

The Knoxville FOCUS

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January 7, 2013

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Knoxville: There's An App For That

By Tasha Mahurin
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Knoxville now has an app, thanks in part to Knoxville City Councilman Nick Della Volpe.

"The Knoxville application is a handy index-like tool, pointing the way to local food, lodging, tour sites, local happenings, etc. These topic lists then expand (with a screen touch or swipe) into specific listings within the categories, and ultimately into location-specific information

(maps, menus, and links other the participant's own web page)," Della Volpe told The Focus.

Della Volpe was taken with the idea after visiting Bardstown, Kentucky. Bardstown has a population of less than 20,000, but still has its own app. Della Volpe quickly learned that the app was inexpensive to develop and reached out to Visit Knoxville with the idea upon his return home.

"What a great tool for a traveler. In moments, you can download and have a

tour guide for your day trip or short stay," Della Volpe added.

The app is Knoxville's first tourism mobile application and puts hundreds of attractions, events, accommodations and restaurants at visitors' fingertips and features hundreds of Knoxville's attractions, restaurants, shops, venues, transportation, nightlife, and more. The App is based off the 2013 Knoxville City Guide & Visitors Handbook, which was unveiled last week.

"The app gives visitors access to listings of hotels, restaurants, upcoming events, attractions, festivals, and much more. If someone wants to know what is going on in town or where to eat dinner or find a hotel room, the app is a great resource of information. The app will also continue to develop, as we plan to add new features and create more interactive elements throughout the app," Kim Bumpas, President of Visit Knoxville, told *The Focus*.



The Visit Knoxville app is designed to help visitors immediately access lodging information, entertainment and dining options to encourage them to extend their stay and visit more

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FOCUS Weekly Poll*

This week there was a vote in the US House of Representatives and the US Senate regarding the so called Fiscal Cliff. Do you support or oppose the outcome of the vote?

SUPPORT 45.39%
OPPOSE 54.61%

Survey conducted January 3, 2012.

* Focus Weekly Polls are conducted by an independent, professional polling company.

FIRE ACADEMY CLASS OF 2012 GRADUATES



PHOTO BY DAN ANDREWS.

Rural/Metro Holds Graduation For Fire Academy Class Of 2012, Celebrates Careers Of Long-Time Firefighters

Rural/Metro Fire Department held a graduation ceremony for their Fire Academy recruit class of 2012 on Thursday, Jan. 3, at the Kerbel Shrine Temple. Knox County Mayor Tim Burchett delivered the keynote

address to the graduates as well as friends, family members and fellow firefighters gathered for the event.

As the new firefighters marked the beginning of their careers, 18 long-time Rural/Metro firefighters were honored with pins for years of service. Assistant Chief Gene Blaylock was recognized for 35 years of service as a firefighter.

Following 16 weeks and more than 240 hours of training, 26 recruits from the Rural/Metro Fire Academy received their firefighter's

badge and took the Firefighters' Oath. The academy training program involves extensive classroom work and physical conditioning.

"I am proud of the 26 graduating recruits taking the firefighter's oath," said Rural/Metro Fire Chief Jerry Harnish. "These recruits have trained hard to get to this ceremony, and after today, they will be entrusted with the safety of Knox County residents and their property. I know they are up to the challenge."

Mayor Burchett applauded the graduates on their commitment to the noble profession of firefighting and thanked them for helping to continue Rural/Metro's tradition of excellent service to Knox County.

Graduating in this year's Academy class were Gabe Atkinson, Joseph Cardio, Michael Courtney, Mark Gorman, Brian Johnson, Dwayne O'Dell, Tom Collins, Corey Dantzler, Jake Davis, Ahmed Elalfy, Greg Foster, Anthony Lopez, Chase

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Knox Countians Skeptical About 'Fiscal Cliff' Vote

By Focus Staff

Knox Countians appear to be at least somewhat skeptical about the outcome of the recent vote by Congress to avoid the "fiscal cliff". Likely voters were asked the question, "This week there was a vote in the U. S. House of Representatives and the U. S. Senate regarding the so call 'fiscal cliff'. Do you support or oppose the outcome of the vote?"

Almost 55% of those polled said they oppose the outcome of the vote, while just over 45% said they support the outcome. The strongest support in Knox County for the outcome of the Congressional vote was in the First District.

More than 62% of voters inside the First District said they supported the outcome of the vote, Inside the Second District, which is another district inside the City of Knoxville, the results showed a deeply divided community with an even split between those supporting and opposing the outcome. Voters in both the Third and Fourth Districts supported the outcome of the Congressional vote by almost identical margins - - - just over 54% of those responding.

Support for the outcome dropped dramatically when voters inside the Fifth District were polled; the Fifth District is comprised of West Knoxville and the Towne of Farragut. Less than 40% of those polled said they favored the outcome of the Congressional

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Knoxvillian to drive in Monster Jam

By Dan Andrews
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"I hopped in there, and as soon as I hit the gas pedal, I was hooked," East Knoxville's own Ed Eckert told The Focus.

Eckert is the owner of a Ford F250 monster truck aptly named "Fullboar." He moved to Knoxville a little over a year ago to be centrally located on the Monster Truck circuit. Now

entering his 12th year of competition, Eckert was hooked on the sport from day one.

Eckert, originally from Michigan, owned and operated an auto shop for 17 years and built his own truck. The 2005 Ford F250 is equipped with a 540 Chevy blown and injected 1600 horse powered engine. With a Turbo 400 transmission and 63"x43"

Goodyear terra tires, Fullboar is a force to be reckoned with on the track.

Eckert was a fan of the sport for 14 years before getting behind the wheel of a truck himself. He helped organize a truck show and a "friend of a friend" asked him if he'd like to take his monster truck for a spin. Eckert was initially hesitant, but eventually climbed behind

the wheel.

"I felt that adrenaline rush and thought, I've got to build me one of these. Then I built one and then I started going to some of the shows," he stated.

According to Eckert, the expense of building, owning, and operating a monster truck is extensive. The average cost for one of these impressive machines is

approximately \$250 thousand for the vehicle alone. This does included costly maintenance for parts and repairs, nor the most daunting aspect of owning a monster truck-transporting it. The 12,500 lb Fullboar is transported in a semi-truck.

Eckert will climb behind the wheel of Fullboar in Thompson Boling Arena for

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Jessie

Hers was one of the last Christmas cards we received just before Christmas, and it was special. So is she!

We met Jessie several years ago at a local restaurant after church

one Sunday. She was the server for our table, and something about her stood out to us. Maybe it was her friendly smile or her delightful personality. We noticed she was a hard worker, too. On our next visit, we asked for Jessie's table. She could take an order, serve glasses of water, and carry on small talk—and then she was gone. Jessie had just the right mix of social grace without imposing on some customers while neglecting others. Again and again, we picked a table that the petite blonde served.

After several months, this efficient little server traded in her apron of six years for a diploma. Jessie invited us to her graduation from South College. We went. I remember it well—a beautiful summer day at the historic Tennessee Theater. At times, the graduation ceremony had the feel of



By **Ralphine Major**
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a church service. Dr. Bill Snyder played the organ, and several students sang some of America's favorite hymns. It was one of the most beautiful graduation ceremonies I have ever attend-

ed. In a theater filled with graduates and their families, we spotted Jessie and I got a picture of her. It was made easier to find her in the crowd when she went on stage to receive the award for outstanding student in health sciences! Our family was so happy to see Jessie accomplish this goal and to be a part of the day's celebration. Jessie soon moved out of state to attend graduate school. In a few months, she will receive her Master's degree in Occupational and Environmental Health.

Jessie's Christmas card and picture reminded me how photogenic she is, and the beautiful dog beside her captured our hearts. We were honored that she wanted to meet our family for lunch during her time home for the holidays. Jessie shared some of her mouth-watering recipes



Jessie and Spot looking festive in their Christmas attire.

with us. She is quite a culinary talent and has even grown some of her own herbs, including dill and basil, for cooking!

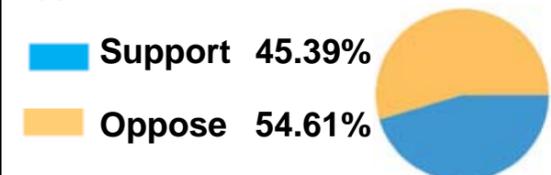
We were not surprised to learn that Jessie adopted Spot from a local animal shelter. She visited several shelters and went back to the very first one to get Spot, named for the one spot on his cream-colored coat. Spot had captured Jessie's heart, too! Spending time with Jessie made for a special day and a perfect way to end the year. Jessie represents the best in her generation of Americans. Even at her young age, she shows character and integrity, respect and

responsibility, maturity and kindness, drive and ambition, and loyalty and friendship.

As the calendar year comes to a close, may each of us reflect on our life and ways we can be a better person, spread more joy, help more people, and share more of God's love in the new year. Perhaps, some may even choose to volunteer at a local charity, make visits to an assisted-living facility, or even adopt a pet. May we realize, too, what is most important this year and every year as we live our lives day after day—faith, family, and friends. God bless, and Happy New Year!

FOCUS Weekly Poll

This week there was a vote in the US House of Representatives and the US Senate regarding the so-called Fiscal Cliff. Do you support or oppose the outcome of the vote?



By Age	Support	Oppose	Total
18-29	[None]	100.00%	1
30-49	28.79%	71.21%	66
50-65	48.04%	51.96%	179
65+	48.57%	51.43%	210
Total	45.39% (207)	54.61% (249)	456

By District	Support	Oppose	Total
1	62.07%	37.93%	29
2	50.00%	50.00%	50
3	54.17%	45.83%	48
4	54.05%	45.95%	74
5	39.29%	60.71%	56
6	44.23%	55.77%	52
7	38.78%	61.22%	49
8	31.25%	68.75%	48
9	38.00%	62.00%	50
Total	45.39% (207)	54.61% (249)	456

By Gender	Support	Oppose	Total
Unknown	56.25%	43.75%	16
Female	45.07%	54.93%	213
Male	44.93%	55.07%	227
Total	45.39% (207)	54.61% (249)	456

Survey conducted January 3, 2012.

Dirt and Depression

It has been a very dreary winter here in Knoxville. With the yucky, wet weather and the constant talk of fiscal cliffs and local court fiascos, it has been hard not to feel weighted down by this winter. Lots of folks I know are in the thick of the winter blues. Yet for some, it is much more serious than that.

While the recent tragedy in Newtown, Connecticut had the power to compound the



By **Sarah Baker**
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winter blues into a very dismal melancholy, it also brought to our consciousness issues about mental health care. In my mind, no other issue regarding mental health care can be resolved until we address the issue of people's attitudes about it. While most people would have no issue going to the doctor for any other health issue, many still feel that getting help for depression or anxiety would

make them weak or incompetent.

I am also shocked by the number of people who feel that they are not being good Christians if they go to therapy or take a prescribed mental health medication. I have suffered from migraines for years, and when I finally found a drug that worked (Naproxen works for me), I could have hollered like a good ole Missionary Baptist. I don't worry that I'm going to be judged for taking medication that will take away these agonizing headaches, but why are people different when it comes to medication

that would take away anxiety or depression? I posed this question to friends who are ministers and/or therapists.

Janiece Foust is a mental health therapist and founder of Journey Counseling Center at Powell United Methodist Church. Janiece believes that "God provides each of us with gifts. Some of us are given gifts to care for others through providing medical services and medication. Often people have been told that taking medication is a sign of a lack of faith...I share what a humbling and empathy-building experience it was for me to get to the point of needing therapy and medication and how God has used that to then have me help others."

Amy Spurlock is an outpatient mental health therapist for the Cumberland River Comprehensive Care Center in Middlesboro, Kentucky. According to Amy, one reason some people may have a negative attitude is that they mistakenly think that they will become addicted. "Anti-depressants and mood stabilizers are not addictive," she explains. "They are simply medications which alter the chemical compounds similar to what you would expect if you took diabetic medications. One does not become addicted to his or her cholesterol medication. The confusion comes from people taking Xanax or Valium for their 'nerves.' While those medications can have a

brief assisting effect, they can usually go against you in many ways."

Fran Ellers, a therapist for Seven Counties Services in Louisville, Kentucky, reminded me that "failure to treat depression can be fatal" and that research shows that "depression in parents can negatively affect their children's emotional health, behavior, and futures."

Nicole Masters is neither a minister nor a therapist. She is, however, an amazing mother and a spiritual mentor to many, and I really liked what she had to say: "...Anti-depressants are a tool that God uses. I always think of the story when Jesus spit in his hand, mixed it with dirt and put it on the eyes of the blind man. Jesus didn't need the mud, but he chose to use it for whatever reason known only to him."

If anyone reading this feels that you may be struggling with depression or anxiety, I hope that you will seek help right away. Remember the words of Albert Camus, "In the midst of winter, I discovered that there was within me an invincible summer."

Knoxvillian to drive in Monster Jam

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Advanced Auto Parts Monster Jam. Gates will open at 6:30 p.m. each evening. In addition to Eckert, the event will feature Metal Mulisha driven by Todd Leduc, Batman driven by Norm Miller, Back Stallion driven by Mike Vaters, Iron Warrior driven by Trey Meyers, and Nitemare driven by Andy Hoffman. Monster Jam events are affordably priced for the whole family with seats starting at \$7 for kid's \$20 for adults. Special Gold Circle seating available for \$25 and Front Row for \$40. Pit Passes for the Saturday January 12th Party in the Pits are available at participating Advance Auto Parts locations. Tickets are available at the Thompson Boling Arena Box Office on line at www.knoxvilletickets.com, or charge by phone at 865-656-4444.

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Screen shot of options to select on the Visit Knoxville app

Knoxville: There's An App For That

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attractions and points of interests in Knoxville. Visitors to Knoxville can use the application to find restaurants and lodging, search events and outdoor activities, and get directions to points of interests.

"The Visit Knoxville app is a great resource to visitors as well as for Knoxvillians," Bumpas added. According to Visit

Knoxville, the app still is in its infancy. The beta version was launched at the end of December. However, the free Visit Knoxville application is currently available for download at the iTunes App store for iPhone users, and is also available for Google based phones such as Droids. Visit Knoxville expects to begin marketing the app to tourists and locals alike in February.

Knox Countians Skeptical About 'Fiscal Cliff' Vote

Cont. from page 1

vote on the fiscal cliff, with more than 60% saying they did not support the outcome.

The Sixth District posted only slightly more than 55% of those polled saying they oppose the outcome of the fiscal cliff vote, with more than 44% saying they supported Congress's decision.

The Seventh, Eighth and Ninth District all had majorities of more than 60% opposing the outcome of the fiscal cliff vote with the greatest number opposed being in the Eighth District where almost 70% of those polled stated their opposition.



By Steve Hunley, Publisher
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It is a somber topic to start the New Year, but such an important one that I think it bears discussion.

Like so many Americans across the country, few Knox Countians seem to notice that Knox County government has a debt problem. Including interest payments, Knox County is presently more than a billion dollars in debt. One doesn't hear much about the county's debt and eventually there are going to be a lot of folks shaking their heads angrily, saying "Why didn't I know about this?"

The county debt has had little mention in the local news media, as it is an unpleasant topic and many times it is easier for people to ignore unpleasant topics.

Knox County Mayor Tim Burchett has acknowledged the debt problem and has calculated his budget accordingly. Burchett has shown

significant ability in stretching a dollar and keeping services functioning smoothly, as have most of Knox County's officeholders. The members of the Knox County Commission, by and large, have little to say about the debt and some seem willing to spend without too much regard for the need or importance of the expenditure.

Dr. James McIntyre, Superintendent of Knox County Schools, has to my knowledge, never acknowledged Knox County's debt problem. Frankly, it seems McIntyre doesn't care how much debt Knox County carries. Last year he proposed an exorbitant spending plan for the school system which would have required at least a 35 cent increase in the property tax. Despite heavy support from The Knoxville News-Sentinel, most other media outlets, and an advertising campaign paid for by members of the Chamber of Commerce, the Superintendent's request met with a jittery silence from the members of the Knox County Commission. Not a single member of the Commission, after weeks of suggestions by some Commissioners about raising taxes, actually made a motion to do so.

There seems to be some belief on the part of the Superintendent and his allies that the state of

the economy (not to mention the debt) has nothing to do with education. The school system currently receives the lion's share of the total budget as it is and the hallmark of McIntyre's administration has been a constant craving for more. At some point, there has to be an understanding on the part of the Superintendent and the Board of Education that not only does debt matter, but so does the state of the economy. The battle cry of "It's for the children" is meaningless in the reality of a poor economy and accumulating debt that will have to be paid back at some point. Parents who choose not to pay the mortgage to keep their children in a private school will eventually be homeless, which certainly isn't in the best interests of the children in the long run.

The school system will likely have a host of new financial problems with less funding from both the State of Tennessee and the Federal government. Governor Bill Haslam is already facing the prospect of finding \$1 billion for the implementation of "Obamacare," money the state doesn't have at the moment. The governor will be forced to either propose new taxes or cut something else to pay for it.

It will be interesting to see just what reality Superintendent McIntyre

and the Board of Education live in these days; If the Board does indeed continually wants more and more money, eventually they are going to have to defend their support for higher taxes in elections. McIntyre has been singularly unsuccessful in acquiring new money and if that is the goal of the Board, it would seem they would eventually catch a clue and hire a new operating officer who can successfully work with Mayor Burchett and the County Commission.

If the Board and the Superintendent realize just what the average person is dealing with in terms of the state of the economy and choose to seek a continuation budget, it will be a sign they are living in the real world. It may be that the Superintendent and some Board members are thinking the 2014 elections will bring in a more sympathetic County Commission; that ignores the possibility those same elections may bring a different Board with a different perspective on taxing and spending.

Some Americans and Knox Countians seem not to consider the prospect of the bill ever becoming due. Greece thought exactly the same thing and look at them now.

FIRE ACADEMY CLASS OF 2012 GRADUATES

Cont. from page 1

Lyon, Shaun Lyon, Matt Plummer, Ben Romanowski, Doug Searle, Blake Welch, Nick Wilhelmson and Nate Wingate.

An additional six firefighters graduated to first responder paramedic status from the FireMedic Academy during the ceremony. These firefighters were Chris Demott, Bryan Harris, Mike Kiselauskas, Shane Savell, Brad Williams and Preston Witick.

Welcome the New Year with a healthy smile!

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FOCUS MORE ON Seymour & South Knox



Cheerleaders from The King's Academy place wreaths on the graves of American veterans in East Tennessee State Veterans Cemetery.

TKA Cheerleaders Honor U.S. Veterans

Cheerleaders from The King's Academy raised funds to purchase 101 wreaths for veterans of United States armed forces. Then, as part of a nationwide effort called Wreaths Across America, the eleven middle school and high school girls helped place 200 wreaths on the graves at the East Tennessee State Veterans Cemetery on John Sevier Highway Saturday, December 15.

Wreaths Across America is an organization that places wreaths on veterans' graves across the country. In 1992, Morrill Worcester, owner of Worcester Wreath Company of Harrington, Maine, had wreaths left over at the end of the season. Remembering a childhood visit to Arlington National Cemetery, he decided to send them there to honor veterans.

Worcester did this quietly for a few years until a photo of the wreath covered graves spread over the internet in 2005. In

2007 the Worcester family, along with veterans, other groups and individuals who had helped with their annual Christmas wreath ceremony in Arlington, formed Wreaths Across America, a non-profit 501(c)3 organization, to continue and expand this effort.

In 2010, Wreaths Across America and a national network of volunteers laid over 220,000 memorial wreaths at 545 locations in the United States and beyond. Cemeteries included the Pearl Harbor Memorial, Bunker Hill, Valley Forge and the sites of the September 11

tragedies. The effort was accomplished with help from 902 fundraising groups, corporate contributions, and donations of trucking and shipping, and thousands of helping hands.

The King's Academy cheerleaders acknowledged this was a very moving experience for them. Their coach, Melissa Dovey, commented, "I am very proud of the impact they had on the other veterans and family members who were present. They received many compliments and many thanks for participating. We were honored to participate

in this event to show the families and the surviving veterans that we have not forgotten their service and sacrifice."

At the end of the wreath-laying the girls gathered quietly and respectfully sang the national anthem. The people who were still there gathered around with their hands on their heart or saluting, and some cried.

More information on Wreaths Across America can be found at www.wreathscrossamerica.org.

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In Memoriam



Charles B. Richmond, age 72, of Knoxville, passed away Thursday, January 3, 2013, at Fort Sanders Regional Medical Center.

He attended Immaculate Conception Catholic Church, and was the owner and architect of RAAECO, Inc. For the past forty years his passion has been restoring historic homes, churches, and other structures in Knoxville.

Preceded in death by parents, James B. and Mary B. Richmond, and sister Joanne Keesee. He is survived by son, Greg Richmond; daughter, Laura Richmond; daughters and sons-in-law, Missy and Greg Hankins, Teresa and Scott Wolfenbarger, and Cathy and Barron Williams; close friend, Patricia Richmond; and eleven grandchildren.

Family and friends are invited to attend a funeral mass at 2:00 p.m., Monday, January 7, 2013, at Immaculate Conception Catholic Church with Monsignor Xavier Mankel officiating.

Interment will follow in Calvary Cemetery.

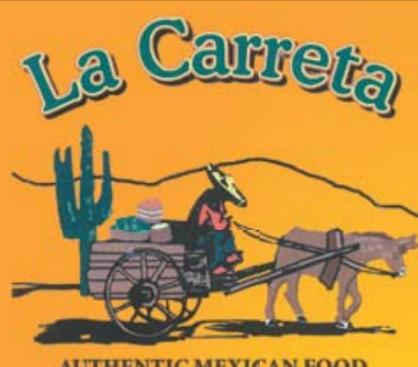
In lieu of flowers memorials may be made to the Candoro Arts and Heritage Center, Inc. (P.O. Box 9473, Knoxville, TN 37940).

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Special # 5	4.35
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Special # 6	5.05
One burrito and one taco with Spanish rice	
Special # 7	5.15
One beef burrito and one beef enchilada	
Special # 8	5.15
One chile relleno, one taco, rice and refried beans	
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One beef enchilada, one chile relleno with rice	
Special # 10	4.75
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One enchilada, one taco with rice or beans	
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One beef and bean burrito topped with lettuce, tomato, sour cream and shredded cheese	

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Tortilla chips topped with your choice of beef or chicken and eight melted cheeses	

Taco Salad	4.70
Large fried tortilla shell filled with ground beef, beans, melted cheese, lettuce, tomato, sour cream, and shredded cheese	
Burrito Mexicano	4.95
Flour tortilla filled with beef tips, and topped with melted cheese, lettuce, guacamole, sour cream, and tomatoes	
Quesadillas Rellenas	5.05
Flour tortilla grilled and stuffed with cheese, beef tips and beans. Served with lettuce, tomato, guacamole, and sour cream	
Chicken or Beef Quesadillas (Two)	5.75
Taquito Mexicanos	4.75
Deep fried corn tortillas (One beef and on chicken) served with lettuce, tomatoes, guacamole, sour cream & rice or beans	
Special La Casa	4.75
One burrito filled with beef tips and topped with melted cheese	
Fajitas	6.55
Beef, chicken, or mixed cooked with bell peppers, onions, and tomatoes served with rice and beans. Lettuce, tomato, guacamole, sour cream and three flour tortillas on the side	
Chimichangas	5.00
One flour tortilla deep fried or soft. Filled with beef tips. Topped with lettuce, tomatoes, sour cream, melted cheese, and guacamole & served with refried beans.	
Nachos Supremos	5.60
Tortilla chips topped with beef, chicken, and beans. Guacamole, lettuce, tomato, and sour cream on the side	
Grilled Chicken Salad	6.40
Grilled chicken served on a bed of lettuce topped with tomato and sour cream	

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League of Women Voters Taking Applications for Second Annual Citizens Academy

Three-day class designed to teach residents about working with Knox County government

The League of Women Voters of Knoxville/Knox County is pleased to announce it is taking applications for its second annual Citizens Academy. The Citizens Academy is a three-day training that is designed to increase knowledge of and participation in Knox County government. Participation is open to all Knox County residents, particularly up-and-coming leaders already involved in the community. Attendance is free and applications are available on the LWVKKC website, www.lwvknoxville.org. Applications are due on January 25. Approximately 25 Knox County residents participated in last year's

Academy.

The Citizens Academy is designed to bring Knox County citizens who want to improve and make change in their community together with experienced leaders from within and outside of government. After three sessions, participants will come away with a new understanding of how local government works, practical approaches to dealing with community issues, and an invaluable experience right inside the halls of county government. The goal of the Citizens Academy is to set in motion a vanguard of empowered citizens who will help our county confront its challenges and reach its potential.

"I recently attended my first City Council meeting with the past Observer Corps Chair for the League," 2012 Citizens Academy graduate Kristen Slusher said. "I had a flashback from the Citizens

Academy being in the meeting room and found that all of the pieces really came together for me! It helped me to make sense of how the local government works."

This year's Academy will be held over three Saturdays: February 16, 23 and March 9. The first session will feature expert instruction on the basics of county government. The second session, led by veteran community organizer Bill Murrah, will focus on the art of advocacy and will include two panels featuring experienced leaders and former officials. The final session, taking place inside the City County Building, will allow participants to put into practice the skills they have learned in a realistic simulation of problem solving with local government. A downtown reception with the participants and local officials caps off the day.

Q&A Frank Nicely

Frank S. Niceley serves in the Tennessee House of Representatives, representing District 17 which encompasses parts of Knox County and the majority of Jefferson county. Questions were asked by Focus writer Tasha Mahurin.



1. Following the horrific tragedy at Sandy Hook Elementary School in Connecticut, you were among the first to address the need for improving safety in Tennessee schools. What was your initial reaction to the tragedy? Were you previously aware of the need for increased security in our school systems?

Like all Americans, as the details of the Newtown massacre unfolded I was shocked and horrified. Innocence lost is something that can never be replaced. Here in our area we have been touched by similar tragedies on a smaller scale at the Unitarian Church, as well as our schools. I have been aware of the dedicated efforts by Sheriff J.J. Jones and the KPD in strengthening security in Knox County where sufficient resources exist to do the job. But, while affluent, Sandy Hook is a remote rural area and I began to reflect on my new Senate District. Most have SRO officers in High Schools, some in high schools. Many systems were saying we'd like to step up security, but resources are limited and many schools weren't designed with limited access in mind. The lesson of Sandy Hook is that no school is immune to an attack. Those teachers and staff acted bravely and unselfishly giving their lives for their students. I have no doubt every Tennessee teacher would do the same. It is up to us to make it as least likely as possible that they ever need to.

2. You're in the process of drafting legislation that would require a school resource officer or a comparably trained staff member in every Tennessee school, as well as requiring firearm training for faculty. Could you explain your proposed plan to our readers in greater detail?

My proposal is NOT aimed at arming teachers, nor requiring staff firearms training. Simply stated it does two things: sets the requirement that every K-12 school have security; and establishes the training standard for security officers. There will be a provision that gives rural and small systems flexibility beyond the traditional SRO officer in meeting the security standard, but certainly not the training standard. This proposal DOES NOT extend concealed weapon handgun permits into our schools. I have a strong belief that there is a major difference between self-defense and defending others.

3. I was surprised to learn that there, in fact, is not a school resource officer assigned to every Tennessee school. Could you explain why this is currently the case, and why, given a significant increase in school related violence over the last decade, this issue has not been previously addressed?

The biggest obstacle has been and will continue to be dollars. Money is tight at both the state and local level. Unlike Washington, we can't just go out and print money. But, I do believe the NRA proposal, which does basically the same as my proposal is erroneously aimed at a large federal program. States and local government offer the better solution in flexibility and efficiency.

Continue on page 2

Continue on page 4

Gerdau shares warmth with Lonsdale kids



From left, Lonsdale Elementary students Juan Phillipe-Francisco and Pedro Juan Andres stop for a photo with Vice President and General Manager Johnny Miller after selecting their winter hats and mittens at the annual Mitten Tree event hosted by Gerdau.

In 2000, Gerdau took over operations of the Knoxville mill that has been part of the Lonsdale community for 110 years under various names and owners. That same year, the mill began the tradition of hosting the Mitten Tree event at Lonsdale Elementary School.

The event provides hats, mittens and holiday treats to the school's children.

"This partnership is so important to Gerdau," said Gerdau Vice President and General Manager Johnny Miller. "Many of our employees went to this school as children, and many of the children here today will be

our future employees."

The idea for the annual event came about on a cold December morning when a Gerdau employee on her way to work passed by some children outside the school and noticed they had no hats or mittens. She decided that she and her co-workers could do something to help.

The idea was well received at Gerdau. They already had a partnership with Lonsdale School, and this provided another opportunity to help.

Continue on page 2

Parkview Senior Living

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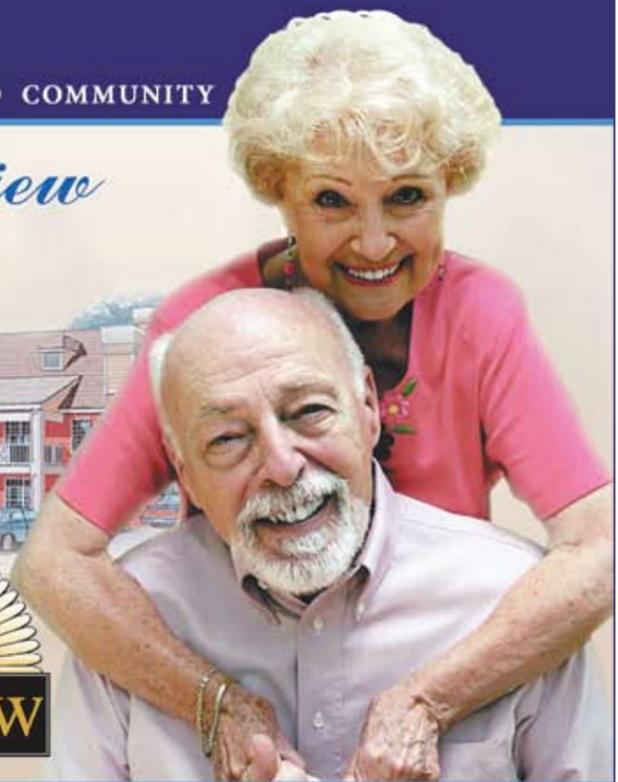
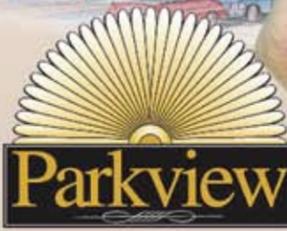
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Five Gifts to Give Yourself in the New Year

The holidays are a wonderful time full of having fun with friends and family and giving gifts to the people we care about. For many consumers, however, the joy of the season will soon be replaced by the stress of paying holiday debt.

"It is easy to get caught up in the excitement of giving during the holidays," said Lani Clemmer, regional counseling manager for CredAbility. "But many overdo a good thing and then struggle to make even minimum payments on their credit cards."

CredAbility advises consumers to top their list of New Year's resolutions with a commitment to improve their financial outlook. To help consumers tackle what can be

a stressful time, CredAbility offers the following tips:

1. Know how much you owe. A common mistake is not keeping track of debt. The thinking is that as long as you can keep up with the payments, everything is fine. However, if circumstances change due to a layoff or other unexpected event, you could find yourself unable to make payments and in immediate financial stress. The only way to understand what you are facing is to have a realistic picture of what you owe. Gather all your credit card statements and other bills and add up the total.

2. Create a spending plan. The easiest way to take control of your

money is to set out a plan for how you will spend it. This is not glamorous and can be something of a task, but it gives you the power to decide where your money goes. The plan should be flexible and include monthly expenses such as mortgage or rent, utilities, food, transportation, entertainment, clothing, etc. Make sure your expenses are not more than your income. If they are, go back to the plan and make adjustments.

3. Pay off credit card debt. People who received credit counseling from CredAbility in 2012 had an average of \$16,200 in credit card debt.

Continue on page 4

Gerdau shares warmth with Lonsdale kids

Cont. from page 1

In the beginning, the employees donated hats and mittens for the school children. As the event grew, Gerdau started purchasing the items needed for the more than 350 students and used employee donations to help fund Angel Tree wishes at the school.

The Mitten Tree event has become a fun holiday tradition for the students at Lonsdale elementary. For Gerdau, it helps fulfill their mission of being a

great community partner.

Gerdau has a robust social responsibility program that focuses on providing community support in the locations where it operates. Pillars under the social responsibility program are education, quality management and community engagement.

Nationally, Gerdau donates funds to the United Way, Habitat for Humanity and American Heart Association.

Scared stiff

I sometimes remember when a bad dream would pull me from sleep and leave me scared witless in the dark. The urge to run to my parents' bedroom and crawl in with them was strong,

but not as strong as the fear that something would get me if I put one foot out from under the covers. So, I lay frozen with fear until sleep would again overtake me.

Sometimes as kids, we'd sit on hay bales in a field near the house and tell stories. The scary ones always did me in, especially when dark had fallen. To make matters worse, the older boys would walk to the edge of the woods



By Joe Rector

and then tell us about snipe hunting. Yes, I fell for it, but after standing around for a while to capture some unknown varmint, I'd begin the walk back home. The only light available

came from the moon, and the ghosts and goblins and "boogers" came to mind. That hurried my pace until I was running through the fields to get home. Not until I slammed the door behind me at the front entrance did I feel safe.

One Halloween, a gang of us boys no older than twelve walked the roads to trick or treat. We saw a car pull into a field and wondered why it was there. We

sneaked up as quietly as a bunch of young boys could, but before we reached the car, the window rolled down and a shot rang out. We all skeddaddled and ran to a safe point far from the vehicle. Then we checked to make sure no one was missing or injured. The night was ruined, and a group of scared little boys returned home with only a handful of treats.

Once had a car wreck as a teenager. I pulled out into the path of a Knox County Sheriff's cruiser that was chasing another car. The vehicle had no lights or siren on, and it plowed into the front fender of the car I was driving. I saw the eyes of the deputy as his car slid sideways and ran off the road back-end first. The taste of fear was metallic, the result of an

overload of adrenaline as I saw the approaching vehicle. I shook or an hour afterwards.

I'm scared again. The senseless butchering of 20 children and seven adults has shaken most all of us to our cores. We are never supposed to bury our children, and it's even worse when those little ones are 6-7 years of age. Every parent wanted to run home to find his or her children or grandchildren and wrap protective arms around them. However, in this case, no arms would have prevented the outcome.

The maniac that killed these babies used an assault rifle to cut down his targets. Each victim had been shot several times. Only the killer managed to take one bullet. The fact is

that no one, child or adult, stood a chance against the weapon.

The shock to all in the nation has led to a call for action. Even the most strident NRA supporters in our federal government are calling for a change. They agree that no assault weapon should be available to anyone other than military forces. It's not an attack on the Second Amendment because citizens can still own weapons for hunting and personal protection. It's just that the overkill weapons need to go.

At the same time, the call goes out to stop the violent video games and movies that desensitize folks who play or watch them. Major cuts in mental health funding are being reviewed also.

I say it's about time. However, I'm still scared. What frightens me is the forgetfulness of the American public. I'm concerned that in a short time this tragedy will fade in our memories and the urgency to make sweeping changes in assault weapon ownership will weaken. A fickle public might lose its anger over these senseless killings and let its demand for banning those weapons weaken.

We can't let it happen. We must demand that weapons that shoot 30 rounds in seconds be forever banned. If it doesn't happen, before long the fear will return when another round of senseless violence occurs.

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William E. Borah

The Lion of Idaho

Pages from
the Political
Past



By Ray Hill
rayhill865@gmail.com

William Edgar Borah was one of the most celebrated members of the United States Senate during his time. Enormously popular in his state of Idaho, Borah was an impressive orator, regularly filling the Senate galleries when he spoke and his speeches were unusual in that his oratory could move colleagues to actually change their votes.

Borah was born on June 29, 1865 in Illinois, where he spent his childhood. Illness forced Borah to leave his studies at the University of Kansas, although he did manage to earn a law degree and practiced for a brief time in a tiny Kansas town. William Borah moved west and settled in Boise, Idaho in 1890 where he soon became one of the leading lawyers in the state. Borah possessed a remarkable ability to sway jurors with his oratory, as he would in the United States Senate. Bill Borah would also participate in some of the most famous, if not notorious, legal cases in Idaho.

Borah's legal prominence also aided his political ambitions and he was a candidate for the United States Senate in 1902 at a time when state legislatures still elected senators. Borah was unsuccessful in 1902, but tried again in 1906 and was elected. Before leaving for Washington, D. C. he was named as the special prosecuting attorney in what would become a legendary trial in Idaho. Borah was prosecuting a group of men affiliated with organized labor who had allegedly been responsible for murdering a former governor of Idaho, Frank Steunenberg. The defense counsel was no less than Clarence Darrow, the renowned "attorney for the damned". Oddly, Borah was himself indicted by a jury in a fraud scheme as he was prosecuting "Big Bill" Hagood and his accused fellow conspirators.

Steunenberg had been killed by a homemade bomb at his home. The former governor had been considered an opponent of the Western Miners' Federation and the men accused of the crime were members of the WMF.

William Borah was disappointed by the verdict of the trial, as Hagood and another accused co-conspirator were acquitted. Borah himself survived the fraud charges, which many considered to be preposterous. Borah soon departed to take his seat in the United States Senate, accompanied by his wife, Mary, who was the daughter of a former governor of Idaho. Mary McConnell



FROM THE AUTHOR'S PERSONAL COLLECTION.

Senator & Mrs. William E. Borah dressed for a night out in Washington society.

Borah became a fixture in Washington society and was fondly known as "Little Borah".

The Borah marriage became the subject of much discussion, especially following Senator Borah's death. The couple was childless and the senator was apparently highly attractive to other women. One such woman was the doyenne of Washington society, Alice Roosevelt Longworth. Famous for her tart tongue and snide bon mots, Alice was the daughter of President Theodore Roosevelt and the wife of Ohio Republican Congressman Nicholas Longworth, who was also Speaker of the House. Alice Longworth was forty-one years old when she announced she was pregnant. Speaker Longworth was delighted, but Paulina Longworth was quite likely the illegitimate daughter of Senator William E. Borah. Supposedly, Alice Roosevelt Longworth herself later admitted Paulina was Borah's daughter.

Borah was also reputed to be the paramour of "Cissy" Patterson, the publisher of the Washington Times. Patterson and Mrs. Longworth evidently engaged in a few skirmishes over the affections of Senator Borah, with Cissy once asking Alice to look for her missing undergarments in a chandelier.

Despite Senator Borah's extramarital activities, he remained highly popular in Idaho. He was reelected by the legislature in 1912, but would prove to be equally popular with the people of Idaho in subsequent elections.

Although a Republican, Borah quickly gained a reputation for putting principle above party. Borah was also perceived by many to have such a contrary nature the taciturn President Calvin Coolidge made a comment much quoted about the Idaho senator. Borah was an enthusiast of horseback riding and would regularly ride his horse through Washington's Rock Creek

Park. Coolidge, no admirer of Borah, wondered how Borah could bring himself to travel in the same direction as the horse.

Senator Borah was bitterly opposed to President Woodrow Wilson's effort to bring America into the League of Nations. Throughout his entire Senate career, Borah would oppose any legislation or effort he believed would involve America in the affairs of other countries. When President Wilson began a tour of the United States to personally make his case for American participation in the League of Nations, Borah and California Senator Hiram Johnson followed in his wake, speaking against the U.S. entering the League.

Borah was a "progressive" Republican, as were many of his colleagues from the American West, yet the contrary Idahoan was a strong supporter of individual state sovereignty. Borah opposed efforts to make lynching a Federal crime, as he believed it was not constitutional.

By 1925, Borah was the Chairman of the Senate Foreign Relations Committee, where he advocated recognition of the Soviet government. Since the fall of the Tsar in 1917 and the bloody revolution by the Bolsheviks, the United States government had refused to recognize the Communists as the legitimate government of Russia.

Borah proved yet again he was not bound by party ties when he helped to expose the scandals in the administration of President Warren G. Harding. Despite his having no affection for the

Idaho senator, President Calvin Coolidge recognized Borah's vote getting potential and reportedly offered Borah a place on the Republican ticket in 1924. Borah reputedly loftily replied, "In which place?"

Senator Borah, unlike some of his progressive colleagues, did not bolt the party, but he refused to endorse President Herbert Hoover's reelection in 1932. Borah had been unhappy with the Hoover administration and favored more proactive measures to address the effects of the Great Depression. The unpredictable Borah lent his support to some aspects of Franklin Roosevelt's New Deal, but was a powerful voice in opposition to other measures.

Borah had flirted with having presidential aspirations throughout much of his career and in 1936 became an active candidate for the GOP nomination. President Roosevelt himself seemed to respect Borah, but considered him no threat as FDR realized Borah would encounter stiff opposition from the more conservative elements of the Republican Party. Roosevelt's prescience proved to be accurate and despite having personally campaigned in several primaries, Borah managed only to get a handful of delegates. Ultimately, Borah again refused to endorse the Republican nominee, a risky proposition when he finally faced a difficult reelection campaign that same year.

Three-term Governor C. Ben Ross had been a popular chief executive and was running against Borah in what would be one

of the most Democratic years in history. Franklin Roosevelt, himself a candidate for reelection, visited Idaho, only to be greeted personally by Senator William E. Borah. To the horror of Idaho Democrats, it became readily apparent FDR had no objection to Borah being reelected. Borah crushed Ross at the polls, winning a remarkable victory as Republicans across the country lost to Democratic challengers.

Roosevelt may have later regretted not having tried to dislodge Borah as the Idaho senator proved to be an immovable object as FDR tried to navigate the perilous political waters of foreign affairs as war loomed in Europe. In 1939, Borah attended a meeting with President Roosevelt, Secretary of State Cordell Hull and several other senators. As Hull patiently warned of war and provided secret information coming from U. S. embassies in Europe, Borah openly scoffed.

Cordell Hull possessed a Tennessee temper and snapped he wished Borah would visit the State Department and read some of the dispatches reaching him. Never one to be easily moved from his position, Borah retorted, "I don't give a damn

about your dispatches."

Borah went on to tell an astonished Hull and President Roosevelt, he, too, had his own sources of information and he did not believe there would be any war.

Whether or not Borah was embarrassed when German dictator Adolf Hitler's army invaded Poland, causing France and Great Britain to declare war on Nazi Germany, is not known.

Borah never lived to see the attack on Pearl Harbor by the Japanese Empire. On January 16, 1940, Borah stopped briefly early that morning to chat with his wife, Mary. He urged her to see a doctor as she had been sneezing and went into the bathroom to shower. When Borah did not emerge from the bathroom for what seemed to be a very long time, Mary Borah found the senator lying on the floor unconscious and his head bloody. A frantic Mrs. Borah summoned a doctor, who informed her that her husband had suffered a cerebral hemorrhage. Evidently Borah had struck his head when falling, causing deep cuts along his temple. Only the day before Borah had visited his own physician who had declared the senator to be in excellent condition for a man of seventy-four. Mrs. Borah herself later said he recalled thinking how well her husband looked the morning of his brain hemorrhage.

Doctors assured Mary Borah there was no hope for the senator's recovery and he remained in coma for most of the next several days. Occasionally Borah would come out of the coma and asked Mary for his house slippers. On Friday evening, January 19, 1940, William Borah died while his faithful secretary of many years, Cora Rubin, stood by his bedside.

To this day, no one has served longer in Congress from the State of Idaho than William Borah. The tallest mountaintop in Idaho is named for the late senator. Idaho also donated an imposing statue of William Borah to Statuary Hall in the Capitol Building.

Mary Borah lived another thirty-seven years in Washington, D. C., much admired and remembered only dimly as the widow of the once mighty Lion of Idaho.

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WE BUY ESTATES

Frank Nicely

Continued from page 1

4. It is estimated that placing a resource officer in every Tennessee school comes with a \$56 million dollar price tag? Can taxpayers afford this legislation and how would it be funded?

The \$56 million dollar estimate is based on 1,800 schools needing coverage. Already we have nearly half of our schools covered, so that gets us down to \$28 million. If we assume a 50/50 match between state and local we are down to \$14 million and the state already funds \$5 million per year in safety grants. So, from the state we are going to be somewhere between \$10 million and \$20 million as a safe estimate.

The local portion is exactly why we need to build in flexibility and I would suspect some funding component similar to the BEP formula to compensate for local systems' funding ability. That's one option that has been tossed out.

5. Gun control is a politically charged, socially sensitive issue. What sort of response have you received since making the recommendation for this measure?

Very Positive from parents, teachers and school administrators in my District. There are a few people that are horrified that we would consider any armed person in schools, saying that an armed policeman would scare the children or cause parents concern. I happen to think we need more positive interaction between our kids and law enforcement officers. And in many cases these SRO officers have proven to be positive influences and have saved lives in Tennessee. I also have firmly placed in my mind that this is a school security issue, and not a 2nd Amendment issue. It is a positive, measured plan to enhance the safety of our schools. In fact, in every place we compel citizens by law to attend (courthouses, DMV, etc.) are guarded, except our schools. We require attendance at schools so it is our responsibility to keep them safe. By the way, I've created a facebook group: Secure our Schools to post information about my plan and to share ideas on how to improve my proposal. I'd invite everyone to check it out and join in the discussion.

Aslan Foundation supports the Tennessee Clean Water Network in Williams Creek

The Aslan Foundation, a local foundation in Knoxville, has given the Tennessee Clean Water Network a grant of \$100,000 to continue their work in the Williams Creek Watershed.

The grant will carry out phase II of the restoration of Williams Creek in East Knoxville. The overall goal of the project is to remove Williams Creek from the State of Tennessee's list of impaired waterbodies. The creek is listed for excessive habitat alteration and e.coli. The project will work to engage the community in the creation of an interpretive trail along the creek. The project also has elements to remove the dump site and invasive species as well as enlarge the size of the urban forest. The project includes water sampling and identification of sources of e. coli. which will be part of a community outreach program.

"We are very excited about this project." Said Renée Victoria Hoyos, "We have had an attachment to that creek for many years. I'm so glad to be able to continue to work in the community around this really special place."

The protection of the urban forest was part of a supplemental environmental project that resulted from the TCWN federal Clean Water Act lawsuit

against the Knoxville Utility Board. In the first phase, TCWN acquired parcels adjacent to the creek that were undeveloped. These parcels contained an intact urban forest. In June 2012, Knoxville City Council voted unanimously to accept a gift of the parcels from the Tennessee Clean Water Network and to put those parcels into the greenway program.

"Because of Aslan's generous support, this project will be put on a fast track to completion," said Renée Victoria Hoyos. "We are looking forward to restoring Williams Creek so that it can be a source of enjoyment to the residents of East Knoxville and an asset to the City of Knoxville."

Founded by Attorney Lindsay Young in 1994, the Aslan Foundation supports a variety of Knoxville-area charitable endeavors with special interest in education, animal welfare, historic preservation, and environmental conservation.

TCWN empowers Tennesseans to exercise their right to clean water and healthy communities by fostering civic engagement, building partnerships and advancing and when necessary, enforcing water policy for a sustainable future.

Knoxville Zoo's New Bear Cub Officially Christened 'Monty'

The votes have been tallied, and after a close race to see which name would be the first to reach the fundraising goal of \$2,000 in online voting, the results are official; Knoxville Zoo's new bear cub will be christened "Monty", in honor of the county where he was first discovered in Montgomery County, Virginia.

Knoxville Zoo had asked the public for help choosing a name for the year-old bear cub, who came to Knoxville from the Wildlife Center of Virginia (WCV) after being found as an orphan in Montgomery County, Virginia. Although initially the options of "Monty" and "Knox" were offered as potential names for the cub, a groundswell of interest from local Knoxville residents resulted in the name "Butch", in honor of newly appointed U.T. head football coach Butch Jones, being added as one of the voting options. The options "Knox" and "Monty" were references to the new county he calls home and the county where he was found, respectively.

The name "Monty" was the first to reach the \$2,000 goal by a matter of minutes after a round of spirited voting, with only \$4 separating the two names in fundraising votes. "Monty", the first to reach the \$2,000 goal, raised \$2,113, "Butch" raised \$2,117 and "Knox" raised \$278, for a total of \$4,508 in donations, which will go directly to support the four North American black bears at Knoxville Zoo's Black Bear Falls.

Five Gifts to Give Yourself in the New Year

Continued from page 2

Just think of what you could do with an extra \$75-\$150 a month in your budget! Stop charging additional purchases today and make a commitment to yourself that once you have paid off your debt, you will not charge any purchases unless you have a plan in place to pay off the balance in 90 days or less. Sacrifices now will mean less stress and a better financial future.

4. Build a savings cushion. Once you have paid off your credit card balances, you should begin to build a savings cushion for emergency or unexpected expenses or if you lose your job. Your goal is three to six months of living expenses put aside in a savings account. With this cushion in place, when the refrigerator stops working, your car's transmission gives out or your mother-in-law moves in, you will not have to put those unexpected

expenses on a credit card.

5. Develop a strategy for your financial future. Set aside time at least twice a month to manage your finances including paying bills, balancing your checking account and analyzing your expenses. Begin thinking about, and planning for retirement—consider when you would prefer to retire, how much money you will need to live the lifestyle of your choice and what you need to do now to get

there. Establish a retirement fund and contribute to it on a regular basis.

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Tennessee Heritage



Remembering Coach Barnhill

By Tasha Mahurin
 mahurint@knoxfocus.com

The history of the University of Tennessee football program is steeped in tradition and rich with legend. Sports casters utter names such as Neyland, Majors and Fulmer with a sense of reverence. Yet, in the annals of Vol history, one finds a name not often mentioned, or at least not mentioned often enough- John Henry Barnhill.

Barnhill coached the University of Tennessee Volunteers from 1941-1945 for a total of four seasons. Although Barnhill's tenure as head coach was relatively short compared to others, to date, he boasts the highest winning percentage of any head (not interim head) coach in the program's history-.846.

Barnhill had a history with the program long before he found himself at the helm of the already revered Volunteers. He transferred to the University of Tennessee from Memphis State University in 1924 to play for General (then Major) Robert Neyland. He played middle guard on defense, as well as offensive guard. A star player for the 1926 (8-0) and 1927 (8-0-1) Vols, he was named to the All-Southern Team. Upon graduation from the University in 1928, Barnhill went on to coach Bristol's high school team.

After a successful start to a high school coaching career, Neyland brought Barnhill back to Knoxville in 1931 to serve as the Vols freshman coach. By 1934, Barnhill had been promoted to offensive line coach and coached the line through 1940. He was tapped to lead the Vols when Neyland was recalled into military duty during the Second World War.

And so it was, while Neyland fought for Lady Liberty in the China-Burma-India Theater, the Vols, under the leadership of John Barnhill, fought for Neyland on the football field. Or maybe they fought for both of them. It is difficult now in 2013 to fully grasp the wave of patriotism that swept our country during the early 40s, but it is reasonable to assume that it was also present on the football field. However, no matter the motivation, one thing is certain, during

those four seasons, the Vols went 32-5-2.

The Vols, in fact, boast records of 8-2 in 1941, 9-1 in 1942, 7-1-1 in 1944, and 8-1 in 1945. The University did not field a team in 1943 due to the war and the lack of necessary manpower, but, despite a year off, Barnhill managed to lead the 1942 and 1944 teams to the Sugar Bowl and the Rose Bowl.

After Neyland's return from the war, Barnhill accepted the head coaching job at the University of Arkansas where he made a permanent and lasting mark on Arkansas football both as athletic director and head coach of the Razorbacks. It was Barnhill who would later hire legendary Arkansas coach Frank Broyles, who led the Razorbacks to seven Southwest Conference titles and two Cotton Bowl victories. Broyles retains the record for most wins of any coach at the University of Arkansas. Johnny Majors actually served under Broyles as an assistant coach.

"He was a hot item," Broyles reportedly said of Barnhill's initial hire at Arkansas in 1946, "with one of the best records in college football—sought after by five schools."

In 1966, the University of Tennessee held "John Barnhill Day."

"I am grateful for those who have thought of me. I am lucky that all of my college athletic days have been spent in Tennessee and Arkansas – it has been great being a Volunteer and a Razorback," Barnhill said on the day named in his honor.

At the end of the 2012 season, another chapter in Big Orange history began when Butch Jones was hired as the University of Tennessee's 24th head football coach. True to form, the dialogue surrounding his hire quickly shifted to the rich tradition and esteemed heritage of the Tennessee football program. While the legacy of Tennessee football is a key tenet of our local culture, it would be remiss not to note that the University of Tennessee's athletic heritage extends far beyond Knoxville, or even the SEC. Through the likes of coaches and players, such as John Barnhill, it has left an indelible and profound mark on the sport of college football.

Six locals to play in Border Bowl Saturday

By Ken Lay

Six area senior football players were selected to play in the sixth annual National Guard Tennessee-Kentucky Border Bowl.

Fulton's Dean Taylor and Shawn Sullivan will play one final high school football game after helping the Falcons win the 2012 Class 3A Blue Cross Bowl in Cookeville recently. Falcons coach Robbie Black

Black, Fulton's second-year head coach,

won his first state championship as head coach in December.

Other local players selected for Saturday's game at James H. Taylor, II Stadium in Williamsburg, Ky., include; Farragut's Brett Dockery, Grace Christian Academy's Austin Arnold, Powell's Montario Washington and Seymour's DJ Griffin.

Kickoff is slated for noon.

The Tennessee All-Stars won the inaugural Border Bowl in 2008. But Kentucky's stars have won the last four games in the series.

Bulldogs avenge tourney loss to Farragut

By Ken Lay

Bearden High School's boys basketball team relieved nearly a year of frustration Friday night.

The Bulldogs had their season end in a loss against rival Farragut in the semifinals of last year's District 4-AAA Tournament.

But Bearden seniors Sam Greene and Brady Smith made sure that the Bulldogs got a little sweet revenge with a 65-50 victory over the Admirals before a packed and boisterous house at Bearden High School.

"It's a good win," said Greene, a senior guard/forward who scored 16 points. "All of us who were on the team last year remembered what happened in the district playoffs and we wanted to make sure that we didn't lose to them again."

"After they beat us we all had to read about it and see it on Twitter and we didn't want to go through all that again."

Bearden, which was coming off a tough district home loss to Maryville Wednesday night, had some struggles early as the Admirals (10-8 overall, 3-3 in District 4-AAA) seized control early and held a narrow 13-9 lead by first quarter's end.

Farragut coach Chris Cool said he was pleased with his squad's effort in the opening frame.

"We rebounded in the first quarter and that was the difference," Cool said. "After the first quarter, we didn't rebound."

"We got one shot and they got all the shots that they wanted and that was the key. Smith missed shots but he played volleyball and got the rebounds and put them back in. He's a great basketball player"

Continue on page 2



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GONE BUT NOT FORGOTTEN

Stair Tech earned respect of perennial powers over the years

Stair Technological High School was a newcomer on the Knoxville prep football scene in 1937, but it earned the respect of long-time powers like Knoxville High, Central and Young before it closed in 1951.

Located in a big brick building at the intersection of Henley Street and Western Avenue, diagonally across from the L&N Depot, Stair Tech's first teams were nicknamed the Engineers. The moniker could have come from the school's close proximity to the nearby railroad, but most likely was based on the vocational classes it offered its students, or possibly it was a combination of the two.

In the later years of the school's existence, Stair Tech teams were called the Tigers in the Knoxville newspapers. And fittingly so, as Stair Tech certainly earned its stripes in the 1949 season, notching its first win ever over Central High.

"Stair Tech was so far behind Knoxville High, Central and Young, but they were very competitive on the field," recently recalled Ben Byrd, who covered high school football for The

Knoxville Journal during that era. "Their teams were tough, physical and strong. And they would fight you until the last dog died. They were respected. They were tough."

Byrd, in fact, covered the monumental win over Central and wrote "the once mighty Bobcats took a straight-out drubbing from the up and moving Stair Tech Tigers at Pruden Field. The count was six-love."

In that game, Jim Bright and Glenn Keeton, "two speedy and splendid" halfbacks, led a 67-yard charge after the opening kickoff. Raymond Keeton, Glenn's brother and one of the best T-formation quarterbacks in East Tennessee, sneaked it across the goal line for Coach Charlie Wildman's Tigers.

Stair Tech had three fumbles in the second half, but led by Jesse Rouse and captain Charlie Tucker, "the Stair forwards quelled every Cat threat," reported Byrd.

Stair's lineup for the game against Central also included ends Alvin Bright and Ott Bratcher, tackle Ralph Helton, guard Charles Crigger, center Don Fitzpatrick and fullback Jim Vance.

Stair had shown evidence of having a good team in a 7-0 loss to Young in the defending city champions' season-opening

contest. After that game, Young Coach Bud McCall, impressed by the Tigers, had said, "They're capable of defeating anyone. I'm might happy we were fortunate enough to fight them off."

The "pint-sized" Rouse and the "barrel-chested" Tucker took defensive honors against the Yellowjackets.

After the win over Central, Stair Tech took on Knoxville High. The Tigers lost 25-0 but trailed only 6-0 at halftime. Sheer weight difference and fatigue reportedly took its toll on Stair against the perennial powerhouse, and Stair also lost the services of Rouse, who suffered a fractured leg in the second quarter.

As for the remainder of the season, Stair bounced back to beat Sparta, had 6-0 losses to Kingsport and Oak Ridge, then reeled off victories over Murfreesboro Central, Greeneville and Bradley Central before falling to rival Rule in the season finale by a surprising score of 39-0.

Tucker and Rouse led the squad in reaping post-season honors. Tucker, in fact, was voted a first-team tackle on The Journal's All-Big Five squad, which honored top players from Knoxville High, Central, Young, Rule and Stair Tech.

During its 14 seasons, Stair

Tech's overall record was 47 wins, 83 losses and 8 ties.

In 1938, their second year of interscholastic competition, the Engineers, under Coach Wade Keever, posted a 7-1-1 record despite several injuries and several players being ruled ineligible by the TSSAA shortly after mid-season. That team didn't face as rugged of a schedule overall as the '49 team went against but did kick off its annual feud with Rule with a 19-0 victory.

"It seems Stair Tech had a pretty good rivalry with Rule," recalled Byrd.

Stair's 1938 worksheet also included two wins over Tennessee School for the Deaf, a 19-7 victory over Powell, a 6-6 tie with Sevierville and its lone loss, a 19-0 decision against Maryville.

Stair closed the '38 season with a 27-0 win over Spring City at Caswell Park. Joe Adams, a hefty fullback, scored three touchdowns and Coffey, a reserve back, plunged over for the other. The Stair lineup for that contest, as printed in The Journal, also included ends Williams and Fields, tackles Lee and Smith, guards McCrary and Lundy, center Loy, quarterback Daniels and halfbacks Pack and Edmonds, plus subs Babelay, Harmon, J. Edmonds, White and

Kelley.

In 1939, Stair (6-3-1) had a 26-0 win over Halls and defeated Knoxville High's junior varsity team 26-6.

Taking on bigger challenges, Stair Tech was the season opening opponent against Knoxville High in 1941, 1942, 1943 and 1944, then kicked off the next four campaigns against Young.

The Tigers' 1947 season (3-7-1) included a 6-6 tie against Central. In 1948, Stair had a 5-6 record, which included a 13-6 loss to Knoxville High in the 10th game.

Prior to the opening of Stair Tech, the school building housed Boyd Junior High, which most students in the city attended, said Byrd.

Stair Tech is a part of the heritage of present-day Fulton High School. When the decision was made to build new high schools in the four geographical areas of Knoxville in 1951, Thomas N. Johnston, principal of Stair Tech, was to become principal of the school in the north area. He chose the land at the corner of Broadway and Woodland Avenue, where Fulton High was built.

Johnston served as principal at Fulton -- the city's first comprehensive high school with both an academic and vocational curriculum -- from 1951 to 1955.

Defense spells victory for Bearden girls

By Ken Lay

Bearden High School's girls basketball team got a little defensive Friday night and the Lady Bulldogs' stifling defense resulted in a 35-33 District 4-AAA victory over rival Farragut.

The victory was Bearden's third win over the Lady Admirals over the last two seasons.

The West Knox County rivals met three times last year. The Lady Bulldogs prevailed twice and defeated Farragut for last year's district tournament title.

"We really wanted this

one," said Lady Bulldogs' guard Erin Walsh, who had 20 points to lead all scorers in this defensive struggle. "We just played as a team and we went out there focused."

Bearden's defense stole the show but the Lady Bulldogs (12-4 overall, 5-1 in District 4-AAA) were aided by Farragut's cold shooting. The Lady Admirals (15-2, 5-1), who have struggled to score at times this season, managed just seven points in the first half and were without a field goal in the second quarter.

"Farragut is a great team and they have a lot of talent," Bearden coach Justin Underwood said. "They didn't come in here 15-1 for nothing.

"We knew that they weren't going to shoot the ball like they did in the first half and we talked about that at halftime. We knew that they were going to make a run."

Indeed, the Lady Admirals, who trailed 17-7 at the half, did make a run. Farragut trimmed three points off of its deficit in the third frame.

Bearden scored first in the fourth quarter when Olivia Pfeifer hit a free throw to make it 28-20 with 6 minutes, 46 seconds remaining.

Then, however, Farragut came to life. Senior point guard Whitney Smith buried a 3-point jumper and veteran center Katie Overton had an old fashioned 3-point play. She was fouled on a successful shot and hit the ensuing free throw to pull the Lady Admirals to within 28-26 with just over five minutes to go.

Bearden went up 31-26

as Pfeifer converted another foul shot and Walsh hit a bucket with 3:50 left.

The two squads then matched free throws as Farragut's Anna Woodford and Walsh both hit a pair to make it 33-28 with 1:40 left.

Farragut scored the next three points as Rebecca Jameson made a basket and Madison Blevins added a foul shot to pull the Lady Admirals to within 33-31 with 41.9 seconds left.

The Lady Bulldogs, however, took the lead for good when Pfeifer hit two free

throws with 11.3 seconds remaining.

Overton scored the last basket of the game for Farragut as time expired.

Lady Admirals' coach Jason Mayfield was disappointed with the loss but not by his team's effort.

"Sometimes, you just have these kind of nights," he said. "We didn't take bad shots.

"We took shots within our offense. It was just one of those nights. We had a chance but we missed a layup. When you don't make layups, you can't win."

Bulldogs avenge tourney loss to Farragut

Cont. from page 1

and he's a smart player."

Smith, who missed the majority of last season due to illness and injury, scored 23 of his 25 points over the final three quarters to help the Bulldogs

(16-2, 5-1) avenge last season's heartbreaking season-ending loss.

"We've waited almost a year for this," said Smith, who went 11-of-17 from the field. "Coach [Mark Blevins] really had us

prepared.

"All of us remembered what happened last year and Farragut is a big rival. We lost to Maryville but we knew that we had Farragut coming in. We knew that we had to worry about

Maryville later. We lost it but it didn't take us long to get over it."

The Bulldogs battled back to take a 27-25 halftime lead. Bearden stretched its advantage to 39-33 before really blowing things open in the final eight minutes.

Jack Graham gave the 'Dogs a 45-33 lead with 6 minutes, 54 seconds remaining when he buried

the second of his consecutive 3-point jumpers to open the stanza. Greene all put the game out of reach with Bearden's third straight shot that made the score 47-33.

Graham finished with 13 points.

Blevins said that he was pleased with his team's defense and his squad's victory.

"We played good

defense and that was the key for us," Blevins said. "Sam and Brady both did a great job.

"Any time you get a win in this district, you're fortunate."

DeMarcus Martin scored a game-high 27 points for the Admirals, who will host Bearden on Feb. 1.

"They have to play us one more time and it will be at our place," Cool said.

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Vols fall to Memphis, 85-80

By Alex Norman

Just about the entire announced crowd of 19,535 entered Thompson-Boling Arena hoping to see their Tennessee Volunteers knock off rival Memphis on Friday, January 4th. Instead, it was the Tigers that beat the Vols for the third straight time, in what could be the last matchup between these teams for a while. Memphis held off a furious second half rally to knock off Tennessee 85-80.

"We lost the ballgame. We came in expecting to win and we lost," said Vols head coach Cuonzo Martin. "My biggest concern is that a couple of guys need to play better and not necessarily in terms of production. We just have to play hard and compete. A couple of guys have to play harder."

The electric atmosphere inside the Vols gym before the opening tip took some serious hits thank to the hot shooting of the visiting team. In fact, the biggest cheers from Vols fans were courtesy of new UT football coach Butch Jones, whose presence was announced to the crowd early in the contest, leading to a standing ovation (this is still a football school after all). In the first half,

Memphis (10-3) was terrific, shooting 64 percent from the field, including 80 percent (4 of 5) from three point range. The Tigers were up 42-28 at intermission. The game was being played at a faster pace than Tennessee fans have grown to expect in the Cuonzo Martin era. "If you want to go up and down with it, that's fine. We did a poor job in the first half with our transition defense," said Martin.

The second half didn't start much better for the Vols. And even after the announcement that former Vols two-time All-American Eric Berry and current Kansas City Chiefs safety was in the building (yes, UT was pulling out all the stops), the Vols were still down by 21 points with only 14:04 remaining.

The best player on the floor for the Vols on this night was junior guard Jordan McRae. During portions of the game when it seemed like no one else wanted to shoot the basketball, McRae welcomed the opportunity.

McRae scored a career high 26 points off the bench, including 5 three-pointers.

"I mean, I felt like we needed someone on offense to step up," said McRae. "Things like that:

one person does it then another follows, and I feel that happened for us."

With McRae leading the charge, Tennessee (8-4) began to claw back. With 6:50 to play Tennessee's Kenny Hall pulled the Vols within 6 points. A Jarnell Stokes lay-in with 5 minutes to go shrunk the Memphis advantage to five.

But with 4:46 remaining, Memphis guard Joe Jackson hit perhaps the biggest shot of the night.

With Vols fans roaring their approval and their team finally within striking distance, Jackson hit a three-pointer and the lead was back up to eight, at 72-64. Jackson led the Tigers with 20 points.

After that the closest the Vols could come was four points following a Quinton Chievous bucket, but at that point there were only 45 ticks remaining.

It was an uneven night for Tennessee sophomore Jarnell Stokes, who must have wanted this win more than anyone else on the Vols roster. Stokes is a Memphis native who turned down the Tigers to come to Knoxville last year (the Tigers didn't have a scholarship available to offer at that time).

Two early fouls forced Stokes to the bench for a significant portion the first half. He finished the game with 11

points and 9 rebounds, but only played 25 minutes. Josh Richardson had a career high 20 points, but missed a dunk in the final minutes that could have cut the Memphis lead to six.

Before the game if you told the Vols they'd score 80 points, they'd probably like their chances. Unfortunately for Tennessee, the defense that is the trademark of Cuonzo Martin teams wasn't present on this night.

Memphis coach Josh Pastner has been adamant about one thing. He doesn't want to play Tennessee anymore, going so far as to tell the media in the days leading up to the game that the Tigers would not play the Vols as long as he was head coach.

Well, Pastner and Memphis athletic director Tom Bowen don't appear to be on the same page. Bowen said that playing the Vols is "important for us."

This gives hope that the series will be reborn in the future.

But for now, the rivalry will cease to exist on the basketball court.

And on this night, the power of college basketball in the state tilted west.

Quotes courtesy UTSports.com

Stokely Family To Be Recognized At UT Games In January

Tennessee Athletics will be recognizing the Stokely family for its contributions and dedication to the athletics program at the Jan. 9 men's game vs. Ole Miss and the Jan. 10 women's game vs. Missouri.

Both games tip-off at 8 p.m. For tickets, visit www.UTTix.com or call 1-800-332-8657.

With the closing of the Stokely Athletic Center, the department will honor William B. Stokely III and his family for their inspiration and service to Tennessee for many decades.

"As we continue to recognize the people, history and tradition that makes Tennessee such a special place, it is a pleasure to salute the Stokely family as we begin SEC play in January," said Tennessee Vice Chancellor and Director of Athletics Dave Hart. "It will clearly be an emotional walk down memory lane for all involved."

UT's beloved Stokely Athletic Center served as the home court to Tennessee's basketball for 29 years from 1958-87. The facility was initially known as Armory-Fieldhouse until its expansion in 1966, which was spearheaded by the late William B. Stokely, Jr. Stokely's gift enabled the facility to expand from its original capacity of 7,800 to a final size of 12,700 when the building was rededicated on May 7, 1966.

Stokely Athletic Center was home to many great teams, including several that claimed SEC Championships in basketball as well as UT track and field. The Lady Vols basketball team won their first NCAA Championship in their final season at Stokely (1986-87) before moving to Thompson-Boling Arena.

Among the other performers to star at SAC where Elvis Presley, Elton John, Janis Joplin and many others.

West Knox players claim all-KIL soccer honors

By Ken Lay

Several area girls soccer players were named to the all-KIL team recently.

District 4-AAA runner-up Catholic led the way with three selections as Ashley Hickman, Abby Leake and Melissa Vargas were all named to the squad, which was heavy on West Knoxville Area players.

Class A/AA State Finalist Christian Academy of Knoxville, Karns, Hardin

Valley Academy and West were each represented by two players. Webb and Bearden each had with one selection.

Maggie Piety and Addy Cronin of the Lady Warriors were picked along with the Lady Rebels' Raina Fitzpatrick and Keeghan Francis.

Lady Beavers' players Elissa Lane and Brooke Satterfield were chosen. Hardin Valley's Emily Smith and

Megan Hodge made the team after the Lady Hawks finished second in District 3-AAA and advanced to the Region 2-AAA Tournament.

Brennan Day, a transfer from Science Hill, was chosen from the Lady Bulldogs, who were upset by the Lady Irish in the District 4-AAA Tournament semifinals.

Evey Satterfield was selected from the Lady Spartans.



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First FCAC Exhibit for 2013: Foothills Craft Guild

"We are so excited and honored to host an exhibit of works by 30 members of the Foothills Craft Guild here at the Fountain City Art Center," Art Center Director Sylvia Williams told The Focus. The works will include the following categories: pottery, jewelry, handmade books, handmade purses, photography, mixed media, dolls, quilts, knitting, pine needle baskets, wood, glass, marbling, weaving, spinning, metal, and print making.

"Works by our own FCAC membership, Bob Meadows and Jim Gentry, will be featured in the show, too!" Williams added.

Everyone is invited

to attend the opening reception for the show on Friday, January 11, 6:30 p.m. - 8:00 p.m.. The exhibit will be on display through February 7. No admission is charged.

The Fountain City Art Center is located at 213 Hotel Avenue, next to the Fountain City Park in the old library building. Artwork by students from the Karns area schools will also be featured in "Student Exhibits" during this time. Art Center Hours are: Tu, Th 9-5; W, F 10-5; Sat. 9-1. Contact us at: fcartcenter@knology.net, or 865.357.2787 for more information. Visit us on Facebook or on our website: www.fountaincityartctr.com.



Jewelry by Denise May

After a successful season of 42 live performance radio shows in 2012, Tennessee Shines returns the stage of the Knoxville Visitor Center and the WDVX airwaves with its first live show of 2013 on Monday, January 7, at 7 p.m. Eastern.

Tennessee Shines is a weekly radio show on WDVX FM hosted by Bob Deck and Paige Travis on the stage of the Knoxville Visitor Center Mondays at 7pm and broadcast live on WDVX FM and WDVX.com.

Tickets are \$10, free for students with valid ID and children ages 14 and under. Tickets are available in advance at the WDVX Blue Plate Special, noon weekdays and Saturday at the Knoxville Visitor Center, or at the door on the night of the show.

January performers:

January 7: Derek Hoke Band with cowboy poet David Nelson

Derek Hoke is a singer, a honkytonk band leader, a rambler, a Southern boy and a tireless performer. Born in Georgia, honed in South Carolina and now based in Nashville, Hoke is also the man behind 2012's *Waiting All Night*, a record of real live country music that hit the Americana charts with a bang and earned Hoke an interview on NPR's *Morning Edition*. When he's not on the road with folks like Cory Chisel, he's hosting \$2 Tuesdays at Nashville landmark The 5 Spot.

Townsend resident David "Buffalo Bill" Nelson is a poet, storyteller, popular emcee and confident wearer of a seriously impressive mustache. The Tennessee General Assembly proclaimed him the Cowboy Poet Laureate of Tennessee, and he lives up to the honor by lying, er, performing at festivals across the country.

January 14: Shannon Whitworth & Barrett Smith

You may already know their names from The Biscuit Burners and Town Mountain, respectively. Henceforth you will also know them as inventive interpreters of great songs. Shannon Whitworth and Barrett Smith released their new duo album, *Bring It On Home*, in November, and it's already received praised far and wide. Using folky instrumentation of ukulele, banjo and acoustic guitars, and delving into jazzier territory with piano and electric guitar, Whitworth and Smith translate tunes by songwriting heroes such as Paul Simon, Tom Waits and James Taylor into new classics.

January 21: TBA

January 28: Jonathan Byrd Band + The Stray Birds

Jonathan Byrd is a

storyteller who borders on hypnotist. He's that compelling. And he comes by it naturally. He's a preacher's son, and a seventh generation Carolinian. He's also not on Twitter because, as anyone who follows him on Facebook knows, you can't keep this man to 140 characters. His latest solo CD is "Cackalack" and he just released a duo album with Chris Kokesh called "The Barn Birds."

Three-part harmony is the name of the game with The Stray Birds. This Pennsylvania-based trio with classically trained chops approaches traditional mountain music with a reverent and refreshing ear. NPR Music named the band's self-titled debut album one of the best of the year alongside Iris DeMent, Carolina Chocolate Drops and The Lumineers.

'Alive After Five' 2013 Winter Series Premieres at Art Museum

The Knoxville Museum of Art announces the winter series of Alive After Five with eight performances, premiering with Aftah Party on Friday, January 11, from 6:00 to 8:30 p.m.

Formed in 2008, this 9-member band with 3-piece horn section is based out of Knoxville and has rapidly been gaining notoriety in their home town and surrounding areas for their high energy performances and large diverse crowds. The band draws inspiration from artists such as Stevie Wonder, P-Funk, Jimi Hendrix, Chaka Khan, Prince, and Erykah Badu to name a few. In 2009, they released their debut album "Welcome To Tha Aftah Party," an eclectic blend of soul, jazz, blues, and funk. In 2010 Aftah Party won Knoxville's first annual "Sound Off Competition" and the opportunity to perform at "Sundown in the City" on Market Square. The Band's lineup consists of Shawn Turner and Shana Denis (lead vocals), Ken Brown (drums), Keith Brown (keyboards), Casey Hauschildt (lead guitar), Tamara Brown (alto sax), Jamel Michell (tenor sax), P.J. Alexander (trumpet), and Carl Fields

(bass).

Alive After Five is a unique live music series presented on thirty or more Fridays per year in four seasonal series. The programs take place in the smoke-free, casually elegant setting of the Great Hall in the Knoxville Museum of Art. There is a live band on stage, seating at tables, two cash bars, food from area restaurants, free freshly popped popcorn, free parking, and a licensed therapeutic masseuse available. Audience members can enjoy listening to music, dancing, and browsing the museum's art galleries.

Admission to the winter premier of Alive After Five is \$9 for general admission and \$5 for museum members and college students with ID. Ages 17 and under are admitted free. Alive After Five is sponsored by Cherokee Distributing Company, East Tennessee PBS, Metro Pulse, and WDVX-89.9FM. For more information about the Alive After Five series, please contact Michael Gill at (865) 934-2039.

The 2013 Winter Series Schedule for "Alive After Five": (all shows 6:00-8:30 p.m.)

January 11- Aftah Party 9-member R & B and funky soul band

January 18 - The Streamliners Swing Orchestra featuring R. B. Morris Big Band Swing

January 25 - Jenna & Her Cool Friends Knoxville's premier Blues band

February 8 - "Fat Friday Mardi Gras" with Roux Du Bayou Cajun, zydeco, & swamp pop

February 15 - Wallace Coleman Classic Chicago-style Blues

February 22 - Lance Owens CD Release Party Knoxville's 89 year-old tenor sax legend

March 8 - The Mumbles New Orleans-based old time jazz and avant-soul

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The Doctor is in

a weekly column by
Dr. Jim Ferguson

♪ Let It Go, Let It Go, Let It Go

In case you haven't realized, the world has fundamentally changed and the "New Order" is now in charge. As 2013 dawns it is apparent that my cohorts are no longer in control – nor am I. In describing the role of parents, I believe the Proverbist said it best: "Teach your children right from wrong, and when they are older, they will not depart from it." I hope our children learned their lessons and are ready for this brave new world they've chosen, where absolutes have been replaced by situational ethics. And I hope they'll look after us in our old age.

It's customary at year's end to close the books on the previous year, take

an inventory of one's life, and formulate resolutions for the New Year. I never used to make New Year's resolutions; perhaps because I was trying so hard to make it that I never considered "end game" reflections. Now, I make resolutions. The story goes that the god Apollo once told Socrates he was the wisest man who had ever lived. On reflection Socrates concluded that he may be wise, but only because he realized how little he knew.

My ninety-five year old Mother-In-Law is still sharp as a tack and curious. I've learned much about living and the purpose of life from Joanna and her daughter, Becky.

The Apostle Paul wrote to the Romans that we all have "gifts differing," so in my family medical questions often come to me. Recently, Joanna asked me a question and I was pleased to return a favor. But, before I could do so, she quickly added that if I didn't know the answer would I please "Google it" on my iPhone.

Three thousand years ago the writer of Ecclesiastes lamented that there was "nothing new under the sun." He felt that everything had already been done or considered before, so everything was just variations on the old. He was wrong. In the 20th century alone the theory of general relativity revolutionized our concepts of space and time. And then quantum mechanics made computers, the internet and the Information Age possible. The internet is such a powerful tool that even nonagenarians call upon the "Net" to answer questions. It remains a mystery to me why so many choose to live in the informational dark ages, possessing so little curiosity that they trust the perverse media rather than seeking their

own answers. Not so with Joanna. Confession time, Joanna, it was one of my younger friends, a member of the new generation, who taught me how to "Google it."

Perhaps if I had been writing for the Focus at the Millennium and was prescient I could have written this essay then. However, I was thinking about other things a decade and a half ago, and few could have imagined the powerful computer chips that make the iPhones and Droids in our pockets a reality these days.

Recently, I was participating in folk songs around a bonfire at Thisle Farms with kids of the new order. The guitar pick'n and sing'n suddenly came to a halt when the lyrics for a song proved allusive – at least until Abe Googled them, and with his Droid on his knee the sing'n and grinn'n continued. Yes, the world has changed. In the information age I sometimes wonder if there is so much data that we have less time for reflection or personal interaction. Maybe I'll discuss this with Mr. Jones, my ninety-one year old

patient, who just sent me a medical update from his new fax machine Santa gave him for Christmas.

We hear much these days about the early signs of a stroke, and are encouraged to be alert to sudden difficulties of speaking, walking or confusion. Recently, I read of a new diagnostic clue to a stroke syndrome. A man noted that his wife's text message suddenly became gibberish. He called her and quickly realized something was wrong and took her to the ER. The doctors concluded that her warning symptoms, described as "dystextia" (literally, difficulty texting), were produced when her brain was deprived of blood flow and oxygen. I've observed patients with stroke syndromes who demonstrate echolalia or nonsensical baby talk. But, dystextia was new to me; there was no such thing as texting or the Net during my training!

So, what does this New Year and the future hold? I'll go out on a limb and predict that the next leap of humanity will be a chip in our brains that can connect us directly to the Net. We'll be able

to participate in virtual realities somewhat like a 3D movie, or project a heads up display like a jet fighter pilot as we query the Net for answers to our questions – all with the twitch of an eye lid.

I read once that the past is history, the future is a mystery, but this moment is a gift and that's why they call it the present. My New Year's resolution is to live in the present moment with a focused awareness of The Presence. This is the key to successful living, rather than facts from my smart phone. I'm trying to kick back and let go of things. I'm trying to enjoy the journey because I trust in the ultimate destination.

Doctor Ferguson is accepting new patients. His office is next to Fort Sanders Hospital.

For appointments call Keesha at 865-522-0326.

Do you have a question for Dr. Ferguson? Please e-mail him at fergusonj@knoxfocus.com.

A New Year's Resolution

A New Year's Resolution of losing weight, exercising, or to stop smoking are all great—but, have we kept those well intended resolutions made after a holiday season of overindulging in comfort foods, endless parties, and shopping? I searched my brain for the perfect New Year's Resolution until my head hurt, and as I looked up to see my dog Skyler staring at me—it was like eureka! It came to me my 2013 New Year's Resolution would be, to be more like my dog.

It doesn't matter if I run a quick errand or take a weeks' vacation, on my return Skyler greets me with the same enthusiasm. If I step on her paw or hurt her feelings she accepts an apology and quickly moves on. When I bake treats for her she

stands patiently by the stove while they bake as if I were creating a masterpiece or the cure for boredom. A ride through the subdivision with her head hanging out of the window with her ears flopping in the wind is like an exotic vacation. WOW, how a dog reacts with such excitement to seemingly insignificant acts of friendship and kindness—no expectations, no conditions, just tail wagging fun. In return I have her friendship and love, she notifies me when the mail runs, warns me of nearby cows on our drives, and seemingly knows when I need a friend.

What if our 2013 New Year's Resolution is to simply do random acts of kindness? Imagine our actions kind in nature, no expectations or motives, simply just an act of kindness. If we made altruism and giving part of our everyday life, helping a neighbor, buying a cup of coffee for a stranger, or simply volunteering our time and skills to someone in need. Researcher Stephen Post

believes you get more health benefits by helping others than you would by smoking cessation or exercising. Researcher Elizabeth Dunn, found people who spend money on others have greater happiness than those who spend it on themselves.

Can you imagine how life would be if we approached family and friends like our dogs, and what a difference this tail wagging attitude would make in our personal relationships? How do you feel when someone does something kind for you, now think how you feel when you do something kind for someone else.

My 2013 New Year's Resolution is going to be more like Skyler and to give random acts of kindness. Let's try it together and see if our new year is not filled with more joy, happiness, health, and fun!

For questions, comments, or suggestions on topics you want to read about please email howard@howardsbaker.com.



By Howard Baker, RN BSN

Knox County Senior Falls Prevention Program begins on January 14

Comics like Dick Van Dyke and Chevy Chase built careers by capitalizing on pratfalls, but in real life, falls are no laughing matter. In fact, falls are the second leading cause of accidental death in the United States. That's why Knox County Health Department (KCHD) and the Knox County Senior Safety Task Force is partnering with the Corryton Senior Center to provide SAIL classes for seniors. SAIL, which stands for Stay Active and Independent for Life, is a proven program effective in making seniors stronger and safer from falls and the resulting injuries. Knox County has the first SAIL program in Tennessee.

The Corryton Senior Center will be having a kick-off for SAIL classes on Thursday, January 10 from 10 a.m. to 12 p.m. The kick-off will offer participants an opportunity to learn more about SAIL and visit health information booths. This event is free and open to the public.

The SAIL classes will start Monday, January 14

Continued on page 2

Less Pain, Faster Recovery

Using robotic technology, our skilled surgeons are performing complex procedures through tiny incisions—reducing the risk of infection while also reducing pain and offering quicker recoveries. And now, we are the first in the area to offer robotic-assisted colorectal surgery.

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 1-855-836-6682



Knox County Senior Falls Prevention Program

Cont. from page 1
and will be held two days a week: Monday and Friday from 8:30 to 9:30 a.m. at the Corryton Senior Center, located at 9331 Davis Drive. The cost is \$2 per class and anyone interested is asked to call to register at (865) 688-5882. Participants will undergo a fitness check to gather baseline data on which to gauge progress. Classes are being taught by SAIL certified fitness instructor Johnnie Long.

Falls represent the leading cause of injury for adults 65 and older in Knox County. For the years 2006 to 2010, there were 8,817 inpatient and outpatient hospital discharges among Knox County adults 65 years or older due to

falls. Knox County Health Department is committed to promoting public health policies and practices to safeguard and improve quality of life for all residents. KCHD offers an array of resources, including medical and dental services, family planning, disease surveillance and control, emergency preparedness, air quality management, environmental services, food preparation oversight in public places, smoking cessation, family violence prevention, work-site wellness, nutritional programs and much more. For more information about Knox County Health Department, visit knoxcounty.org/health.

Community Health Alliance, Tennessee's new health insurance model, is pleased to announce Dr. Jerry L. Miller as the company's new medical director. Dr. Miller's responsibilities will include helping to manage medical costs for Community Health Alliance's health plans and assuring appropriate health care delivery, overseeing accreditation and clinical quality improvement endeavors plus promoting wellness and prevention, education and outreach programs.

"Dr. Miller is a stellar example of excellence in health care," said Jerry Burgess, Community Health Alliance president and CEO. "Community Health

Alliance will benefit from his experience, dedication, and passion for creating a healthier Tennessee."

Jerry L. Miller, MD has been a physician in the Kingsport, Tennessee, area for 47 years with the focus of Family Medicine and Health Care Administration. He is a Life member in the Tennessee Academy and American Academy of Family Physicians. He received his undergraduate degree from the University of Richmond and his Doctorate of Medicine from the Medical College of Virginia, both in Richmond, Virginia. Dr. Miller completed his residency at Mercy Hospital in Springfield, Ohio. From 1965 to 1976, he was a

solo practitioner. Then in 1977, Dr. Miller founded Holston Medical Group P.C. which began with a handful of family practitioners and has grown to more 150 primary care and specialty physicians.

Born in a coal mining community in rural Virginia, Dr. Miller has worked diligently throughout his career to ensure quality health care to underserved areas. In 2009, he donated a medical clinic to the Surgoinsville Medical Board to serve the area which had lost its only medical clinic and pharmacy. Dr. Miller is regarded by many as a medical visionary and an excellent businessman, having used electronic health record (EHR) technology in his practice for more than 13 years before the Affordable Care Act and its mandate for EHR became reality.

"This is an exciting new chapter in my life," said Dr. Miller. "Community Health Alliance is an innovative concept, never seen before in the history of health care. I'm looking forward to being part of this historic endeavor, and anticipating the great things we can accomplish to help people in Tennessee."

Community Health

Alliance is Tennessee's consumer operated and oriented health insurance plan (also called a CO-OP). The CO-OP model was created in the Affordable Care Act to promote competition in the health insurance industry. As a state and federally regulated health insurance CO-OP, Community Health Alliance's goal is to serve both individuals and businesses with affordable high quality health insurance plans. The company will offer its products on the Tennessee Health Insurance Exchange and through insurance agents. The company's timeline follows the full implementation of the Affordable Care Act: Member enrollment begins in Oct. 2013 with coverage beginning on Jan. 1, 2014. Community Health Alliance is governed by its members, providers and agents who are elected to the board of directors. A few things that make the company unique: Transparency through its member governance, nonprofit status with all funds dispersed back into the company, patient focused and provider-engaged care, customer friendly size and attitude. For more information, visit www.chatn.org or call 865-437-5358.

Faith

Church Happenings

Beaver Ridge United Methodist Church

Beaver Ridge United Methodist Church and Rev. Catherine Nance would like to wish our Members and community a Happy and Healthy New Year! Beaver Ridge is looking forward to a New Year full of activities for our Children, Youth, Young Adults and Seniors. Some of our many activities include the Parents Day Out and Preschool Programs,

Aerobics, Basketball, Youth Praise Band, Adult Praise Band, Youth Bible Breakfast, Chancel Choir, Hand Bells, United Methodist Women, United Methodist Men, Senior Beavers, Craft Group, Daisy Scouts, Girl Scouts, Boy Scouts, and Cub Scouts. Beaver Ridge offers two Sunday Worship Services, our 9:00 a.m. Service with Praise Band and our 11:00 a.m. Service with Chancel Choir, and don't forget Sunday

School classes for all ages starts at 10:00 a.m. Beaver Ridge United Methodist Church is the "Church with a Heart in the Heart of Karns" located 7753 Oak Ridge Hwy. Office phone: 690-1060. www.beaver-ridgeumc.com.

First Lutheran Church

55 Alive, First Lutheran Church's senior group, will meet at noon on January 10 in the meeting room at the church. A hot lunch will

be served and the guest speaker will be Terrie Yeatts, a member of First Lutheran and a graduate of UT's School of Fine Arts. She will discuss art shows in which she has participated and will share some of her paintings with the group. The lunch is \$6.50 per person. Reservations are requested. Info:524-0366 before noon. The church is located at 1207 N. Broadway.

Glenwood Baptist Church of Powell

Glenwood Baptist Church of Powell, 7212 Central Ave. Pike has appointments open for the John 5 Food Pantry, some on Friday morning and some Thursday evening.

"Fit For the Father," a program that promotes body and soul fitness while serving the Lord, will meet every 2nd and 4th Thursday of each month starting January 10, at 6:00 p.m. A fee of \$20 covers the class and the book. For further information, call (865) 938-2611

Knoxville Fellowship Luncheon

The Knoxville Fellowship Luncheon (KFL) will meet January 8, 2013 at the Golden Corral on Clinton Highway, at noon. Jeffrey Harvel will be the guest speaker.

Come worship with us

New Beverly Baptist Church

3320 New Beverly Church Rd.
Knoxville, TN 37918
Rev. Eddie Sawyer, Pastor
www.newbeverly.org
856-546-0001

Sunday School 10 a.m.
Sunday Morning Worship 11:00 a.m.
Sunday Evening Worship 6:00 p.m.
Wednesday Evening Prayer 7:00 p.m.
Wednesday Evening Youth 7:00 p.m.
Bus Ministry -
For transportation call 546-0001.

2013 Another Chance!

By Dave Manners
Seymour United Methodist Church

It just can't be, that one more year,
Has quickly passed us by;
2012 has come and gone,
In the twinkling of an eye!

We hope the things we did last year,
Were acceptable in GOD'S sight;
But, if we stumbled on His path,
This year, let's get it right!

GOD doesn't promise, anyone,
Another chance to "make amends;"
So, we must make the best of each
And EVERY day HE sends!

Thus, may our humble prayer begin:
"LORD, help us meet Thy goals;
Help us live life as You desire,
And NOT as useless souls!

Help us reflect Your shining light,
And be servants every day;
Such that when this year is done,
We all can truly say

We've given all our best to You,
We've always put You FIRST!
We've sipped the "living waters,"
And so, satisfied our thirst!

We thank you, LORD, for each new day;
May we stand strong and tall;
May we "reflect" Your lasting LOVE,
And thus, obey Your call!



The New Calvary Echoes

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When: Sunday, January 13

11am: Brother Cliff Adkins

6pm: Mike Southerland,

Brother Cliff Adkins &

The New Calvary Echoes

Where: New Beverly Baptist Church
3320 New Beverly Church Road
Knoxville, Tennessee 37918

Info: Rev. Eddie Sawyer, Pastor
865-546-0001

www.NewBeverly.org

www.NewCalvaryEchoes.com

Directions: I-640 to Exit 8. Go north on Washington Pike to Greenway Drive light (Target). Turn left. Church is 1/4 mile on the right.

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Wednesday Bible Study - 6:30 p.m.

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House to Home

ANTIQUES & COLLECTIBLES

What you need to know about estate planning

To say that I love the business of antiques and collectibles would be a huge understatement. Helping folks learn about history and the items of history has long been a passion and privilege of mine and has granted me great friendships and rewarding times.



By Carl Sloan

In thirty-seven years I have seen a lot of estates being liquidated and have even purchased two homes and their contents, one of which I still abide in.

In this week's article, I'd like to share my experiences and knowledge in an effort to enlighten and prevent many common mistakes that can happen when dealing with estates.

1. Antiques and collectibles are similar to the stock market or fashions of the day. Values rise and fall so holding on to items may or may not be your friend.

2. Walk through your

home or relative's estate with a digital camera and simply photograph every room and any individual item that you believe may be of value. Take the camera home to have those images saved on a CD disk. Keep the disk in a location anywhere but that location such as a lockbox or safe. This could mean a lot in the event of an insurance claim or loss.

3. To divide an estate fairly where antiques, collectibles, jewelry, art are involved, get an opinion on values and don't make the common mistake of overestimating or underestimating your property. It has been my experience that one single item can be worth more than all of the other personal property combined in an entire estate.

4. Sentimentality clouds judgments on values more than anything I know. Just because it was Grandma's or Uncle Melvin's item does

not give it any extra value in most cases. Unless you come from celebrity, market value is the standard. Many of my family heirlooms are only valuable to me in memory and have little or no market value so understand and divide fairly here with prior knowledge.

5. Most folks spend more time on their lawns and pets than they do considering what will become of their property so don't treat it lightly as it can and will cause rifts and discontent within family that you would never have wanted or dreamed of.

6. Putting sticky notes on items designating what goes to who never works out. Trust me on this one as it's my number one call to then determine values amongst unsettled and anxious family and most times hard feelings arise when family members contest who was promised what. Also, on this same subject, are caretakers who often get promised items from the client whom they care for

and see everyday. Many times when this occurs, properties and items are carted off without any family knowledge and, with amazing coincidence, they always seem to be items of high value. Most times little can be done about it so I suggest that nothing may leave the home without the consensus of other family members and included in any agreement to be employed so as to have possible recourse in the event.

7. When I receive a call to do an assessment, the first thing I advise is to not throw anything in the trash. I cannot stress this enough as documents, photographs, military awards, and other seemingly common items can be worth a significant amount or tie to another that gives it a higher value so please consider this if you are an executor, spouse, or family.

The good news is that I am happy to give

assessments on value in an informal method for any informal estimate and freely give advice to our community members by appointment or a visit to your property to offer advice through experience in the markets.

8. Never sell to an appraiser or one that gives their idea of values under any circumstances.

You may contact me by calling Fountain City Auction at (865)604-3468.

ANNOUNCEMENTS

AARP January Driver Safety Classes

For registration information about these and all other AARP Driver Safety Classes, please call Carolyn Rambo 584-9964.

1/16 & 1/17 9 to 1 Cheyenne Conf. Room, 964 Oak Ridge Turnpike, Oak Ridge

1/17 & 1/18 9 to 1 Farragut Town Hall, 11408 Municipal Drive, Farragut

1/17 (1 Day) 8:30 to 4:30 O'Conner Senior Center, 611 Winona, Knoxville

1/24 & 1/25 9 to 1 First Baptist Church of Seymour, 11517 Chapman Hwy, Knoxville

1/26 (1 Day) 9 to 5 American Red Cross, 6921 Middlebrook Park, Knoxville

1/28 (1 Day) 9 to 5 Trinity Methodist Church, 5613 Western Avenue, Knoxville

Call for participants in the annual Dr. Martin Luther King, Jr. Memorial Parade

The Dr. Martin Luther King, Jr. Commemorative Commission is pleased to announce that information and the application to participate in the 2013 Dr. Martin Luther King, Jr. Memorial Parade is now available on the MLK website - www.MLKKnoxville.org.

Anyone interested in participating should read all of the information on the website and submit a completed application before the deadline. The coordinator of the parade is Mabrey R. Duff who can be contacted at tuxman1@bellsouth.net.

Fontinalis Club Meeting

Fontinalis Club will meet on January 10, 2013, at Central Baptist Church of Fountain City, 5364 N Broadway. The Board Meeting will be at 9:30 a.m.; Coffee Hour at 10:00 a.m.; and General Meeting at 10:30 a.m. The Educational Growth Committee will introduce Kaye Williams, who will teach members Geo-Literacy through Music and Activity, a method she previously used in her classroom.

Fountain City Business and Professional Association January Meeting

The Fountain City Business and Professional Association meeting is Wednesday,

January 9 at 11:45 a.m. Meetings are held the 2nd Wednesday of each month.

The meeting sponsor for January is Virginia College at 5003 N. Broadway in Fountain City.

Speakers are Andrew Hartung and Ben Alexandar, both CPAs with LBMC (Lattimore Black Morgan & Cain, PC), will speak on the 2013 Tax Update.

Harold's Tours Potluck

The public is invited to Harold's Tours Annual Potluck Dinner to be held Saturday, January 12 at the Halls Senior Center on Crippen Road. The meal and presentation will be from 10:30 a.m. - 1:30 p.m. Everyone is welcome to come and bring a covered dish.

Parkinson Support Meeting

PK Hope Is Alive (HIA) Parkinson Support Group of East TN will meet in Oak Ridge at Kern United Methodist Church Tuesday, Jan. 15, 2013 at 11:30 a.m. Members and visitors are welcome. The speaker this month will be Ms. Debbie Ashton from Knoxville. The topic will be "What is this Methodology of Body Movement called Feldenkrais?" East Tennessee Personal Care Services will provide a light lunch.

PK Hope Is Alive meetings are held every 3rd Tuesday of the month from 11:30 a.m.-1:30 p.m. at Kern UMC in their Family Life Center located at 451 East Tennessee Ave., Oak Ridge. The group's goal is to improve your lifestyle through greater knowledge and understanding. Education, information, networking and guest speakers will cover various topics. HIA is affiliated with the Parkinson Disease Foundation and the National Parkinson Foundation. If you or a loved one has Parkinson's please come and we'll learn together! Family care support partners are always welcome.

Cont. on page 4

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<p style="font-size: 0.8em;">Fieldstone Whole SMOKED HAM</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$1.39</p> <p style="font-size: 0.7em;">lb</p>	<p style="font-size: 0.8em;">Boneless PORK CHOPS</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$4.99</p> <p style="font-size: 0.7em;">2lb Bag</p>	<p style="font-size: 0.8em;">Bacon Wrapped FILETS</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$5.99</p> <p style="font-size: 0.7em;">22 oz</p>	<p style="font-size: 0.8em;">TILAPIA FILETS</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$4.99</p> <p style="font-size: 0.7em;">2lb Bag</p>
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FARM FRESH PRODUCE

<p style="font-size: 0.8em;">LARGE SLICING TOMATOES</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$1.00</p> <p style="font-size: 0.7em;">LB</p>	<p style="font-size: 0.8em;">FIRM GREEN CABBAGE</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">3\$1</p> <p style="font-size: 0.7em;">LBS</p>	<p style="font-size: 0.8em;">LARGE IDAHO BAKING POTATOES</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">2\$1</p> <p style="font-size: 0.7em;">LBS</p>	<p style="font-size: 0.8em;">SWEET ONIONS</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$1.00</p> <p style="font-size: 0.7em;">LB</p>
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<p style="font-size: 0.8em;">POPCORN CHICKEN</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$6.99</p> <p style="font-size: 0.7em;">10 LB BOX</p>	<p style="font-size: 0.8em;">BROWNIE MIX</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$1.79</p> <p style="font-size: 0.7em;">18.4-19 OZ.</p>	<p style="font-size: 0.8em;">TOASTER PASTRIES</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$1.89</p> <p style="font-size: 0.7em;">8PK</p>
<p style="font-size: 0.8em;">ASSORTED DRINKS</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">3\$1 FOR</p> <p style="font-size: 0.7em;">24 OZ.</p>	<p style="font-size: 0.8em;">BEEF STEW</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$1.49</p> <p style="font-size: 0.7em;">24 OZ.</p>	<p style="font-size: 0.8em;">ASSORTED SPAGHETTI SAUCE</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">89¢</p> <p style="font-size: 0.7em;">24-26 OZ.</p>

<p style="font-size: 0.8em;">WHITE CHEDDAR POPCORN</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$3.49</p> <p style="font-size: 0.7em;">5 CT</p>	<p style="font-size: 0.8em;">ASSORTED ICE CREAM</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$1.99</p> <p style="font-size: 0.7em;">48-56 OZ.</p>	<p style="font-size: 0.8em;">HOMESTYLE FROZEN BISCUITS</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$15.99</p> <p style="font-size: 0.7em;">130CT BOX</p>
<p style="font-size: 0.8em;">UNBAKED PEACH PIE</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$3.39</p> <p style="font-size: 0.7em;">37 OZ.</p>	<p style="font-size: 0.8em;">MAC-N-CHEESE PIZZA</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$1.99</p> <p style="font-size: 0.7em;">17 OZ.</p>	<p style="font-size: 0.8em;">DICED TOMATOES</p> <p style="font-size: 1.5em; color: red; font-weight: bold;">\$1.00</p> <p style="font-size: 0.7em;">28 OZ.</p>

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3lbs baking potatoes
2-3oz cream cheese
2/3 cup sour cream
1/4 cup milk
3/4 tsp salt
2 tbsp butter
2 tbs melted butter
Paprika

Cook potatoes with salt until done. Drain. Mix in everything except melted butter and paprika. Beat until smooth. Put into a shallow pan; smooth and brush top with butter then sprinkle with paprika. Put in refrigerator for 24 hours. Take out of refrigerator the next day. Let set for 30 minutes. Put in oven for 30 minutes at 325 degrees.

Sweet Potato Casserole

3 cups cooked, mashed sweet potatoes
1/2 cup sugar
1/2 cup brown sugar
1/2 cup melted margarine
2 eggs, beaten
1 tsp vanilla flavoring
1/3 cup milk
Topping:
1/2 cup firmly packed brown sugar
1/4 cup flour
3 tbsp melted margarine
1/2 cup chopped pecans

Combine all ingredients except topping in a mixing bowl and mix well. Pour in a 2-qt buttered casserole; sprinkle topping over potato mixture. Bake at 350 degrees for 30 minutes. Makes 8-10 servings.

BULLETIN BOARD PUBLIC NOTICE:

PUBLIC NOTICE: Knoxville Regional Transportation Planning Organization - Technical Committee Meeting, January 15, 2012.

The Knoxville Regional Transportation Planning Organization (TPO) Technical Committee will meet on Tuesday, January 15, at 9 a.m. in the Small Assembly Room of the City/County Building, 400 Main Street, Knoxville, TN. Topics to be considered: Amendments to the 2011-2014 Transportation Improvement Program, Election of Officers, Ranking of Highway Projects, Draft Application for Transportation Alternatives Program funding, Long Range Mobility Plan Update; and other business.

If you would like a complete agenda, please contact MPC at 215-2500 or see the TPO web site at www.knoxtrans.org. If you need assistance or accommodation for a disability, please contact MPC at 215-2500 and we will be glad to work with you in obliging any reasonable request.

The Knox County Republican Party will be having their biannual reorganizational meetings. These meetings will be at their polling precincts on January 17, 2013 (unless otherwise scheduled by the precinct chair). If you would like to be a delegate, be at your polling precinct at 7:00pm. We will also be holding our Knox County Republican Party Convention at Central High School on February 2, 2013 at 10:00am. The Chairman of the Credentials Committee is Gerald Turner, 5812 Tazewell Pike, Knoxville, TN 37918. A contest must be filed with the Credential Chairman by 5:00pm on Tuesday January 29, 2013.

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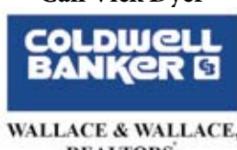
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ANNOUNCEMENTS

Cont. from page 3

Upcoming Civil War Talk

On Tuesday, January 8, 2013, the Knoxville Civil War Roundtable will host historian Jim Lewis as its speaker. Mr. Lewis is Park Historian for the Stones River National Military Park. At 8:00 p.m. Mr. Lewis will speak on the topic: "The Battle of Stones River." The talk is OPEN TO THE PUBLIC and will be at the Bearden Banquet Hall at 5806 Kingston Pike (next to Buddy's BBQ and .2 mile

east of the intersection of Kingston Pike and Northshore Dr.) To attend the talk only is \$5.00. (Students with current IDs are admitted free.) Alternatively, you can come at 7:00 p.m. and enjoy a delicious buffet dinner which is \$15.00 for members and \$17.00 for non-members (including talk). To make dinner reservations, please call (865) 671-9001 by 11:00 a.m. on Monday, January 7. We look forward to seeing you there!

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