

Governor Haslam Endorses State House Candidate Gary Loe

Governor Bill Haslam officially endorsed Gary Loe, Republican candidate for State House in District 13, on Friday during a breakfast meet and greet at Rankin Restaurant in Knoxville.

"Having strong leaders in the state legislature is incredibly important, and I know I can count on Gary Loe's thoughtful approach to tackle tough issues," said Governor Bill Haslam. "Gary Loe has a true servant's heart, and works hard on behalf of Knox County every day. I am happy to offer my endorsement and support to Gary Loe for State Representative."

"I am gratified by the endorsement of Governor Haslam," said Loe. "If the voters decide to send me to the state legislature, I will be committed to working with the Governor to create a better environment for economic growth in Knoxville and throughout our state. The Governor's endorsement of my candidacy is much appreciated, and will help keep our campaign's momentum going."

Gary Loe is a local small business owner and attained NCAA All-American honors in track and field, and lettered at The University of Tennessee. Loe's campaign has been focused on how to create a better economic environment for Knoxville and had the endorsement of the National Federation of Independent Business (NFIB). District 13 includes portions of Knox County and is being vacated by Democrat Harry Tindell.



State Representative Ryan Haynes, State Senator Becky Duncan Massey, Governor Bill Haslam and State House Candidate Gary Loe met for a breakfast Meet and Greet at Rankin Restaurant last Friday.

The Path of Pam Neal By Sarah Baker

bákers@knoxfocus.com First Baptist Church of

Knoxville recently welcomed P a m N e a l as their



Nota Bene~ After over 10 years across from the Fountain City Lake on Cedar Lane, The Knoxville Focus office has relocated to 4109 Central Avenue Pike, Suite A in Knoxville. All contact information other than the physical address will remain the same. Marianne Dedmon, Editor

FOCUS Weekly Poll*

If the election for President of the United States were held today, for whom would you vote?

OBAMA 30.69%

ROMNEY 69.31% Survey conducted October 26, 2012.

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

Coalition recognizes community leaders

The Community Coalition on Family Violence presented the 16th Annual Anita Gregg Memorial Luncheon Friday, October 26 at the Foundry. Statistics show that one in four women will be abused in their lifetime and one in four teens will experience abuse in a dating relationship. In 2011 there were 19,441 calls to 911 in Knox County related to domestic violence, which is an average of one every 27 minutes. Anita Gregg and her son, Dwayne Kesterson, lost their lives as a result of domestic violence in 1996. Community leaders gathered together to honor Anita and Dwayne's memory, raise awareness, and educate the public in the hope of one day ending domestic violence in our community. The annual Anita Gregg Awards were presented at the luncheon. This year's recipients include Governor Bill Haslam for Legislative Leadership, having put domestic violence front and center during his State of the

Administration. Prov-

new Min-

ister of



erbs 3:6 promises that if we acknowledge the Lord in all our ways, he will direct our path. Pam Neal is confident that the Lord has directed her path and called her to her new ministry. Her eyes are filled with joy and gratitude as she describes the building blocks that prepared her for this place she has found to be such a blessing.

Pam worked for the Department of Housing and Urban Development for 26 years. During the last 4 years of that career, she was also a part-time Youth Minister at Smithwood Baptist Church. At some point she began to feel that God was calling her to full-time ministry, but she didn't know how that would work with her full-time work at HUD. Then in 1997, HUD was downsizing and this allowed her to retire and

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PHOTO BY DAN ANDREWS.

Stephanie Welch, Director of Community Development and Planning for Knox County, and Mayor Tim Burchett celebrate Food Week at the New Harvest Market's Farmers Market last Thursday.

City, County celebrate Food Week

While the rest of the nation celebrated Food Day on October 24, Knoxville and Knox County celebrated a full Week of Food, October 22 to October 26, 2012. The Knoxville-Knox County Week of Food brought together partners from across the community to move toward healthy, affordable and sustainable food. The goal was to celebrate local farms and markets, promote safer and healthier diets, reduce hunger, and support fairness in food production and food retail. A variety of events were held throughout the week.

On Food Day itself, Knox County Mayor Tim Burchett, in partnership with the Knoxville-Knox County Food Policy Council, celebrated East Tennessee food heritage at the New Harvest Park Farmers Market.

"The New Harvest Farmers Market is an excellent example of supporting local businesses and <u>Continue on page 3</u>

<u>Continue on page 2</u>



The Knoxville FOCUS

Sharing the Harvest



By Ralphine Major ralphine3@yahoo. com

The beautiful stone structure looks like it could grace the pages of a magazine. It has long been one of my favorite church buildings. Though the "church" is actually its people, the sight of a house of worship is a symbol of our faith, the center of a community, and often provides stability amid worldly change. On the third Saturday in October, the "church" moved just across the street from that lovely building known as Washington Presbyterian Church (WPC) as it hosted the 35th Annual Apple Festival.

Tennessee day in fall. Autumn had her trees dressed in hues of yellow, red, and orange. I marveled at the peaceful park-like setting with huge tents, a children's playground area, and evergreens decorating the hillside. The pavilion was the place to find pork barbeque dinners and homemade apple pies, though I had been warned the pies tend to sell out early. This year, approximately 1,600 apple pies were sold! Signs at each tent clearly marked where to find funnel cakes, apple cider, and finger-lickin' ribs. A variety of baked goods, including wonderful pies, cakes, candies, cookies, and cupcakes, filled the tables in the country market. Plenty of



A scene from the Washington Presbyterian Church's 2012 Fall Apple Festival . Photo by **Ralphine** Major

my column on 'Bama Beth, 4-30-12.) In fact, 'Bama supporters were in force in this Tennessee territory! The Apple Festival was dedicated to Beth's mother, Martha Donahue, the year she passed away. I knew her as a long-time teacher at Gibbs High School, but Martha also served in many roles at her church through It was a gorgeous East the years, including organist and Clerk of the Session. She was always very active in the festival, as well.

> Former Gibbs High School teacher Peggy Shipe and her husband, Jerry, chaired the festival for ten years, but this year's festival was co-chaired by Dale and Becky Simmons and Ann Bowen. Though Jerry and Peggy are still part of the committee called the "Apple Core" that coordinates the festival under the leadership of the chairpersons, their main responsibility is making apple butter. I caught up with them at the apple butter tent where a big batch was cooking in a kettle over an open fire. "This year my faithful apple butter crew made over 500 pints," Peggy told me. "We sell out every year."

hand-made crafts were on Just past the apple butter hand, as well. The neatly was a wagonload of brightly colored mums, pumpkins, manicured grounds provided ample parking for vehiand squash. With blue cles. I was impressed that skies overhead and Bluesuch a small congregation grass music in the backcould host such a first-class ground, the atmosphere event. was certainly festive and I had no sooner arrived fun. Nametags worn by the when I spotted Beth Dona- many volunteers provided hue in the crowd. (Focus clues to those families who

readers may remember have been a part of the festivals are plentiful this church for several generations. Most of the volunteers I had never met, but I soon learned that they were the children of classmates I once knew. I was so impressed to see this younger generation taking an active role in the festival and keeping strong family ties to the community.

At this year's festival, the quilt was dedicated to Patsie Cameron because she was such an avid and talented quilter. "She helped make guilts that had been given away in previous festivals and crafted many other beautiful items to sell, such as quilted wall hangings, place mats, and holiday towels. Her memory created a special, warm spirit that hovered over the festival this year," Peggy said.

While the apple may have been the star of the festival, the "core" of the festival was missions. The Fall Apple Festival is the church's biggest mission outreach, and every penny raised during the festival is given to missions. Last year, the festival raised over \$22,000! The total raised for this year's festival to date is well over \$23,000, with additional money still to come in from the silent auction and church members' receipts! The recipients for this year's monies are Hope Resource Center, Morgan-Scott Project, Wesley House, and a fund those who belong to the for local ministry projects.

time of year. They are great family events that are sure to provide lots of food, fun, and fellowship. For more information on WPC in Corryton and its Annual Apple Festival, call 865-688-7755 or visit the church's website at www.visitwpc. org. A familiar face can be seen on the website. WPC's organist is none other than Dr. Bill Snyder, who is best known for playing the Mighty Wurlitzer at the Tennessee Theatre. A rich history of the church, which is over 200 years old, is also included. WPC shares their mission

outreach with these words: "This donation of hard work and love shows that it is not the size of the congregation but rather the size of the hearts of its people that can make a difference." I met one of the representatives of an organization receiving funds this year. This lady shared with me how amazed she was that this small body of people could have such big hearts. WPC is making a huge difference in the lives of others. They are an example for all of us to follow. I am reminded of words from the Bible in Galatians 6:9-10: "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to family of believers."

FOCUS Weekly Poll

If the election for President of the United States were held today, for whom would you vote?

| Barack Obama 30.69% |
|---------------------|
| Mitt Romney 69.31% |



| By Age | Obama | Romney | Total |
|--------|----------|-------------|--------|
| 18-29 | 33.33% | 66.67% | 6 |
| 30-49 | 28.33% | 71.67% | 60 |
| 50-65 | 32.37% | 67.63% | 173 |
| 65+ | 30.08% | 69.92% | 266 |
| Total | 30.69%(1 | 55)69.31%(3 | 50)505 |

By Commission District

| 1 | 59.38% | 40.63% | 32 |
|-------------------------------------|-----------|--------------|-------|
| 2 | 35.85% | 64.15% | 53 |
| 3 | 30.36% | 69.64% | 56 |
| 4 | 32.79% | 67.21% | 61 |
| 5 | 27.12% | 72.88% | 59 |
| 6 | 27.69% | 72.31% | 65 |
| 7 | 25.97% | 74.03% | 77 |
| 8 | 27.87% | 72.13% | 61 |
| 9 | 21.95% | 78.05% | 41 |
| Total | 30.69%(15 | 55)69.31%(35 | 0)505 |
| By Gender | | | |
| Unknown | 23.53% | 76.47% | 17 |
| Female | 32.09% | 67.91% | 268 |
| Male | 29.55% | 70.45% | 220 |
| Total 30.69% (155) 69.31% (350) 505 | | | |
| Survey can duated October 26, 2012 | | | |

Survey conducted October 26, 2012









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The Focus would like to thank all contributing writers. Submissions from our writers are gratis and are greatly appreciated. While articles are not guaranteed placement, we do strive to place as much as possible. Submissions for the paper are on a space available basis and are subject to publisher and editor approval.

We want your news: that is what makes this paper truly a community newspaper.

PHOTO BY DAN ANDREWS.

David Kitts Ph.D. from the Knoxville Police Department and Governor Bill Haslam were recognized last Friday for their work against domestic violence.

Coalition recognizes community leaders

Cont. from page 1 State address and having worked to pass mandatory sentences for repeat offenders; and David Kitts Ph.D. from the Knoxville Police Department, for his work on the clergy task force and as the domestic violence training coordinator for KPD.

The Community Coalition on Family Violence focuses on continuing education for victim advocates as well as awareness and advocacy on legislative issues at the local, state, and federal levels.

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October 29, 2012 The Book of Sarah

Oliver Wendell Homes said, "To be seventy years young



By Sarah Baker bakers@knoxfocus.

is sometimes far more cheerful and hopeful than to be forty years old." After meeting Sarah Emily Walker, I believe him. A 4 foot 11 inch strawberry blonde, Sarah is a cheerful spitfire at 73.

Sarah Walker is the mother of my friend, Susan Loveday. She told me it was okay to call her by her first name, which I enjoy because it is my name, too. Also, Sarah was named after her grandmother, Sarah, and I was named after my grandmother,

Sarah. Funny how things like that can make folks feel akin.

Sitting down to dinner with Sarah and Susan at Cracker Barrel, I gained as much comfort and nourishment from Sarah's stories as I did from my dumplings and fried okra. It occurred to me how easy it is to fall into the trap of comparing my slate of errors to the clean slates of the young. What I should be looking at instead are the rich slates of those who are more mature. There I will find not only comfort and nourishment, but also wisdom.

Sarah Walker grew up an only child in East Tennessee. Her father worked in Oak Ridge on the Manhattan Project, and the small family lived in one of the now famous flat top houses associated with K25. Sarah speaks respectfully and lovingly of her father, recalling the time he took to create home-made flashcards to help her learn math.

She met her husband, Louis, when she was still in high school and he was in the Navy. She recalls going to play tennis with a good friend and coming home "with a handsome sailor in tow." She knew immediately she should take him home to meet her parents. The couple wrote letters for a few years before getting married at Oak Ridge's legendary "Chapel on the Hill." She and Susan recently revisited the chapel where their family began its story.

Sarah and Lou had over fifty years together, before he passed away in 2004. As a "Navy wife" Sarah had adventures in Jacksonville, Bethesda, Bermuda, Chelsea, and more. The couple had three girls and three boys. One son, Michael, died of congestive heart failure when he was only four years old. Another son, Donnie, died the same year as Lou. Sarah Walker has experienced the most intense grief a human being can face. Still, she gets up every day. "I still cry sometimes," she says, but she can also smile and laugh sometimes. She enjoys the company of her daughters, Susan, Ann and Sandra, and her son, Bobby. She is a rock and an anchor for her grandchildren.

"My mother is a very selfless person who always puts others before herself," Susan told me. "She is like a book that has only been partially read and waiting to be discovered. I hope I never take her love for me for granted." I learned a lot from my dinner with Sarah and Susan. For example, why should I compare myself to a blank slate when there is so much more to learn from a book of abundant life like Sarah Walker?

City, County celebrate Food Week

<u>Cont. from page 1</u>

 Hands Food Pantry, is a farmers, and it makes ministry of St. James Epissense that we would copal Church. The panchoose to celebrate Food try's work serving the poor Week at the market to and hungry fits with the thank them for their con- co-op's mission and the tribution," said Mayor Bur- purpose of Food Day, to improve health and food While most events access in our community. In addition to monetary ishing Change: Helping donations, Three Rivers Market is also accepttinues through October ing non-perishable food donations for the pantry. ishing Change program, Stop by the store to learn Three Rivers Market more and make a donaaccepts donations at the tion through the month of October.

By Richie Beeler

With scarcely a week remaining until Election Day, the presidential campaign of 2012 appears to have taken on its final complexion. Unless Barack Obama can pull off an eleventh hour comeback, Mitt Romney is poised to be elected the 45th President of the United States.

The race looked very different a month ago. President Obama emerged from the conventions with a lead. The GOP gathering in Tampa quite frankly failed to deliver the punch Republicans had hoped it would to give Romney a muchneeded surge of momentum. After the Democratic convention the following week, all indications were that the President would coast through October to a comfortable re-election.

It was not as though Obama had earned a mandate from the American electorate with a stellar first term. The President's first four years in office have in fact been rather dismal. Unemployment is still high. The economic recovery is sluggish when it is visible the crowning achievement of Obama's first term is still opposed by the majority of the American people.

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So why did he still have the lead in this race just a few weeks ago? The answer lies not with Obama, but with his opponent. Coming out of the conventions, Americans simply were not convinced that Mitt Romney was a reasonable choice to replace Obama. The Democrats had somewhat successfully portrayed Romney as a wealthy entrepreneur who was out of touch with the common people. It worked. For a while.

With October came the presidential debate season, where Obama was predicted to have a decided advantage over his opponent. But there is where the race took an unexpected turn. Mitt Romney, to the surprise of many, executed an almost perfectly orchestrated strategy to present himself as a truly viable alternative to Obama.

Romney was the clear winner of the first debate. The President appeared illprepared, uncomfortable and on the defensive. In the following two confrontations, Obama held his own, and even "won" in the minds of some analysts. But the damage was done. Romney had done exactly

at all. And to top it all off, what he set out to do in the virtually no way to predict debates. He convinced the American people that they really do have a legitimate choice in this election.

Race is now Romney's to lose

by Scott Rasmussen in the days following the final debate asked respondents who they thought was the winner in the three debates as a whole. Romney was the choice by a 49% to 41% margin. That poll alone is a strong indication that the momentum of this race has definitely swung in Romney's direction. And it could be irreversible.

The trend is evident. Rasmussen's polling of eleven swing states had President Obama leading by one point three weeks ago. That flip-flopped to a one point Romney lead the following week. But last week in the swing state polling, Romney's lead had grown to 50-45. That is definitely not good news for the Obama campaign in the closing days of this election. Add to that the early voting factor. In most states, people have already been voting for nearly two weeks. That means the trend in this race is not merely predictive. It also involves actual votes.

The race is not over by any means. While they may be scientifically done, presidential polls are seldom exactly right. There is

precisely how each side will do in getting their vote out. In some states, the Democratic ground machine A poll taken last week is more organized than the GOP. In other states the opposite is true. And thanks to the electoral college, even if Romney were to win the popular vote, the race could be very close in a couple of key states namely Ohio and Paul

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Ryan's home state of Wisconsin.

Despite winning the state by double digits in 2008, President Obama is now fighting for his political life there. Recent polling shows Obama with a scant 2-point lead in a state that has trended much more conservative over the past four years. If Romney could pull off a win in Wisconsin, he could conceivably win the election even without Ohio. It is just another of the mounting number of scenarios that could turn out bad for the President on election night.

But there is still a week to go. Anything could happen, from Frankenstorms to bombshell revelations, that could change the race significantly. It ain't over till it's over. The fat lady has not yet sung.

But she's definitely clearing her throat.

The Path of Pam Neal

Cont. from page 1

become a full-time youth minister at Smithwood. "There's nothing God calls you to do," says Neal, "that He doesn't give you everything you need to do it."

At Smithwood, she served in administrative and education roles and then as Children's Minister at Grace Baptist Church and at Powell United Methodist Church. "I met Pam Neal when she became the Children's Director at Powell Methodist," said Susan Pilkay. "Since then, I Pam has been involved with have been blessed to develop a strong friendship with Pam. Pam has a heart for ministry and my 10 year old daughter said it best when she said, 'She puts her whole heart into it.' Pam has made a major impact not only on the lives of my children but our whole family." Pam has been married to her husband, Ron, for fortytwo years. They have two

married sons, Brad and Tim, and five grandchildren. She gushes when she explains that her biggest blessing is that both of her sons are very strong Christian husbands and fathers. Brad, an assistant principal at First Baptist Academy in Powell, and his wife Jennifer have three kids, Allyson, Eli, and Sydney. Tim, in marketing at UT Medical Center, and his wife, Debbie, have two kids, Courtney and Camden.

a retired police officer and God's faithfulness.

for fifteen years. The ministry provides chaplain services to Knoxville police officers 24 hours a day, 7 days a week. She is now the Chaplain Coordinator and oversees 38 volunteer chaplains. Because she spent so many years as a police officer's wife, she knows a lot about what these men and women and their families struggle with and their needs are very important to her. It is yet another area of Pam's husband Ron is her life where she can see

vital to Pam than ever when she was diagnosed with cancer. "Seeing how God took care of me and helped me through that- it is the difficult times in life that help us realize that God is who He says He is and does what He says He will do." It is obvious that her struggles have also enabled her to empathize with and to minister to others in a meaningful way. "I car see how God has orchestrate ed my steps for this time and this place," she says. So car we. Pam. So can we.

chett.

ended last week, "Nour-Hands Food Pantry" con-31. Though their Nourregister in support of organizations doing good work in our community. October's recipient, Helping Central Street.

Three Rivers Market is located at 1100 North



Hours: Mon-Sat 9:00am - 5:00pm www.ImpromptuHomeandGarden.com the KPD chaplain ministry God's faithfulness was more

Six and a half years ago



PAGE A4 The Knoxville FOCUS **FOCUS MORE ON** Seymour & South Knox

MPC staff recommends new guidelines for Gov. John Sevier Hwy.

By Tasha Mahurin mahurint@knoxfocus.com

"Our home owners group is concerned about the way John Sevier Highway is being developed," Carson Dailey of the South Doyle Home Owners Association told The Focus.

Concerns over development along John Sevier Hwy. dominated the platform at a community traffic forum held earlier this month. Residents expressed frustration related to the commercial construction currently taking place along the highly traveled highway which is designated as 'scenic' by the state.

The South County Sector Plan is currently under review. Throughout the process, many residents have maintained that

additional commercial zoning along the highway would not promote the scenic quality of the corridor and have petitioned MPC repeatedly to address the issue. According to MPC, though this section of Highway is designated by the State of Tennessee as Scenic Highway and a Tennessee Parkway, this designation limits only billboards and landfills or dumps within a 1000' of highway.

The issue was brought to the forefront when Ricky Adams, who owns the property at 3210 W. John Sevier Highway, began commercial construction on the property. Adams, represented by attorney Arthur Seymour, has requested a land use designation that would allow for a

potential rezoning of the property. The area is an Agricultural Zone, and the South County Sector Plan adopted in 2002 shows these parcels as low density residential development. The recommendation for the 2012 plan seeks to maintain this area as low density residential development. Additionally, several other property owners who have built commercial structures have also created concerns regarding the level of scenic corridor protection for the highway.

"The highway has been designated as a scenic highway, and it is currently not being developed that way," Daily added. In response to these concerns, MPC staff has recommended scenic highway

design guidelines as part of the 2012 South County Sector Plan update. To implement these design guidelines along the corridor and protect the scenic quality of the highway, a zoning overlay would need to be drafted and adopted.

Furthermore, MPC has recommended that until such time that a zoning overlay is adopted; additional commercial land use plan designations and zoning within the corridor are not advisable due to the public's interest in preserving the scenic nature of the highway.

Knox County Commission will vote on the updated sector plan on Monday, November 19.

October 29, 2012

Chocolate for Sight

The Tri-County Lions Club invites you to participate in our 1st Annual Chocolate For Sight Event. This event is to raise funds for eye exams and glasses for local residents. The event will be held November 3, 2012 at the Seymour United Methodist Church from 10 a.m. - 3 p.m. Cost is \$50.00 for participants

Entry for attendees is free; to purchase the chocolate items tickets will be \$1.00 each. Each booth will need to determine if their items are 1-3 tickets. All money collected helps our local residents with eye exams and glasses.

Benefits of your participation include exposure to and opportunity for interaction with event attendees. Opportunity to promote your place of business and to be recognized in promotions of the Chocolate For Sight event.

Each participant should bring at least 250 samples. These must contain chocolate. Tables will be provided. If you need to have access to power please let the Lions Club know. Set up begins at 8 and must be ready to begin by 9:30. A brunch will be provided to all participants. If you have any questions please feel free to contact Connie Emmons at (865) 456-0127.

Relay For Life to Establish Permanent Memorial in Sevier County

ber 3 at 11:00 a.m., supporters of Sevier County's Relay For Life will dedicate the Relay For Life Memorial Brickway at Patriot Park in er directly or indirectly," Pigeon Forge. The memorithose lost to cancer, and to encourage the residents of the county to fight back will be diagnosed with a bricks and pavers are being placed permanent- Atchley says. "The Relay ly along the walking track For Life Memorial Brickway

On Saturday, Novem- on the south side of Patri- provides an ongoing oppor- yahoo.com or (865)382- overall Sevier County Relay ot Park, next to the campground.

"Cancer affects all of us in some way, whethsays Sevierville Mayor and al is designed to encourage Relay For Life chair, Bryan support for those who are Atchley, himself a cancer facing cancer; remember survivor. "Cancer does not discriminate; statistics tell us that one in three people against cancer. Engraved form of cancer at some point in their lifetime,"

tunity for everyone to participate in the fight against cancer, so that we can find a cure and eliminate those statistics," says Atchley.

Bricks and pavers can be dedicated in honor of someone battling cancer or in memory of a loved one and can have a maximum of three lines per paver with up to 14 characters per line. To obtain order forms for the bricks and pavers, simply contact Billy Worsham, billyworsham267@

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Tennova Health and Fitness Center Celebrates 13 Years

Tennova Health and Fitness Center is celebrating 13 years of serving the North Knoxville community this week.

The facility opened as St. Mary's Health and Fitness Center on Nov. 1, 1999. Members joined the fitness center in a trailer stationed in the parking lot before the building

160 of the facility's current members joined the fitness center before its opening date.

Since 1999 the fitness center has incorporated different programs like Training for Life, Boot Camp and the Elite Kids membership for children ages 5 years to 12 years. Tennova

was complete. More than Health and Fitness Center also added three new studios: a private personal training studio, a Hammer Strength weight room and a Group Ride studio.

When members joined the fitness center in 1999, they could choose from 20 hours of group fitness classes. Now members are able to participate in 80 hours of land and water fitness classes per week. Five personal trainers were on staff 13 years ago, and members exercised with them for an average of 25 hours each month. Now members can work out with one of 28 personal trainers and average more than 440 hours of individually-targeted exercise each

month.

During the past 13 years, Tennova Health and Fitness Center has remained dedicated to helping members live a healthy lifestyle. With more than 65,000 square feet of fitness opportunities, Tennova Health and Fitness Center offers a place where everyone can feel comfortable exercising.

Whether a member wants to develop muscle mass, lose weight, tone muscles or just stay healthy, the fitness center is a place for everyone.

For more information on the fitness center, call 859-7900 or visit www. Tennova.com.

Sheriff's Office Names Officer of the Month



Officer Anthony Riddle (center), pictured with Sergeant Matthew Lusk and Officer Mike Riddle, was named Officer of the Month for September 2012 by the Knox County Sheriff's Office. On September 12th, Officer Anthony Riddle discovered a woman who was trying to commit suicide by falling off the bridge over Maryville Pike on John Sevier Highway. Officer Riddle alerted dispatch, talked the woman down from the railing, and was able to get her in his cruiser for her safety. Officer Riddle has been with the Knox County Sheriff's Office since April 2010.

Finding a thinking place

Mayor Rogero Joins Leaders Council For Smart Growth America

Mayor Madeline Rogero is one of 22 leading local officials from jurisdictions around the country to join the Advisory Board of Smart Growth America's new Local Leaders Council. This nonpartisan group of local officials is dedicated to facilitating collaboration and networking among municipal leaders with a shared interest in using smart growth strategies to generate economic returns, save taxpayer money and provide housing and transportation options near jobs, shops and schools.

"We must reinvest where disinvestment has occurred, focusing on redevelopment from the center and then out, while preserving our natural resources and cultural and historic assets," said Mayor Rogero. "I am glad to join the Advisory Board of Smart Growth America's Local Leaders Council, as it will be a forum for leaders to exchange the good ideas that have been demonstrated to work. I'm looking forward to seeing what other communities are doing but also to showcase the good progress Knoxville has made." As an Advisory Board Member, Mayor Rogero will work with other accomplished municipal leaders from around the country to guide the growth and develop the program of this new Continue on page 2

Most of us face times when

we need to sort

through our

thoughts.

Maybe a

our atten-

other times,

tion. At

troubling



By Joe Rector

incidents in a relationship or with children and their actions scream for us to make decisions

and corrections. The key to keeping up with our important thinking is finding the right place to do it.

Most people declare that they spend shower time singing. I've budget probdone it as well; however, I have lem requires also discovered that place is wonderful for thinking. It must have something to do with the hot water cascading onto a tired or half-asleep body.

> Before long, my mind is clear and running high speed. I've had prayer time and come up with

solutions for the world's problems, or at least the ones in my life, during that fifteen minutes of standing under the shower head.

Another place where I can think clearly is in the car. Of course, I have to deny the urge to let road rage take over, but once I do, the problems that I think are pressing come to mind. Not long after that, the solutions to them float to the top of my consciousness. No one needs to worry because I am watching

the road and traffic as I ponder things. More than likely, my actions are safer than most of the people who yak on the cell phone or text while pointing their vehicles down the highway.

Our porch is a wonderful location for a think tank. Just the other day, I sat in the swing and watched traffic zip down Ball Camp Pike as I tried to come up with some writing topics. The gentle back-and-forth movement

<u>Continue on page 2</u>



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House to Home

ANTIQUES & COLLECTIBLES

By Carl Sloan

Photographs in the Attic

Several months ago when I began writing a weekly column for The Knoxville Focus, one of my first articles was on early photography. Back then I promised to

PAGE B2

discuss this come to look at the modern aspects of this very important subject, to learn what to look for as far as value and, at the least, what not to dispose of thinking it's of no significance.



tography terms of value and importance comes down to one very important thing and that is this: Subject matter. Does it have historical signifi-

further. Well the time has cance? Is it an important event, a famous person, an early scene of cities or architecture? Perhaps it harbor photos or films that is a celebrity or an autographed photo. Possibly it is a snap shot taken in the military or during and after combat scenes. Even photographs of local interest, sports and even 8mm movie film of travels are collected today.

I can say that I have handled all of the above and you might be very surprised as to the money that has changed hands. Through various auction sales, I have seen a snapshot of Ernest Hemmingway

The modern in Spain circa 1953 go aspects of pho- for \$1,631. I've seen a in scrapbook collection from a Marine in China circa 1937-38 sell for \$1,840. A photograph of a ferry in downtown Knoxville before the bridges were built sold for \$275 while an elementary school photograph outdoor group of students in Maryville circa 1930 went for \$375.

> Do examine carefully with history in mind to see if you may be of importance as it was the only way for a permanent record to exist in the days gone by.

If you have photographs, antiques or collectibles that you are considering selling I will be glad to give you an assessment with an informal appraisal at no cost. I work as an independent consultant with Fountain City Auction and have been active in the markets for 30 years. This week I will be in North and East Knoxville on Tuesday, West Knoxville



1950's original photograph Ernest Hemingway, famous Matador and friend

Knoxville and Seymour and personal property on Thursday, and open appraisals at very reasonon Friday, all afternoon able rates and include appointments. Please do keep in mind that personal on-site evaluations are exclusively for items that you are seeking to sell and not for appraisal purposes. or return phone calls please

photographs and written researched market values starting at only \$7.00 per item for estates. For personal appointments, emails

on Wednesday, South I do offer insurance, estate leave a message through The Knoxville Focus at (865)686-9970 or send your information or photographs to staff@knoxfocus. com. I truly enjoy discovering new items of interest for our community and look forward to hearing from you soon.



Finding a thinking place

kids were young and I

Continued from page 1

and squeak of the chains holding up the seat put me in a trance. Before long, a list of things came clear.

During warm weather, I take a seat on the porch in the mornings and evenings. Sometimes I finish up a short devotional to start the day off right. On other occasions, I listen to the passing cars, singing cicadas and barking dogs of the neighborhood. All the while, I'm turning over an endless supply of questions and concerns.

wore parental armor, I replayed events while making rounds in the yard. The lines usually stayed straight, even though my attention was directed toward finding a solution to another problem. The roar of the engine and the sweet smell of fresh cut grass combined to remove me from everything in the world but that seat. Many times, it became apparent that the man steering the mower was the person at fault in parent-child disputes.

is a terrible place for using my mind. Of course, most television programs are so bad that I zone out from them and could, perhaps, train myself to think. Another bad place for such activities is in a seat in front of a computer. Too many other things call me away-Facebook, email, YouTube.

I like to find good places for thinking. Many times, thoughts have been sprinkled with tears and laughs, and none of that would have occurred without finding those special places for some quiet and reflection. All of us could use a little more time to reflect on important matters and escape the mind-numbing distractions that bombard us each moment of life.

By the time I rise to tackle other pursuits, my mind is at ease and the world is once again good.

Oddly enough, the place where I do my best thinking is on the seat of a riding lawn mower. When the At other times, just riding through the yard helped cool me down before passing down punishments.

I've tried other areas for thinking but discovered they just don't work. Sitting in front of the television

Mayor Rogero Joins Leaders Council For Smart Growth America

Continued from page 1

nationwide network. The Advisory Board of the Local Leaders Council is comprised of municipal leaders representing big cities, rural towns, and suburban communities, each with their own set of challenges and opportunities. The Advisory Board convened for the first time on Oct. 1st, 2012, to discuss shared goals and deliberate on the services the Council would provide its members, which will include elected and appointed decision makers at the city and county levels. Members will receive technical assistance in policy development, reviews of best practices across a broad range of issues, and access to one another to share ideas and lessons in smart growth implementation. "We are thrilled to have Mayor Rogero join the Advisory Board. From reclamation of blighted properties to redevelopment of Knoxville's South Waterfront to preservation of the Urban Wilderness, it is clear she has a strong understanding of how to strengthen a community economically while improving quality of life. As an Advisory Board Member,

her experience will benefit many other jurisdictions," said William Fulton, Smart Growth America's Vice President for Policy & Implementation and former Mayor of Ventura, CA.

With guidance from the Advisory Board, Smart Growth America will begin to recruit the first members of the Local Leaders Council. Initially, membership will be by invitation with Board members and general members making nominations to grow the network.

Smart Growth America is the only national organization dedicated to researching, advocating for and leading coalitions to bring smart growth practices to more communities nationwide. From providing more sidewalks to ensuring more homes are built near public transportation or that productive farms remain a part of our communities, smart growth helps make sure people across the nation can live in great neighborhoods. For additional information, visit www.smartgrowthamerica.org.

www.knoxfocus.com

Thunder On the Mountain: Matthew M. Neely of West Virginia

Pages from the Political Past



By Ray Hill rayhill865@gmail.com

atthew Mansfield Neely may be the most resilient politician in our nation's history. Perhaps the only person in recorded history who made a better comeback than Neely was Lazarus and while Lazarus came back from the dead only once, Neely came back from political death repeatedly.

M. M. Neely was born November 9, 1874 in Doddridge County, West Virginia. Neely attended Salem College but left before completing his degree, although he did earn a law degree later from West Virginia University. Neely was practicing his profession in Fairmont, West Virginia when he was elected Mayor of his home city. When president Woodrow Wilson appointed John W. Davis to be Solicitor General of the United States in 1913, Matthew Neely ran for and won Davis's old Congressional seat. Neely was reelected to Congress in 1914, 1916 and 1918. Neely's political fortunes suffered with the increasing unpopularity of President Wilson and the Republican tide of 1920. Neely lost his seat to a Republican, but immediately set out to win a seat in the United States Senate in 1922. Neely a candidate in yet another Republican year and lost his reelection bid in 1928 to popular former Governor Henry Hatfield. Again undaunted, Neely resolved to run for West Virginia's other Senate seat in 1930. The Republican incumbent, Guy Goff, opted not to run and Neely won a smashing victory. From that point on Matthew M. Neely's political fortunes would rise and fall, but he remained a genuine force to be reckoned with in every political campaign until his death. Neely was an old fashioned orator, speaking in a flowery language that was likely even outdated for the time. Neely had a near photographic memory and would deliver his orations after having read them only once or twice. Oddly, for a successful politician, Neely disliked crowds and it was not uncommon for Neely to give an impressive speech, only to disappear just as soon as he left the platform. Matthew Neely was also something of a dandy, always impeccably and immaculately dressed.



Former Senator Matthew Mansfield Neely listens to elections returns in 1948.

Republican state. Following recognized leader of the took the oath of office as FDR's election, it became solidly Democratic in its voting habits. Along with Franklin Roosevelt, West Virginia had elected a new Democratic governor, H. Guy Kump. Governor Kump proved to be a highly effective and talented administrator, but he was far more conservative than the liberal Matthew M. Neely. Neely promoted the candidacy of Rush D. Holt against his Senate colleague and rival Dr. Henry Hatfield in 1934. Holt, then only twenty-nine years old, faced a crowded primary field composed of other ambitious and more experienced Democrats. With Neely's help and challenged incumbent that of organized labor, the strongest candidate for Senator Howard Sutherland Holt was nominated and governor in 1940. Neely and won. Senator Neely defeated Senator Hatfield, announced he was running intent upon returning to his GOP Congressman A. C. Neely got to his feet and had the misfortune to be despite the fact he would for governor and helped to first love, the United States Schiffler. At seventy years glared at the Master of not meet the constitutional age requirement of thirty years until the following challenge Rush Holt in the summer. himself at odds with the state administration and Governor Kump managed to handpick his successor, Attorney General Homer Holt, another conservative Democrat. Neely was soon bitterly disappointed with his protégé Rush Holt when the young man was infuriated by his inability to get more patronage from the Roosevelt administration. Federal patronage in West Virginia was largely in the hands of Matthew M. Neely and Holt launched a bitter and personal attack on his senior colleague. Holt's frustration with the Roosevelt administration caused him to become one of the least predictable opponents of FDR in the Congress and he was soon one of the leading voices of the isolationist movement in Congress as well. Neely, whose command of the English language was second to none, fought back and in one speech denounced Senator Holt and perhaps the nicest thing he said about his young colleague was that Holt was a "sewer rat". Senator Neely was facing opposition from both the state administration and Rush Holt. Neely was the

"Federal faction", which was stoutly opposed by the "state faction". Despite the opposition to Neely, he was reelected by a tremendous majority in 1936 even with Senator Holt actively stumping against him.

Few could use the dramatic gesture as well as Matthew Neely and he decided to take the fight to his political opponents in a preemptive strike. After having publicly mused he would support any candidate who supported Franklin Roosevelt for the West Virginia governorship in 1940, Neely eliminated the various possibilities one by one. Neely finally determined he would be recruit a little known local judge, Harley M. Kilgore to Democratic primary. The Senator Neely soon found threat in the Senate race was especially dire, as former Governor Guy Kump had decided to enter the race. Kump sponsored a candidate against Neely in the gubernatorial primary while Neely returned the compliment in the Senate race. Neely easily defeated his opponent and had the satisfaction of seeing Harley Kilgore not only win the senatorial nomination, but watching Rush Holt run a poor third behind former Governor Kump. Both Neely and Kilgore ran with Franklin Roosevelt, seeking his third term in 1940. The entire Democratic ticket in West Virginia was successful and Governor Neely soon wiped out those state employees who owed their allegiance to the state machine, replacing them with Neely loyalists.

governor no less than three times, as he proposed to name his own successor to his seat in the United States Senate. Not to be outdone, Governor Homer Holt insisted he had the right to appoint Neely's successor. Holt appointed Clarence Martin, a conservative and a former president of the American Bar Association. Neely appointed Dr. Joseph Rosier, the long-time President of the Teacher's College in his home city of Fairmont. The U.S. Senate spent months determining which appointee was the legitimate member, finally seating Rosier. By 1942, Neely had

eliminated most of his again running with an ailing serious opposition inside FDR who was seeking his his own party and was fourth term, defeated Senate. Former Governor H. Guy Kump again sought the Democratic nomination and waged a bitter primary battle with Neely and while losing, Kump inflicted enough damage on Neely to cause a very surprising result in November. Governor Neely was facing Chapman Revercomb in the general election and West Virginia had not elected any member of the GOP to statewide office since 1928. Neely confidently expected to be elected in 1942, but the war was not going well for the allies and many Kump Democrats exacted their revenge by quietly supporting Revercomb. Neely was astonished to lose to Revercomb decisively. Neely's statement on his defeat was characteristic: "A fatalistic philosopher once said that on election day the American people have the right to do anything they damned please. Recent returns from the

political front preclude the possibility of refuting this assertion."

Neely unhappily remained governor until 1944 and later referred to his decision to seek the governorship as the greatest mistake of his long career. Neely would invite friends to come and visit him at the Governor's Mansion and oftentimes referred to his "confinement" in the state house. West Virginia did not permit its governors to seek a second consecutive term and Neely disliked private life. He concluded he would seek election to his old Congressional seat, which was then occupied by a Republican. Neely, of age, Matthew M. Neely returned to Congress in 1945 as a freshman legislator. Neely resumed his crusade for Federal funding for cancer research. It was a topic dear to his heart, as Neely had lost several fingers on one hand to Neely made cancer. impassioned pleas for funding to find a cure for cancer. Neely had been one of the original Congressional sponsors of the National Cancer Institute Act and throughout the remainder of his career was an unwavering proponent of more government aid to find a cure for cancer. Neely sought reelection to Congress in 1946, but was upset by yet another wave of votes for Republicans across the country. Neely returned to his law practice in Fairmont and despite being seventythree years old, made plans to win back his old Senate seat in 1948.

Neely had the express satisfaction of defeating two former antagonists that year; he dispatched former Senator Rush Holt easily in the primary and went on to defeat incumbent Republican Chapman Revercomb by a large majority. It was Rush Holt's last campaign as a Democrat; he became a Republican and lost a Congressional race in 1950 and was only narrowly defeated for governor in 1952. Neely's intense dislike for his old opponent faded away when Rush Holt was stricken with cancer. Neely quietly made it possible for Holt to enter a facility for treatment.

Matthew Neely returned to the United States Senate at age seventyfour and remained there for the rest of his life. He was reelected in 1954 at age eighty, but he was not to finish his term. Neely's most relentless opponent of all, cancer, returned in 1957. It was to be Neely's last battle and while the old warrior would make occasional appearances on the Senate floor, especially when Democratic Leader Lyndon Johnson feared a close vote, he spent increasingly more time hospitalized. When Neely entered the Senate Chamber for the last time, he was still impeccably dressed, but quite frail and confined to a wheelchair.

Matthew M. Neely lost his final struggle on January 18, 1958, finally succumbing to cancer. Neely was forthright in his politics and while loved and admired by many, including organized labor, he was cordially disliked by the captains of industry. Once, after an appallingly inappropriate introduction at an event sponsored by the Chamber of Commerce, Ceremonies and started his speech by snapping, "And the same to you, sir!" approach As we the holidays, it seems appropriate to quote the old West Virginian who was equally adept at thundering from the mountain and cooing soft words that conjured the warmest of feelings. Governor Matthew Mansfield Neely issued a 1943 holiday message to West Virginians fighting across the globe during World War II. "The Christmas dinner will not be sumptuous enough, the snow will not be white enough, the sun will not be bright enough, to tempt us to forget you, or cease to regret that you are far away on this most important holiday of the vear."

With the election of Franklin Delano Roosevelt, the politics of West Virginia changed dramatically. Prior to the Great Depression and Roosevelt, West Virginia had been more often than not a reliably

Matthew M. Neely

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Knoxville, TN 37920

(next to The Rush)

E mynight Little

Dogwood Family

Dentistry

James D. Hazenfield, DDS

It was vintage Neely and there will never be another like him.



Pellissippi State hosts Mediterranean Cultural Fest

The Mediterranean Sea touches countries on three continents, bridging the cultures of a vast and exotic expanse. Pellissippi State Community College celebrates that region with the Mediterranean Cultural Festival on Nov. 2.

The free event is 5-8:30 p.m. in the Goins Building College Center on the Hardin Valley Campus. The public is encouraged to attend.

The festival is part of the Arts at Pellissippi State series, which brings to the community cultural activities ranging from music and theatre to international celebrations, lectures, and the fine arts.

The Mediterranean Cultural Festival showcases the entertainment of the region with the following performances:

a. 6-7 p.m.—Debka and the Oasis Dancers, a Knoxville-based belly dancing group.

b. 7:10-8:30 p.m.— Italian violinist Al Colombo and ensemble. The group also features Mike Benjamin on keyboard and vocals and David Correll on bass guitar. The ensemble plays classic and contemporary Italian music, including pieces written by Italy's foremost composers.

Take in the performances and experience the region's food at an epicurean marketplace with fruits and vegetables and an Italian café with European teas, coffees, and desserts.

Participants also can sample Spanish paella, pastitsio with bechamel topping, Mediterranean pasta salad with California avocado, tzatziki sauce with falafel, keftedes (Greek meatballs), and hummus and pita bread.

The festival is sponsored by Pellissippi State's Access and Diversity Office. For more information, call (865) 694-6400 or email Gayle Wood, director of Access and Diversity, at gwood@ pstcc.edu.

To request accommodations for a disability, contact the executive director of Human Resources and Affirmative Action for Pellissippi State, (865) 694-6607 or humanresources@pstcc. edu.

Writing Contest Winners Featured at Meeting

The Knoxville Writers' Guild is pleased to spotlight several 2012 writing contest winners at its Thursday, Nov. 1 meeting.

The event, which will be open to the public, will begin at 7 p.m., at the Laurel Theater, at the corner of Laurel Avenue and 16th Street in Fort Sanders. A \$2 donation is requested at the door. The building is handicapped accessible. Additional parking is available at Redeemer Church of Knoxville, 1642 Highland Ave.

At least one winner from each of the six 2012 writing contest categories has agreed to read at the meeting, including Linda Parsons Marion, who won first place in the KWG Award for Poetry.

"Winning the poetry prize is especially meaningful to me because it honors my dear friend Libba Moore Gray," Marion said of the award. Her poem, "Grace Notes," began as a "challenge" when she and her husband, poet Jeff Daniel Marion, were stopped at a red light on Neyland Drive in Knoxville.

"I heard something like music and rolled down my window, then saw this wonderful thing: a young woman on the riverbank playing bagpipes! The sun glinted on her blond hair and the gold of the pipes. It was so incongruent, a magical moment. Danny said, 'Ah, playing to the river,'" she said.

Marion, an editor at the University of Tennessee, Knoxville, and the author of three poetry collections, suggested they each write a poem.

"The resulting pieces were remarkably similar, each in the moment of experience, while reaching into the history of the region's Scots-Irish heritage," she added.

Ann McMurry Simpson won prizes in two categories: first place in the KWG Award for Fiction, given in memory of Leslie Garrett, and second place in the Novella or Novel Excerpt award. She will be reading her short story, "Wednesdays It's Chicken." Simpson said the idea for the protagonist came to her during a KWG workshop.

"The character Maisie and her setting first appeared to me years ago in a sketch I did for a KWG summer workshop led by Ina Hughes. Maisie intrigued me but remained mute and lifeless until she reappeared decades later, complete with her story – one of those particular joys of writing," she added.

Simpson's work has appeared in magazines, journals and anthologies, including KWG's "A Knoxville Christmas, 2007." She has a novel in progress about a mountain girl, currently in the revision stage.

Donna Kapa also had success in the Novella or Novel Excerpt category. Her piece, "Knock Destruction," won first place and is an excerpt from a trilogy. Kapa moved to Knoxville from New York City, N.Y., where she was a private chef, ten years ago. She has also worked as an English teacher and owned a karate school. "Knock Destruction" was inspired from her time in NYC following the terrorist attacks on Sept. 11.

"I have become increasingly interested in how institutional collapse looks from street level," she said. "I experienced a little of this directly when I was living in New York City in the days, weeks and months after 9/11. Martial law, the myopia of crisis, misinformation and reactionism were the institutional response to just a momentary break in the order of things at the beginning of the 21st century. I became curious how it would look on a longer timeline."

Diana Cruze will read from, "Words and Music," which won first place in the KWG Award for Creative Non-fiction. This award-winning author said she is new to writing.

"Writing is the beginning of a new career for me. I retired after 32 years in sales, the last 25 selling industrial chemicals, traveling throughout southern Appalachia," she added.

Also reading at the meeting will be Cora Lay, whose poem, "To Something Once Lost," won second place in the Young Writers' Poetry Prize and Joyce Leo, who won second place in the One Act Play / Script category for her piece, "Voices of the Valley: Black Voices."

For more information and for a complete list of 2012 contest winners, visit www.knoxvillewritersguild.org.





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Local teams gear up for gridiron playoffs

By Ken Lay

The teams have battled for 11 weeks and now the best remain in the chase for State Championships.

And those squads will be in the mix to crown State Champions in each of the TSSAA's eight classifications. Action begins Friday night for most teams in a win-or-go-home format.

Two area teams will have opening-round byes.

Webb School of Knoxville, which has won two of the last three Division II-A State Titles, will await the winner of the Harding Academy-Zion Christian

game.

The Spartans (8-1) will host the winner of that contest on Nov.9.

In Division I Class 2A: Grace Christian Academy, which will make its first playoff appearance in three years, is the overall No. seed. The Rams (9-1) will host either Silverdale or Hampton on Nov. 9 after earning a first-round bye.

In Class 3A: Defending State Champion Christian Academy of Knoxville (9-1) will be the No. 3 seed in its quadrant. The Warriors will host District 4-AA rival Kingston in the first round. If the Warriors, with their high-powered offense, are to defend their title, they'll have to go through Alcoa.

The Tornadoes (9-1 and District 4-AA Champions) had won seven consecutive state titles until CAK snapped that streak with a pair of wins over Alcoa last season. Alcoa outlasted the Warriors 31-28 in the regular-season finale last week.

In Class 4A: Fulton (8-2) picked up a No. 2 seed and will host No. 7 Carter, one of the Falcons' District 3-AA rivals. The Falcons won the regular-season meeting against the Hornets easily.

Meanwhile, Gibbs, a No. 6 seed, will travel to face Greeneville (7-3). The Greene Devils have brought an end to the Eagles' season each of the last two years.

The top quadrant of the Class 5A bracket has a heavy Knox County presence as 2012 State Runner-up Powell is the top seed. The Panthers (9-1) will host District 3-AAA rival Central. The Panthers downed the Bobcats 20-0 in Week 9. Central (6-4) has won of its last six games.

The West High Rebels, the two-time defending Class 5A Semifinalists, earned the No. 4 seed and will host South-Doyle Friday night.

If the Rebels (8-2) and Panthers advance, they'll see each other on Nov. 9 in a rematch of last year's state semifinal game.

In Class 6A: Defending State Champ Maryville (10-0) will host No. 8 Hardin Valley.

The Hawks (5-5) have reached the postseason in each of the last three years, but are still in search of their first playoff win.

Bearden (8-2) is the No. 7 seed and the Bulldogs will travel to Kingsport to play the undefeated Dobyns-Bennett Indians.

The Indians (10-0) boast a potent offensive attack but survived an upset bid from rival Science Hill Friday night.

The Bulldogs, who lost a pair of District 4-AAA games to Maryville and rival West, promise to be a tough out in the 2012 postseason.

All playoff games' kickoffs are set for 7 p.m. local time.

Warwick honored at Bearden Senior Night



Alcoa Gets Their Revenge, Edge CAK 31-28

By Alex Norman

In 2011 the CAK Warriors did something they had never done... beat Alcoa.

Actually, they did it twice on the way to their first ever state championship, while snapping the Tornadoes run of seven state titles in a row.

On Thursday, October 25th, the Tornadoes had their shot at revenge. In a matchup of the two top ranked teams in the state in Class 3A (Alcoa #1, CAK #2), the Tornadoes edged the Warriors 31-28.

"The game really could have gone either way," said CAK head coach Rusty Bradley. "I'm pleased with how our kids played. Everyone thought that we were going to get killed. Of course you never want to lose, but overall I'm encouraged with how the game went."

The Tornadoes could not have scripted the opening possession any better. Alcoa went 62 yards on 11 plays, and ate up more than 5 $\frac{1}{2}$ minutes of game clock. Quarterback Peyton Wall ran 11 yards up the middle for the first touchdown of the night. The two point conversion was converted, and Alcoa had an 8-0 lead. CAK responded quickly, with the big play. Charlie High threw a perfect deep ball to Tennessee verbal commitment Josh Smith, who showed none of the ill effects of a broken collarbone he suffered earlier this season. Smith caught the pass in stride, and the 45 yard hookup would

pull the Warriors within a point.

Late in the first quarter the Warriors once again found the end zone, this time with an eight yard touchdown run by Ezekiel Koko. The Tornadoes got a terrific effort from Wall after a bad snap on the two point conversion try, and led 16-7.

Early in the second quarter the Warriors once again showcased their passing attack, with High quickly moving his team down the field, and hitting Franklin Murchison from seven yards out. Their two point conversion was good as well, and Alcoa's lead was once again a single point, at 16-15.

After an exchange of punts, Alcoa would extend the lead once again. Jaquez Tyson took the pitch, and made a nifty 20 yard run to the end zone in which they broke three tackles. Yet another two point conversion (Malik Love untouched on the reverse) gave the Tornadoes a 24-15 lead, and that's where things stood at

PHOTO BY DAN ANDREWS

First-year Tennessee women's head basketball coach and former Bearden Bulldog Holly Warwick was surprised Friday night at Bearden High School's Senior Night by the school's retiring her No. 22 jersey.

intermission.

CAK had possession to start the second half, and High would toss his third touchdown of the night, this time a 9 yarder to Davis Howell. The two point conversion would fail, and the Warriors trailed 24-15 with 8:23 to go in the third quarter.

On the first play of the fourth quarter, CAK took their first lead of the night. High with an 18 yard toss to a wide open Howell in the middle of the end zone and

Continue on page 2



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The Knoxville FOCUS

PAGE C2 Warriors take another **Region 2-A/AA Soccer Title**

By Ken Lay

Knoxville's girls soccer team won another Region 2-A/ AA Championship Thursday night.

The Lady Warriors, who dominated District 3-A/AA en route to claiming both the regular-season and tournament titles, won the region tournament at home Thursday night with a 2-0 victory over Gatlinburg-Pittman.

Senior Laura Foster had a goal and an assist in CAK's victory, which allowed the Warriors to host a Section 1-A/AA match, which was held Saturday (results were unavailable at press time) but a victory there would give CAK an opportunity to win its fourth Class A/AA State Championship in five years. CAK, which has tied three matches against District 4-AAA teams this year, was set to host Greeneville in Saturday's sectional match.

The only blemishes on Christian Academy of the Warriors' 2012 record are draws against Bearden, West and unbeaten Farragut, the Region 2-AAA Champion, which boasts a Top-10 national ranking.

The Warriors (20-0-3) took a 1-0 lead in the first half on a goal by Cori Crocker in the 34th minute of the title match, which was a rematch of the 2011 Region 2-A/AA Championship game. Morse picked up an assist on the game's first marker.

Morse added a goal of her own in the second half to make the score 2-0. Hannah Clothier was credited with an assist on that goal.

CAK advanced to Thursday's region championship game with a 7-0 victory over Grace Christian Academy at home on Tuesday night.

In that match, Morse and Laura Foster, two of the Warriors' reliable seniors,

each had a hat trick.



Seymour Middle School's Volleyball team was undefeated in their regular season and were tournament champions for the second year in a row.

Pictured are: (Front row, left to right) Lydia Sharp, Cameron McConnell, Team Captain Taylor Weekly, Victoria Porter, Makayla Berrier, Katelyn Summers, Sierra Dodson, Kaylan Rogers, (Back row) Assistant Coach Maggie Heaton, Tyller Cox, Hannah Farragut, Kallyn Newport, Hannah White, Savannah King, Taylor Blythe, Coach Phil Hamilton and Allie Clifton.

Beuerlein Lifts Farragut to second straight Region Title

By Ken Lay

Farragut High School's girls soccer team beat a familiar opponent Thursday night to win the Region 2-AAA Tournament Championship.

The Lady Admirals (21-0-1) notched their third win this season over district rival Catholic at Farragut Soccer Stadium.

The latest win was a 2-0 decision in a rematch of the District 4-AAA Title match. Farragut prevailed there 1-0.

In the regional final, the Lady Admirals, who are Tennessee's top-ranked Class 3A team and boast a No. 4 national ranking, got a pair of goals from junior midfielder Katie Beuerlein, who was playing with a rib injury.

She also scored the final goal of Farragut's 3-1 victory in Tuesday night Region 2-AAA Semifinal Tuesday

night against Hardin Valley Academy.

The Lady Admirals, the defending 2011 Region 2-AAA Champions, were set to host Science Hill Saturday in a Section 1-AAA elimination match. The Lady Irish (13-6-4) were set to travel to Morristown West Saturday. Results were unavailable at press time but Saturday's two winners move on to this

week's State Tournament. Farragut reached the championship match last season.

The Lady Admirals, who have rarely been tested this season, advanced to Thursday's championship game with a 3-1 win over the Lady Hawks, who finished their 2012 campaign with a 13-4-2 record.

In that match, Chelsea Jordan gave the Lady Admirals a 1-0 lead with a goal in the 21st.

Hardin Valley, which dropped a 2-0 decision in the season opener against the Lady Admirals, tested Farragut senior net minder Katy Hill early but Hill made three stops in the opening 40 minutes.

The match was a showdown between two of the state's top goalkeepers in Hill and Lady Hawks' junior Jordan Beets.

Beets made 15 saves (including 10 in the second half) to keep Hardin Valley within striking distance.

"I'm really proud of my girls," Lady Hawks' coach Mike McLean said. "We competed and we defended pretty well.

"Farragut is such a great team."

HVA might've kept the Lady Admirals at bay throughout much of the opening half. Farragut, however, wasted little time putting things away in the second half. The game's second goal came from senior defender Heather Murphy, who has emerged as a playmaker.

Bearden Run Game Impresses in 24-0 Win

By David Klein

The Bearden Bulldogs executed a strong running game and impressive defense Friday night at home to beat the Catholic Irish 24-0. The Bulldogs rushed 46 times for 228 yards and three touchdowns in the victory.

The Bulldog defense held Catholic to 214 total yards. About the only thing that stopped the Bulldogs were penalties. Officials penalized Bearden 11 times for 105 yards. Catholic wasn't much better. The Irish were penalized nine times for 92 yards.

"We will address that," Bearden Head Coach Brad Taylor said of the penalties. "That's something we've worked on all year. The last half of the season we've gotten a lot better with penalties," Bulldog Head Coach Brad Taylor emphasized.

Bearden utilized two long drives on offense to go up 14-0 over the Irish in the first half. Both of the Bulldogs' drives were more than five minutes in length.

Following a punt by Catholic, Bearden drove methodically down the field. The Bulldogs mixed it up both running and passing the football. Bearden's drive appeared to derail when the referee called holding on the Bulldogs. However, Catholic declined the penalty to bring up a third down instead of a 2nd and 21.

34-yard line.

Bearden took over with about 5:30 left in the second quarter. The Bulldogs proceeded to go on a 13-play drive. Walls finished off the drive with a one-yard touchdown and his second touchdown of the game. The Bulldogs opened up a two score lead as the first half ended with Bearden leading 14-0.

The second half brought another long Bearden offensive drive that lasted six minutes and resulted in a field goal for a 17-0 lead. The Bulldogs initially had to punt on the drive from their own end zone, but they found new life due to a roughing the kicker penalty and an unsportsmanlike conduct penalty on the Irish.

Following an exchange of possessions, the Irish got the ball back at the Bearden 49-yard line. Quarterback Stuart Smith threw an interception right to Ethan Pollack. It was the first turnover of the game, and it proved fatal for the Irish.

Bearden's Trent Waters rumbled off two straight powerful runs in Bearden territory to set up the Bulldogs with a first-and-goal. Two plays later, Christian Robinson capped off Bearden's third touchdown with a oneyard run and made it 24-0 Bulldogs.

Catholic had one last chance to get points on the board following a 62-yard kickoff That holding call decline haunted the Irish return. However, Smith threw his second on the next play as Bearden's Nicky Frizen interception of the game to Tommy Smith clock for the 24-0 victory. "We ran the ball well, which was good," Taylor said. "It was nice for us to get a shutout on this last regular season game," he added.



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"She's been working really hard for that goal all season," Jordan said. "Tonight, she finally got it and it was great."

Beuerlein scored the game's third goal and made it 3-0 in the 70th minute.

HVA got its lone marker on a late penalty kick from Ellie Myrick.

found Hunter Johnson on a tiptoe catch on of the Bulldogs. Bearden then ran out the the right sideline for an 18-yard gain. Irish fans howled in protest that Johnson's catch was out of bounds. Three plays later, Josh Walls scored his first rushing touchdown from two yards; Bearden led 7-0 with 7:58 in the second quarter.

Catholic had a chance to even the score; and drove into Bulldog territory. The big play came on a Griffin DeLong 25-yard gain. However, the Bearden defense stiffened, stopping the Irish on fourth down at the offs next week.

"We feel pretty confident in our offensive line every down to get that push," Frizen said of the running game.

Bearden finished the regular season 8-2 and awaits their first opponent in the play-

Alcoa Gets Their Revenge, Edge CAK 31-28

Cont. from page 1

the Warriors were on top 28-24.

It appeared that the Warriors would get the football right back after forcing Alcoa into a fourth



Weekly achievements for Tuesday, Club 55, October 16, 2012

High Game Scratch--Male 245 Gene Allmon 236 Stanley Taylor 207 John Fisher

High Series Scratch--Male 580 John Fisher 573 Gene Allmon 570 Stanley Taylor

Hgh Game Scratch--Female 185 Mary Matlock 183 Betty Phillips 179 Mary Skeen

High Series Scratch-Female 515 Betty Phillips

down situation, but Wall faked it, threw to Love for a key first down to keep the drive alive. And when Tyson dove in from a couple of yards away, Alcoa was back in the lead,

469 Barbara Nelson 450 Mary Matlock 450 Linda Worth

Wednesday Club 55:

High Gamae Scratch-Male 258 Don George 248 Barry McGill 237 Robert Watkins

HIgh Series Scratch-Male 727 Don George 635 Gary Wilson 629 Robert Watkins

High Game Scratch-Female 208 Kathy Cate 189 Susie Martin 189 Carolyn Mcgill

High Series Scratch-Female 534 Carolyn Mcgill 518 Kathy Cate

31-28 with 6:08 to go.

CAK drove inside the Alcoa 30, but on 4th and 4, High's pass to Smith was knocked away, and Alcoa regained possession with only 3:29 to play. It would

497 Mary Tate

Thursday No-Tap:

High Game Scratch-Male 300 Gene Allmon 300 Ralph Allmon 300 James Holsenback

High Series Scratch-Male 777 Gary Wilson 774 Billy Majors 755 Gene Allmon

High Game Scratch-Female 254 Ella Dowling 2426 Betty Phillips 222 Margaret Myers

High Series Scratch-Female 645 Betty Phillips 638 Margaret Myers 600 Nedra Satterfield

be the Warriors last opportunity, as the Tornadoes ran out the clock, and won the District 4-AA title.

High played one of his best games in what has been a stellar high school career, with 279 yards passing, four touchdowns and no interceptions.

"He threw in some tight windows and handled things really well," said Bradley. "He made some plays with his feet too."

As has been the case in recent years, the odds are that we'll see a rematch in the Class 3A quarterfinals.

If that is indeed the case, the Warriors will relish the opportunity for some payback of their own. "After the loss our guys reacted as I expected them to. We realize we let some things slip away," said Bradley. "I hope we get the opportunity to play them again."

GONE BUT NOT FORGOTTEN

East High Mountaineers started fast and finished strong

The East High School Mountaineers had their rifles loaded and came out



By Steve Williams

the season in the new school's yearbook, The Beacon, stated the Mountaineers started "with a bang."

story of

East romped past "highly rated" Rule 19-0 in the first game played by the Blue and Gray. The review story went on to note "Big Buddy Cruze was the standout, scoring two touchdowns to start off the season that was to bring him so much fame."

Cruze became a high school All-American end and went on to re-establish the wide receiver position at UT and earn All-America honors with the Vols in 1956.

East was just part of the local high school landscape that underwent a major change in the autumn of 1951. With the closing of Knoxville High, new schools also opened at South, West and Fulton.

n SchoolEast was the first tenantad theirin the school building,ad theirin the school building,came outwhich today houses Aus-ring intin-East. Austin, a formerneir firstall-black school and East,o o t b alla former all-white school,eason inwere combined in 1968 to951.form the integrated Austin-E v e nEast High School.

East reportedly began to enroll black students in the early 1960s as the Knoxville city schools underwent a slow process of racial integration.

East's first football team finished with a 7-3 record and made a post-season trip to Jacksonville, Fla., to play in the Meminak Bowl but lost to Jacksonville Lee 19-13.

Coach Charles Moffett's Mountaineers dropped to 3-6-1 in their second season but bounced back to 6-4 in 1953 and were "city champs."

Jim Reasonover took over the football program in 1955 and coached for five years. His teams combined for a .500 won-loss record, except for a low mark of 1-8 in 1958.

Bob Polston, who had been an assistant on Reasonover's staff, took over as head coach in 1960 and the Mountaineers enjoyed plenty of success over their last eight seasons. Polston's 1960 and 1962 teams were AA Division champs in the Knoxville Football League and the '62 squad was 8-2, the first East team to win more than six games since the school opened in '51. Rodney Harkleroad and Randy Wells were captains for the '62 team, which lost to Knoxville Central 13-7 in the Optimist Bowl.

Until the TSSAA 's playoff system began in 1969, bowl games were how the area's best teams were rewarded. East had been 0-4 in bowl games until the Mountaineers' 1963 team went 6-3-1 and posted a 25-6 win over Oneida in the Civic Bowl.

East was KFL AAA Division champion in 1965, going 8-2, posting five shutouts and regaining the "joy jug" from arch-rival Holston. The Mountaineers were 17th in the state Littenhouse Ratings but, surprisingly, did not receive a bowl invitation.

Don Gossett was an allstate tackle on the '65 team and signed with Alabama. Fullback Dick Padgett earned All-East Tennessee honors.

The Beacon proclaimed the 1966 campaign as East's "best season" ever. Early victories over Everett and Oak Ridge had vaulted East to No. 4 in the state. The Mountaineers made it to 9-0 but their streak was snapped by Holston 13-6. East played in the Athens Optimist Bowl but lost to McMinn County Central and its All-State quarterback Phil Pierce.

East's Dennis Troutman also was an All-State honoree and Back of the Year in Knoxville. Buzz Wynn was named All-City. Other standouts that year included Barry Lail, Gary McGhee, Gary Painter, Mike Smith, Steve Morton, Joe Kemp, Alfred Harrison, George Walker, Jimmy Humphries and Mike Blair.

In 1967, East High's final season, the Mountaineers were 7-2-1 and A Division champs. They beat Kingsport 12-6 in their last game. Bob Neal and Blair were defensive co-captains, while Eddie Johnson and Morton were offensive co-captains.

In the review of the final football season in the last yearbook, it was proudly noted that in retaliation for the stinging loss to Holston the year before, the Mountaineers "returned the traditional victor's jug to its rightful place." Mountaineer Fight Song On, on Mountaineers! We are right for the fight tonight

Hold that ball and hit that line, every Mountaineer star will shine

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The Edge of the Precipice "The exercise of the and limb to vote; this free

elective franchise is a sacred duty of as solemn a nature as man can be called to perform." -Daniel Webster

We hear a lot these days about "rights." There are healthcare rights, reproductive rights, living-wage rights, and now we hear that the United Nations is sending representatives to monitor our election to ensure that voting rights aren't abused. This especially strikes me as ludicrous. An organization of tyrants and elitists deign to tell Americans what is fair and just.

Unfortunately, even in the record year of 2008, barely two-thirds of eligible citizens voted in the presidential election. I remember the purple thumbs of Iraqis as they risked life and limb to vote; this freedom recently purchased with American blood and treasure. A colleague of mine is from Romania. She tells me that Americans are fools to surrender their freedom to the State. She should know because she and her husband escaped the communist horrors of the Ceausescu regime in 1989.

I agree with President Obama who said at the end of the third presidential debate that the choice between Governor Romney and him are stark and obvious. It amazes me that there are still people who are undecided in this age of unprecedented information. Are these people not paying attention? Apparently one guy in New York wasn't. He was interviewed on a late night TV show and

thought that one debate was between Michelle Obama and Ann Romney. Or are these undecided trying to find some way to override what they see around them and vote for the President anyway? Maybe it's the religious angle which figured prominently in the 1960 election when some believed a Catholic like John Kennedy would bow to Rome rather than to the Constitution or the interests of his country. But that was 50 years ago and we're much more sophisticated these days and eschew bigotry.

Recently, I was struck by the concluding pitch of the Libertarian Party's candidate, Gary Johnson. He said, "Waste your vote on me." I'll agree that even a meaningless vote for the Green Party or Mr. Johnson is better than no vote at all. But, giving up this sacred right is in my opinion a violation of citizenship. Perhaps Americans need an eleventh commandment that says, Thou shalt vote. However, maybe I'm just too invested in my country and the "cares of the world" as the hymn goes. I have to be more careful these days and consciously refocus on the beauty and majesty of the world around me.

The fall season in Tennessee is special. There's something about the light early in the morning as the sun rises or late in the day before sunset that frames the trees in such a way as to emphasize their color and beauty. The fall colors occur because of chemical changes in dying chlorophyll. Chlorophyll in leaves is responsible for photosynthesis and is composed of hydrogen, oxygen, nitrogen and carbon atoms arranged in a ring surrounding a central atom of magnesium. How amazing that the oxygen carrying hemoglobin in our red blood cells has the same ring structure only with iron replacing the magnesium. All life on Earth is surely related. The chlorophyll catches light energy from the sun, extracts carbon from the atmosphere and makes plant cells and trees producing water and oxygen as a byproduct. Animals and humans take in the oxygen expired by trees and use it to oxidize (burn) food, producing energy for the work of our bodies. The byproducts of bodily combustion are water and carbon dioxide that are recycled to the plants of the Earth.

Unfortunately, it has not

been my destiny to sit and contemplate my navel, nature or the mysteries of the Universe, except occasionally in The Focus! When this essay is done I'll be back in the office and hospital caring for my patients. It's been this way all my career, but it cannot last forever. The politics of this world are taking their toll. Increasingly, I find myself at war with "the powers and the rulers and the forces of darkness." At this point I endeavor to "finish the race and keep the faith." We shall have our answer soon and I will have my direction.

History tells us that Harry Truman was a failure at all his previous enterprises. His rise to the presidency began with minor public posts and later by promotion of a powerful political boss in Missouri. Because Franklin D. Roosevelt replaced the vice president on the ticket each time he ran, Truman found himself in the right place at the right time to realize his destiny. As president he rose to the occasion and made the tough but correct decisions to end the 2nd World War with the atomic bomb and to resist communist domination in the Korean Peninsula. The domino

theory was later validated as Indochina fell to communist domination. History shows that Truman's legacy has risen, whereas Jimmy Carter's continues to decline.

Mitt Romney was not my first, second or third choice for a presidential candidate. However, he has grown in stature before our eyes in a way few would have imagined. I've done my homework on both candidates and I now see Governor Romney as uniquely qualified as our leader at this place and time. Folks, we need change. We need to step back from the edge of the cliff and not follow the President over the edge to certain destruction at the bottom of the chasm.



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

SUPER SENIORS



Rosie's World

What Does Halloween Mean?

The name Halloween (originally spelled Hallowe'en) is a contraction of All Hallows Even, meaning the day before All Hallows Day (better known as All Saint's Day), which was a Catholic holiday commemorating Christian saints and martyrs, observed since the early Middle Ages on November 1st. Halloween is a secular holiday celebrating harvests in the fall by trick-or-treating, pranksterism and decorations based on imagery of death and the supernatural.



Floyd and Beulah Hubbs attended the Corryton Super Senior Luncheon on October 9. The month of October marks their 67th wedding anniversary!

All Saints Day (November 1) was a day of prayer for saints and martyrs of the Church.

All Souls Day (November 2) was a day of prayer for the souls of all the dead with the lighting of bonfires, evidently symbolizing the plight of souls lost in purgatory and "souling," which consisted of going door to door offering prayers for the dead in exchange for "soul **Continued on page 2**

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PAGE D2 What Does Halloween Mean?

Cont. from page 1

cakes" and other treats. "Mumming" or "guising," parading around in costumes, chanting rhymes and play-acting was a somewhat late addition Halloween customs.

Well, let's get away from the somber tones of Halloween and dwell on the "fun" parts.

It is sad that today's children have to be careful of the treats they get, have to be careful of darkened places, and can not travel alone. They can have fun by going in groups, going to parties at homes, or schools and churches. Adults can also socialize by entertaining with parties, wearing costumes, bobbing for apples, and

shucking corn.

What is corn-shucking, you ask? You get a pile of corn stalks in the barn, strip them down for ears of corn and if you get a red one, you may kiss whomever you want. But the most fun of Halloween is coming home and throwing all the goodies down on the living room rug!

Have a Happy Halloween!

Thought for the day: When you are reluctant to change, think of the beauty of Autumn. Anonvmous

Send comments to rosemerrie@att.net or call 865-748-4717

The Knoxville FOCUS October 29, 2012 84-Year-Old Fulfills Life-Long Dream to Become Author, Hosts Book Signing



84-year-old Northgate Terrace resident and local author Margaret Bowling, center, signs copies of her first novel "Mountain Refuge" for Knoxville's Community Development Corporation (KCDC) Senior Asset Manager Terri Evans, left, and city of Knoxville Recreation Coordinator Debbie Jackson, right at a book signing event on Oct. 16.

84-year-old Northgate Terrace resident Margaret Bowling fulfilled her lifelong dream of becoming an author as she held a book signing of her first published work in the social hall at Northgate Terrace, a Knoxville's Community Development Corporation property. Bowling has lived at Northgate Terrace since 1989.

The story, "Mountain Refuge," is based on the life of her great grandfather who grew up in Scott County, Tennessee. For a while he moved to Alabama, but something happened that made him seek refuge back in the Tennessee mountains of his childhood.

But she was quick to remind readers that it is fiction. "My cousins read the book and say, 'Margaret, you know that didn't happen that way," she said. "I have the O'Connor Center where

Earlier this month, to remind them that it is a novel, fiction."

Born and raised in East Tennessee, Margaret was one of six children and the oldest daughter. Her affinity for story-telling began with a poem she wrote for her school newspaper in grade school. "It was so good, people didn't believe I really wrote it," she said.

Bowling worked most of her life at Standard Knitting Mills and the Lazy Boy Furniture factory, but she constantly created stories and poems in her head. Once she retired, she began to write them down and copy them at Kinkos for her friends.

"I just loved to see my stuff in print," she said. This interest led her to investigate publishing options. Her friends at Knoxville Assisted Transport, a service of CAC, took her to a writing class at she learned the ins and outs of getting something published.

According to Margaret, getting a book published is much harder than writing it. She writes her stories in a spiral notebook. She tried using the computer, but the writing flows better from pen onto paper, she said. When it came to publishing though, she had to learn about getting a copyright, editing and making corrections and changes on the computer. But that didn't stop her. Her first novel was published by Infinity Publishing on Aug. 31 of this year, and her journey to becoming an author culminated at the book signing on Tuesday. Bowling said she plans to keep on writing and to expect more books in the future.

"Ms. Bowling is evidence of the wonderful, talented residents we have living here at KCDC, and I am privileged to be able to work with them each day," KCDC Executive Director and CEO Alvin Nance said. "We're proud to have a published author at Northgate Terrace, and we look forward to Ms. Bowling's next book!"

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Work continues on new Courtyards facility

By Sarah Baker bakers@knoxfocus.com

The Courtyards Senior Living is building a new facility in Fountain City on Inskip Road. The current facility specializes in memory care and the new facility will also be assisted living. Residents there will be able to have their own vehicles and come and go as they please. Like the current facility at 1029 West Parkway, the new one will have 18 rooms, each about 300-500 square feet.

"We could have had more rooms," said Lora Patterson, The Courtyards' Marketing Director, "but that is not our philosophy. Premium care is our

philosophy."

The Courtyards Senior Living is based on "The Eden Alternative," a philosophy started in 1992 by a geriatric physician that focuses on ending loneliness, helplessness, and boredom. The staff at The Courtyards is trained to incorporate this philosophy into every encounter

with residents.

The need for assisted living is stronger than ever because so many members in a family are working now. Often, people in assisted living are healthier because of the socialization and the structure. Making friends their own age and eating three meals a day is nourishing for the

body and for the soul.

The projected opening of the new facility is March 2013 and there are three different room sizes available. The first residents at the new facility will have their rates frozen for two years and will automatically become part of The Founders' Club. Cindy Winegar, The Courtyards Administrator, and Clyde Fulmer, Activities Director, have some really neat things planned for The Founders Club.

For more information about The Courtyards Senior Living, call 865-688-2666 or visit www. courtyardseniorliving. com.

What is Compounding?

By Lisa Lawson, The Medicine Shoppe, Chapman Hwy

In light of the recent events involving the New England Compounding Center, I wanted to shed some light on compounding.

Compounding pharmacies have been around as long as pharmacy has existed. Originally, patients would see their physician and receive a prescription to be compounded by the pharmacist. There existed a relationship between the physician, the patient and the pharmacist for the care of the patient. The pharmacist would make the product from bulk or commercial products and dispense it to the patient. That is still what happens today in compounding pharmacies all around the country. There are a lot of commercially manufactured medications available today that the FDA regulates. These medications treat a variety of conditions, but they are not without problems.

Occasionally, there is a shortage of raw material that results in product unavailability, a dosage form (i.e. pediatric suspension, transdermal gel) that does not exist, or a need for a special formulation due to sensitivities or allergies. This is where compounding is needed and takes place.

Compounding should solve problems and not create them. The patient, physician, and pharmacist relationship is essential.

Compounding is not to take the place of manufacturing, but instead be a supplement to effective patient care.

Just as in any profession, there are disreputable people, but there are also unintentional accidents. Authorities are still finding out information to determine which of these was the case in the New England Compounding Center incident.

Regardless, it is a tragedy and my heart goes out to all those affected.

Compounding was not at fault, but the misuse of compounding was certainly involved.

What's Become Of The Neighborhood Pharmacy?

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PAGE D4

Expert advice on the do's and don'ts of planning for retirement

(BPT) - As with most things in life, it's never too early to plan. And even if you are not at the doorstep of retirement, there are some critical do's and don'ts related to retirement planning that anyone could benefit from. "While not a full-blown retirement planning strategy, we're offering these tips with one goal in mind: helping Americans achieve a more secure retirement," says Robert Fishbein, a tax planning expert at Prudential Financial, Inc.

1. Don't think of your home as a retirement asset. Whether you are a new homeowner or near retirement, you should not think about your home as a retirement asset, for these reasons:

* A home is, first and foremost, a place to live, and you will always need a place to live.

* Your home is an inherently un-diverse investment.

* A home may be subject to debt, which means it is less valuable than it appears and could be an ongoing expense when living in retirement.

* Relying on a home as retirement savings tends to discourage other saving.

2. Don't think maximizing investment return is a savings plan. Maximizing investment return is an important focus of retirement planning. However, sometimes we fall into the trap of seeking outsized returns to compensate for our failure to save consistently over our time. There is no substitute for disciplined and regular saving.

3. Do maximize Roth assets. A Roth IRA or 401(k) can provide tax-free income, if you hold the account for five years and have attained age 59 1/2. Roth IRAs also have the added benefit of being exempt from the tax rules requiring distributions starting at age 70 1/2.

Prior income limits on converting a traditional IRA or 401(k) to a Roth IRA were eliminated in 2010, which makes these unique retirement planning products more broadly available. Of course, converting a non-Roth retirement asset into a Roth retirement asset triggers recognition of the tax gain on the converted value.

4. Do have a retirement income plan. Some financial professionals suggest 80 percent of your pre-retirement income is a good retirement income goal. With this goal you can then compare your expected monthly retirement income from Social Security and any pension plan to your target monthly retirement income amount. Any shortfall is the amount you will need to make up each month by tapping your other savings. Also consider an annuity contract from a life insurer to provide additional guaranteed lifetime income, which will both cover more of your target retirement income and manage the risks that you invest poorly or live longer than expected.

5. Do plan for inflation and increasing health care costs. Inflation and health care costs are twin traps that can erode the value of your retirement plan if you do not consider and plan for them. One strategy is to calculate a more modest income at the beginning of retirement and then increasing the income amount each year by the inflation rate.

6. Do maximize Social Security as insurance protection. For most Americans the decision to defer Social Security payments as long as possible is an important action to ensure not outliving one's assets. Social Security is typically a large source of retirement income, and its value is enhanced because it is government guaranteed and provides inflation-adjusted payments.

7. Do stress test your retirement plan. The 2008 economic recession gave rise to bank bailouts and, in turn, the stress testing of banks to ensure ongoing viability. This thinking can and should also be applied to your retirement planning. For example, how would your retirement plan work if your investments grow at 3 percent a year instead of 8 percent? What if your income declines over time? Stress testing your retirement plan could suggest you change your planning assumptions. You might decide to work longer, which reduces the number of years that you will need your retirement assets to support you. Other adjustments that you can make include saving more now, changing the risk profile of your investments, and buying products with a lifetime income guarantee so you are less exposed to market risk and the risk that you will live longer than expected.

October 29, 2012



PHOTO BY DAN ANDREWS

The Echo Ridge shuttle drops off residents for Early Voting last Thursday at Downtown West. Early Voting continues this week through Thursday, November 1. All locations will be open 10 a.m. to 8 p.m. except for the City-County building. Locations for the last week of Early Voting include Downtown West, Halls Recreation Center, Farragut Town Hall, Carter Branch Library, Love Kitchen, City-County Building, New Harvest Park, 6631 Clinton Highway, Ste. 112 in Powell, 4026 Chapman Highway in South Knoxville and next to Emery's 5&10 and the University Center on Cumberland Drive.

Faith-Based Organizations Can Help Senior Members Get Financial Help to Pay for Medicine Costs

It's a big challenge: Many low-income Medicare enrollees have trouble paying their health insurance copays and deductibles-even though they are eligible for financial assistance with these expenses. They just don't know about the help or how to get it. Working in partnership with local churches and other faithbased organizations, the Knoxville-Knox County CAC Office on Aging is currently conducting an outreach campaign to reach these under-served individuals.

Faith-based outreach activities are being conducted throughout the state and nation. In Knox County, the outreach and advising are being conducted by the Office on Aging's Affordable Medicine Options for Seniors (AMOS) program. The service is free. For more information, congregational leaders can call the office at (865) 524-2786, and ask for David Holden, program manager. Groups and individuals outside Knox County can contact Tennessee's Medicare SHIP service (State Health Insurance Assistance Program) at 1-877-801-0044. Activities of the outreach campaign include presentations to seniors' groups, inserts for church bulletins, stories for newsletters, and face-toface advising at the church or even in the member's home. The key to the outreach campaign, though, is the active involvement of religious organizationschurches, synagogues, temples, mosques, or associations of individual congregations-because they are most likely to be aware of isolated individuals and their health-care needs.

While the financial assistance is the focus of the

outreach, the real purpose of the program is to help people stay healthy and live independently as long as they can. People who can see their doctor when they need to and proceed with treatment, such as taking their medicines, according to doctor's orders, tend to be healthier than those who postpone doctor visits and skip their meds because they can't afford them.

AMOS also serves Knox County seniors and people

with disabilities year-round to obtain their medicines at the lowest possible cost. Individuals interested in the service can contact the program at any time for information and individual advising. AMOS frequently helps younger family members as well as Medicare enrollees, too. Everyone involved needs to know not only what Medicare is, but also how it works and how to get the most out of the benefits.

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of our seven locations.

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October 29, 2012 **Church Happenings**

First Lutheran Church

First Lutheran Church will present 55 Alive On Thursday, November 8th at 12:00 noon. The guest speaker will be Dan Jordan, former Foreign Service Officer in the US Dept of State in Washington DC and was assigned to the US Embassy at Bucharest, Romania. Mr. Jordan is a member of First Lutheran Church. A hot meal will be served, \$6.50 per person. Reservations, please. Everyone is invited. The church meeting room is

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. located at 1207 N. Broadway. For more information and reservations, call the church office before noon, 524-0366.

Fountain City United Methodist Church

CHURCH RUMMAGE SALE on Nov. 3 from 8:30 a.m. -2:00 p.m. \$3.00 Brown Bag-A-Bargain begins at noon. Rain or Shine. See our ad on D6!

Luncheon

The Knoxville Fellowship Luncheon (KFL) will meet October 30, 2012 at the Golden Corral on Clinton Highway, Knoxville at noon. Mary Burke will be the guest speaker.

Methodist Church

Next Sunday, Nov. 4th, brings the blessing of Holy Communion at both services, an opportunity to donate to CROSS Ministries, the 2nd of our two annual "Commitment Consecration" Sundays, and a Finance Team meeting at 3 p.m. Everyone, pray about your stewardship



Did You Know....

On December 31, 2012 insurance companies will make millions of dollars off patients who forgo necessary and preventive dental care. Many people who have dental insurance do not realize that their plans provide benefits up to a certain dollar amount annually. Thus, the insurance dollars allocated to pay dental claims on many patients are never used and, unfortunately, those dollars cannot be carried over year-to-year. The bottom line: what the patient doesn't use they lose.

Now is the time to consider your dental needs and how your remaining dental benefits can help you pay for your treatment. Take advantage of your valuable unused dental insurance benefits before you lose them.

We are here to help you. Give Judy or Elaine a call at (865) 577-7535 to schedule an appointment.

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responsibilities.



No worry in the Storms of Life

Over the past few weeks, I have been tempted to succumb to feeling down. We have a number of individ-



Brackney, Minister of the **Arlington Church** of Christ

uals in our church family facing extraordinary challenges due to major health issues, aging, and relocation. With the impending election, worry can set in about the future of this nation. Many economists

www.knoxfocus.com

worry that we could be going back into another recession. Combined with these worries are the daily spiritual battles taking place in each of our lives. What are we to do? Jesus would say, "Trust me with all your concerns." We serve a faithful God who has not forgotten us in the midst of our struggles. I am reminded of an amazing story of God's provision for my family many years ago during a difficult time.

Dad was an accountant for Ford Motor Company at their world headquarters in Dearborn, MI. He worked with the youth at the church they attended, as well as serving as church treasurer. Several of the elders at the church heard of the manager position opening at the local youth camp and encouraged my dad to interview for the job. He

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was hired and mom and dad moved to the country, about sixty miles north of Detroit, where dad became the executive director of the Michigan Christian Youth Camp.

It was a rough start for Mom and Dad as they moved our family, which consisted at the time of my twin brother, John, and my older brother David, who is sixteen months older than me. My grandparents, at the time, thought my dad was crazy for leaving a secure job with great benefits for a job with half the salary and huge demands. The camp house was infested with rodents (I can still smell the moth balls), constantly leaked water in the basement after each rain, and had many interior and exterior needs. Only a few months on the job, Dad was confronted by an IRS agent, who threatened to arrest him because the taxes had not been paid by the camp for several years. Dad was unaware of this negligence since he was just getting a grip on the bookkeeping. Thankfully, the agent backed off when he got the whole story, but the camp was in financial straits to say the least. About seven months into this new work for the Lord, my twin brother, John, was killed in a tractor accident at the camp. It was a time of faith-testing and God proved faithful in so many ways during those dark days.

One such miracle of God's

presence and sustenance occurred several winters later. Dad was barely making enough money to keep food on the table. Our clothes consisted of hand-me-downs, and my older brother was in dire need of a new pair of boots and a winter coat. I was able to wear my older brother's coat and boots from the year before. This is when God used our dog to perform a mighty deed.

Faith

PAGE D5

Our dog arrived with a brand new coat in mouth just as the weather was turning cold in November. It was a perfect size for my brother. Not only that, a couple of days later he brought in a boot - a perfect fit for my brother. The next day he brought the other boot. My parents couldn't believe it. In fact, my dad took the coat and boots to the area neighbors wondering if someone lost them. We just knew our dog was ruining the day for another family. But no family could be found.

You can't convince me nor my parents or brother that God did not orchestrate this gift to a desperate family. God gives us exactly what we need when we need it. I don't always understand His time table or why certain things happen, but I know He cares and He loves us. Stand firm in your faith when the storms of life hit. God will see you through.

Suffering Up By 56%

Human suffering is all around us and people



Baker, **RN BSN**

seemingly cannot recall specifics about suffering, was it because as child I could not recognize suffering, was I simply shelin a happier time. Suffering goes back to biblical times so we know suffering has always been part of life. Without sorrow could there be happiness-would we know the joy of laughter?

Suffering is all around us every day and it knows no boundaries of age, wealth or health. For the teenager who suffers from acne or the disappointment of being dumped before the prom, their pain is real and just as devastating. The person who loses a job and suddenly faces unemployment in a down economy, or a spouse files for divorcewhat if all this happens on the same day. None of the above illustrates or begins to describe the suffering associated with the loss of a child or loved one, a devastating illness, addiction, hunger, or disaster. We all suffer-some in silence, some unheard, and some without compassion nonetheless, we all will experience the pain

of suffering.

Our society over time has improved and refined the art of inflicting suffering on one another as if there is a reward for it. We disregard or minimize the pain felt by the teenager who was dumped before the prom by saying "it is just a date," or the loss of pet by saying "it is just a dog." Our lives are full of "could have-would haves", and "only ifs," as we get caught up in providing for our families from day to day, week to week, month to month, as our own suffering fades into the obscurity of everyday lives. The mundane causes the suffering of others to fade into acceptance or worse we blame those who suffer. We all have stories of a doctor or nurse who have great bedside manners, and how these talented individuals impact the care and perception of a person's ailment. When your healthcare provider is embodied with kindness,

grace, love, and forgiveness, you find gentleness with a deeper healing as you realize they stand with you and help carry the burden. You still have the same illness, the same disease, the same cares-but the difference is the grace of caring improves the science of medicine.

You don't have to be a doctor or nurse-have the right words or phrases; the giving of one's time enhances healing by standing with those who suffer. I am convinced as we share the struggles of others the weight of our own cares are lightened. Together by encouraging, love, acceptance, and forgiveness, we reassure and support those who suffer while we inflict love and healing on those we touch.

By Howard

P.S. Find out about interest free financing options for dental care

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



ANNOUNCEMENTS

AARP November Driver Safety Classes

registration For information about these AARP classes, please call Carolyn Rambo at (865) 584-9964.

November 5 (1 day) 9 a.m. to 5 p.m. South Knoxville Senior Center, 6729 Martel Lane, Knoxville

November 7 and 8.9:30 a.m. to 1:30 p.m. Second Presbyterian Church, 2829 Kingston Pike, Knoxville

November 8 and 9.9 a.m. to 1 p.m. Farragut Town Hall, 11408 Municipal Drive, Farragut

November 28 and 29. Noon to 4 p.m. O'Conner Center, 611 Winona Street, Knoxville.

Blount Mansion's Ghost and Ghouls Tour

Mansion's Blount Halloween tour Ghost and Ghouls is back, this walking tour of downtown Knoxville's haunted past sure to please every family. The tour will leave the Blount Mansion Visitors Center at 6:30 and 8 p.m. Monday evening (October 29), \$10 for adults and \$5 for children, this is a family centered event.

Festively dressed guides will lead the guests by lantern light through the streets and alleyways of historic Knoxville telling historically based tales of intrigue.

Some of the featured stories will include the mystery of the Gay Street Bridge, Blount Mansion's own Craighead Jackson house as well as the legend of the Wampus Cat. Ghost and Ghouls will share the best local lore with you and your family in this Halloween event.

Concord/ Farragut **GOP Club meeting**

The Concord/ Farragut GOP Club will have Congressman John J. Duncan, Jr. as guest speaker for their upcoming monthly meeting on Thursday, November 1. The meeting is at the Frulatti Café, 129 West End Avenue (off Kingston Pike in front of Farragut High School). Dinner is at 6:30 p.m.; meeting at 7:30 p.m. For further information, please call Wayne Sellers, Club President, at (865) 803-6647.

a Civil War program titled "Fiber Arts: From Sheep to Shirt." For information call (865) 494-7785.

ETTAC needs toys for children with disabilities

The East Tennessee **Technology Access Center** needs new, batteryoperated toys to give to over 100 children with disabilities in 24 counties who cannot use their hands to play with typical toys. These toys will be rewired so that they can be connected to special switches for the children to press in order to play with the toy. Because ETTAC's elves need time to adapt toys before the holiday distribution party on December 3, they would like them no later than November 16.

Please drop off toys at ETTAC's Knoxville office at 116 Childress Street, just off Chapman Highway. ETTAC is open Monday through Friday from 8:30 a.m. to 5:30 p.m. For more information about ETTAC's Toy Tech program, call (865) 219-0130.

GFWC Ossoli Circle Party

GFWC Ossoli Circle will welcome autumn with its annual Replacement Benefit Bridge Party Monday, October 29, 10:00 - 2:00. There will be a silent auction, baked goods for sale, card games, a Chico's style show and a luncheon. Cost is \$20.

Plant Based/Vegan Thanksgiving Cooking Class

A plant-based/vegan cooking school will take place on Sunday, November 11, 2012, 3 p.m., at the Knoxville First Seventh-day Adventist Church, 3611 Kingston Pike, Knoxville, TN 37919. The cooking class will teach participants quick and easy ideas for preparing plant based foods and desserts for Thanksgiving dinner.

Following the food demonstration participants will enjoy a meal. The cost is \$10 per person. The class is limited to 50 people. Registration deadline is November 8. For more information or to register, visit knoxvilleinstep.com or call Kimberly at (865)365-5534.

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CHURCH RUMMAGE SALE Fountain City United Methodist Church Nov. 3 | 8:30am - 2:00pm 3.00 Brown Bag-A-Bargain begins at noon. Rain or Shine

Glenwood Baptist Church of Powell, 7212 Central Ave. Pike, is hosting a Kid's Fall Fest, Oct. 31, 5:30-7:30 pm., rain or shine.

BULLETIN BOARD

Fall Festival And **Trunk Or Treat** Wednesday, October 31 From 6-8pm Meridian Baptist Church 6513 Chapman Hwy

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Daughters of Union Veterans of the Civil War meeting

Lucinda Heatherly Tent #3, Daughters of Union Veterans of the Civil War will meet on Saturday, November 3, 2012, at 1:00 p.m. at the Fountain City Branch of the Knox County Public Library, 5300 Stanton Road, Knoxville. Doris Campbell will present

WalMart Heroes 578 benefit drive

From November 9 -11, WalMart Heroes 578 Relay For Life Team will be serving hot dogs, homemade chili, potato soup, baked goods and cancer awareness items at the Sevierville WalMart. 10-4 Friday, 10 a.m.-noon Saturday and 10 a.m. to 3 p.m. Sunday. Contact Earl Gibson earl1969@charter. net for more information.

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