

# Loretto exercise classes get a boost from the Lionesses

By Emily Weathers Kennedy

A couple of years ago a few people in Loretto discovered a seniors-gear exercise program in Lawrenceburg called Silver Sneakers. Taught at Rotary Park by Marilyn McCormick, we south-enders recognized the wonderful health benefits this Medicare-sponsored program offered.

We got hooked. So we did the next obvious thing: we took it home to reach out to folks in the south end of the county and into North

Alabama.

Today our program is still going strong thanks to the community that embraced the idea of group exercise for all ages. Though Silver Sneakers declined to sponsor us, the City of Loretto took us under the umbrella of Parks and Recreation. And, though the class is self-sufficient, the city provides the facilities and administrative support. Loretto Telephone Company donated the storage cabinet that allowed us to keep equipment safe.

Most recently, the Loretto Lioness Club sponsored padded chairs that are essential for senior exercises. What a blessing to live in a community like ours!

People of all ages take advantage of Loretto's Parks and Recreation Exercise Program. We have had folks in their 80s down to their teens to come and work out with us. We sometimes even have children and grandchildren to join in. Everyone is welcome but be warned, the camaraderie is addictive.



**LORETTO LIONESSES SHARING CHAIRS WITH THE LORETTO EXERCISERS.** - FRONT ROW (LtoR) are: Joan Shelton, Juanita Knott, Julie Widick, Inoice Augustin, Sue Goins, and Bonnie Disin. Back Row (LtoR) are: Emily Kennedy (instructor), Della Grooms, Janice Butler, Connie Passarella, Miriam Green, Vicki Beckman, & Jane Simbeck.



**SOME AFTERNOON EXERCISERS** (aka "The Diehards") using bands while crunching. From LtoR are: Judy Simbeck, Gwen Kollefrath, Merry Gabel, Connie Passarella, Kay Kress, and Nora Bosheers.



**SOME MORNING CLASS EXERCISERS** about to use the new chairs with balls, tubes, & weights. From LtoR are: Juanita Knott, Bonnie Disin, Ann Augustin, Sue Goins, Della Grooms, Janice Butler, Julie Widick, Glenn Ellen Fuller, and Carol Neidert.

## Get happy/healthily in Loretto!

The low impact class modeled after Silver Sneakers is held on Tuesdays & Thursdays at 9 a.m. The class may be suspended after the pool opens in early July and water aerobics classes begin. The 5 p.m. higher impact classes on Tuesdays & Thursdays will continue throughout the summer. Contact the City of Loretto for details @ 853-6797.

## Identity theft reported at local hospital

By Sandi Mashburn

An incident involving identity theft was reported by an employee of Southern Tennessee Regional Healthcare System last week.

The employee filed a report with the Lawrenceburg Po-

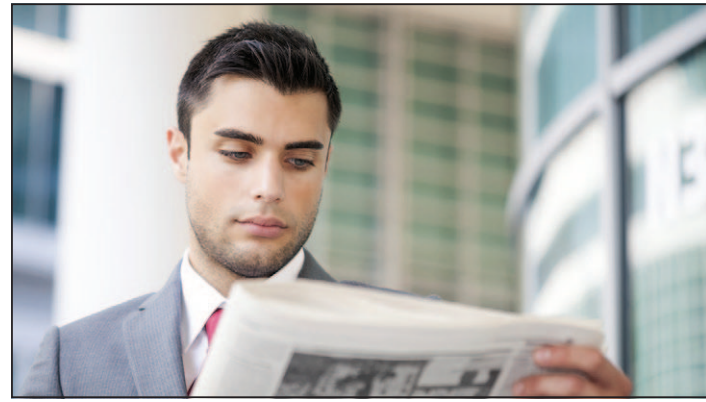
lice Department, indicating that she had seen a woman with whom she was familiar, obtaining medical care while using her sister's identity. She told officers that the woman returned the following day and "signed in using

her correct information".

The employee told officers that the woman was later arrested on warrants that had been issued out of Giles County.

The matter currently remains under investigation.

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## Harlan receives 2016 Century Farm honor

This history and tribute was offered during the Century Farm Award presentation to Paul Harlan at Wednesday's Farm Breakfast:

In 1898, Nathan P. and James W. Harlan purchased two tracts of land, one being 100 acres, the other 11 acres. The Springer Station Store was on this property, as well as a grist mill, post office, blacksmith shop, and the railroad switch yard.

We don't know what crops were grown on this property in the early 1900's, but with over 100 acres, they surely had cattle, hogs and chickens as everyone did at that time.

After Nathan P.'s death, James W. (Jim) and his wife Suzie, took care of the property and ran the Springer Station Store until Jim's death in 1923. Then, his wife Suzie and nephew Oscar Bassham, (half-brother to James Floyd Harlan) ran the store until it was purchased by James Floyd Harlan in 1934. Floyd bought more property later by paying the back taxes on land where phosphate was mined.

Floyd raised registered Shorthorn then Brahman cattle. He was the first person in the Lawrence County area to raise registered Charolais. He also raised Poland China hogs, Hampshire sheep, goats, pea-fowls, chickens, tumbling pigeons, and honey bees. Floyd grew hay, corn, cotton, milo, wheat, oats, and harvested timber.

In 1993, Floyd's son, Paul, took over the original portion of Floyd's farm, combining it with his own adjoining property. He has raised cattle, llamas, and hay. He also allots some acreage for the growth of corn, beans, and sweet yellow clover. He has also harvested timber on his farm.

After many years of raising Charolais, Paul is now predominately raising Brangus/cross. Paul got his first cattle in 1960. Cattle and hay have been a big part of his life ever since. Paul and his son, Barry, who are both Master Beef Producers, help each other on their respective farms with their wives helping when needed.

For the past four years he has had honey bees and is interested in the pollinator program, as is his wife Linda. He also grows a "mean" garden as his children and friends can attest!

Fifty-five years of cattle and hay of his own, and 73 years living on this farm, makes Paul uniquely qualified for Century Farm in the eyes of his sister, Carolyn Venable, and wife, Linda.

Respectfully submitted by: Carolyn Venable and Linda Harlan

## Celebrate Father's Day with Tennessee State Parks

Dad's big day is Sunday, June 19

NASHVILLE – Celebrate Father's Day with one of Tennessee State Parks' gift offerings. Show your appreciation with a special buffet on June 19, a magazine subscription, or a gift card or golf package.

The Father's Day Buffet will be available at eight park restaurants including David Crockett State Park (931-762-9541).

To view buffet menus and more information, visit <http://tnstateparks.com/about/promotions/>.

Consider a Tennessee Golf Trail Annual Pass. Pass holders enjoy unlimited golf at any of our six traditional courses or the three Jack Nicklaus- designed Bear Trace courses. The Annual Pass includes green fee, cart fee and a basket of practice balls. Passes can be purchased at any Tennessee Golf Trail course and are good for 12 months from date of issue. A discount for seniors is available. For more information, visit <http://tnstateparks.com/activities/golfing>.

Tennessee's 56 state parks offer diverse natural, recreational and cultural experiences for individuals, families or business and professional groups. State park features range from pristine natural areas to 18-hole championship golf courses. For additional information, visit the website at [www.tnstateparks.com](http://www.tnstateparks.com).

## County meetings set

There will be a Lawrence County Budget Committee Meeting on Thursday June 16 at 5 p.m.

On Wednesday, June 29 at 10 a.m. there will be a Lawrence County Purchasing Committee Meeting.

Both meetings will take place in the 2nd Floor Conference Room of the Administrative Center.