DAY/LOCATION)

March 5th, 1:30 p.m. – Board Workshop, POA Conference Room March 6th, 9 a.m. – PSAC, POA Conference Room March 7th, 9 a.m. – ACC, POA Conference Room

March 7th, 11 a.m. – CAC, POA Conference Room,

NEW TVU DIRECTOR



Tellico Village University has a new director! Marilyn Olander, a relatively new Villager of 7 months, has stepped into the leadership role for TVU following a feature story in *The Connection* that was published the week she arrived. Having been either a student or teacher for most of her life, Marilyn took notice of TVU's search for a new director and was excited for the opportunity to get involved in the community. She began by volunteering as a class coordinator, with the goal of learning as much as she could about TVU's history and the administrative processes that have led to its success. Along with completing Bachelor's, Master's, and Ph.D. programs, Marilyn's experience in the education field includes teaching both high school and college courses in five different schools.

Marilyn is TVU's second director, following the resignation of Cindy Solomon. Cindy developed the idea for a continuing

education program in the Village and in 2015, designed, recruited, and organized what is now an excellent educational resource for the community. We would like to thank Cindy for her hard work, dedication, and commitment to TVU during her time as director.

The current spring semester is off to a great start! The first class this semester was a marvelous discussion of two of Geoffrey Chaucer's Canterbury Tales. On March 8th, Village resident Jackie Curtiss finishes a historian's detailed, often humorous, three-part look at the long life and times of the remarkable General Winfield Scott. Other upcoming courses include a repeat of a highly popular class from last fall about maintaining balance and avoiding falls, along with multi-part classes such as American Sign Language and "Mindfulness, Meditation, and Neuroscience Traditions and Practices."

Course descriptions, times and locations, tuition information, and registration forms are available at www.tvuniversity.org. To submit ideas for summer or fall classes, please complete the contact form at www.tvuniversity.org/?page_id=451.

TERRY BOWERS EARNS AFO CERTIFICATION

Congratulations to our Recreation Maintenance Tech, Terry Bowers, for earning the National Aquatic Facility Operator Certification! After months of hard work and dedication, Terry completed a two-day course and 150-question test to provide our community with superior skill and expertise in the aquatic field. To become AFO-certified, individuals must pass a nationally administered examination, which tests knowledge in the following areas: mechanical concepts involved in the functioning of a swimming pool; familiarity with all systems, equipment and peripherals that are required to contain, circulate and filter, heat, and treat swimming pool water; ability to perform preventative maintenance and basic repairs; competence in all areas of water chemistry pertaining to pools; and knowledge of risk management practices.

As part of our ongoing effort to provide high-quality facilities and amenities, Tellico Village is proud of Terry's accomplishments to ensure the aquatic facility at the Wellness Center is maintained at the highest of standards.



TV UNIVERSITY SPRING 2019

Class details and registration links can be found on the TVU website at www.tvuniversity.org under the Spring 2019 tab in the menu bar.

The Life and Times of General Winfield Scott: America in the Early 1800s: March 8th / 9:00 – 11:00 a.m. (Chota Rec Center room D)

Villager Jackie Curtiss is back with another selection of history through her unique style of storytelling. If you've attended a class with Jackie before, you know you are in for a treat. General Scott was one of the youngest generals ever in the War of 1812, led the Trail of Tears, took the US Army to victory in the Mexican-American War, and was still head of the army at the start of the Civil War. Along the way, he also ran for President.

Navigating Conflict Successfully: March 12th / 9:00 - 11:00 a.m. (Chota Rec Center room D)

This class is presented by Villager Nikki Calvano, JD, MS - Strategic Leadership. Do you engage in groups where there are people who always raise conflicting ideas, experiences, and preferences? This session will be helpful for anyone who plays a leadership role in any type of organization, whether it's a Tellico Village organization, a community project, a church, or a professional or special interest group of any kind. Here's your chance to learn techniques and gain insights into identifying conflict and guiding others to use conflict in a constructive way.

Just Punishment: A Look At Incarceration and its Purpose in the Criminal Justice System: March 13th 6:00 – 8:00 p.m. (Chota Rec Center room D)

Dr. Regina Benedict, Criminal Justice Professor at Maryville College, provides an overview of the following: justifications of punishment and how they relate to current practices within adult corrections, incarceration as a gendered experience by comparing male and female inmates and facilities, inmate subcultures and coping during incarceration and the prevalence of drugs and addiction within prisons, and current practices of rehabilitation. Please make this class known to your neighbors, church friends, and those who do any type of ministry or social program with incarcerated people.

SHOP TV



At Classico Italian Pizza and Pasta, you can enjoy a warm meal in a family-oriented atmosphere with a friendly staff. Do you have a large group? Not a problem at Classico's! They have a seating area capable of seating both small and large parties. Located at 206 Village Square (behind the Welcome Center), Classico's is accessible and convenient! Classico's can be reached at (865) 657-6300.

From jalapeno cheddar bites to baby back ribs to delicious salads, Smok 'N' Bonz has something for everyone to enjoy. The casual, family friendly restaurant is located at 1245 Highway 411 in Vonore. It is open Monday – Saturday and closed on Sundays. To reach the restaurant directly, call (423) 884-3044. To see specials and connect with Smok 'N' Bonz on social media, visit their Facebook page at https://www.facebook.com/SmokNBonzBbq.



1245 Highway 411 Vonore, TN 423-884-3044

BBQ PORK, BEEF & CHICKEN
BABY BACK RIBS, SIDES, DESSERTS

WE LOVE TO CATER!!

LIONS EXPAND LIST OF ACCEPTABLE PILL CONTAINERS

Based on feedback from Matthew 26, the Ohio organization that collects and distributes used pill containers worldwide, the list of acceptable containers has been expanded. In addition to the brown, screw-cap containers previously listed, virtually any plastic container used to store medical type products, vitamins, OTC drugs, etc., are now acceptable.

As in the past, the labels along with any contents must be removed, and the cap or screw lid included. The photo shows examples of three generic types that are accepted, though there are larger- and smaller-sized containers in a variety of colors that are also acceptable.



The Lions continue to accept used eyeglasses and hearing aids.

Glasses should not be damaged and not be in cases. Hearing aids can be in cases and can also be donated with batteries. The simplest way to package any of the three items is in plastic grocery store bags.

There are two places in which these donations can be deposited. The first is in the large drive-up container at the rear of the Welcome Center. Access can be gained by driving around the right side to the old bank drive-up area. The deposit container is located on the center island. The other location where donations can be made is at the Gary Stuart Edward Jones office in Chota Center, opposite the TVCC offices. This can only be accessed during business hours, so the Welcome Center location is likely more convenient and is the preferred drop-off point.

TV LIONS ADD 12 NEW MEMBERS

"New members joining an organization are truly transformative, particularly in large numbers" said TV Lions Membership Chair, Rosie Sylvester. She continued on to say that it infuses an organization with new ideas, new energy, and makes it a better performing operation. These and similar thoughts were expressed by the club president Ed Roeber and the District 12N Governor Brandon Johnson. After the induction ceremony, Johnson

exclaimed, "Wow! What a great occasio. I thank each of you for such a great gathering. It was well worth the drive to see the passion you have for our family. Twelve new members makes it even better! This number of inductees in one ceremony is a first in many years in District 12N."

This marks the second consecutive year that a concerted effort produced superb recruiting of new members. In 2018, eleven new members were recruited at an informational luncheon held at Classico's restaurant. This year's luncheon produced one more.



New members mean more hands to carry out the work of the

club. They contribute in a variety of specific ways. For fundraisers, they are more bodies to do the work. Lion Larry Stickler, the Lion in charge of the upcoming chili/soup dinner, was smiling broadly during the ceremony as he saw 12 potential recruits to help with some tasks involved in staging the event. He estimates that over 240 hours of effort are required to stage the event. The 12 new members represent a transfusion of help into that effort.

The chili/soup dinner is the club's first fundraiser of the year; this year it is being held on March 12th at the Christian Life Center of the Community Church. Serving begins at 4:00 p.m. and ends at 7:00 p.m. Tickets are \$11 in advance or \$13 at the door. They are available from any Lion, Sloan's, United Community Bank or the Village Salon.

These new members will also contribute immeasurably to the club's capacity to perform not only other fundraisers, but most importantly, its service projects that help the community. These are primarily the health fairs at Good Samaritan and Good Shepherd, as well as vision screening in county schools, pre-schools, and daycare centers. In addition, they will undoubtedly contribute ideas for other worthwhile service projects in two new areas of interest: the environment and child oncology. In all probability, we will be writing about these and other new service projects in the near future.

The photo above shows the new members, as well as key club participants in the induction ceremony. Seated in the 1st row (left to right) are: Janice Magnuson, Linda Svoboda, Membership Chair Rosie Sylvester, Mary Schoenherr, Pat Steele; standing in the 2nd row (left to right) are: Millie Burke, King Lion Ed Roeber, District 12N Governor Brandon Johnson, Dave Schoenherr, Don Browning, District 12N LCIF Delegate Ron Leif, Jim Magnuson, Lisa Niles, Barry Sherman, Brenda Sherman, Assistant Membership Chair Ron Lockhart, and Richard Steele.

JUNIOR ACHIEVEMENT

Junior Achievement of the Ocoee region serves Bradley, Polk, McMinn, Meigs and Monroe counties. Their purpose is to inspire young people to succeed in a global economy. JAUSA is the largest organization of any kind that is dedicated to helping students grasp the skills they will need to enjoy economic success. This includes teaching them how to prepare for their future by making smart academic and economic choices. Their curriculum focuses on work readiness, entrepreneurship, and financial literacy.

The courses are taught by volunteers equipped with materials and training on how to best teach the class. Many volunteers in our service areas are former school teachers, retired business owners, etc. Volunteers share personal and professional experiences to help make connections between the curriculum and success. More information regarding the organization may be found at www.juniorachievement.org.

JA of the Ocoee Region is seeking volunteers to fulfill requests for classes at Vonore Elementary. Volunteers would come in one day a week during the requested time frame. Much of the curriculum for elementary students centers around how to count money, what taxes pay for, and how a local government works. A more detailed description of the classes can be found at https://www.juniorachievement.org/web/ja-usa/ja-programs.

Monroe County- Traditional delivery (1 day per week)

monioc county traditional activity (2 day per week)							
JA				Feb. 7, 14, 21, 28			
Ourselves	Vonore Elementary	Paula Grant	K	March 7	Thursday	11:15am-12:00am	
				Feb. 7, 14, 21, 28			
JA Families	Vonore Elementary	Paula Grant	1st	March 7	Thursday	12:00pm-12:45pm	
JA Our				Feb. 7, 14, 21, 28			
Community	Vonore Elementary	Paula Grant	2nd	March 7	Thursday	1:30pm-2:15pm	
				Feb. 7, 14, 21, 28			
JA Our City	Vonore Elementary	Paula Grant	3rd	March 7	Thursday	12:45pm-1:30pm	
JA Our				Feb. 7, 14, 21, 28			
Region	Vonore Elementary	Paula Grant	4th	March 7	Thursday	8:20am-9:05am	
JA				Mar 14th-May			
Ourselves	Vonore Elementary	Paula Grant	K	2nd	Thursday	11:15am-12:00am	
				Mar 14th-May			
JA Families	Vonore Elementary	Paula Grant	1st	2nd	Thursday	12:00pm-12:45pm	
				Mar 14th-May			
JA Our City	Vonore Elementary	Paula Grant	3rd	2nd	Thursday	12:45pm-1:30pm	
JA Our				Mar 14th-May			
Region	Vonore Elementary	Paula Grant	4th	2nd	Thursday	8:20am-9:05am	

UPCOMING EVENTS AND MEETINGS

COMPUTER USERS CLUB

Interested in cutting the cord? The next general meeting of the Computer Users Club will be Wednesday, March 6th at 7:00 p.m. in the Christian Life Center of the Community Church at Tellico Village. The feature topic is Cutting the Cord Part III. For more information, please visit our website: www.tvcuc.org. (Note: This meeting is postponed one day from the normal meeting schedule.)

ASTRONOMY CLUB

The Tellico Village Astronomy Club will meet on Wednesday, March 6th at 7:00 p.m. in room D of the Chota Recreation Center. The agenda will be a vacation on Mars, the "hottest" travel destination in our solar system. A documentary from the Space and Astronomy Channel will discuss how to plan for that trip.

2019 LADIES LINKSTERS GOLF ORIENTATION MEETING

The Tellico Village Ladies Linksters Golf Association League will hold its orientation and registration meeting on March 6th at the Yacht Club from 10:00 a.m. – 12:00 p.m. Our league emphasizes fun while playing golf! Whether you are a beginner or looking to improve your knowledge and experience, we are the league for you. We play nine holes every Tuesday morning, rotating between all three golf courses in the Village. Please note: no established handicap is required to join our league. Golf professional Adam Jacob will discuss the "Team Lady Linksters," how to use Chelsea, new golf rules, and the schedule for the upcoming season.

If you can't attend the meeting, please pick up a registration form at any of the pro shops and mail your completed registration form and \$15 check made payable to Lady Linksters C/O Lisa Tucker.

The season will begin with a scramble at 9:00 a.m. on April 2nd at Toqua Golf Course.

WOODWORKERS CLUB

The Tellico Village Woodworkers Club will hold their monthly general meeting on Thursday, March 7th at 7:15 p.m. at the Yacht Club. This month's program will feature Les Black, who is an accomplished wood turner. He will discuss the making of jewelry and Celtic rolling pins. The public is welcome to attend. For more information, visit www.tvwoodworkers.com.

GARDEN CLUB

The Tellico Village Garden Club will meet Thursday, March 7th at 12:30 at the Yacht Club. Dr. Hugh Conlon, horticulturalist, will offer information on low maintenance perennials with longer blooming periods and ease of care. New members are always welcome. Membership dues are \$15 per year.

AMERICAN LEGION POST 256

American Legion Post 256 extends an invitation to all veterans to join our meetings on the 1st Thursday of each month. Our meeting on March 7th will begin at 9 a.m. with an informative guest speaker and updates on community and veteran's services projects. Join us in the fellowship hall at First Baptist Church of Tellico Village. For more information, visit www.tellicolakepost256.org.

QUILT GUILD CLUB

The Quilt Guild meeting will be held on Friday, March 8th at Christ Our Savior Lutheran Church. Come at 9:15 a.m. for a brief social time prior to the 9:30 meeting. Our March session will feature two women who do quilts appraisals. Their topic will be "The Price is Right? What is Your Quilt Worth?"

HIKING CLUB

Friday, March 8, 2019

Depart at 8:00 a.m. from Lakeside Realty parking lot

Curry Mountain Distance: 7 miles Rating: Moderate

Elevation gain: 1100 feet Driving time: 1 hr. 15 min.

Leader: Janette Pacitti | 865-657-9217 | jpacitti@ix.netcom.com

We will begin our hike up Curry Mountain Trail from Metcalf Bottoms. The gentle trail follows an old mining road and has beautiful views. At the top, the trail meets Meigs Mountain Trail. After a quarter mile, we come to one of the prettiest cemeteries in the park. This cemetery, known as the Meigs Mountain or Huskey Cemetery, has at least 14 identified graves of the Huskey and Turner families. One interesting grave is of "Aunt Sook" Turner, who was said to be African-American. She and her husband were taken to court because interracial marriage was illegal. Due to the high water on Meigs Creek Trail, we will return via the same route on Curry Mountain, enjoying the pleasant down-hill trek.

MUDDY BOOTS HIKE

Date: Monday, March 11, 2019 (Rain date March 18) Destination: House Mountain, near Corryton, TN

Distance: 3.7 miles Elevation Gain: 1,046 feet

Rating: Moderate

Time: 8:00 a.m. – No registration, just show up!

Location: Carpooling from Chota Center across from the Village gas station. \$6 to driver for gas. Drive Time/Distance: Approximately 51 miles; 61 minutes. There are restrooms at the trailhead.

Hike Leader: Tom Jadwin

House Mountain is Knox County's highest peak. A modest 3.7 miles in length, you will climb 1,046 feet in elevation on a rocky trail. There will be several downed trees that you will climb over, under, or around and there may be small rock-hop streams (depending on rainfall). Mountain Trail curves across the southeastern side of the mountain, climbing for 1 mile to its intersection with Crest Trail. The smoother and flatter Crest Trail extends across the top of the mountain, 1.5 miles in total length. We'll take a right to reach the East Overlook with a dramatic view of the valley and the Clinch Mountain range beyond (on a clear day). Then, we will backtrack and take Crest Trail to the West Overlook to gaze out over the hills and ridges of East Tennessee and the Smoky Mountains. From there, we will descend the West Overlook Trail, which starts out with a steep rocky decline before smoothing out into a series of gradual switchbacks. We'll take our time on the ascent and pick a scenic spot to stop for lunch along the hike.

While the views from the overlooks are worth the effort, the trail is challenging at times. During the pre-hike, the trails can be wet and muddy in places. Hiking boots and poles are definitely recommended for this trail. Bring water and a lunch, as well as an extra pair of shoes and a plastic bag for your boots after the hike. In the event of a situation requiring medical intervention, we suggest that each participant wear their name tag and bring a photo ID (generally driver's license) and medical information cards (health insurance card or Medicare + supplemental health insurance cards).

Muddy Boots Coordinators:

Phil Brenner | phil.brenner@hotmail.com | 703-774-4778 Kevin Fusco | velkfabfour@gmail.com | 561-213-0449

TV LIONS CHILI / SOUP DINNER

You can't yet hear the sounds of plates rattling, vegetables being sliced, ground beef simmering, or the myriad of other noises that accompany preparations for this event – but you will hear them in the near future. They will be emanating from the Christian Life Center of Tellico Community Church in the wee hours of Tuesday, March 12th.

This dinner is the first of five annual fundraising events presented by the Tellico Village Lions. The proceeds support the many community service activities the Lions carry out each year. The key to the success of this and other events is support from Village residents. That annual support translates into almost \$40,000, every cent of which is returned to the community by efforts of the club's 56 members. These efforts include health fairs at the Good Samaritan Center in Lenoir City and the Good Shepherd Center in Madisonville, vision screening in county schools from nursery and pre-school to grade 12, and cash donations to countless service organizations in the Village, the county, east Tennessee and in a few cases, the nation.

Preparation is overseen by Lion Mario Catani assisted by Lion Larry Stickler preparing the chili, chicken noodle soup and the antipasto by Lion spouse Linda Stickler, Mayfield ice cream served by POA Chair and Lion Bruce Johnson, and bread and beverages served by other Lions and their spouses. In addition to a great menu, the evening provides a great opportunity to socialize with friends and neighbors.

Tickets are currently on sale, priced at \$11 in advance or \$13 at the door. They can be obtained from any Lion, Sloan's Hardware, Village Salon or United Community Bank. If you don't know a Lion or the locations are not convenient, please contact Lion Marcia Higby at 865-458-9356 or marcia42@sbcglobal.net.



Lion Doris Catani serving the great antipasto at the 2018 event



A portion of the crowd enjoying dinner and socializing with friends

FISHING CLUB

The Tellico Village Fishing Club's monthly meeting will be Wednesday, March 13th from 7:00 p.m. to 8:30 p.m. at the Yacht Club (top floor). Meetings feature fishing related guest speakers and discussions about various fishing activities and events. Visitors are welcome. For additional information, contact Club President Pete Young at 865-458-1527 or visit tellicovillagefishinggroup.com.

BOOK CLUB

The Tellico Village Ladies Book Club will meet at the Tanasi Clubhouse on Thursday, March 14th to discuss the book, *The Last Castle: The Epic Story of Love, Loss and American Royalty in the Largest Home* by Denise Kieran. The club meets at 11:30 for lunch prior to the 12:15 for the discussion.

CRUISING CLUB

Tellico Cruising (Boating) Club will hold its regular monthly meeting on Wednesday, March 13th at the Tellico Village Yacht Club. Social hour begins at 5 p.m. with the meeting following immediately at 6 p.m. The club

includes all types of boats: pontoons, bow riders, wake boats, cruisers, and all motorized craft. Those with any percentage of boat ownership is eligible for membership.

TV RIDERS

Thursday March 14, 2019, the Tellico Riders will conduct their monthly meeting at the Tellico Village Yacht Club. The club social starts at 5pm in the Yacht Club Bar. Followed by a meeting on the 3rd floor at 6pm. If you own a motorcycle, ride in East Tennessee, or would like to meet those that do, come join us. At 7pm after the meeting, it's optional to join many of the Tellico Riders for dinner in the Yacht Club Dining Room. If you desire to have dinner, we recommend you place your dinner meal order during the Club Social Hour... tell them you are with the Tellico Riders. For additional information, please contact Dave Johnson, Director Tellico Riders at ae0e@ hotmail.com.

CHARITY DINNER AND SILENT AUCTION

Tellico Lake Rotary Club is pleased to announce it will be holding its annual Charity Dinner and Silent Auction on Friday, March 22nd at 6:00 p.m. in the beautiful Fellowship Hall of First Baptist Church of Tellico Village.

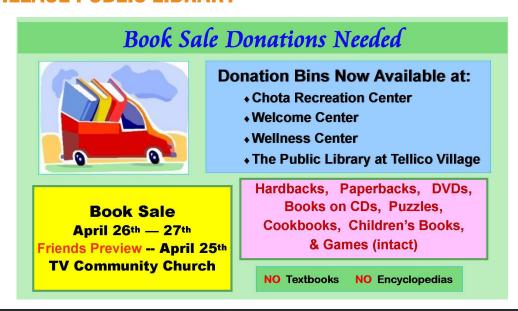
The keynote speaker for the evening will be former SEC Commissioner, Roy Kramer. Roy was appointed Commissioner in 1990 and served for 12 years. During his time with the SEC, the conference won 81 national championships – the most ever in a decade by the league. He oversaw the distribution of a then-league record, \$95.7 million to its member institutions for 2001 – 2002. Kramer also negotiated multi-sport national television packages with CBS and ESPN, featuring football and men's and women's basketball through the 2008 – 2009 season. Because of his influence, the Men's and Women's SEC Athlete of the Year Award is presented annually as the Roy F. Kramer Award.



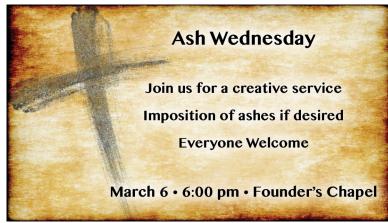
Roy is a dynamic speaker with great stories to share and is well-loved by all who have worked with him. Even in his retirement years, current SEC coaches and athletic directors continue to seek his advice and counsel. This will be a rare opportunity to meet and hear from one of the college sports pioneers who helped elevate the SEC conference to what it is today.

Come be a part of this exciting event where we honor our charities and scholarship winners and hold our famous silent auction. Tickets are \$25 and must be purchased in advance from any Tellico Lake Rotary Club member, the First Baptist Church office 865-408-0110, or United Community Bank. You may also call John or Sue Everson at 423-884-3369 to reserve your tickets. Please make checks payable to Tellico Lake Rotary Foundation.

TELLICO VILLAGE PUBLIC LIBRARY







Community Church at Tellico Village









SPRING TIKI NIGHT IN MARCH

March 1st Soulfinger Band March 8th Garage Bandit Band March 15th Knoxville Transfer March 22nd City Limit Band March 29th NO TIKI

> Cash Bar Lots of music and dancing

> > Tellico Village Yacht Club 865-458-4363





STARTING POINT

learn about us

meet new people

get connected

Sunday, March 10 • 11:30am • Fireside Room Contact the church office for more information



KIWANIS CLUB PANCAKE BREAKFAST & BRUNCH



All you can eat for only \$10.00* Kids under 12 Eat FREE
TV Community Church
Saturday, April 6, 2019 7:30 - 11:00 am
*\$12.00 at the door

Pancakes, sausages, quiche, juice, yogurt, coffee, fruit cup & friendly service. Come enjoy good food & meet your neighbors. See you there!

Tickets available at Salon Anew, Sloan's Hardware, Village Salon & United Community Bank or any Kiwanis Member.

Kiwanis Club of TV is celebrating its 20th Anniversary! Heartfelt thanks to our members, families, community and sponsors for their continued support!

Kids Need Kiwanis!

Daily Features Monday M





Tellico Village Recreation Department News for March 2019

FREE Injury Assessments

There are now 2 chances to received free onsite injury assessments at the Wellness Center every week. Did we mention you don't even have to be a member of the Recreation Department to take advantage of the awesome service? You don't! On Tuesdays from 10 am to 12 pm, join a board-certified Physical Therapist from BenchMark Physical Therapy. Can't make it on Tuesday? Then try again on Wednesday from 10 am to 12 pm and meet with a licensed Athletic Trainer from Tennessee Orthopedic Clinic. One great service, two fantastic opportunities.

MS Support Group

Join this group on the 3rd Tuesday of every month at the Thai Bistro and enjoy the support of other individuals, families and caregivers who are impacted by MS. For more info, call Pat Garrett @ 423-884-5555 or Vickie St. John at 513-477-0453.

REC 101

Join Lindsey Allison on March 19th in the Wellness Center conference room at 12:30 pm for 2019's first REC 101. Learn everything you need to know about being a member of the Recreation Department and more.

Shirts for Sale

New Recreation Department shirts will be on sale at the Wellness Center front desk soon. Sizes small through XXL are available and there are several colors to choose from. Prices are \$12.00 each or 2 for \$20.00.

Advancing in Yoga Clinic is Back to Stay

Join Jackie Economy on Thursdays at 5:15 pm for Advancing in Yoga. This exciting class is geared towards the yoga student who wishes to challenge themselves in a safe environment and push themselves a little bit out of their comfort zone. This class will offer variations of poses to challenge the student at a moderate level, while working on improving core strength, flexibility and balance. Build your confidence as you

build your strength and ability. Knowledge of basic asanas is required.

Weight Equipment Orientations

Orientations on the proper use of the cardiovascular and weight equipment will be provided @ 2pm on :

Wednesday, March 6th
Wednesday, March 13th
Tuesday, March 19th
Tuesday, March 26th

Floor Training Continues in March

Join Bill Butera on Mondays, Tuesdays and Wednesdays from 9 am to 11 am. If you are not an early bird, we have a few other chances for you to catch that worm! Throw your questions Jackie Economy's way on Tuesday and Thursday afternoons between 2 pm and 4 pm or on Saturday mornings from 8 am to 11 Am. If you have any questions about how to start or where you are going in your wellness journey this January, our fabulous floors trainers are a great place to start. And it's available to you at no additional charge!

Donations

The Chota Rec Center and Wellness Center are currently drop off locations for books for the Annual Friends of the Library Book Sale. Remember that, if you are dropping off large quantities of books, please do so at the library itself.

As always, the Chota Rec Center and Wellness Center continue to be a drop point for school supplies for Loudon County elementary schools.

Lunch and Learn

Mark your calendars for March 5th at 12 pm for a special Lunch and Learn about Hearing and Sinus Health. This seminar is presented by the Greater Knoxville ENT and features Audiologist Danielle King and ENT Dr. Joseph White. It's two seminars for the price of one.

Please contact the Chota Rec Center @ 458-06779 to sign up in advance.



PET OF THE WEEK:

Katie and Niko were surrendered together because their owner is moving. Katie is an indoor-only Tabby cat who is still a bit "shellshocked." At the wonderful age of 8, she has lost her human family, her home, her dog and the only life she has ever known. Niko is a 3.5-yearold Australian Shepherd and Jack Russell mix who weighs 28 pounds and has a great personality. Katie and Niko need a fresh start with a new human family. The sooner they are in a loving home, the sooner they will feel safe again. We don't have the facilities to kennel them together so we aren't sure just how bonded they are, but we would love to adopt them together. However, they are available for adoption individually as well. Please come visit them and help them learn to trust humans again. Having a cat in your lap



and a dog by your feet is one of the most peaceful feelings. Older cats and dogs are calmer and smarter. You'll feel their gratitude!

From Petfinder: 10 Reasons Senior Cats Rule

- 1. When senior cats are adopted, they seem to understand that they've been rescued, and are all the more thankful for it.
- 2. A senior cat's personality has already developed, so you'll know if he or she is a good fit for your family.
- 3. You can and should, teach an old cat new tricks! Senior cats have the attention span and impulse control that makes them easier to train than their youthful counterparts.
- 4. A senior cat may already know basic household etiquette (like not attacking your feet at night).
- 5. In particular, senior cats are often already litter trained and are less likely to "forget" where the box is.
- 6. A senior cat won't grow any larger, so you'll know exactly how much cat you're getting.
- 7. Senior cats are often content to just relax in your company, unlike younger cats, who may get into mischief because they're bored.
- 8. Speaking of relaxing, senior cats make great nap buddies.
- 9. Senior cats often know that scratching posts (not furniture) are for scratching and toys (not hands or feet) are for biting.
- 10. Senior cats are some of the hardest to find homes for so when you adopt a senior cat, you're truly saving a life.

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 over 2 years old; \$50 under 2 years old.

Shelter statistics for last week: Intakes- 58; Adoptions- 9; PetSmart cat adoptions- 8; Transferred to rescue- 47; Animals returned to owners- 3

The Monroe County Animal Shelter is located at 170 Kefauver Lane in Madisonville (behind Wal-Mart) and is open Tuesday–Friday from 11–4:30 and Saturdays from 11–2. Call 423-442-1015 for more information and check out all available pets on our website: https://www.monroecountyfriendsofanimals.org. The official Facebook page is "TN Monroe County Animal Shelter."