



Photo provided

Participants in the May Marathon Challenge receiving medals are, first row from left, Brittany Parker, Jimmy Haley, Tena Basham, Naomi Smith, Glenda Hughes, Tina Ramsey, Yuli Garcia, Ruthann McInnis and Hilda Lytle.

Middle row, Donna Dunlap, Pamela Duff, Jeanie Madewell, Patti Rosson, Carlene Brown, Angel Warden, Lisa Zavogiannis and Kaitlin Patterson.

At back, Richard Duff, Pat Castellano, Susan Driver, Sera Walker, Sandee Weitzel and Sandy Dawes.

Libraries Rock



Photo provided

Morrison Public Library's Summer Reading Program proved to be a hit with children, as they participated in musical activities stressing the Libraries Rock theme. They enjoyed making guitars with visitors from the Songbirds Guitar Museum, had a visit from Piper Tom learning about bagpipes, viewed a collection of dolls and listened to Disney music from the Trombone Man Jim Sabin. McMinnville's Silver and Gold Brass Band performed various fun songs for the students.

Locals tackle May Marathon Challenge

Can you walk or run 13.1 miles or 26.2 miles in one month? That's what sixty-five participants in the May Marathon Challenge did last month. The Warren Wellness group presented the challenge as part of the Healthier TN program.

Participants registered for the event in April and pledged to walk or run a half or full marathon during the month of May. Tracking calendars were sent to participants for documentation or they could use physical activity apps on their phone to track progress.

This was the inaugural event which was designed to challenge people to get moving for their health. Over 100 people initially signed up, with the sixty-five reporting completion of the challenge.

As a reward for their efforts in addition to feeling healthier, participants who completed the marathon challenge received a Warren Wellness - May Marathon Challenge medal. An awards ceremony and victory lap was conducted at the McMinnville Civic Center.

McMinnville Mayor Jimmy Haley gave a brief congratulatory talk and encouraged everyone to be active. Tennessee and specifically, Warren County, do not rank very high as healthy communities, so this is one way to promote

healthier options.

Twenty-three people took part in the ceremony and received their respective medals. Other recipients will receive their medals at a later time. As the culmination for this year's challenge, participants walked a one-mile victory lap around the civic center.

Warren County has been designated as a Healthier Tennessee Community by the Governor's Foundation for Health and Wellness thanks to the efforts of the Warren Wellness group. The Foundation's initiative strives to increase the number of Tennesseans who are physically active for at least 30 minutes five times a week, promote a healthy diet and reduce the number of people who use tobacco.

Warren Wellness is a group of individuals interested in promoting the Governor's Foundation's initiative in our county. Anyone interested in health promotion is encouraged to join. Warren Wellness typically meets on the second Wednesday of each month at 3:30 p.m. in the Early Voting Room of the Warren County Administrative Building.

For more information, visit the Warren Wellness page on Facebook. You may also contact Kaitlin Patterson at 473-8468, Katie Kemezis at 506-5335 or Hilda Lytle at 473-8484.



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