



2012 Central High Wall of Fame Honorees

Byron Booker honored as Tennessee Teacher of the Year

Central High School Foundation and the CHS Alumni Association celebrated their three additions for the Central High School "Wall of Fame" with a breakfast on Saturday. The 2012 honorees are Robert Temple, Class of 1948, Mary Sue Miller, Class of 1956 and Barry N. Litton, Class of 1969.

Robert H. "Bob" Temple had a long career as a businessman and real estate developer. Mary Sue Beggs Miller was named Central "Teacher of the Year" in 1967 and 1986, during her 37 years teaching at Central. Barry Litton is the founder of Fountain City landmark Litton's Restaurant, recognized several times by Southern Living magazine and has placed first in the Best of East Tennessee polls for many years.

The Breakfast also recognized Central teacher Byron Booker for his outstanding accomplishments as a teacher of English as a Second Language.



PHOTO BY DAN ANDREWS.

Barry Litton, Mary Sue Beggs Miller, Robert H. "Bob" Temple and Byron Booker were applauded by their peers and colleagues following the Central High School "Wall of Fame" Breakfast on Saturday. View each biography online at www.knoxfocus.com.

FOCUS Weekly Poll*

Do you support or oppose the extension of James White Parkway from Moody Avenue, where it currently ends, to John Sevier Highway?

SUPPORT 83.63%

OPPOSE 16.37%

Survey conducted
November 15, 2012.

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

South Knoxvillians Favor Parkway Extension

By Focus Staff

This week's Knoxville Focus poll queried more than 500 South Knoxville voters on extending the James White Parkway. Voters were asked the question, "Do you support

**NEXT WEEK:
A Closer
Look at the
Proposed
Extension
by Tasha
Mahurin**

or oppose the extension of the James White Parkway from Moody Avenue, where it currently ends, or to John Sevier Highway?"

The answer was a resounding "yes."

More than 83% of respondents said they favor extending the parkway to Governor John Sevier Highway. Just over 16% of voters said they oppose extending the parkway.

Opposition to the extension was greater in the precincts inside the City of Knoxville, although there was strong support for the extension of the parkway. The most opposition to the extension came from the 29th precinct, which is Anderson School, with just over 30% of respondents saying they opposed the extension.

Once outside the City of Knoxville, the response changed dramatically. More than 90% of those polled in the Doyle precinct favor the extension. In the

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Bigfoot Day in Knox County

By Tasha Mahurin
mahurint@knoxfocus.com

Traffic lined Clinton Highway and uniformed officers were on-hand to direct traffic last Friday night when well over 1,000 people came to Powell Auction to ring in the proclamation of the official Knox County Bigfoot Day.

After a brief ceremony, Knox County Mayor Tim Burchett and the cast of Animal Planet's "Finding Bigfoot" greeted fans, signed autographs, and posed for pictures.

People from all across Tennessee and at least five surrounding states including Kentucky, North Carolina, South Carolina, Georgia, and Alabama turned out for the event. One family in attendance flew in from a northeastern state to be a part of the event. Matt MoneyMaker, James "Bobo" Fey, Cliff Barakman, and Ranae Holland, stars of the hit series, graciously greeted them all for well over two hours.

The cast and crew were in town until the end of the weekend as they filmed an episode here in Knoxville. For those interested in local investigation, Matt Seeber of East Tennessee Bigfoot was also on hand to answer questions and provide information on local sightings. The Knoxville episode is to air in the spring.

The event proved to be fruitful for the organization. "So far we've officially got 30 confirmed reports to further investigate," Seeber told *The Focus*.

Seeber explained that due to



PHOTO BY DAN ANDREWS.

Mayor Tim Burchett reads the proclamation deeming Friday, November 16 as Bigfoot Day as "Finding Bigfoot" cast members James "Bobo" Fey, Matt MoneyMaker, Ranae Holland, Cliff Barakman and Bigfoot look on.

overwhelming sighting reports, the group schedules an in-person interview only after carefully considering the validity of the evidence and the relevance of the sighting received via phone call or email. If those things "check-out," the group then requests permission to conduct an investigation of the property or location where the sighting occurred.

Many attendees expressed interest in joining the group.

"We've had about seven or eight people who have asked to join the group tonight," Seeber said.

He added that the East Tennessee Bigfoot organization would open for membership, most likely through Facebook, before the end of the year. Applicants who specialize in biology, environmental

science, or hunting and tracking will be given preference.

The two hour event was free and open to the public. In addition to a meet-and-greet, attendees were treated to face painting, a bounce house and live bluegrass, courtesy of event sponsors Powell Auction, Steve Hunley and *The Knoxville Focus*.

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‘Take it to heart...’



By **Ralphine Major**
ralphine3@yahoo.com

He looked like a businessman standing behind the podium at the front of the room. Then, he started speaking. Though dressed in a suit and tie, he offered no words about finance or marketing. His message was one of risk factors, heart attack, and chest pain. It was clear that this speaker was not a businessman after all. He is a physician.

Dr. Kyle McCoy, a cardiologist with East Tennessee Heart Consultants (ETHC) was the guest speaker at Tennova’s recent free health seminar at the Physician’s Regional Medical Center in Knoxville. The event focused on “Take it to Heart: Don’t Ignore Chest Pain,” a frightening topic many people or their loved ones have encountered. Those who attended, while learning about chest pain, were treated to a delicious, heart-healthy lunch. A familiar face to many of the patients who attended was Dr. McCoy’s long-time nurse with her trademark smile, Lisa Kitts.

The popular cardiologist won over the Tennessee football faithful when they learned he has long been a Denver Broncos fan and was thrilled when Peyton Manning joined their roster. With his down-to-earth demeanor, Dr. McCoy quickly transitioned to the focus of the informal luncheon meeting. This doctor shared in detail a long list of risk factors he looks at when a patient comes to

the hospital with chest pain: “lifestyle, obesity, tobacco use, diabetes, hypertension, male gender, age, high cholesterol, post-menopausal, and history of coronary artery disease (CAD).”

I have always believed that education is important and is a key to staying healthy. Oftentimes, however, I think we know just enough information to be dangerous and tend to self-diagnose. It is easy to think “heart attack” at the first sign of jaw pain, sweating, arm pain, or chest pain. Without proper diagnosis from a doctor, it is difficult to know if these symptoms are, indeed, signaling a heart attack.

When our mother first became sick, we thought it was indigestion. The heart is a complicated organ. Our father suffered from heart disease for over thirty years, but never once had a heart attack. “If it feels like an elephant is on your chest—that worries me,” Dr. McCoy said.

Great strides have been made in heart disease. According to Dr. McCoy, less than one in ten heart attack victims die. Within a few weeks, patients are enrolled in cardiac rehab which leads to healthier lifestyles and longer life expectancy. The number of adults who smoke has seen a decline from 40 percent a few years ago to only 20 percent today. However, the current obesity epidemic does not help in the fight against heart disease. Dr. McCoy recommends some simple exercise tips to help combat the growing obesity problem: (1) skip the elevator and take the stairs; (2) walk all the aisles in the grocery store; (3) park in the last spot farthest away; (4) mow



Dr. Kyle McCoy is joined by his wife, Dr. Patsy McCoy, a Knoxville dentist, at Tennova’s “Take it to Heart: Don’t Ignore Chest Pain” luncheon meeting.

the lawn with a push mower; (5) rake the leaves; and (6) walk in place while watching television commercials.

We can do much to help our heart health by eating healthy, exercising, and not getting stressed out by the “small stuff” in life. But, if chest pain occurs, see a doctor immediately.

Ironically, my first column for *The Focus* centered around the heart when I shared about the night our mother suffered a heart attack five years ago. “The Real McCoy” (2-7-11) detailed how our family first met the stranger who stepped into the emergency room to treat her. Today, the stranger who saved our mother’s life is not only her doctor, but we call him our friend. This column is very special in that it, once again, emphasizes heart health and completes my 100th column for *The Focus*! Next week: Number 101.

FOCUS Weekly Poll

Do you support or oppose the extension of James White Parkway from Moody Avenue, where it currently ends, to John Sevier Highway?

Support 83.63%

Oppose 16.37%



By Age	Support	Object	Total
18-29	100.00%	[None]	1
30-49	67.74%	32.26%	62
50-65	80.79%	19.21%	177
65+	89.01%	10.99%	273
Total	83.63% (429)	16.37% (84)	513

By South Knoxville Precinct	Support	Object	Total
25	75.00%	25.00%	60
26	88.71%	11.29%	62
27	77.27%	22.73%	44
29	69.39%	30.61%	49
89	85.32%	14.68%	109
90	90.32%	9.68%	93
92	91.18%	8.82%	34
93	85.48%	14.52%	62
Total	83.63% (429)	16.37% (84)	513

By Gender	Support	Object	Total
Unknown	89.47%	10.53%	19
Female	82.49%	17.51%	257
Male	84.39%	15.61%	237
Total	83.63% (429)	16.37% (84)	513

Survey conducted November 15, 2012

Obama’s legacy yet to be written



By **Richie Beeler**

The stars are aligning for Barack Obama. In barely four years, the junior senator from Illinois has become the most powerful man in the world. And he’s far from finished. Two weeks ago, American voters gave Mr. Obama another four years to continue writing his legacy. And perhaps to rewrite history.

With his election in 2008, Obama was already

a story as the first African-American ever to become President of the United States. Less than two years later, with the aid of a Democratic Congress, President Obama passed the Affordable Health Care Act. It was one of the most sweeping social programs ever enacted in this country. Its costs have been conservatively estimated at a trillion dollars.

But despite being the first major step toward socialized medicine in America, Obamacare was far from being the President’s legacy. Even today on the eve of his second term, more than half the people in the

country - some 54% - claim to be opposed to the plan. Apparently not all of them are opposed to Mr. Obama, since he won re-election with surprising ease. But the numbers clearly indicate a populace that is frustrated, if not frightened, by America’s dire fiscal predicament.

The federal government is more than \$16 trillion in debt. China, the world’s most quickly emerging economic superpower, holds the majority of our debt. Unemployment remains high. Many analysts insist that America is steaming toward a fiscal cliff like a runaway locomotive. Now President Obama has been entrusted with the charge of fixing this colossal mess. And therein lies his chance to leave a legacy unlike any president in American history.

Yes, you heard me right. I have been one of Mr. Obama’s biggest critics (maybe THE biggest on the local scene). I did not vote for him. Not in 2008. Not in 2012. I believe he is a left-wing socialist at heart. I believe he is a charlatan who uses populist dialogue and political charisma to win

people over to his socialist agenda. But I also believe there are forces behind him that have ensured his election and his re-election that are more powerful than the average American can fathom.

And I believe it is those forces that will come to bear on Obama’s second term to make him the most powerful president in our nation’s history. Yes, our country is in a fiscal crisis that could soon spiral into a fiscal disaster. But such conditions have often paved the way for tyrants to rise. And they will again. As former Obama Chief of Staff, Rahm Emmanuel once said, “Never let a good crisis go to waste.” Let me assure you, the second Obama administration will do no such thing.

Much like his Democratic forefather, Franklin Delano Roosevelt, President Obama will seize upon the American financial train wreck, and will use it to further his socialist agenda. In the 1930s, when America was in the throes of the Great Depression, FDR continued to launch one government

social program after another, growing the federal government into the prototype of the monstrosity it is today. Roosevelt brought unprecedented power to the presidency. He even tried to expand the Supreme Court so he could pack it with friendly liberal justices. And what did the American people think of his radical socialism? They cheered it at every turn, electing Roosevelt four times. Had it not been for his illness and death in the spring of 1945, FDR would have become the closest think to a lifetime dictator in American history.

But do not make the mistake of reading such charged words and thinking FDR was some hated and feared tyrant. He was adored by the American people. He was the president of the common man. He sympathized with their pain in the midst of difficult times. And he capitalized on it with every political move.

Even by the most sympathetic of historians, Franklin Delano Roosevelt is generally not credited with ending the Great Depression.

The manufacturing boom created by World War II did that. But what FDR’s presidency proved is that you don’t have to fix the mess to leave a legacy. Or to be considered a great president.

Will President Obama fix the current fiscal nightmare? That is highly doubtful. But whether or not he will use it to boost his own popularity and further his political agenda is a far different question. Based on their vote in the recent election, Americans seem to believe, albeit by a small majority, that the government is the best answer to our problems.

President Obama has been given a mandate to use that government, and its power to confiscate and redistribute wealth, to make America better for everyone. And like FDR before him, Obama will use that mandate for all it’s worth. He will leave a legacy unlike any president before him. He will build it by expanding the powers of the federal government and the presidency to unprecedented levels.

And the people will cheer at every turn.

Have a Safe and Happy Thanksgiving!

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Publisher's Position

A Great Day at South-Doyle Middle School



By Steve Hunley,
Publisher
publisher@knoxfocus.com

Nobody could have been more surprised when I opened my mail recently and found an invitation signed by Superintendent James McIntyre inviting me to participate in the "Principal for a Day" event, which was held last Wednesday.

Having served on the Knox County Board of Education, I still retain a great interest in educational matters. I agreed to participate and thought I would be assigned to a school somewhere in East Knox County. I was a bit surprised when I discovered I had been assigned to South-Doyle Middle School.

Many readers will remember that I bought The South Knoxville-Seymour Community Times a little more than a year ago. Mrs. Tasha Mahurin, the former publisher of the Community Times, has become a big

part of *The Focus* family. We have endeavored to provide good coverage of matters affecting South Knoxville.

The Focus, so far as I know, is the only publication in the county that has lamented the fact so little has been done for South Knoxville by the school system. In fact, when the Board of Education spent a \$14 million windfall in a night, it was *The Focus* who pointed out not a penny of it went south of the river. Considering that, I set out for South Knoxville last Wednesday morning.

I arrived at South-Doyle Middle and was greeted very cordially by the Principal, Beth Blevins. If Superintendent McIntyre had hoped I would be impressed by the quality of the leadership at South-Doyle Middle School, his fondest wishes came true for I was profoundly impressed by Mrs. Blevins.

The Superintendent himself arrived at South-Doyle Middle School and I pointed to Mrs. Blevins and said, "You have a star right there!"

It was not an overstatement on my part. Beth Blevins clearly possesses every important trait necessary for a leader and I came away convinced she has intelligence, ability, compassion, empathy, and common sense all woven



PHOTO BY DAN ANDREWS.

Superintendent McIntyre speaks to all of Wednesday's Principals for a Day at a luncheon following their experience.

into the fabric of her being. Beth Blevins is a great principal and I think she would make a great Superintendent someday.

South Knoxville's Board member, Pam Trainor, was there and I know it was quite an effort for her to be pleasant as she has not always enjoyed the coverage given South Knoxville and schools by *The Focus*. That was clear from the request for me to go elsewhere.

Still, the people of South Knoxville are overwhelmingly gracious, kind and thoughtful. I have often thought if North East Knox County has a "sister" community anywhere in

our area, it would be South Knoxville. It has been an area that has produced some of Knox County's greatest leaders and had a history of supporting truly powerful and effective County Commissioners. South Knoxville is very fortunate to have one of the best public servants in office today, Vice Mayor and City Councilman Nick Pavlis.

Personally, I would very much like to see South Knoxville prosper. My friends in South Knoxville tell me their community has many challenges to face in the future and I can pledge that *The Focus* will do everything it can

to support and encourage South Knoxville.

Some will surely wonder if the editorial policy of *The Knoxville Focus* will subtly be altered following my having been Principal for a Day at South-Doyle Middle School. I am quite sure there are many who believe *The Focus* has been a critic of the school system's central office. My response is I want the best for our community and our school system.

Unlike some, I don't see the answer to every problem being more

and more money. I think Superintendent McIntyre and most of the Board of Education believe money is the only answer to everything. I am sure many would say they are tasked with solely focusing on education, but the same folks talk about a global economy and competition and the like. The Superintendent and the Board must live in the real world and be cognizant of the local economy. Knox County is currently \$1 billion in debt and one wonders if support of education will be reduced by the State of Tennessee if indeed implementation of "Obamacare" does add another \$1 billion to the state's budget.

There are plenty of things that need to be tweaked in education here and elsewhere; there are many things that can be accomplished to move education in Knox County forward without asking for huge tax increases in a crippled economy.

Appointing more principals like Beth Blevins would also be a healthy start in the right direction.

South Knoxville Favor Parkway Extension

Cont. from page 1

92 ward, the percentage of those favoring the extension was even higher.

The sampling inside the 9th District, which is comprised of all South Knoxville, is a great response to

The Knoxville Focus poll. To give readers an idea, during the recent campaign, many companies polled entire Congressional districts with around the same number of respondents.

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FOCUS MORE ON Seymour & South Knox

Rural/Metro donates life-saving technology to SVFD

By Tasha Mahurin
Mahurint@knoxfocus.com

"Seconds count in an emergency," said Seymour Volunteer Fire Chief Kevin Nunn.

The SVFD can now provide even more support to emergency victims thanks to Rural/Metro of East Tennessee who recently donated two 12-lead LIFEPAKs to the volunteer fire department.

The new technology is important because it allows the SVFD to transmit a victim's EKG data to the emergency department of local hospitals using the STEMI system. This cutting-edge equipment allows local physicians critical time to prepare a treatment plan before the patient even arrives at the hospital.

"The LIFEPAK 12 will make a great difference in our ability to be effective first responders," Nunn added. "When we're first on the scene, we need to have the right equipment to provide critical medical care. Thanks to Rural/Metro, we can further our mission to protect the health and safety of Seymour

residents."

The 12-lead LIFEPAK further serves to upgrade the fire trucks from basic life support to advanced life support.

"Every Rural/Metro fire truck has a licensed paramedic first responder on board with 12-lead technology to act as first responders," said Rob Webb, Rural/Metro division general manager. "Seymour Volunteer Fire Department will now be able to provide that advanced service to their three-county service area immediately when they arrive on the scene."

The Seymour Volunteer Fire Department serves over 26,000 residents in portions of Blount and Knox County, as well as, Seymour; and has done so since 1971.

"I'm grateful to the SVFD, and the work they do in our community," Seymour resident Jacob Haynes told the Focus.

Haynes, who works in the emergency room of a local area hospital as an x-ray technician, has seen firsthand the difference critical moments and advanced



PHOTO BY AMANDA SHELL

Rural/Metro of East Tennessee officials present Seymour Volunteer Fire Department representatives with two LIFEPAK cardiac monitors to improve the fire department's emergency response from basic to advanced life support (ALS) at a ceremony at Rural/Metro's operations center on Nov. 12. Pictured from left to right are Rural/Metro Market General Manager Dennis Rowe, Seymour Volunteer Fire Department Assistant Fire Chief Corky McCarter, Seymour Volunteer Fire Department firefighter Rob Taylor and Rural/Metro Fire Chief Jerry Harnish.

technology can make in an emergency situation.

"They risk their lives every day as volunteers,

and it's great to hear that they're going to have more equipment at their disposal," Haynes added.

Rural/Metro officials presented the department with the compact, portable heart-monitoring

technology in a ceremony at Rural/Metro's operations center on Nov. 12.

King's Academy's Lyon smashes world records



Joy Lynn Lyon and Coach "K"

Joy Lynn Lyon of The King's Academy competed in the Southern Powerlifting Federation Record Breakers Meet earlier this month at the Glenstone Lodge in Gatlinburg.

Joy won the Women's Raw Division in the Push/Pull competition. The Push/Pull is the Bench Press and Deadlift.

Said Joy, "After my last meet I was so glad I competed in this meet. I bomb the one in the summer. Coach K and I just went back to work and it paid off. This was by far the biggest meet that I have ever competed in, (There were over 80 lifters) I was so nervous but it worked out well. My family being there really helped."

Joy's Bench was 140lbs which is a SPF

World Record and personal best. She made all three of her lifts - 125lbs, 135lbs, and 140lbs. Joy's Deadlift was 290lbs. She made all three of her lifts - 250lbs, 275lbs, and 290lbs.

Overall Joy won the Push/Pull Competition with a 440lb total which is an SPF World Record. Joy currently holds six SPF world records in two different weight classes and seven SPF state records.

Coach K added, "Joy really blew it away. I was feeling for her. I wasn't expecting that many lifters and the crowd was huge. You sure have to be both strong mentally and physically to do what she did. I am so proud of her. She truly is an incredible young lady."



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Mayor Keeps Promise To Carter Boy

By Focus Staff

Knox County Mayor Tim Burchett kept a promise he made to Roby Neubert, who attends Carter Middle School.

The two met at the book signing party sponsored by *The Knoxville Focus* for author Tasha Mahurin. Mahurin is a writer for *The Focus* and recently published a photo history of South Knoxville. Ms. Mahurin asked Ray Hill to write the forward to her book; Hill is a former County Commissioner and State Representative from South Knoxville and currently writes one of the most popular features in *The Knoxville Focus*, a column on history and political figures from the past.

Roby Neubert is the youngest child of Beth and Jim Neubert and the nephew of Ray Hill. Roby's family came to the book signing, which is where Roby met Mayor Tim Burchett. Greeting Roby with a fist bump, unbeknownst to any member of his family, the Mayor handed Roby his card and told him if he would call a particular staff member in his office, he would come to Carter Middle School to have lunch with him.



Roby Neubert has lunch with Mayor Tim Burchett and School Board member Mike McMillan.

Roby actually telephoned Mayor Burchett's office as instructed and made the arrangements on his own.

"We had no idea Roby and Mayor Burchett had even discussed the idea of lunch," Beth Neubert said. "We were very surprised, but it was

really nice that Mayor Burchett kept his promise. Roby was tickled to death."

Mayor Burchett arrived with little or no fanfare to be greeted by East Knox County's member of the Knox County Board of Education, Mike McMillan, who joined the Mayor and Roby for lunch in the Carter Middle School cafeteria.

"The Mayor told me he would come and have lunch if I called this lady in his office," Roby explained. "So I called and he came out."

Roby said he really enjoyed the book signing party, saying his uncle was there and he got to meet Steve Hunley, publisher of *The Knoxville Focus*. Roby said he liked meeting Knoxville Mayor Madeline Rogero, Commissioner Dave Wright and Tony Norman, Chairman of the Knox County Commission.

"There were a lot of people there, deputies and stuff," Roby said. "Everyone was really nice and it was fun."

When asked what he thought about having lunch with Mayor Burchett and Mike McMillan, Roby said, "It was really cool. They came to have lunch with a kid and how often does that happen?"



From State Representative Harry Brooks

Much has been written in the last few months about health care. In Tennessee we refer to it as Tennessee's Health Care Exchange. This is a new term, and whether we like it or not, we need to get used to it. Today I will attempt to explain more about it as I interpret it. As applied in the Federal Government's Affordable Care Act, it operates as a point of health care purchase for individuals and businesses. As I understand it, participation is required or an IRS penalty is affixed. As we further examine the issue, hopefully our knowledge will grow. Our state officials have not been able to obtain all the information necessary to answer all our questions. What we do know is that the state of Tennessee must have decided by Friday, November 16th which management plan is our preference.

We have three choices: (1) Federal government total management; (2) Shared management by both the state and federal governments; or (3) A completely Tennessee managed plan. Even though we lack all the needed information, it is still necessary that our state make a choice. If we choose the state managed plan, we can, at a later date, opt to switch to another management plan. It is possible that by the time you read this that the Governor may have decided which way to go. Some have suggested that the Tennessee Health Care Freedom Act will save us from any IRS penalties. I am not a constitutional lawyer, but

Team Completes Ragnar Relay, Raises Money for CARDIAC Kids

Team finishes first in the corporate category, 35th overall

A team of 12 runners from Tennova Healthcare raced 198 miles from Chattanooga to Nashville the weekend of November 9th to raise money for CARDIAC Kids.

The CARDIAC Kids relay team, sponsored by East Tennessee Cardiovascular Research Foundation, began the relay in Chattanooga on Friday at 8 a.m. and completed the Ragnar Relay course in 27 hours and 26 minutes. Each team member ran three times in predetermined portions of the track with each run ranging 1.8 miles to nine miles.

This is the third year the team has raised money for CARDIAC Kids through Ragnar Relay. CARDIAC Kids is a program that helps with the early detection of cardiac disease in fifth graders. The team raised \$3,000 for the program this year, totaling approximately \$10,000 raised during the past three years.

The event not only helped

raise money and awareness for CARDIAC Kids, but also reminded one team member of her journey to be able to complete such a feat.

"I struggled with obesity most of my life," said April Brooks, team runner and Respiratory Therapist at Tennova Healthcare's Turkey Creek Medical Center. "I had a wakeup call after my routine blood work test generated a call from East Tennessee Cardiovascular Research Foundation to see if I would participate in a study. All my numbers were awful, and I was more than 100 pounds heavier than I am today. That was a year and a half ago. It has been a long road, but the way I feel right now, and the things I can do—like Ragnar—it's amazing."

Not only does Ragnar allow teams to fundraise for important causes, but the nature of the run promotes healthy living, a cause close to the hearts of the CARDIAC Kids team.

"We need to raise more awareness in the community about the benefits of healthy lifestyle," said



Team Members: (First Row L-R) Luke Coffey, Andrea Coffey, Kim Carter, April Brooks, Lindsay Rebert, Troy Rebert (Second Row L-R) Amy Viars, James Viars, John Ewart, Meghan Elkins, John Goodwin, and Brad Hood.

John Goodwin, M.D., team runner and physician at Turkey Creek Medical Center. "You don't have to run 200 miles alone, but everyone needs to do a little to keep us all moving forward."

More than 240 teams participated in this year's Ragnar Relay. The CARDIAC Kids team, led by Executive Director of Tennova Health and Fitness Center John Ewart, finished first in the corporate category and 35th overall.

Continue on page 2

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PHOTO BY DAN ANDREWS.

Ret. Col. Joe Sutter talked about the Medal of Honor to an energetic audience.

Pond Gap hosts 3rd Annual Parental Networking Event

By Tasha Mahurin
mahurint@knoxfocus.com

Service was the dominant theme of the 3rd Annual Parental Networking Event, hosted by Knox County Council PTA and Knox County School Superintendent Dr. Jim McIntyre, at Pond Gap Elementary School last Wednesday.

This year the event featured Veterans and their contributions to our community. Ret. Col. Joe Sutter, Flight Commander of Knoxville's Honor Air and a veteran of the United States Air Force spoke to the children in attendance about the prestigious Medal of Honor.

"I thought it would be important to chat with the kids about the Medal of Honor. It's the most important medal the United States Armed Forces can give a person," Sutter told

The Focus.

Sutter discussed the history of the medal, as well as, some of the medal's past recipients, and gave them each a book about the award produced by the Medal of Honor Society.

"I think the Veterans, such as myself, and the others that are here today get as much out of this opportunity to interact with the kids as they get from us," Sutter added.

Service of another kind took center stage when Dr. McIntyre presented Pond Gap Principal Susan Espiritu with the 2012 National Distinguished Principal Poster and Principal Creed. Espiritu was honored in Washington, D.C. earlier this month as one of 60 2012 National Distinguished principals by the National Association of Elementary School Principals.

"This is a national award. She is the Tennessee 2012 National Distinguished Principal. It's a very big deal and puts her in elite company. Mrs. Espiritu is an outstanding educational leader and an innovator in education," Dr. McIntyre told the Focus.

While Espiritu received the recognition, she credits her staff for earning the award.

"It is reflective of what my staff has done, by implementing new programs within our school, and going the extra mile to eliminate barriers for our students," Espiritu told the Focus.

Pond Gap Elementary has participated in a number of pilot programs throughout the Knox County School System including both the TAP program and the Community Schools program.

From State Representative Harry Brooks

Cont. from page 1

I doubt a state law will trump a Federal statute. (So much for incomplete news). I will keep you informed as things progress.

Now on to something more pleasant. As we are approaching one of my favorite times of the year, I would urge us all to be mindful of the many things we have to be thankful for. I am thankful for my family, my friends, my church, and that I still live in a country where

I am able to worship in the manner that I desire. As we have seen so much suffering by natural disasters in the past year, I am thankful that I live in East Tennessee where we seem to be spared from the floods, tornados, hurricanes, droughts, wildfires, etc. that have plagued so many. I am thankful that I live in a warm house, have plenty to eat, and have reasonably good health. And I am thankful to my constituents who allow me to serve them. I am reminded of the

old hymn which says "Count your blessings, name them one by one; count your many blessings, see what God has done." So at this Thanksgiving season, I urge each of you to count your blessings.

If you need to contact me, my home number is 865-687-5987, and my Nashville office number is 615-741-6879. My assistant, Tara, is there daily to take messages and help you as she can. I am thankful I can be your representative.

Blessed by others' choices

I waver between optimism and pessimism. The down times come when I listen to vicious political ads and candidates who dodge questions and never give clear specifics about what they will do as elected officials. Even when some of the worst events bring on the doldrums, I have good things to rescue me. What makes me smile and shake my head in amazement are the choices that some folks have made that have enriched and blessed my life. For these folks, I'm thankful.



By Joe Rector

I'm a big fan of quartet music, and the best of the bunch is the Gaither Vocal Band. David Phelps is the first tenor who sings with passion and strength. Phelps isn't an ordinary gospel singer. He had the opportunity to study music and become an opera tenor. However, he chose instead to pursue this career in gospel/Christian music, and by doing so, he reaches many more individuals who might otherwise never have heard his voice. His choice blesses all of us with a beautiful song and voice.

My mother earned a teaching certificate from teachers' college in Asheville in the 1930s. However, by the time she married and brought up three boys, it was no longer valid. For ten years she went to summer school to earn enough credits to turn her certificate into a bachelor's degree in education. I'm lucky that she did. Her teaching wages were meager, but they helped our family survive after Daddy died when Jim and I were thirteen, and she provided large chunks of money to help pay for my own college education so that I wasn't saddled with crushing debt after graduation. She also cleared a path that led her sons to the teaching profession.

Ministers have blessed me over the years. Bob Landry captured my attention when I first joined the Christian Church, Disciples of Christ. One of the two persons I consider as my best friends, Doug Meister, shrugged off a job in construction and became a minister. He and I have spent hours discussing religion, softball,

and family. I'm glad he was around.

Bill Menees influenced me more than any other minister. He worked for years at Dupont and came late to the ministry. "Brother Bill" opened my eyes to Christianity and the truths and demands it brings. His most memorable line was, "Jesus is not the answer. He's the question." Chew on that for a while.

Bill also pushed me until I asked Amy Moore out on a date. A year later, he married us. The man is family.

I met Catherine Nance when she arrived at Beaver Ridge United Methodist Church and wrote a feature on her for the paper. Instantly, I liked her. A couple of years later Amy and I tearfully left FCC on Fifth Avenue and began attending BRUMC. What we discovered is a minister who is a powerful speaker and who leaves her congregation agape and awed after each sermon. In addition, she presents a sincere interest and concern for others. Now, Catherine has reared two sons, and I feel fortunate that she chose to be a minister and to serve at a church where I can hear her messages.

I am most thankful for the choices that Amy Alice Moore made. She was a Cookevillian and a knockout. The girl could have any male she wanted. For some unknown reason, she chose me. I knew that she was "the one" after our first date and that I wanted to marry her after the second. Amy could have pursued her goal of becoming a pharmacist. Instead, she changed majors, married me, and moved to Knoxville. Because of those decisions, I was changed, blessed, and saved. Two children and a grandson are also thankful that she opted for this path, and they all acknowledge the feeling of being blessed.

Too often I become blue and fret over things. In fact, I can work myself into a gloom and doom lather. It's when I take a breath and remember others whose choices have enriched my life that my mood changes. Thanks to you all.

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Pages from the Political Past



By Ray Hill
rayhill865@gmail.com

During his time, Alben W. Barkley was one of the most famous public officials in the country. Barkley was renowned for his oratory and could be depended upon to give a rousing speech just about anywhere, at any time and on most any topic.

Barkley was the son of tenant farmers, born November 24, 1877 and is one of the few politicians in a modern age who truly could claim he really was born in a log cabin. Barkley's initial path to success was a hard one and he worked as a janitor to put himself through Marvyn College. Barkley went on to Emory, where he graduated in 1900. The young lawyer found time to get married and start a family. Dorothy and Alben Barkley had three children and the two would remain married until Dorothy's death in 1947.

Barkley took his law degree to Paducah, Kentucky and commenced the practice of his profession and by 1905, he was the prosecuting attorney for McCracken County. Alben Barkley then became County Judge and when a Congressional seat opened up in 1912, he ran and won.

Barkley entered Congress as the Democrats took back the White House with Woodrow Wilson and Barkley's record reflected concern and support for farmers and rural interests. Alben Barkley competed for the Democratic gubernatorial nomination in 1923, but barely lost the primary, his only defeat in a Kentucky election. Barkley's failure to win the nomination for governor gave him needed name recognition when he sought to defeat incumbent Republican U. S. Senator Richard Ernst in 1926.

Alben Barkley campaigned at a frenetic pace, frequently giving as many as sixteen speeches per day, shaking every available hand, attending barbecues and fish fries. Barkley soon won the sobriquet of "Iron Man" for his indefatigable style of campaigning.

Barkley's ability to bring a crowd to its feet was well utilized by his own party and he gave the keynote speech at the 1932 Democratic National Convention. Senator Barkley was easily reelected to the Senate that year and he was a devoted supporter of newly elected President Franklin Delano Roosevelt and the New Deal administration. Barkley became the assistant Majority Leader in the Senate under Arkansas Senator Joseph T. Robinson. Where Robinson



Autographed photo of Vice President Alben Barkley

could be a bully, possessed a volatile temper, and was not above trying to browbeat fellow senators into submission, Barkley was far more amiable. Barkley tried to convince his colleagues through gentle persuasion, conciliation, and had a seemingly bottomless well of amusing stories to cajole recalcitrant senators.

In 1937, President Roosevelt, angry with the U. S. Supreme Court having struck down several New Deal measures, proposed the most controversial piece of legislation during his long presidency; FDR asked the Congress to enlarge the Supreme Court membership. Majority Leader Joe Robinson had been promised the first new seat on the Supreme Court and he toiled relentlessly to pass a measure that was anathema to many inside his own party. The stress proved to be too much for Robinson who was found dead in his apartment by his maid, the victim of a heart attack.

The contest to succeed the late Joe Robinson was a hard fought battle between Barkley and Mississippi Senator Pat Harrison. While Harrison was considered by many of his colleagues to be a bit lazy, he was well liked and considered more conservative than the Kentuckian. The Democrats had a huge majority in the Senate at the time and every vote would count. FDR could not resist the temptation to interfere in a race that was purely an internal matter for Senate Democrats as to which man they preferred as their own Leader. The Roosevelt administration brought pressure to bear on individual senators to support Barkley, who was seen as the more friendly

to the New Deal. Senator Harry Truman of Missouri, a product of the Pendergast machine in Kansas City, heard directly from Boss Tom Pendergast, who asked Truman to vote for Barkley. Truman refused, showing his ballot for Harrison to another senator. The dislike between Pat Harrison and his colleague, Theodore Bilbo, cost him the election. Bilbo had tried to unseat Harrison in the 1936 Democratic primary and relations between the two were anything but cordial. An emissary was sent to Bilbo who replied he would indeed vote for Harrison if Pat would ask him personally. When told of Bilbo's pledge, Pat Harrison pondered it for a moment before barking, "You tell that son-of-a-bitch I wouldn't speak to him if it meant the presidency of the United States!" Barkley won the Majority Leader's position 38-37. In his memoirs, Barkley related the tension in the Senate Caucus Room was such that he bit the stem of his pipe in two.

Alben Barkley did not have an easy time as Majority Leader; his fellow Democrats were a fractious lot and ranged in philosophy from the ultra liberal to the ultra conservative. Senator Barkley also faced a formidable political challenge at home when popular Governor Albert B. "Happy" Chandler ran against him in the 1938 primary. Once again, FDR did all he could to make it clear he favored Barkley, but the irrepressible Happy Chandler gave the veteran senator a scare. Barkley won the primary and would later tell a story illustrating the fickle nature of voters that would become famous. Senator Barkley was astonished to learn that a particular farmer

was supporting Chandler; Barkley went to see the old gentleman who confirmed the rumor was true. Barkley was shocked and proceeded to list all the numerous favors he had done for the man, which the farmer acknowledged. Barkley pointed out the jobs he had secured for the farmer's son, daughter-in-law and several other family members and was aghast when the old fellow drawled, "Yes, but what have you done for me lately?"

One of Barkley's best friends in the United States Senate was Tennessee's Senator Kenneth McKellar. The two had gone to Congress around the same time and although McKellar got to the Senate ten years before Barkley, they remained very good friends. When Majority Leader Barkley, frustrated with a filibuster by Southern senators, instructed the Senate's Sergeant At Arms to arrest absent senators, including the temperamental McKellar. Senator McKellar was not surprisingly furious at having been arrested and refused to speak to Barkley for almost nine months, in spite of the fact they sat beside one another on the Senate floor. Barkley was genuinely depressed by McKellar's anger and when FDR vetoed a tax bill the Kentuckian had moved heaven and earth to pass for the administration, the usually mild mannered Barkley exploded. He bitterly denounced FDR and the president's veto while defending the Congress's actions before dramatically resigning as Majority Leader. The Democratic caucus promptly convened and reelected Barkley unanimously. A bewildered FDR muttered that Alben Barkley must have come unhinged and Roosevelt's

displeasure with Barkley likely cost the Kentuckian the vice presidency in 1944 when Roosevelt replaced Henry Wallace as his running mate with Harry Truman.

Alben Barkley had desperately wanted to be Vice President, yet it was the little man from Missouri who finally gave him the opportunity. Barkley had again been the keynote speaker at the Democratic National Convention in 1936 and was again asked to perform the same chore in 1948. Democrats were dispirited and depressed about Truman's ability to defeat New York Governor Thomas E. Dewey. Barkley gave a fighting speech that once again brought delegates to their feet and for the first time managed to give hope to discouraged Democrats. Truman, like FDR before him, had strongly considered Supreme Court Justice William O. Douglas for the vice presidency, a curious choice considering Douglas had never been elected to anything and had no visible following. Barkley's speech had

so electrified delegates, many urged Truman to pick the seventy-year old Kentuckian. Barkley himself grumped that Truman needed to ask him quickly, before the nomination was "passed around like a cold biscuit."

Truman and Barkley surprised just about everybody by winning the election in 1948 and Alben W. Barkley finally realized his cherished dream to become Vice President of the United States. Barkley was the first Vice President to be referred to as "The Veep", a title suggested by Barkley's young grandson. Barkley also remarried while serving as Vice President. His first wife had died in 1947 after a long illness that had forced Barkley to travel across the country making paid speeches to pay mounting medical bills.

The romance between the seventy-one year old Vice President and the thirty-seven year old comely widow Jane Hadley drew considerable attention from the news media at the time. When Truman declined to seek reelection in 1952, Barkley announced his own candidacy for the Democratic presidential nomination. Alben Barkley soon discovered his seventy-four years was too much of a burden to be accepted by the delegates.

Barkley retired to his home in Paducah, but his retirement was to be brief. Republican Senator John Sherman Cooper was up for reelection in 1954 and despite being seventy-six years old, Barkley was urged to run. Barkley ran and won, returning to the United States Senate as a freshman legislator after an absence of six years.

Alben Barkley was the featured speaker at a mock political convention at Washington and Lee University in Lexington, Virginia on April 30, 1956. Senator Barkley was in mid oratorical flight and thundered, "I would rather be a servant in the House of the Lord than to sit in the seats of the mighty" when he collapsed, falling to the floor dead of a heart attack.

It was perhaps a classic means of passing for such an old political warrior. Barkley's body lay in state in the nation's Capitol before being returned to Paducah where he was laid to rest.

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We wish you many special moments and memories with friends and family this Thanksgiving week.

*The Focus office, located at 4109 Central Avenue Pike, will be closed Thursday and Friday this week in observance of Thanksgiving.
- Marianne Dedmon, Editor*

Bruins open season with impressive win

By Ken Lay

Bearden Middle School's boys basketball team opened the 2012-13 season on a winning note Tuesday night.

The Bruins used a fast start and balanced scoring attack to run to a 48-33 victory over Christian Academy of Knoxville before a loud house at Bearden Middle School.

Johnny McHenry had the hot hand early as he scored six points in the first quarter and Dawson Anderson, who would be a force on the glass all night, hit the boards early and cashed in on some second-chance scoring opportunities to help the Bruins open an early 15-5 lead.

"We did some things we wanted to do early," Bearden coach Ben Zorio said. "We wanted to come out and establish our inside game early and we were able to do that. We did a good job inside."

"Johnny McHenry gave us a big lift early."

McHenry made some big defensive plays that led to three first-quarter layups. He would score 11 points on the night and pace the Bruins to a big season-opening win.

Zorio added that his team gave a good effort to open the season.

"This was our first game," said Zorio, who led Bearden to a second-place finish in the James A. Ivey, Jr. Memorial Middle School Tournament last season after guiding the Bruins to a perfect season in 2010-11. "We haven't had a scrimmage or anything. I was really pleased with our effort."

"We had a few mistakes and we had a couple of mental mistakes that we'll have to correct before we start league play."

The Bruins (1-0) will get their first taste of Knox County Middle School Basketball Conference competition today (Nov. 19) when they host Whittle Springs at 5:30 p.m. That contest against the Warriors will feature the two 2011 KCMSBC Tournament finalists.

On Tuesday night, the Bruins followed their big first quarter with an impressive second stanza. Bearden

Continue on page 2

CAK gets revenge and moves on to semis

By Ken Lay

ALCOA---Christian Academy of Knoxville senior quarterback Charlie High knew he and his team would get another shot at Alcoa.

"They won this one and it was for the district championship," High said after the Warriors dropped a 31-28 decision to the Warriors on the final night of the regular season. "We'll be back here and it will be for a chance to win a State Championship."

Well, High was prophetic as CAK returned to Bill Bailey Stadium and this time the outcome was different as the Warriors started fast and hung on for a 38-36 victory in the Class 3A Quarterfinals Friday night before a packed and loud house at Alcoa.

The night started with fireworks as the District 4-AA Champion and top-seeded Tornadoes entered the field. But that display wouldn't compare for what was to come from both teams.

The Warriors (12-1) are known for their offense and it was again clicking on all cylinders. But on this night, it would be the defense, which has been much maligned all season that would make the clutch plays.

It all started early when CAK stopped the Tornadoes on a fourth-down play on their first possession. That would be the first of many big defensive plays for the Warriors.

The biggest play, however, came with 1 minute, 40 seconds remaining in the contest when the Warriors turned the Tornadoes away on a potential game-tying two-point conversion after Ezekiel Koko's 57-yard touchdown

Continue on page 2

Huge second half boosts Panthers past Vikings



Powell running back Tyshawn Gardin (#6 in orange) makes a cut to the outside on his way to the end zone on a 27 yard touchdown run on Friday. Powell defeated Tennessee High 31-10 and will travel to Columbia Central for a Class 5A semifinal matchup this Friday night.

Powell advances, travels to Columbia Central for the semifinals on Friday

By Bill Mynatt,
Radio Voice of Powell Panther Football on AM 620 WRJZ
PowellFootballRadioVoice@yahoo.com

It was definitely a tale of two halves.

In the first half, the visiting Tennessee High Vikings looked like the team that had pulled road upsets in the first and second rounds of the playoffs.

In the second half, the home standing Powell Panthers came to life, scoring 21 unanswered points to earn a 31-10 quarterfinal win in the TSSAA Class 5A playoffs. Powell will make the drive to Columbia to take on the Lions of Columbia Central on Friday, with the winner moving on to the Blue Cross Bowl at Tennessee Tech's Tucker Stadium on November 30 to play for a state championship.

After receiving the opening kickoff, Tennessee High was unable to sustain a drive and punted to the Panthers. Powell took over at its own 18 yard line and started a 16 play drive. That drive stalled at the Tennessee High 16, however, so Austin Rogers entered the game to try a 35 yard field goal. Rogers got plenty of leg on the football, but pulled it left, and Tennessee High had held.

The Vikings then took that opportunity to take the lead, and they did so in just 3 plays when backup quarterback Johnny Deel, subbing for starter Josh Pendleton who had been injured on the opening possession, found a streaking Alex Pender down the left sideline. Pender made the catch, and 69 yards later the Vikings, after Alex Simon's extra point, led 7-0 with a minute left to go in the first

Continue on page 2

May you and your family be blessed on Thanksgiving and throughout the rest of the year.

Happy Thanksgiving from

CANTRELL'S HEAT & AIR

The Lowering of Expectations at Tennessee

By Alex Norman

There was a time when 10 win seasons for the Vols football program were commonplace at Tennessee...

For many Tennessee fans... it feels like that happened another lifetime ago.

Since Erik Ainge and Jerod Mayo led the Vols to within a quarter of the SEC championship in 2007, it has been one sub-par season after another.

The Vols finished the 2007 season with a win over Wisconsin in the Outback Bowl to improve their record to 10-4.

2008 was Phillip Fulmer's finale, as the Vols ended up 5-7.

In 2009 Lane Kiffin was able to have the Vols finish 7-6 in his only season in

Knoxville.

2010 was Derek Dooley's debut, with a 6-7 record.

2011 will go down as one of the worst seasons in Tennessee history. They finished 5-7, including a loss to Kentucky for the first time in 26 years.

And in 2012, despite all the optimism and good vibes during the summer, it's been another rocky ride. This has been a season which will once again end without what many would consider to be a "significant" win.

To me, a significant win for the Vols would be defined as a victory over one of your biggest rivals (Florida or Alabama) or a win against a nationally ranked opponent (Georgia, Mississippi State, South

Carolina).

But remember what fans were saying during the off season? The prevailing belief was that an 8-4 season would be very well received.

Is that where Tennessee football is today? An 8-4 season and a trip to a non-BCS bowl game would be reason to throw a party?

Sadly, yes.

The fan base has been plain old beaten down like a rented mule in recent years (don't worry... no actual rented mules were harmed in the writing of this article). In 2009 there was at least some excitement around the program, with the high point being the controversial "black jersey" game, a win over South Carolina on Halloween night. That

victory is the last time Tennessee has beaten a ranked opponent.

Let that sink in. It has been more than three years since the Vols have beaten a team with a number in the front of their name. Since Derek Dooley has been Tennessee's coach, the Vols are 0-15 in such games.

Remarkable.

This is one of college football's most successful and historic programs. Tennessee has won 13 SEC titles and 6 National championships. Among their alumni are one of the best quarterbacks in the history of football (Peyton Manning) and one of the best defensive linemen in football history (Reggie White). Their stadium is named after one

of the best coaches in football history (General Robert Neyland).

But that Tennessee football history... is of the ancient variety to this generation of Vols fans.

And if the attendance at Neyland Stadium has been any indication, the Vols are losing a lot of their future as well. The slump in season ticket sales is another telling sign. With prices increasing and donation demands not going anywhere, it is no surprise that some folks decided to spend their hard earned money elsewhere.

Neyland Stadium used to be one of the most intimidating places to play for a team not wearing an orange colored jersey. But when Alabama fans have taken

over the place in each of their last three visits, you wonder where the Tennessee of old has gone, and when it is going to come back.

If the Vols are going to once again be a competitive team in the Southeastern Conference (and starting the past three seasons 0-5 in the SEC proves they are not), then major changes will be necessary.

How soon before the old mantra of Ole Miss fans ("We may lose the game but we never lose the tailgate!") rings true with Tennessee fans as well? Or are we already there?

Because if the desire to win is not present, let's just get everybody some juice boxes and participation ribbons and call it a day.

CAK gets revenge and moves on to semis

Cont. from page 1

scamper electrified the home fans and pulled Alcoa to within 38-36. The Warriors would recover an onside kick at mid-field and run out the clock.

"I was really proud of our guys for stopping the two-point conversion," CAK coach Rusty Bradley said. "Getting that stop was huge."

That would be the last play CAK's defense would have to make but it was especially dominant in the opening half. The Warriors held the Tornadoes to just eight points before halftime.

After Alcoa was stopped on

its first possession, it scored on its second, lost a fumble on its third. The Tornadoes were driving late in the half but Josh Smith intercepted a pass from Peyton Wall on the final play of the half. Smith nearly scored but was tackled deep in Alcoa territory.

"That gave us the momentum going into the locker room," Smith said. "But I should have scored."

After CAK's initial fourth-down stop, the Warriors took possession on their 33-yard line. From there, they engineered a seven-play drive that was culminated when High threw a 24-yard touchdown pass to Smith. Derek

Sokolowski's extra point gave the Warriors a 7-0 lead with 5:32 left in the opening quarter.

The Tornadoes would answer as Malik Love scored on a 2-yard run in the waning seconds of the frame. A two-point conversion would give Alcoa its first and only lead of the game.

High would give CAK a 15-8 lead early in the second quarter. He also ran in a two-point play.

The Warriors scored on their first possession of the third stanza when High connected with Davis Howell on a 10-yard scoring strike that gave CAK a 22-8 lead midway through the frame.

Alcoa scored the next two touchdowns. Jaquez Tyson's 3-yard run pulled the Tornadoes to within 22-14 late in the third quarter. The Tornadoes then tied the game at 22 when Koko broke a 93-yard run with 9:50 left in the game.

Then things really got crazy with the two District 4-AA heavyweight rivals trading punches.

Corey Rathbone's 1-yard run gave CAK a 30-22 lead before Tyson evened things again with a 3-yard scoring plunge.

CAK went up 38-30 when High connected with Howell from 14 yards out. The duo would then convert the eventual game-

winning two-point conversion.

It was an emotional win for the Warriors, who celebrated a victory that avenged their lone loss but Bradley said that his squad still has some work to do if it is to achieve its ultimate goal --- a second consecutive State Title.

"We have to get over this because we have to go on the road to play Elizabethton," he said. "They're a good team and we'll have to focus and get back to work."

Huge second half boosts Panthers past Vikings

Cont. from page 1

quarter.

After returning the kickoff to the 47, it took the Panthers just 3 plays and 1:14 of game clock to tie things up.

The score came on a 27-yard run by junior Tyshawn Gardin, who once again showed his blazing speed in turning a simple off tackle play in to a burst to the end zone. Rogers added the point after, and the game was tied at 7 with 10:46 to go in the half.

Just as Powell had done earlier in the game, Tennessee High squandered a long drive and scoring opportunity.

The Vikings used 6:09 of clock and 15 plays to drive from its own 35 to the Powell 12. Powell's defense made a third down stop, prompting Viking head coach Shane Boggs to insert Sigmon to try a

29 yard field goal to take the lead. Sigmon missed wide, right, however, and the game remained tied at 7. That score would hold in to halftime.

Disaster struck the Panthers early on in the second half, as they fumbled the kickoff return, giving the Vikings the football at the Powell 25. As it has most of the season the Panther defense found a way to rise to the occasion and held Tennessee High to a field goal attempt. Sigmon was good from 30 yards away, and Tennessee High led 10-7 at the 8:51 mark of the third.

As it had after Tennessee High's first score, the Powell offense came right back and answered a Viking score.

A 9 play - 42 yard drive resulted in a 30 yard field goal by Rogers. The game

was tied once again, this time at 10, with 4:40 to go in the third.

From that point on it was all Panthers, as Powell exploded for 21 unanswered points down the stretch.

Jon Strozyk intercepted Deel, returning the ball to the Viking 3. From that point, Montario Washington drove a Viking defender in to the end zone for the score. Rogers' kick gave the Panthers the lead 17-10.

Powell scored twice in the 4th quarter to put the game away.

The first came on a nifty Hagen Owenby to Strozyk pass, good for 24 yards. Owenby threw a perfect ball, one that only Strozyk had an opportunity to catch.

"Hagen put it right where it needed to be", Strozyk

explained. "I was able to make the catch and got in to the end zone. It was a big play for us at the time".

A big play, it was, and after Rogers kick, Powell had an all important 2 score lead just one play in to the 4th quarter, 24-10.

After another Strozyk interception, Powell put the game away, driving 54 yards in 8 plays. Washington scored on his second touchdown run of the game, this time from a yard away. Rogers made the point after and Powell led 31-10 with 6:27 to go.

From that point, things got a bit chippy, as the officials nearly let things get out of hand.

Tennessee High was flagged for multiple unsportsmanlike penalties, and had a player ejected. The officials stopped the game and met with both head coaches at mid-field in an attempt to keep things under control. Fortunately, cooler heads prevailed and the game ended without further incident.

Powell's offense gained 344 total yards - 216 on

the ground, and 128 in the air. Tennessee High managed 254 total.

Penalties and turnovers were key, with Powell being penalized 6 times for 35 yards, while the Vikings drew 12 flags for 130 yards, 40 of those on one play late in the game as they were flagged for holding, and then had a double unsportsmanlike assessed.

Tennessee High turned the ball over 3 times, and the Panthers just once.

Owenby led Powell on the ground, gaining 86 yards on 14 carries.

Washington netted 78 on 19 tries, and the 2 touchdowns. He now has 19 for the year, which moves him in to 4th place on the all time single season list at Powell.

Gardin's 7 carries netted 49 yards and a touchdown.

Owenby was efficient with his 16 pass attempts, completing 11 of them for 128 yards and a touchdown.

Deel led Tennessee High on the ground with 50 yards on 12 tries, and he as 10 of

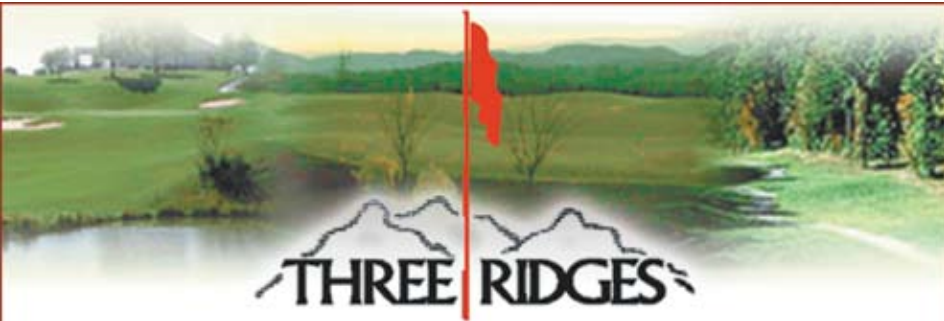
17 passing for 153.

Junior linebacker Josh Singleton paced the Panther defense with 10 tackles. Devin Scott added 9, and Washington 7.

Strozyk's 2 interceptions increased his all time school career record number to 21. He also now has 7 for the year, tying the single season interception record at Powell. He also had 7 a year ago, and sits tied with Derek Milligan, Matt Lowe, and Mike Pedigo at 7.

Tennessee High's Cinderella playoff run is over, and the Vikings wrap up 2012 with a record of 8-5.

The 1 seed from quad 1, Powell, now stands at 12-1 on the season and will travel in to the Central time zone on Friday to take on the top seed in quad 2, the Lions of Columbia Central. That game will begin at 8 p.m. Eastern. The radio broadcast begins at 7:30 on AM 620 WRJZ and will be streamed online at www.powellpanthersfootball.com.



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Bruins open season with impressive win

Cont. from page 1

continued its dominance and opened a 30-10 lead by halftime.

CAK's Warriors (1-2), who have already beaten Karns this season, gave a valiant effort but just couldn't find an answer against the Bruins.

Bearden, which boasted a balanced scoring attack, got some big minutes from its reserves. The bench contribution will be a key to success, according to Zorio.

"Our kids who came off the bench did a good job and we're going to need that contribution from them later in the season," he said. "They [the Warriors] are a solid team. They beat Karns and they lost to Farragut."

McHenry, who started fast, was the only Bruin to score in double figures. He would, however, get plenty of help from a supporting cast.

Tony Scott scored nine points and had seven rebounds while Anderson scored eight points and pulled down nine rebounds. Zach Harshey also scored eight points.

Reserve guard Timothy Thomas finished with six points off the bench. He scored five and hit a 3-pointer in the second stanza.

"Timothy Thomas was big for us off the bench," Zorio said.

Cole Smith and Tanner Helton shared high scoring honors for the Warriors, with each scoring eight points.

Webb Returns to State

By David Klein

The Webb School Spartans came out on fire Friday night at Faust field. They jumped out to a 27-0 first quarter lead in route to a 44-0 win over the Donelson Christian Academy Wildcats in the Division 2-A semifinal game. Webb had three scoring drives of under a minute each in the first half and star running back Todd Kelly had three touchdowns. The Spartans play for a state championship on November 29 against the winner of the ST. George-ECS game. Webb just missed playing in the championship last year, losing in the state semifinals.

Webb got the scoring started with a 44-yard touchdown catch from Grayson to Kelly. The three-play drive took 28 seconds.

The Spartans struck again five plays later on another Grayson touchdown pass. This touchdown went for 26 yards to Aaron Blanche on a play-action pass. Just like that,

Webb led 14-0 with 9:44 left in the first quarter. "Everything on the wing T comes off the play action," Webb High School Coach David Meske said. "We felt like we had to open up the field."

Echoing his coach, Kelly had praise for his quarterback and the passing game. "Jack Grayson, he stepped up," Kelly said. "He's a playmaker, he proved that tonight. He just stepped up, made fantastic throws, just put the ball on the money. Coach Wormlsey knew what to call, and so all we did was just execute the plays so we were very excited about that," Kelly emphasized.

Following Blanche's touchdown catch, Webb scored again on a two-play drive. Kelly ran from 38 yards out to put the Spartans up 20-0. Webb was rolling, with their offensive line pushing back the Wildcats time and time again.

DCA momentarily stopped the Spartans with a James Douglas interception off of

Grayson's errant pass. However, the Wildcats couldn't get any momentum from the turnover and punted the ball back to the Spartans.

This time, Blanche beat the Wildcats on a punt return. He fielded the football at the 50-yard line, started inside, and then cut the ball back to the outside for a 48-yard punt return to the Webb 2. Kelly rumbled in for his third touchdown of the game and a 27-0 lead with 1:33 left in the first quarter.

Webb scored again on a seven play, 54-yard drive ending in a Liam Willoughby 22-yard touchdown catch. It was Webb's longest scoring drive of the evening and put the Spartans up 34-0 with 7:06 left in the second quarter.

DCA's only semblance of offense came after the Webb touchdown. There were two pass plays that went for first downs, but after that, the Wildcat drive halted on fourth

down.

Webb capped the first half scoring on a Robby Strachan 37-yard field goal to give the Spartans a 37-0 halftime lead.

playing the second half with their reserves, the Spartans got their younger players some experience. The only scoring came on a Brant Mitchell interception of off a tipped Wildcat pass. Mitchell ran the interception back for a 52-yard touchdown. DCA moved the ball into the 10-yard line as the clock was expiring, but came up short. Webb won 44-0 and advanced to the state championship.

"We didn't think we would play at home," Meske said. "It was nice news for us to play at home and not travel and just do our regular routine and keep our kids in school. The expectation for our program is to be playing in the state championship." Meske stressed.

Panthers stay perfect with big win over Demons

By Ken Lay

Powell Middle School's boys basketball team kept its perfect record intact with a 39-28 home non-league victory over Halls Thursday night.

The Panthers (2-0) got off to a fast start and used their 1-3-1 zone defense to keep the Demons at bay in an easy win.

While the Demons (1-1) struggled to find any offense, Powell had no such trouble.

Reilly Hamilton scored 10 of his 12 points in the first quarter. He buried a pair of early 3-pointers to help kick the Panthers' offense into gear. He wasn't the high scorer for Powell (2-0) but his points came in bunches early and helped Powell set the tone for a big win.

"Reilly Hamilton doesn't have any early-season jitters," Panthers coach Darin Courtney said after watching his team open the game with a 14-5 run in the first quarter. "He just wants to go out there and play."

The Demons responded and played the Panthers evenly in the second frame but

the Powell zone gave Halls fits all night.

"They do a good job with their 1-3-1," Demons coach Bill Warren said of the Panthers. "Their 1-3-1 forces the tempo."

"They wanted to speed things up. When we slowed things down, we got some things that we wanted. But we didn't do a good job taking care of the ball and that's why we didn't get a lot of what we wanted."

Powell, which led 22-13 at the half, wasn't slowed down by the break. The Panthers were again hot in the third stanza and doubled the Demons' offensive output in the frame. Powell's 12-6 third-quarter surge all but put the game out of reach.

Hamilton didn't score after halftime but the Panthers got more than enough production from Derek Reagan and point guard Amari Rodgers. Regan scored five of his 11 points after halftime and Rodgers dropped 10 of his game-high 14 points over the final 12 minutes.

"Amari Rodgers, our point guard, did a

great job and David Reagan drove the ball to the rim hard," Courtney said.

Things might have been worse for Halls if not for the second-half effort of center J.T. Freels, who scored nine points in the second half, many of which came off of offensive rebounds.

He would finish with 13 points to lead Halls, despite struggling to find his way early in the contest.

"I don't know where he was in the first half," Warren said. "He was taking fall-aways."

The loss was tough for the Demons, who travel to West Valley today (Nov. 19) for a 5:30 p.m. tilt against a veteran Wolves squad in the Knox County Middle School Basketball Conference opener for both schools, but it was far from devastating.

"I think we'll be all right," Warren said.

Powell will also be on the road tonight as the Panthers face Northwest. The Rangers appear to be poised for a big season this year.

Lady Demons withstand Powell, power outage

By Ken Lay

Halls Middle School's girls basketball team used a big fourth quarter to clinch a hard-fought road victory over Emory Road rival Powell Thursday night.

The Lady Demons got a big late effort from eighth grader Leah Sohm en route to a 32-24 non-league win over the Lady Panthers before a packed house at Powell Middle School.

Sohm scored five of her seven points in the final six minutes of a contest that was delayed for nearly an hour due to a power outage that hit Powell during the latter stages of the first quarter.

Halls (2-0) had a 3-2 lead when the lights went out on the west side of Emory Road and Lady Demons coach Tom Poisal was pleased with the way his team responded after the delay, which occurred with 1:04 remaining in the opening stanza.

"We were just getting into a flow offensively," Poisal said. "I was happy with the way we responded."

It was Powell (1-1) that actually closed the frame with a 3-2 run to knot the game 5-5 by stanza's end.

The second quarter was a see-saw affair but Halls got the better of things and opened a 12-9 lead by halftime.

The Lady Panthers were fortunate to keep the game close as they were plagued by turnovers all night. Powell had four turnovers on its first four possessions of the contest. Halls, however, was unable to cash in some easy opportunities.

"We put in a new offense this year and it's really complex and we've only been running it since we started practice in October," Poisal said. "At halftime, we talked about

being patient on offense and slowing things down.

"We want to speed things up on offense but on defense, we just can't do that."

The two squads continued to grind things out but the Lady Demons nearly ever lost the upper hand and led 19-15 heading to the final quarter.

Then, Sohm took over the game and gave the Lady Demons a 25-18 lead with 3 minutes, 14 seconds remaining in the game.

Halls extended its advantage to 30-18 when seventh-grade forward Amber Heatherly converted a pair of free throws with 32.1 seconds left.

Powell, which was plagued by foul trouble throughout the game, made a late surge but it wasn't quite enough. Staley Hansen of the Lady Panthers fouled out midway through the fourth quarter and Kaitlyn Lentz played much of the final frame with four fouls.

Powell coach Doris Barnwell said the foul trouble certainly didn't help her team's cause.

"When you have two starters in foul trouble, it takes a lot of energy out of you and out of the game," Barnwell said. "When you look at the mistakes we made, we have to fix them to give ourselves a chance."

"I feel like we need to take advantage of the other team's weaknesses and we didn't do that tonight."

Heatherly led all scorers with 11 points. Sohm added seven (all in the second half). Harper Cherry finished with six.

Haley Schubert and Hansen scored six each for the Lady Panthers, who travel to Northwest today (Nov. 19). Tip-off is slated for 4:30 pm.

Halls will travel to West Valley today for another 4:30 game.

Lady Bruins get defensive in season opener

By Ken Lay

Bearden Middle School girls basketball coach Rachel Simmons always preaches the importance of good defense.

"Defense is what we pride ourselves on our defense," Simmons said after her Lady Bruins opened the 2012-13 season with a 19-11 victory over Christian Academy of Knoxville Tuesday night at Bearden Middle School. "That's something that we've been working on in practice."

"We want to play tough defense. Our defense is what we want to be known for."

The Lady Bruins (1-0) certainly came prepared to play defense against the Lady Warriors and Bearden all but put this one away early as the Lady Bruins defense led to some easy

baskets.

The Lady Bruins, who also battled some defensive woes of their own, stifled CAK (0-3) from the outset. Bearden's defense held the Lady Warriors scoreless in the first quarter.

Trouble was, Bearden managed just one bucket over the first six minutes. It came early in the frame when Lady Bruins guard Jalayah Manning converted a CAK turnover into a layup.

The Lady Warriors, who didn't score their first field goal until the 2:07 mark of the third quarter, finally got their first points of the contest when Bethany Meadows made a free throw late in the second quarter. CAK's Kennedy Smith added another free throw by halftime.

Bearden had opened a 10-2 lead by halftime thanks to its pressure defense that resulted in easy scoring opportunities. Carson Carver scored four of her game-high nine points in the second quarter.

The Lady Bruins, who open Knox County Middle School Basketball Conference play today (Nov. 19) against Whittle Springs at home at 4:30 pm, weren't slowed by the halftime break.

Bearden used a 7-2 third-quarter run to open a 17-4 advantage heading into the fourth quarter,

Things could've actually been worse for the Lady Warriors. Bearden missed numerous layups and went just 3-for-14 from the free throw line.

Simmons said she thinks

the Lady Bruins' attack will come as the players find their places and adjust to their roles on the team.

"I was really pleased with our effort," she said. "We missed some shots but I'm not really worried about that."

"I have just five returners and right now, we're just getting to know each other."

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Arts & Entertainment

Civil War Strings

By Sarah Baker
bakers@knoxfocus.com

On November 12-13, The Knoxville Civil War Roundtable presented its annual Living History Weekend at Fort Dickerson Park. The free event included many activities such as infantry firing and drilling, a Civil War medical exhibit, ladies fashions, and an incredible stringed instrument performance by Conny Ottway and her students. Approximately 20, from the age of 6 to adult, performed fiddles, guitars, and mandolins. The setting couldn't have been more perfect. Between the autumn leaves, the angles of the hills, and the period costumes, Ottway's audience felt like they'd stumbled onto the set of "Cold Mountain." Her students were focused and reverent as they played familiar tunes such as "Dixie," "Old Joe Clark," and "Skip to My Lou." Fort Dickerson is located off of Chapman Highway and visitors can see Neyland Stadium through the trees. On Saturday, folks could hear the fireworks whenever the Vols made a touchdown. Each time this occurred Ottway and her students stopped whatever they were playing and commenced to playing "Rocky Top."

Conny Ottway is a private music instructor in Farragut who has over 30 years teaching experience. She also has extensive experience organizing musical ensembles and events, judging music and talent competitions, and working with young people in other capacities. She has co-written and recorded a Bluegrass Fiddle Book with flatpik musician Steve Kaufman. "She's such a good teacher, so kind and patient with the children she



PHOTO BY SARAH BAKER

Natalie Sayre has been playing with Ottway since August.

teaches," said Elaine Hood, whose grandson Archer, 7, takes lessons from Ottway.

Susannah Sayre's daughter, Natalie, who's 8, just started playing in August. "I think it's great for music students to use their

skills in a group setting and play and to start an interest in history, to fuel an interest in the Civil War through music and costumes." For more information about Conny Ottway or her music classes, visit www.connyottway.com.

Stupid Cell Phone

My cell phone is not smart. I am reminded of this daily by students, colleagues, friends, and family. If my cell phone were given an IQ test, it would be average or below. It is ridiculous the internal conflict that can be

caused by the intelligence of one's cell phone, but, alas, I feel it daily. My daughter may get a perfect score on the science portion of the ACT, but my phone won't even let me tweet about it. Nowadays, it is no longer necessary for folks to search for and extol the giftedness of their children. The pressure of raising a prodigy has been eased by the ability to brag about what your Galaxy S3 can do.

While I know that the idiocy of my phone does nothing to enhance my social appeal, I cannot bring myself to upgrade. Aside from the obvious fact that I'm a single mom on a teacher's salary, there are other reasons I cannot bring myself to ascend the cell phone social ladder.

First of all, do you have any idea how many times I've read "Walden" by Henry David Thoreau? I am the quintessential, dorky English teacher who actually LOVES that book. In high school, I carried it around with passages highlighted as if it were a Bible. Thoreau's philosophies about living simply made my poor circumstances feel like they had some kind of virtue. "Love your life, poor as it is," he writes. "You may perhaps



By Sarah Baker
bakers@knoxfocus.com

have some pleasant, thrilling, glorious hours, even in a poor-house. The setting sun is reflected from the windows of the almshouse as brightly as from the rich man's abode; the snow melts before its door as early in the spring." I am

blessed to have friends who call me on my stupid phone just as often as they would if I had a smart one.

Because of Walden and my naïve notions about living simply, I was one of the last adults on Earth to get a cell phone at all. I finally got one because family members and friends were constantly frustrated about not being able to reach me. Unfortunately, they are still frustrated because my cell phone is usually off, often uncharged, and rarely on my person. I just cannot stand to have it with me all the time. It makes me feel crowded.

When I visited Walden Pond several years ago, much of my idealism about it abruptly ended. The sound of hip-hop music and the smell of pina colada sun tan lotion pretty much shattered my romantic ideas of solitude. I'm sure Thoreau turned over in his grave when my daughter, about two years old at the time, climbed onto his bed with her talking Barney too. Right now, as I type this, there is probably someone in Concord, Massachusetts tweeting about "Civil Disobedience." For all I know, you can get a Transcendentalist app on your smart phone. I wouldn't be all that shocked.

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The Doctor is in

a weekly column by
Dr. Jim Ferguson

The Fall

I love the changing seasons in Knoxville. About the time you get sick of one we transition gently to another. I've never understood how people in Florida can enter the Holiday season if there's no chill in the air. And how can they appreciate the fall if there are no falling leaves? Is Christmas the same without the specter of snow or a crackling fire on a frosty night? In Knoxville we've struck a balance; none of us would want the six months of snow and winter they have in the Dakotas. I'll bet you've never considered that hair loss is sometimes like trees losing their leaves in the fall. Trees go into a dormant

cycle each fall and winter, and the hair bulbs on the top of your head can also cycle between growing and dormant phases. A common cause of hair loss is telogen effluvium which occurs when a larger percentage of hair growing follicles—analogueous to tulip bulbs—enters a dormant phase. This type of alopecia (hair loss) is quite common after an illness. I often reassure patients that their hair loss is a transient phenomenon and they're not going bald. Like leaves that are shed in the fall and sprout again in the spring, I reassure folks that they'll regrow their lost hair when the hair follicles cycle back into an active

growing phase. We have about 100,000 hairs on our heads; though redheads have fewer than blonds and brunettes. And for every six hairs that are actively growing up from the hair follicle, one is entering a dormant stage where the hair falls away from its growth pocket. Patients often come to me in a panic when they see inordinate amounts of hair in the shower drain or on their comb. A quick search of their past often identifies the flu two months previously or the diagnosis of an underactive thyroid in the previous quarter. Another frequent cause of slow hair loss is driven by genetics and is happening over the back of my head right now. It turns out that hair follicles (the bulbs) have 5DHT receptors which respond to the hormone dihydrotestosterone. How interesting that these receptors are also on a male's prostate gland which causes it to enlarge at the same time causing my male pattern hair loss. Before you ladies begin to relax, realize that small amounts of testosterone are produced in everyone's

adrenal glands and that fat cells convert hormones into testosterone-like agents that produce the condition androgenic alopecia (hormone induced thinning) in women. A more permanent type of hair loss can occur suddenly with damage or destruction of hair bulbs by chemotherapy or radiation. This is rarely a diagnostic conundrum. Metaphorically (and some say literally), our world exists in a fallen state. I'm not talking about the fallen arches in your feet, the falling hormone levels associated with menopause or even the sagging parts of our bodies easily observed in the bathroom mirror. Over a lifetime the elastic tissues in our bodies become frayed like rubber bands and don't resist the effects of gravity as well. And glandular functions do decline with aging. However, ancient philosophers attributed The Fall to Adam and Eve's Original Sin. I believe it's less about the sins of our fathers and more about our own personal choices made each day that

cause us to stumble and fall short of our full potential as God's beloved. How sad The Master must be to see each generation make the same mistakes and choose man's way over the Way. The renunciation of Providence even has a name. It's called apostasy. I now realize that I am a minority. I'm a white man, married for thirty-seven years to the same woman and I work to support the majority. This same scenario is described in Ayn Rand's famous book and its namesake movie, "Atlas Shrugged." I've re-read four books in my life, and Rand's 1000 page tome is one of those. It is prophetic. Her dystopian novel was published in 1957, yet we are living it now. Her fictionalized characters are easily recognized in Obama and a cadre of others who support "free stuff," like Obama phones, and buy power with the entitlement culture. Our own Rosie of The Knoxville Focus, who has too much grace to sully herself with politics, recently decried the fact that her Social Security benefits,

earned through decades of work and contribution to the system, have now been reclassified as Federal Benefit Payment Entitlement checks. Folks, we're doing it again and we're headed for another fall. God help us because the winter is coming and the producers like Ayn Rand's protagonist John Galt are quitting. At this moment I'm metaphorically holed up in Elijah's Cave (read 1 Kings 19) and listening for a whisper of hope because my prayer for an earthquake of change went unanswered. I'm told it'll be a long winter. I hope I can hold out till spring.

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

For appointments call Keesha at 865-522-0326.

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





Rosie's World

November

November reminds me of the "middle child" in our season's family. It comes after beautiful, robust October and before wintry December. It tends to retain each of these months in the beginning and end. But all is forgiven when the best day of the year arrives. When thankfulness is the order of the day, a special day to give thanks. And it comes in November. The leaves fall like confetti, Outside my windowpane For on this hearth of seasons It's autumntime again. The colors are resplendent, Words can't describe the scene. It is a lovely contrast To leaves once shaded green. The leaves fall like confetti Upon the autumn sod The hues are a reflection Of the beauty of our God. This little poem was written by Louise Pinkerton

Continued on page 2

UT Extension offers tips to avoid weight gain during the holiday season

Why wait until for a New Year's Resolution to exercise? How about today? If you're a typical American, you'll weigh one pound more on January 2, 2013, than you did November 21, 2012. On average, we gain a pound during the holiday season when we come face-to-face with many desserts, candies and treats. One pound doesn't sound like a big deal, but what if you don't lose that pound? Or the one you gained last year, or the one you'll gain next year, and on and on? "Holiday weight gain accumulated over a lifetime can lead to obesity. A pound a year for 30 years is 30 extra pounds," says Dr. Betty Greer, a Family and Consumer Sciences expert with University of Tennessee Extension. Obesity rates in Tennessee have actually dropped slightly in recent years, but

still, nearly one-third of our population is obese, and a great many more people are overweight. Greer believes holiday eating – and people being stuck indoors in winter with little opportunity to exercise – contributes to the obesity rate. Greer is among the UT Extension experts offering advice this holiday season about healthy eating and avoiding weight gain. For starters, Greer says make better food choices. That's not easy to do with so many sugary treats and goodies around, but there are filling alternatives that can be tasty. "One tip is to eat a variety of fruits and vegetables daily. Fruits and vegetables typically don't contain a lot of calories unless prepared with added fat or sugar," Greer says. UT Extension works with the Tennessee Academy of Nutrition and Dietetics in

providing nutritional information to the people of our state. Academy dietitian Marilyn Holmes adds to Greer's advice about holiday food choices. "Choose red, orange and dark-green vegetables like tomatoes, sweet potatoes and broccoli along with other vegetables for your meals," Holmes says. "Limit fat and sugar during food preparation to avoid extra calories." Greer says it might be okay to have a treat or two here and there during the holidays if people would just stay or become more active. Exercise can take many forms, she says. "Find fun ways to stay active with family and friends such as dancing to your favorite holiday music or organizing activities like scavenger hunts and walks. If already in the routine of exercising regularly, don't take a break

just because it's the holidays. In fact, you might add a few extra minutes to your workout this time of year." A common New Year's resolution is to start exercising, but Greer says why postpone that goal? "Today is a great day to become more active," she says. "Exercise is a priority no matter how hectic the season feels." Other tips from Greer include: Don't go to holiday parties hungry. Eat something healthy before the party to help resist overeating sweets. Eat more low-calorie foods. These foods are also typically more filling, helping you avoid a sugar craving. If it's okay with the host, bring a low-calorie dish to a party. This guarantees at least one "safe" food

Continued on page 2

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Faith

Courage to endure

Congregations go through different seasons of life: periods of growth, stagnation, and decline. Recently our congregation has lost members. It has not been due to a church split, division, or unrest. It has been due to relocation out of town,



By Mark Brackney,
Minister of the
Arlington Church
of Christ

serious health issues, and death. We are in a season of life where a number of our church family has been hit in particular by serious illness. My heart has been heavy for several weeks now due to the sorrow various brothers and sisters in Christ are dealing with. I have also been so encouraged to see our church family come together with an outpouring of love for those who are hurting.

A close friend, only 48 years old, died this past week after a three month battle with colon cancer

that spread quickly through his body. Over these few months, I witnessed the power of faith in his life and was reminded of some words of Paul to his apprentice, Timothy.

"For I am already being poured out like a drink offering, and the time has come for my departure. I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day – and not

only to me, but also to all who have longed for his appearing" (2 Timothy 4:6-8).

When you near the end of your journey on this earth, be it from an illness, aging, or an accident, a decision on how you face impending death must be made. I have observed numerous people at or near their death. The reaction is mixed. Some complain, exhibit fear, regret, or anger. Others demonstrate amazing faith due to the promises of God. They show peace, assurance, confidence,

and shine God's love. This latter describes my friend. Each time I left him, I was confident in his salvation and mine. He knew the Lord and lived out his faith in such a way that all were inspired to live courageously to the end.

My friend fought the good fight, finished the race, and kept the faith. While I wish selfishly his race was still running, I would never want to bring him back from what he is experiencing now. He has received the victor's crown, just like the apostle Paul received upon

his death.

My buddy can't come back to me, but one day I can go to him, and you can too, because of our precious Savior. It is all by His marvelous grace. What a sweet reunion is in store. So let us not waver. Let us not lose hope. In our sadness and in the season of struggle that come with time, may our hearts rejoice that one day all the heartache, sickness, and death will be no more. Let us endure with courage to the end.

UT Extension offers tips to avoid weight gain during the holiday season

Cont. from page 1

choice.

Control your portions. Moderation is a key with sweets, but it's also important with all foods.

Don't "hang out" by the table or in the kitchen. Avoidance is a good strategy to prevent overeating. If you're not around it, you can't eat it.

Limit alcohol consumption. Alcohol increases your appetite and lowers your inhibitions, which could make you susceptible to unhealthy eating. If you do drink alcohol, also drink water to avoid dehydration.

Practice using substitute recipes. Try the following lower fat recipe substitutes:

Instead of one whole egg, use two egg whites. Instead of regular sour cream, use low-fat plain yogurt or low-fat sour cream. Instead of whole milk, use skim milk or 1% or 2% milk. Ice cream can be replaced by frozen yogurt, and cheeses come in low-fat varieties as well.

Put things in perspective, urges Greer. "Enjoy the holidays by centering your entertainment around non-food events like watching movies, ice skating or touring holiday displays," she recommends.

UT Extension provides a gateway to the University of Tennessee as the outreach unit of the Institute of Agriculture.

Vigil for Climate Protection a Spiritual Response to Climate Change

TN Interfaith Power & Light held a Candlelight Climate Vigil for people of faith from the Greater Knoxville area on Sunday, November 18, on Market Square in Knoxville. The Climate Vigil was an opportunity for people of faith to witness their concern for climate change and their desire for effective climate protection policies. The ecumenical vigil included prayers, songs, and meditation.

"Climate change threatens humanity with severe environmental, social and moral consequences. We

are called to practice what we know through our faith—to sustain life and to show compassion," said Gene Burr, member of the TN Valley Unitarian Universalist Church. "What we do will make all the difference in the world."

This ecumenical vigil included prayers offered by Lama Karma of the Losel Shedrup Ling, Reverend Steve Musick, New Providence, and Reverend Mitra Jafarzadeh of the Westside Unitarian Universalist Church. Songs were led by Jason Graffis, also of the New Providence

Presbyterian Church.

"We are all stewards of our local and global environment. We all have a responsibility to act," said Eric McAnly of the UT student group SPEAK. "Instead of looking for whom to blame and oppose, this network of faith communities will practice what it knows how to do best – to offer a spiritual response to climate change."

The TN Interfaith Power & Light advocates for effective climate protection policies. It has joined other groups across the

state in urging TVA to set and fund a 1% energy efficiency target so that it can close down more coal plants.

TN Interfaith Power & Light is the state affiliate of a network of faith communities working across the U.S., offering a spiritual response to climate change. Its mutual efforts protect the climate through upholding the sacredness of life, defending those most vulnerable to the many impacts of climate change, and advocating for effective climate protection policies.

Church Happenings

Beaver Ridge United Methodist Church

Beaver Ridge United Methodist Church, located at 7753 Oak Ridge Hwy. will again open our doors for a FREE Thanksgiving Dinner prepared by members. This is your invitation to join us in the Family Life Center on Thanksgiving Day. Dinner will be served between 11:30 and 1:00. Come join us on Thanksgiving Day for wonderful food and fellowship!

Reservations may be made by contacting the church office but are not required. For more information, please call the office at 690-1060. Web: www.beaverridgeumc.com.

Beaver Ridge United Methodist Church welcomes you to join in the Sanctuary on Sunday afternoon, December 2, at 4:00 for a wonderful concert presented by our Chancel Choir Director, Jean Osborne and Vocalist Jo Ludwig along with Special Musical Guests from Powell High School performing "A VERY MERRY ANTI-MALARIA HOLIDAY CONCERT." A donation offering will be taken to support the Holston Conference's pledge to save 100,000 lives next year to eradicate malaria (visit www.imagenomalaria.org).

Knoxville Fellowship Luncheon

The Knoxville Fellowship Luncheon (KFL) will meet November 20, 2012 at the Golden Corral on Clinton Highway, Knoxville at noon. Patricia Neuner will be the guest speaker:

"I was one of my parents' 12 living children (one died of pneumonia long before I was born in 1942). I was the 5th from the youngest. Praise God I had a God fearing mother and father who made sure we were in church every time the doors were open, unless we were sick. I was raised on a farm where my Dad raised tobacco for many years, including all our food we ate."

"After graduating from Draughton's Business College and working at the U. T. Agricultural Campus in Knoxville, I moved to San Francisco, CA to live with an older sister and her husband, whose family lived near S.F."

"While I was at Bechtel, I went with my girlfriends every Friday night after work to the bars to drink and "have fun." In March 1976, one month after Eric moved a block down the street to room with a buddy of his, who had worked with him several years,

"I came home from the bars and looked for

something entertaining to watch on TV, hopefully for Johnny Carson or some late night talk show. The first thing which came on TV was a handsome black-haired man talking about the great love of Jesus; he spoke of how Jesus was waiting with open arms of love to welcome you to come to Him, and to spend eternity with Him."

Norwood United Methodist Church

On December 1, from 8:30 a.m. to 10:30 a.m., Norwood UMC will have their 2nd Annual Breakfast with Santa for children in Norwood, Powell and Halls. The pancake breakfast is free, but please bring a canned good for the food pantry.

Seymour United Methodist Church

This Monday, Nov. 19, brings both the PDO program's Thanksgiving lunch at 11 a.m., plus at 7 p.m. in the Prayer Chapel, the Older Adult Council sponsors a seminar on various Medicare related health and prescription plans.

This Tuesday (11/20/12) at 7 p.m., there will be a rehearsal for the Christmas Cantata, "I hear the Prophet Callin'." All are welcome to participate with

the chancel choir for their Dec. 16, 8:45 a.m. presentation

This Wed., 11/21/12, there will be no usual "Fellowship Meal" held due to Thanksgiving Day being the next day. Meals will resume on 11/28/12.

Looking ahead, the Older Adult Council has its annual Christmas Dinner scheduled for Saturday, Dec. 1st, at 6 p.m. Ages 55 and above, pick up your ticket(s) from reps in main church hallway the next few Sundays.

If you have not yet turned in your "Stewardship Commitment Card" for 2013 budget, please do so ASAP. Everyone, pray about your stewardship responsibilities.

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ANTIQUES & COLLECTIBLES

It's Turkey Trot Time!

It's that time of year again when many of us hit the road to all points to be with family and friends. This is a good time perhaps to visit different areas of the country that have antiques and collectibles that you can find at great prices. November and December are great months to focus on adding to your collection or buying for resale. You may be going to an area where items that are in high demand here can be cheaper due to availability and trending.



By Carl Sloan

As an antique dealer, I can tell you for a fact that if you are going to be in this business then you're going to have to travel to different markets where supply and demand differ. For instance, certain items that sell very low here can be put in a market in another area of the country to a gallery or auction that specializes and has a large following. Antiques and collectibles are moved and traded just like any commodity and it is paramount to understand

what sells for what and where. So here is my guide for what to keep an eye out for where you may be traveling this holiday season. If going to the North East, you may find a myriad of items in greater volume as to the larger population over the last 200 years so look out for early items such as folk art, items from the 1880s, good jugs and pottery with blue marks, quilts, paintings and art works such as old bronzes, modern art 1930s - 1960s to include sculptures and furniture. The Midwest is a great area to find advertising pieces such as old signs made of porcelain, containers, soft drink collectibles as well as beer and tobacco, automobile items from earlier days, license plates, folk art, decoys and good paintings and Civil War items to include photography and other items. The South and South East can be tricky yet if you know where to look can be very rewarding. Florida retirees

have flocked to the state since the 1930s, bringing their items with them so you really can find great and important items from New York and East Coast estates. Here is a great place to seek fine arts and higher end items from paintings, jewelry, rugs and all sorts of great items. I know an auction house in Del Ray Beach, Florida that has sold these type items for many years and have super items from the upper class of the time. The old South is a great place for handmade advertising signs and folk art as well as historical items. Civil War items are also to be found along with very significant Southern furniture such as sugar chest and tall case clocks.

As always I am constantly on the lookout for your good items and can offer you an estimation at no cost to you either by phone, email or a personal visit by appointment. To have your items assessed simply call Fountain City Auction at (865) 604-3468.

Consignments are now being taken for an important January sale so get on board soon!

Saluting our Veterans



Above: Special recognition was given on Friday, November 9 to the

veterans of Windsor Gardens. Each veteran was recognized and honored at a Pep Rally on Friday, and given the chance to tell in what countries he served, and a few stories from their service were shared as well. Pictured from left to right, Cecil Campbell (Army), Mack Crutchfield (Army), Claude Patterson (Naval Air Force), Henry Worthy (Army), Charlie Potts (Air Force) and Harold Hotchkiss (Army). Not pictured, Jay Flanagan (Marines), Lawrence

Massengill (Air Force), Bob McGehee (Marines), Wayne Byers (Army Air Corps), Tott Wilson (Marines), Louise Swaggerty (Nurse in Army Cadet Corps), Bob Butler (Army), Irby Russell (Army).

Left: Mr. Floyd Hubbs shares some memories from his days in the military. Veterans were recognized for their military service at the Corryton Super Seniors luncheon held on November 13th at the Corryton Community Building.



November

Continued from page 1

Fritz which I found in a little booklet called "Give Thanks for Little Things." The next one was written by me many years ago.



filled with gratitude
For the harvest of this fall,
And for the God in heaven
Who provides for us all

Thank you, God.
I wish everyone a safe
and Happy thanksgiving.
Thought for the day: For I will
refresh the weary soul; every soul
that languishes I will replenish. Upon
this I awoke and opened my eyes;
but my sleep was sweet to me.
Jeremiah 31:25, 26
Send comments to rosemerie@att.net or call (865)748-4717. Thank you.

ANNOUNCEMENTS

2nd Annual Pumpkin Pie sale


Sysco Knoxville is teaming up with the Tri-County Lions Club to help with their 2nd Annual Pumpkin Pie sale. The sale will be at Sysco Knoxville at 9:00 a.m. on November 19. Pies will also be available through club

members or Connie's Kitchen on Nov. 20th and 21st.

3rd Annual Gibbs Christmas Parade

The Gibbs Ruritan Club wants your team or club, church group, cars, trucks, tractors, horses, floats, etc.

Cont. on page 4



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CLASSIFIEDS

PUBLIC NOTICE

PUBLIC NOTICE:

Knoxville Regional Transportation Planning Organization – Executive Board Meeting, November 28, 2012.

The Knoxville Regional Transportation Planning Organization (TPO) Executive Board will meet on Wednesday, November 28, at 9 a.m. in the Small Assembly Room of the City/County Building, 400 Main Street, Knoxville, TN. Topics to be considered: Consideration of Amendments to the 2011-2014 Transportation Improvement Program, Consideration of the TPO Metropolitan Planning Area Boundary, Draft Regional Mobility Plan Project Lists, Obligations of Federal Funding for Transit Projects for FY 2012; and other business.

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

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Texas Christmas Pickles

1 gallon jar of dill pickles
1 (5 lb) bag of sugar
1 (5 oz) jar of Tabasco
5 cloves garlic, chopped

Drain the brine from the pickles and discard. Slice pickles lengthwise, and return them to the jar. Pour in the hot pepper sauce, and add the garlic. Pour in about 1/3 of the sugar. Close the lid tightly. Gently tip the jar back and forth several times to allow everything to mix well. Leave out on the counter at room temperature for about 1 week.

During the week, add more sugar as the sugar in the jar dissolves. Gently tip the jar back and forth to mix. Continue the process throughout the week, until you have used up all of the sugar. When all of the sugar has been absorbed, pickles will be dark green and crispy. Transfer pickles to smaller sterile jars, and divide syrup between jars. Seal with lids and rings. Store in the refrigerator, and consume within one month.

So simple and so good.

Charlsie's Pecan Pie

1 cup Karo syrup
3 eggs
1 cup sugar
2 tbsp margarine
1 tsp vanilla
1 ¼ cups pecans

Mix all. Pour into pie shell. Bake at 325° for 55-60 minutes.

ANNOUNCEMENTS

Cont. from page 3

in the 3rd Annual Gibbs Christmas Parade to be held Sunday, December 2, at 2:30 p.m. Plan now to show off your entryies by participating in this event.

The parade begins at Gibbs High School and finishes at the Gibbs Center (IGA). Lineup will begin at 1:45 p.m. at the high school. There is no entry fee; however the Club will be accepting canned food items that will be donated to the Corryton Food Pantry during this season of need. To preregister your entry or get more details, email gibbschristmasparade@gmail.com. or call: Larry Dougherty at 898-3532 or Eddie Jones at 789-4681.

Have a Used Car?

Donate your used vehicle to the National Kidney Foundation's Kidney Cars program and you can join the fight against kidney disease. Your vehicle donation will support the many prevention programs and direct patient services offered throughout Tennessee that are enhancing the lives of people with, and at risk for, kidney disease. In addition, your contribution can earn you a tax deduction. The National Kidney Foundation will pick up any used vehicle from any roadside or parking lot free of charge. Call 800-488-CARS or visit www.kidney-cars.org.

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