

# Senior Center News

The Macon County Senior Citizens Center is full of great and fun things to do! Our Noggin' Nudgin' program sponsored by The Palace was big fun for those who participated in July! And this month's challenge is going to prove to be just as much, if not more fun than the last! The Senior Center offers programs that range from fitness (yes! we have a wonderful indoor track!), education and nutrition screenings to meals, cards, pool, and a monthly dance each 4th Thursday of the month. We also enjoy a movie day each month, FREE blood pressure checks every week by some of Macon County's finest, celebration of birthdays, as well as many other events and programs. Our attendance is still "on the grow," with 14 new members in July! If you haven't been out for a visit to The Center, take this as our personal invitation to you to do so! We think you will be pleasantly surprised and impressed at what we have to offer! We are conveniently located at 329 Hwy 52 By Pass East, Lafayette. Our phone number is 615-666-3870. We'd love to meet you face-to-face or talk with you on the phone. The Macon County Senior Citizens Center, a place "where friends, fun and memories come together."



Macon County Chamber of Commerce  
685 Highway 52 By-Pass West  
Lafayette, TN 37083



# Macon County Chamber of Commerce NEWSLETTER

685 Hwy. 52 By-Pass W.  
Lafayette, TN 37083

August 2009

Phone (615) 666-5885  
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**Officers & Board of Directors:** Thomas Kidd - President  
Richard Thomas, Brad Tuttle, Shelia Shrum, Debbie Mason, Cindy Holland, Beverly Walker, Tonia Butler, Pat White  
Lona Vinson, Executive Secretary • Crystal Justice, Office Assistant  
Website: [www.maconcountyttn.com](http://www.maconcountyttn.com) • Email: [mchamber@nctc.com](mailto:mchamber@nctc.com)

## Welcome New Members!

**Whittemore Roofing**  
540 Sneed Blvd. • Lafayette, TN 37083  
Phone: (615) 688-7663  
Tony Whittemore, Owner

**No Walls Ministry**  
1232 Hicks Hollow • Westmoreland, TN 37186  
Phone: (615) 644-3869  
Joan Delk

**Valley Ridge Mental Health**  
907 Sycamore Street • Lafayette, TN 37083  
Phone: (615) 666-8070  
Ms. Brenda Harper

**Aglow**  
P.O. Box 136 • Lafayette, TN 37083  
Phone: (615) 688-5183  
Ms. Laurenda Whisenhunt

**State Representative  
Susan Lynn  
Tennessee General Assembly**  
215 War Memorial Building  
Nashville, TN 37243-0157  
Phone: (615) 741-7462  
or (615) 443-7244

**Ms. Valerie Jones**  
P.O. Box 575  
Red Boiling Springs, TN 37150  
Phone: (615) 699-3261  
or (615) 714-2233

**Cindy's School of Dance**  
1102 Akersville Road  
Lafayette, TN 37083  
Phone: (615) 666-6906  
Ms. Cindy Stinson

## Back-to-School Tips

### MAKING THE FIRST DAY EASIER

- Remind your child that she is not the only student who is a bit uneasy about the first day of school. Teachers know that students are anxious and will make an extra effort to make sure everyone feels as comfortable as possible.
- Point out the positive aspects of starting school: It will be fun. She'll see old friends and meet new ones. Refresh her positive memories about previous years, when she may have returned home after the first day with high spirits because she had a good time.
- Find another child in the neighborhood with whom your youngster can walk to school or ride with on the bus.
- If you feel it is appropriate, drive your child (or walk with her) to school and pick her up on the first day.

### DEVELOPING GOOD HOMEWORK AND STUDY HABITS

- Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their bedroom or another part of the home that offers privacy.
- Set aside ample time for homework.
- Establish a household rule that the TV set stays off during homework time.
- Supervise computer and internet use.
- Be available to answer questions and offer assistance, but never do a child's homework for her.
- Take steps to help alleviate eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch, and take a break periodically when it will not be too disruptive.
- If your child is struggling with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.

## Macon County Historical Society

We have had several visitors in the Welcome Center that came to see the Historical Society's Office. We hope you will drop by and take a look at the new office. They have historical pictures of Lafayette, Red Boiling Springs and all around Macon County. Please stop by and take a look.

## Membership Meeting

Our next meeting will be on August 25th at La Tia Mexican Restaurant at 11:30 a.m. Our guest speaker will be Billy Gaines, owner of TGF Marketing. TGF produces customs marketing items. PLAN NOW TO BE THERE.

*Check out the [www.maconcountyttn.com](http://www.maconcountyttn.com) web site each month and keep up with dates and speakers for the Chamber Membership Meetings.*

# UPCOMING EVENTS

**AUCTION FOR THE ARTS:** August 22<sup>nd</sup> 2009 at 5:00 p. m. Held at the Macon County Fairgrounds - Contact: Nancy Doss at 615-644-5179 or Peggy Stephens 615- 666-4004, or email: [rxnd@nctc.com](mailto:rxnd@nctc.com). Sponsored by the Macon County Arts Council.

## SEPTEMBER

**CONCERT IN THE PARK:** September 13<sup>th</sup>, 2009 at 3:30 p.m. Featuring The Lost River Cave Big Band. (In case of rain—will be moved to the Macon County High School auditorium). Contact: Nancy Doss at 615-644-5179 or Peggy Stephens 615- 666-4004 or email: [rxnd@nctc.com](mailto:rxnd@nctc.com). Sponsored by the Macon County Arts Council.

**ANTIQUÉ CAR SHOW:** (First weekend after Labor Day annually) September 11<sup>th</sup>-12<sup>th</sup>, 2009 at The Thomas House in Red Boiling Springs. Contact: The Thomas House at 615-699-3006 or visit: [www.thethomashouse.com](http://www.thethomashouse.com).

**ENCORE II (Broadway Musical):** September 18, 19, 25, & 26, 2009. Presented by the Thomas House in Red Boiling Springs. Contact: The Thomas House at 615-699-3006. or visit: [www.thomashouse.com](http://www.thomashouse.com)

**MAKIN' MACON FIT FESTIVAL:** (Annually the first Sat. after Labor Day) September, 12<sup>th</sup>, 2009 Contact: Shelia Shrum at 615-666-2151 or email: [sshrum@nctc.com](mailto:sshrum@nctc.com).

**MUD RUN:** (Annually the third Saturday in September) September 19<sup>th</sup> 2009 – Macon County Fairgrounds. Contact: Jimmy Goad at 615-666-5179 – Sponsored by the Lions Club.

**2<sup>ND</sup> ANNUAL ANTIQUÉ MOTORCYCLE SHOW AND SWAP MEET:** September 18<sup>th</sup> thru 20<sup>th</sup> 2009 from 9:00 a.m. to 7:00 p.m. at Cyclemos Motorcycle Museum, East Main Street, Red Boiling Springs. Contact: Mike Silvio at 615-699-5049.

# Macon County Arts Council News

“Auction for the Arts”, sponsored by the Macon County Arts Council, is scheduled for Saturday, August 22<sup>rd</sup>, at 6:00 p.m. Viewing of the art will begin at 5:00 p.m. The auction will be held at the Sally Wells Building on the Fairgrounds.

Last year the auction raised over \$4000 — money which, among other things, funded MCAC’s arts education programs. MCAC was able to sponsor the Young Americans Workshop, Art in the Park, and the Teenage Art Classes. The arts council also contributed to the schools’ art and music programs.

“Auction for the Arts” includes a barbecue supper, musical entertainment by the local group “Kinship”, and the auction of local art. Ben Bray will serve as auctioneer. Tickets for the events are available at Frame-It or by contacting any MCAC board member. Cost is \$8. If you have questions, contact Kathy Eden at 666-7644 or Nancy Doss at 644-5179

## Tennessee Technology Center at Hartsville's Tri-County Extension Campus High School Cosmetology with Style

Cosmetology is a program designed to prepare Macon County, Red Boiling Springs, and Jackson County High School students for an exciting career as a professional beauty technician. Students are trained in theories of hair, skin, nail care, and various techniques. Students are also trained in sanitary procedures relating to all areas of study. Program graduates, after successfully completing 1500 hours of instruction, are prepared for the state examination in Cosmetology.

A fully equipped salon allows high school students to refine their skills and offer services to the public. All services are performed by students and overseen by instructor. These include: haircuts, blow dry style, shampoo and set, perms, highlights, lowlights, manicure, pedicure, facials, makeup facial, braids, nails, refills, removal of artificial nails, and eyebrow wax or arch. Prices range from: \$2.00 up to \$25.00.

Appointments are available Monday through Friday from 8:30 a.m. until 2:30 p.m., starting August 24<sup>th</sup>, 2009. All services must be completed by 2:30 p.m. If you would like to make an appointment or for more information call Carolyn Rigsby at (615)699-2224

Ask about our FREE haircut Fridays!



## WHAT IS AGLOW?

Aglow is one of the largest international women’s organizations, with over 4,600 fellowship groups in the U. S. and Internationally. For more information contact Laurenda Whisenhunt.

## Linda’s Cakes and Catering

Linda’s Cakes and Catering is booking now for all your Christmas Parties, New Year’s events, Weddings or a big Anniversary. No group is too small or too large. She has several events already booked for the next few months. Call today if you are planning something in the near future that you need to have catered. Contact Linda Morris at 688-2253



## Stonecrest Assisted Living

If you or someone you know is considering assisted living, Contact Stonecrest at 615-666-6400. They have an introductory offer and Veterans benefits to those who qualify. You can also email the at: [stonecrest@nctc.com](mailto:stonecrest@nctc.com)

An informative Seminar will be held at Stonecrest in September to talk about Veterans and their spouses benefits. If you are or no of someone that is a Veterans, we encourage you to attend this seminar.

We are still finalizing ads for the Macon County Tourism Book. We hope to have everything in by mid September.