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NEWSLETTER

Gift of Barn Quilts to Honor Grand Junction

by Kathie Lee

The Community Task Force (CTF) has been working with artist Susie Logan in La Grange to create an art project made possible by the Episcopal Diocese of West Tennessee. Last April, the CTF was awarded the “Do Good and Share” grant to benefit our wider community through the arts. Susie designed these powerful images to help in developing a barn quilt project that would bring neighbors together through painting. In 2024, the grant was used for art classes and concerts at the Civic Center which were enjoyed by residents of La Grange, Moscow, Grand Junction, and Hickory Valley. This art project is intended to build bonds between our towns as we ask the question, “Who is my neighbor?”



This grant money will be used to create and install these four barn quilts that will honor and memorialize the victims of the tornado in April of 2025 that destroyed so much of Grand Junction and killed a father and his 16 year old daughter. On Saturday, March 7th, the four panels will be painted by a group of volunteers from the towns to address hope and healing for the wider community as we work together. They will be installed on the iconic and beloved Hess Garage on Highway 57, next to the Junction Inn. The Grand Junction Mayor and Board of Aldermen unanimously and enthusiastically approved the project.

These quilts will extend the barn quilt trail in La Grange over into Hardeman County, giving the grassroots art project even more meaning as travelers drive through this end of Tennessee. The series of quilts will represent the story of the four stages of the event: 1) Before the storm 2) The storm moving in 3) The tornado 4) The Phoenix Tree of Life. They will be dedicated in a public church service at Immanuel Episcopal on Good Friday, the anniversary of the fateful day. On Easter Monday, the City of Grand Junction plans to

include the installation of the four quilt panels in a special ceremony at Hess Garage with state and local dignitaries in attendance. This will dovetail with a ribbon cutting for their newly completed Fire Department and Water Department which had been destroyed. Appropriately, the concept of death and resurrection will coincide with the Easter season. Our neighboring community’s resilience and determination to rise up and begin again has been a beacon for us all. Make plans to drop by and watch the volunteers painting together at La Grange Civic Center on March 7, 10:00~4:00. Also, please join in the dedication service at Immanuel Episcopal in La Grange on April 3 at 10:00, and the ribbon cuttings and celebrations in Grand Junction at the Hess Garage on April 6 at 10:00.



Shout Out! (Get to Know Your Neighbor)

Shout out to Jule Eberlin! Thank you for your friendly smiles, incredible hospitality with Woodlawn Socials, fireworks, hosting entertainment functions, housing friends and families for holidays, playing piano at church and for always



being such a supportive part of our community. It really means a lot to know we have neighbors like you who are so kind, welcoming, and generous.



Your thoughtfulness and willingness to help don't go unnoticed. It makes our town feel more like home, and we are truly grateful.

****Correction in last newsletter:** In the write-up about Jordan Northcross, John STOLL's name was spelled incorrectly. Also, Mr. David CARNES was incorrectly spelled Crane. Our apologies for the error.

Mark Your Calendar...

Barn Quilt Meet & Greet: Saturday, March 7, 10a-4p, Civic Center

Barn Quilt Dedication Service: Friday, April 3, 10am, Immanuel Church in La Grange

Barn Quilt Ribbon Cutting Ceremony: Monday, April 6, 10am, Hess Garage in Grand Junction

Yoga: Every Wed. 5:30pm (Mat), Thurs. 10am (Chair), Civic Center (\$10 per class or \$8 ea for a 4 week bundle)

Pickleball: Every Tuesday, 9am, Pinecrest Gym

Mahjong: Every Friday at 12:30pm at Cogbill's with lunch together at 11:30am



"Lift Assist"

If you or a family member falls and you are unable to get (them) up, call 911 and ask for a "Lift Assist". First Responders will arrive shortly with no lights, no fuss, no ambulance.

Maybe there was a medical reason for the fall? By having First Responders assist you, not only will the lift be done without further injury, they'll be able to assess if further intervention is needed.

Women's Heart Health

by Marla Mounce

Heart disease is the leading cause of death for women in the United States, yet it is often underestimated due to the subtle and "atypical" way symptoms can present. By 2050, it is projected that nearly 60% of U.S. women will have high blood pressure, a primary driver of cardiovascular disease.

Recognizing the "Atypical" Signs

While chest pain remains the most common symptom for both sexes, women are significantly more likely to experience heart attack signs that don't involve the "Hollywood" chest-clutching.

- **Unusual Fatigue:** Often described as a sudden, overwhelming exhaustion that makes even simple tasks like grocery shopping impossible.
- **Radiating Pain:** Discomfort that spreads to the jaw, neck, upper back, or shoulders, rather than just the left arm.
- **Gastrointestinal Distress:** Nausea, vomiting, or severe indigestion that can be mistaken for the flu or acid reflux.
- **Shortness of Breath:** Feeling winded while resting or during light activity, often occurring without any chest discomfort.
- **Emotional Clues:** A sudden sense of impending doom, extreme anxiety, or a feeling that "something is just not right".

Unique Risk Factors for Women

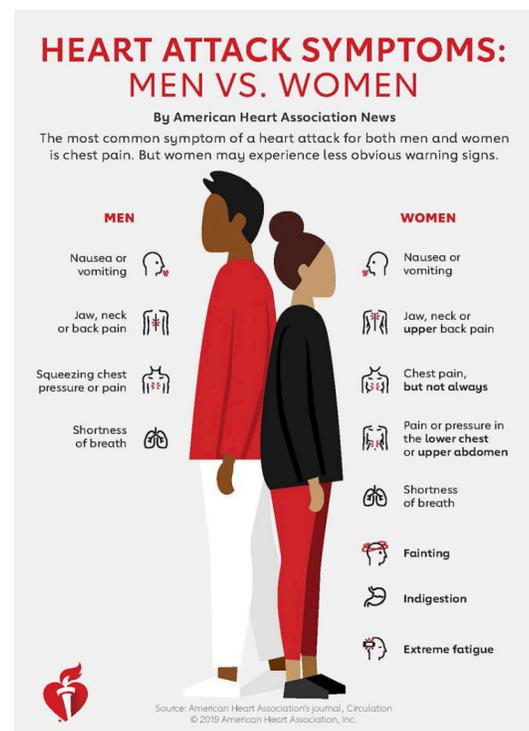
Beyond common risks like high cholesterol and smoking, several factors impact women specifically or more severely:

- **Pregnancy Complications:** History of preeclampsia, gestational diabetes, or hypertension increases long-term heart disease risk.
- **Menopause:** A drop in estrogen levels after menopause increases the risk of small vessel heart disease.
- **Mental Health:** Depression and emotional stress appear to adversely affect women's hearts more than men's.
- **Specific Conditions:** Autoimmune disorders like lupus and inflammatory conditions like rheumatoid arthritis raise cardiovascular risk.

Prevention and Action

Up to 80% of cardiovascular disease cases are preventable through early intervention.

1. **Know Your Numbers:** Track your blood pressure, blood sugar, and cholesterol through annual screenings.
2. **Heart-Smart Diet:** Prioritize whole grains, lean proteins, and healthy fats while limiting added sugars and sodium.
3. **Active Lifestyle:** Aim for 150 minutes of moderate activity weekly.
4. **Listen to Your Body:** If you experience any symptoms from the "nose to the navel" that feel unusual, seek emergency care immediately.



Snippets of La Grange's Educational History

by Lucy Cogbill



Sallie B. Ford Wiley

b. April 1911-d. Nov. 1994

Photo courtesy of Annie Carter, daughter

Ms. Sallie Baker Winston Ford Wiley - Former La Grange School Teacher, Principal & Positive Influence to her Community

Ms. Sallie's personal story of her experiences as a young school teacher was told to a group of Girl Scouts from La Grange in May of 1988 at a ceremony to honor her and Principal Molly McCarley with a Plaque of Thanks and to also present Scout Leader Bettie Northcross with an international Girl Scout Outstanding Leadership pin as well. Ms. Sallie's remarkable story was recorded and condensed excerpts are presented here:

"I started school right down the hill-right beside that ditch there is a one room school house. For my first years I went to that school...we walked out on the road...to Miss Louise Stewart's place [Turner Rd] out there-two or three miles. We walked in, my sisters and I, there were four of us girls and Miss Stewart's family and most of the students, their aunts, uncles, grandmothers, all lived in the community. My granddaddy lived across the road [from the school] in the house where Tommy Robinson lives now...and everyday when we went to school in the summertime, we'd play outside. He liked to sit on the steps with a big bag of peanuts-he called them goobers-and we would get out for recess, he'd be eating them and hollering and calling one of us all the time to come get your goobers...and we'd get a bag full-a little bag. We liked to come to school because he'd

always be out there if the weather wasn't bad and if he didn't have goobers he'd have candy suckers and we liked that. When I was in the 4th grade, we moved to Memphis and we went to Melrose School until I passed to the 10th grade."

Ms. Sallie says that she fulfilled the 4th and half of 5th grades in six months, and did the same thing until she passed 9th grade while there. Her father moved back to the country in April and she didn't have a way to get to the high school in Somerville.

"It was a Rosenwald school [in Somerville] but they didn't have any place to stay-a dormitory or any place so I didn't get to go to school. But during that summer I got a chance to go to Somerville and take the exams for a teacher-and passed them. I decided to teach. The lady said "How old are you?" "I'm eighteen." I was only fifteen but they couldn't prove it because I was tall enough. So I started teaching when I was fifteen...the first place I started was right here in La Grange...and I worked and worked. My main object was to teach the children that they had to work. They didn't think the ABC's were important...they didn't have any idea what school was all about. You're getting your foundation basis. The person who's working with those people really need to start out so when they get to the 7th grade, the 8th grade, even the 6th grade, they won't have to close up like a little snail and won't be able to go any further. Their minds won't go any farther than that and I've seen a lot of that happen. We need to work with the younger-I can't say how strongly I believe in that...stamp some images on the brain that will help them as they grow. Images where they won't be embarrassed or afraid to say something...afraid it is wrong...which is discouraging to a child away from home for the first time...I stayed in the La Grange School...I married and taught school...left out about seven years while I was having five children."

When Ms. Sallie started back after that, she wasn't able to get the La Grange School position right away. She walked to Jones Chapel (on the Ames Plantation) to teach for two years until "the lady in La Grange felt sorry for her and told the Superintendent "She's got twins at home three months old and she's walking in the middle of February." Ms. Sallie walked the rest of that school year to Jones Chapel and the next year she had the chance to come back to La Grange School.

"I was mother to some, companion to some, enemy to some...I felt as if I had something to do and I had to go in and do it...I liked teaching, I liked children. My kids were right along in there, the same thing that I wanted for my children, I wanted for everybody that was there, it kept me going."

When asked where her children are now, she said: "They're scattered about all over the face of the United States. The oldest girl is a Home Economics teacher in Cleveland, OH. The oldest boy is an accountant in a bank in North Carolina. The youngest girl is in Mobile, AL and she is a physical therapist. The older twin is in Memphis working as an attorney with the Labor Relations Board. The second twin is in Los Angeles, CA and he is a medical doctor." You have some very successful children - "Thank you. I worried them to death."



La Grange School on Commerce St

See more early history of Fayette County. African American schools - visit Middle TN State University's interactive website that also features La Grange: Places, Perspectives African American Community-building in Tennessee, 1860-1920.