

MLK commission honors outstanding community leaders, organizations

The Dr. Martin Luther King, Jr. Commemorative Commission presented special awards to two outstanding individuals as well as to a community center, an educational center, a youth organization, an animal hospital and a musical group.

The following organizations were honored at Thursday's annual MLK Awards Luncheon:

The MLK Award for Advocacy will be presented to CONNECT Ministries – an organization under the direction of Keira A. Wyatt that provides special programs for youth.

The MLK Education Award will be presented to the Crutcher Memorial Youth Enrichment Center – an organization that has the goal of motivating young students by nurturing their talents.

The MLK Business Award will be presented to the Ashville Highway Animal Hospital because of their commitment to high quality veterinary services and support of the community.

Other awards slated to be presented during the week long celebration include:

On Sunday evening,

January 20th during the “Night With the Arts” program, the MLK Arts Award will be presented to Sparky and Rhonda Rucker, a local musical group that significantly honors the rich heritage and cultural legacy of our community.

On Monday, January 21st, during the Greater Warner Tabernacle AME Zion Church MLK Memorial Tribute Service at noon, Ms. Rita Geier will be presented the MLK Chair’s Award for pioneer work in civil rights and the special work she as done in higher

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Willie Crutcher accepts the the Education Award for her Youth Enrichment Center from Dewey Roberts, Knoxville Branch NAACP past president, at the annual Dr. Martin Luther King Jr. Leadership Awards Banquet Thursday.

FOCUS Weekly Poll*

In your opinion should armed law enforcement officers be assigned to all public schools in Knox County?

YES	70.60%
NO	29.40%

Survey conducted January 17, 2012.

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

2nd Annual Game On Against Cancer to raise funds for Thompson Cancer Survival Center



Country Music legend Con Hunley jokes with his table during a game at last year’s Game On Against Cancer.

By Tasha Mahurin
Mahurint@knoxfocus.com

Knoxville's “go-to” store for home entertainment, Games and Things, has teamed up with a number of local sponsors to host a second annual fundraiser to benefit Thompson Cancer Survival Center on March 1.

Scott and Lisa Mellon, who have owned Games and Things for 32 years, were inspired to host the event last year after Lisa’s own health journey led to treatment at the Thompson Cancer Survival Institute.

“After spending some time at the center for treatment, I knew I wanted to do something. I called Covenant to see what we could do to help,” Lisa told the Focus.

The couple was able to channel their expertise in home entertainment to create a unique and dynamic evening of gaming.

The event, appropriately entitled “Game On Against Cancer”, will feature an evening of celebrity competition. Participants will be able to challenge a local celebrity to a game of table tennis, billiards, poker, darts or black jack. Mayor Madeline Roger, Mayor Tim Burchett, Jeff Francis, Abby Ham, Hallerin Hill, Con Hunley, Bill Landry, Phil Williams, Mike Witcher and a host of other Knox-famous celebrities are among those who have stepped up to the card table to show their support for this compelling cause.

“We’re grateful that we had such a great

response from our local celebrities and want to thank them for coming out again this year to be part of this fun-filled night,” Lisa added.

Proceeds from the event go to help fund two important programs at Thomspon Cancer Survival Center- the Thompson Cares Fund and the Fellowship Center. The Thompson Cares Fund provides financial assistance for patients who are in crisis and need help to meet the expenses of basic necessities like housing, transportation, medical supplies and medication. In 2010, over \$55,000 in aid was provided through the fund.

The Fellowship Center provides a free “home-away-from-home” for patients and families who

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Lift Every Voice for Black History Month

In February, The WordPlayers of Knoxville will tour “Lift Every Voice” throughout the East TN Area. “Lift Every Voice” is an original one-act presentation in drama, song, and dance that tells the story and the influence of the Harlem Renaissance. To kick off the tour, the public is invited to the Final Dress Rehearsal on Feb. 4 at 7:30 p.m. This is a free event at Middlebrook Christian Ministries, 1540 Robinson Rd. in west Knoxville. For more information, please call 865-539-2490

“Lift Every Voice,” by Doug Floyd, highlights important events of the Harlem Renaissance and focuses on the contributions of several key figures such as W.E.B. DuBois, James Weldon Johnson and Zora Neale Hurston. The show also puts into context the incredible influence of the Harlem Renaissance on people such as Elvis Presley, Spike Lee, Maya Angelou, Toni Morrison, and Dr. Martin Luther King, Jr.

This 50 minute piece is available to schools and other venues in the East TN area from February 5 to March 1, 2013. For a current list of scheduled performances, visit www.wordplayers.org. For booking information, please contact The WordPlayers by phone: 865.539.2490 or Email: wordplayers@comcast.net.

The WordPlayers is a 501(c)3 company of Christian theatre artists based in Knoxville.

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Sunday Night Popcorn

In another universe and another time, Sunday was a day of rest. It was a day that defined the end of a hard week of work and school. That Sabbath was filled with some of the most comfortable and reassuring things for every member of the family.

My parents took us to Sunday school and church all our lives. No, the church didn't offer a nursery or a children's alternate worship service. Dal, Jim, and I sat in church between grown-ups and kept our mouths shut.

When young twin boys are left to their devices long enough, trouble is on the way. We'd draw on bulletins as generations of young 'uns have done. Paranoid feelings settled in at some point, and both of us felt sure that every choir member in the front of the sanctuary was staring at us. Then one of our "tickle boxes" would overturn, and we'd darn near choke to death on swallowed laughter. On a couple



By Joe Rector

of occasions, Daddy promised to deliver sound thrashings unless we "straightened up."

Once home, we boys were sent to change out of our Sunday clothes. Mother would finish cooking dinner, usually featuring fried chicken or a beef roast. Many Sunday mornings she would rise early to cook things so that we could gather round the kitchen table soon after returning from church. We boys grew fat on meals that also offered a basket of hot biscuits, gravy, and jelly.

After the meal we were sent packing. Sometimes we finished homework for Monday, but most of our time was spent playing outside. We stayed inside only during downpours. Mother and Daddy cleared the table and washed the dishes. In short order, the kitchen was spotless, and on the top of the stove were leftovers that would disappear by evening.

It was only after Mother worked like a servant that

she trudged to her favorite chair in the living room. She and Daddy claimed the area as theirs. He sometimes moved to the bedroom to catch a few winks before leaving in the late evening for his shift at work. Mother poured over every article in the paper. In those days stories took up more room than ads. Eventually, she'd give in to her tired body and would curl into a ball like a dog and take a nap that might last half an hour or half an afternoon.

In the evenings we loaded up for church again since both parents served as MYF leaders. Then we'd drive that short couple of miles back home. We hurried to finish up any loose ends of homework and then squabbled about whose turn it was to take the first bath.

With all things completed, the five of us gathered in front of an old television with a screen no larger than fifteen inches. Before long Mother would disappear, but when that aroma traveled from the kitchen to the living room, we knew she was completing the last task of the day.

Mother would come back with a giant bowl of popcorn that she'd popped in a pot on the stove. The only rule was that we boys had to eat one kernel at a time. It was a difficult order, but if one of us cheated, the other two "tattle-taled."

We sat as a family and watched "Bonanza." On special September Sundays, Chevrolet previewed the newest models of their cars. When the show was over, it was time for bed. Regardless of how bright-eyed we were, our parents sent us to our rooms. We later learned they did so to steal just a few minutes of peace and quiet before another week began.

Families now have too many televisions, computers, video games, and cell phones. They don't gather in one room unless a parent demands it, and then kids sulk until they can retreat to their rooms and toys again. I miss those Sunday nights with my family. It's for sure that popcorn never tasted as good as it did back then.

FOCUS Weekly Poll

In your opinion should armed law enforcement officers be assigned to all public schools in Knox County?

Yes 70.60%
No 29.40%



By Age	Support	Oppose	Total
18-29	50.00%	50.00%	2
30-49	78.57%	21.43%	84
50-65	71.07%	28.93%	197
65+	67.28%	32.72%	217
Total	70.60% (353)	29.40% (147)	500

By District

1	72.22%	27.78%	36
2	82.14%	17.86%	56
3	68.09%	31.91%	47
4	61.84%	38.16%	76
5	59.02%	40.98%	61
6	74.60%	25.40%	63
7	70.97%	29.03%	62
8	88.24%	11.76%	51
9	62.50%	37.50%	48
Total	70.60% (353)	29.40% (147)	5000

By Gender

Unknown	75.00%	25.00%	16
Female	73.39%	26.61%	233
Male	67.73%	32.27%	251
Total	70.60% (353)	29.40% (147)	500

Survey conducted January 17, 2012.

Is third Obama term a possibility?



By Richie Beeler

The re-election of Barack Obama less than three months ago left conservatives wondering if one of their ilk would ever be elected to the presidency again. The election of 2012 once again proved America is a nation with a deep ideological divide. But the results suggest that divide is drifting slowly but persistently in favor of the left.

Republicans were devastated when it became

obvious around 11 pm in the east on November 6th that a second Obama term was indeed a reality. Now some of those same Republicans are terrified that even his second term may not be his last.

Some of you are already thinking, 'Oh, that would never happen.'

My advice to you? Never say never.

It would not be completely unprecedented. Franklin Delano Roosevelt was elected four times between 1932 and 1944. FDR died just a few weeks into his fourth term. In the wake of his twelve-year reign over the country, Congress passed the 22nd Amendment to the Constitution,

which limited the presidency to two terms.

Prior to Roosevelt the two term limit on the president was more a matter of political dynamics and unwritten protocol than Constitutional law. In the first place, it was and is very difficult for any individual to outlast the fatigue of the American electorate enough to garner three terms in the White House. Second term presidents have seldom left office with a whole lot of popularity.

And then there is the precedent set by George Washington. After his election in 1788, no one knew how many terms Washington might serve as chief executive. But after his second term expired, he chose not to seek a third, establishing a protocol that shaped the way both the voters and future candidates would view the presidency.

Perhaps the closest the country ever came to a three term president before FDR, was with his cousin Theodore Roosevelt. Young TR

assumed the presidency in 1901 when William McKinley was assassinated just a few months into his second term. Roosevelt went on to serve more than three years of McKinley's term and then was elected himself in 1904. When the election of 1908 came around, most people expected the popular Roosevelt to seek a third term. However, the President chose instead to run William Howard Taft as his hand-picked successor. In 1912, TR would return to the arena and make an unsuccessful run for the White House as a third party candidate.

Of course then we didn't have the 22nd Amendment. In order for Obama to run in 2016 it would have to be repealed.

Again you're thinking, 'Oh, that would never happen.' What did I tell you about that?

It's actually already happening. At least I mean some folks are already trying. Congressman Jose Serrano of New York has already introduced a bill

to repeal the 22nd Amendment and remove term limits from the presidency. Does the bill have a chance of making it through the House? No. At least not now. But they have three years to work on it, and don't underestimate these people's determination.

Interestingly, it may be Theodore Roosevelt's approach, and not a Constitutional Amendment, that enables Obama to essentially seek a third term. Rather than run himself in 1908 and violate a long standing tradition of presidential politics, Roosevelt picked Taft to run as his proxy. A 'proxy' is defined simply as 'a person authorized to act for another.'

Taft may have run as his own candidate, but virtually the entire voting public knew he was merely a fresh body intent on furthering the Roosevelt progressive agenda. If Obama is prohibited by law from seeking a third term, that does not mean a proxy could not step in to further his progressive agenda as well.

And he may not have to look very far to find one. In fact he may not have to leave the White House at all.

No one embodies or supports Obama's leftist, liberal policies more than the First Lady. Michelle Obama could well be the candidate that seeks to secure a third Obama term. Although Hilary Clinton waited eight years after her husband left office, she came within an eyelash of winning the Democratic nomination in 2008. Had she been successful, the general election would have been a cakewalk.

This may seem a far-fetched scenario as I sit here in the snow typing this column in January of 2013. But I have a feeling the same people that elected Barack Obama twice would be as giddy as a school girl over the prospect of electing his wife. That would be almost as good as a third term.

Heck, if you can't be president, the First Dude ain't a bad job.

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Publisher's Positions

When The Wobbly Cobbles Come



By Steve Hunley, Publisher
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Last week I happened to be listening to the Haller-in Hill program, although I will confess it is not a program I listen to often. Haller-in Hilton Hill that morning had a premise that was actually interesting; he was inviting callers to share their views on the national debt. Mr. Hill himself declared he wanted to see people elected to Congress who will cut spending and work to erase the national debt. I was quite interested to hear Haller-in Hill take a position that is, I think, both responsible and wise.

Yet it occurred to me neither Haller-in Hilton Hill nor many others in Knox County seem to feel remotely threatened by Knox County's own burgeoning debt. Currently, if one includes interest payments, Knox County is more than \$1 billion in debt. Many of the same folks who caution us about the very real dangers posed by the national debt are strangely unconcerned about Knox County's own debt. The local media has taken an attitude of pretending it doesn't exist, not because they don't know about it, but because if the general

populace actually got worried about the local debt situation, it would undermine their support for increasing taxes. That is especially true where our own school system is concerned.

Superintendent of Schools James McIntyre asked last year for new money that would have required a 35 cent increase in the property tax. McIntyre will doubtless ask for more new money this year, which would also require a tax increase. Acknowledging Knox County's debt problem would sure make it awfully hard to continue throwing roses in the path of Superintendent James McIntyre.

Dr. McIntyre has shown little interest in those things that aren't grand or glorious. There is clearly a problem with many teachers being evaluated outside their own field, yet there is no indication the Superintendent finds this to be a problem. Somehow, I rather doubt Dr. McIntyre would enjoy his being evaluated by the Board of Education as a carpenter or brick mason, much less by the County Commission than the Board of Education. Yet many educators, guidance counselors art teachers, and music directors are being evaluated as if they were math or science teachers. McIntyre hasn't bothered to ask the legislature to fix the problem, which has been acute for some educators. McIntyre's bonus program has been extended to the point where the criteria has been watered down so more educators can qualify for it, making it far less impressive as a standard.

Driver's Ed is being offered at about half of Knox County's high schools, while parents at the other high schools have to dig into their pockets to send their kids to private classes if they want to get the insurance discount. Is it fair or equal? No. But McIntyre defends it on the basis of his giving principals the right to decide how they were going to spend money at their respective schools when we were experiencing yet another of the frequent fiscal crises. Despite getting millions more in tax dollars (including a \$14 million windfall that was spent in a night), only Board of Education Mike McMillan has had the temerity to suggest the program be restored to every school.

The second annual State of the Schools address will probably be less a report card on how our children are learning and just how our schools rate than allowing Dr. McIntyre to tell us just how good everything is, but that he also needs more of our money to do still more. Anyone who believes the information related by Dr. McIntyre on these occasions isn't filtered for public consumption is likely still waiting patiently for the Easter Bunny to drop by with a splendid basket of goodies. For instance, McIntyre focuses on the improved graduation rate, while failing to acknowledge the statistics that reveal how few of our students are prepared to go on to college. Those numbers are nothing less than abysmal. The best numbers come from Farragut High School and those indicate only 42%

of students graduating are ready to attend college, yet the increase in the percentage of those students graduating is being hailed as an accomplishment akin to discovering a cure for cancer. Does it really matter how many students are graduating when so few are ready to go to college and become productive taxpaying citizens? Some of the numbers in our high schools are in the single digits and it is just about impossible to make the case that more money solves every problem as these statistics don't verify that assumption.

Since President Lyndon B. Johnson began his war on poverty, the United States has invested some \$17 trillion via 80 odd programs to combat poverty and expand the entitlement programs into a way of life for many people. That figure, incidentally, is almost identical to America's debt. Clearly, pouring more money into any department or agency isn't the answer and that includes the schools. McIntyre cries we must "invest" in our schools and currently the Knox County School system spends more than half a billion dollars a year. That would seem like a healthy investment to me.

Local governments have important ties to both state and federal governments; localities have become dependent upon funding from both state and federal governments. Our country

has seen the debt of state and local governments rise as laws are mandated without money to implement the new programs; local governments find themselves accepting "grant" money that eventually runs out and that department or agency must find a way to keep the program alive. McIntyre started a new program, taking the supposedly best teachers and making them trainers for other teachers. As I have said before, it is an odd concept to take the best players off a team and turn them into coaches and worse still, McIntyre used non-recurring funding to pay for the program. Of course he will urge the County Commission to find more money to make it permanent.

McIntyre gives a certain class of people in this county the quivers because he's seen as some sort of visionary, yet his reign has produced less in terms of real achievement than a huge appetite for more taxpayer dollars. There is little evidence to suggest Dr. McIntyre and the school administration even lives in the real world. None of these people seem to realize, care or even give a hoot about the county's debt or the financial pressures experienced by the State of Tennessee. Yet, none of the business people who get the quivers from Dr. McIntyre's grand ideas would run their own businesses

by spending more while the debt continues to grow. None of these quiverers who so righteously point out the dangers of the national debt are issuing similar warnings for Knox County; in fact, most jump right on the bandwagon without the slightest hesitation. They solemnly intone we must do "what is right", which is usually code for it's really unpopular, the people are opposed to it, but we want to do it any way. And oddly, "the right thing" always seems to involve picking the pockets of the average person. The Knoxville News-Sentinel has regularly scolded Knoxville and Knox Countians they should be willing to pay more, yet did you know there is no tax on advertising? None. Not a penny. How much do you suppose it would generate for Tennessee and local governments to apply the sales tax to advertising? Print, radio, and television.

I'd be willing to pay it via *The Focus*, but my guess is that suggestion isn't going to make it to the Haller-in Hill show, nor will you see an editorial in *The Sentinel* that they are willing to pay their fair share. That would give them a serious case of the Wobbly Cobbles and it's much easier to support the notion of taking your money instead.

Boyd Excellent Choice

By Steve Hunley, Publisher
publisher@knoxfocus.com

Governor Bill Haslam recently announced the appointment of Knoxville businessman Randy Boyd as Special Advisor on higher education. Boyd, founder and owner of Radio Systems Corporation, has given both generously of his time and money to help education.

Boyd has yet again demonstrated his commitment to education in our community by accepting a full-time appointment without pay. Whether or not one agrees entirely with Mr. Boyd's views,

one has to admire his community spirit and dedication to helping others.

Randy Boyd is an exemplary example of a person who has achieved great success in business, creating jobs and paying taxes, giving back to the community well beyond what anyone has the right to expect.

Governor Haslam should be commended for his wisdom in asking Randy Boyd to join his administration and a debt of gratitude is owed to Randy Boyd by Tennesseans.

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Offers expire February 18, 2013. One coupon per table. Not good on take out. Discounts not included on alcoholic beverages.

FOCUS MORE ON Seymour & South Knox

Huckaby speaks to Seymour Chamber

The history as well as the economic impact of aviation in East TN is both fascinating and inspiring and the Seymour Area Chamber of Commerce was pleased to have a program on this topic at the organization's networking meeting last week. Guest speaker Becky Huckaby from McGhee Tyson Airport spoke about the footprint 1.5 million passengers each year has and how significant it has been and still is today to the prosperity of our area. Huckaby also shared the latest news and updates as well as the vision the MKAA has for the future of aviation in East TN.

The Seymour Chamber serves and supports members and their businesses in a number of ways including networking, education, and community involvement. The Chamber meets on the third Tuesday each month at Gondolier, 7644 Mountain Grove Rd. For more information on the Chamber and/or upcoming community events visit www.SeymourTn.org.



Leading preacher and activist to speak at university campus.

Dr. Tony Campolo, educator, author, preacher, and founder of Evangelical Association for the Promotion of Education (EAPE), will speak at Johnson University on January 24, 2013, at 9 a.m.

Dr. Campolo will speak at the morning chapel service addressing the students, faculty, and staff of the university. Campolo is among many notable spring semester presenters including local priest and popular blogger, Father Stephen Freeman (January 31); recording artist and author, Michael Card (February 12); and nationally syndicated columnist and author, Terry Mattingly (February 7).

Chapel services are held at 9 a.m. in the Phillips-Welshimer auditorium. Since chapel services are part of Johnson students' curriculum, priority seating will be given to them. Outside guests are welcome to attend.

Dr. Campolo, professor emeritus of sociology at

Eastern University in St. Davids, Pennsylvania, is among the most celebrated and sought-after speakers and writers in the United States. He has authored 39 books, the most recent of which is Red Letter Christians.

Through EAPE, Dr. Campolo has developed and nurtured elementary and secondary schools, universities, adult and child literacy centers, tutoring programs, orphanages, AIDS hospices, urban youth ministries, summer camps, and long-term Christian service programs in Haiti, the Dominican Republic, Africa, Canada, and throughout the United States. For more information about Dr. Campolo and these ventures, visit TonyCampolo.org.

Johnson University offers more than 35 accredited bachelor's, master's and Ph.D. programs – all with a biblical core – designed to equip individuals for Christian ministry and other strategic vocations to extend the kingdom of God.



Picture of a white-tailed deer in the driveway, by Ralphine Major

Our Wildlife Visitors

They are nature's beauty at its best and most often seen on Christmas cards or in wildlife magazines. But, Mother Nature may be found in our own back yard. An occasional sighting in the dead of winter can bring a spark of life to dark, dreary days. Sometimes, I nearly miss them with their camouflaged coats that blend in against the winter landscape. A closer look almost takes my breath away. I stop and enjoy the moment. It is a rare gift, indeed, to see them.

Pastures that earlier produced huge bales of hay in the summer give way to frost in the fall. It provides a perfect setting for them on an early morning wrapped in winter's chill. I have watched them stand motionless for minutes until the sound of a motor causes them to run. The least sound can prompt quick movements of their head, aware that danger could be lurking in the distance. They can disappear from sight in the blink of an eye, with only their beautiful white tail visible as they



By Ralphine Major
ralphine3@yahoo.com

scamper out of sight. I have seen them scale a fence in a vertical leap that requires no take off.

It was on a Thanksgiving morning one year that we saw four of them standing quietly in a frost-laden field. Another time, we stopped along the highway to soak in the sight of a single doe looking almost lost in a field with cattle nearby. Though they appear unannounced, these special visitors are always welcome. Frequently, we see groups of them frolicking in the field or dashing through the backyard. One such group we named Love, Joy, and Peace. When we saw them again, there was an addition. We called it Baby Noel.

They are things of beauty, these wild creatures known as the white-tailed deer. I watched quietly from a distance as the deer pictured here stared my way while feeding on acorns. It was God's gift on this winter day. Then, in a fleeting moment, it was gone.

MLK commission honors outstanding community leaders, organizations

Cont. from page 1

education in Tennessee. Also at that event, Joe Armstrong will receive the MLK Distinguished Service Award and the Beck Cultural Exchange Center will receive the MLK Community Service Award. Joe Armstrong is our State Representative for the 15th Legislative District and has worked especially hard to promote social justice. The Beck Cultural Exchange

Center promotes research, preservation, and collections of significant African-American materials as well as other community services.

The MLK Commission will also honor Ruth Sharp Benn as the Grand Marshal of the MLK annual parade Monday morning, January 21st. Ms. Benn has a distinguished career as a teacher and recently served as Principal of

Beardsley Junior High School.

The Knoxville Symphony Orchestra will hold A Concert in Celebration of Dr. Martin Luther King, Jr. tonight at 6 p.m. This concert, free and open to the public, will take place at the Tennessee Theatre. The concert is sponsored by the Dr. Martin Luther King, Jr. Commemorative Commission of Greater Knoxville and

Knox County Commissioners Amy Broyles and Sam McKenzie.

For more info about the celebration please visit the MLK Commission website at www.MLKKnoxville.org.

2nd Annual Game On Against Cancer to raise funds for Thompson Cancer Survival Center

Cont. from page 1

must travel more than 30 miles to receive treatment at Thompson. The center offers fully-furnished apartments, meals and supportive services at no cost to patients. Since 1993, more than 17,000 guests have been served, saving them nearly \$7 million in hotel costs.

Last year the event raised \$30,000 to benefit the center.

The home theatre room will be open for guests to enjoy the big game, and the evening will also offer a silent auction and plenty of food and drink. Tickets are

\$50 each and may be purchased by calling (865)541-1227 or emailing mbrown@covhlth.com.

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TVBA holding 3rd Annual Business and Education Showcase

Knoxville will host the 2013 Business and Education Expo of the Tennessee Veterans Business Association (TVBA) on January 28-29 at the Knoxville Convention Center.

Members of the public and private sector business community join together in this unique event that combines a business to business showcase with a career and education

opportunity summit for veterans.

"This is a high energy event that is a celebration of the diversity in the East Tennessee business community," said Jonathan Williams, founder and 2012 TVBA Chairman. "We combine a B2B trade show environment with a career opportunity fair for veterans" Williams also said, "We invite all Businesses (non-veteran

businesses are welcome) and education institutions for networking and learning opportunities, and you may also find a great veteran employee candidate or student" The event will also invite the veteran population to come and learn about career and education opportunities and business startup assistance.

On Monday, January 28, the high-energy expo kicks-off with keynote

speakers, breakout sessions, networking opportunities and more. That evening, keynote speaker Jim Haslam, Founder of Pilot Corporation and U.S. Army Veteran will speak during the Veteran Small Business Awards Ceremony with honors for Veterans Work, Veteran Young Entrepreneur, and Veteran Innovator to name a few.

Tuesday, January 29

begins with opening ceremonies followed by guest speakers Doug Minter, Small Business Development Manager of the Knoxville Chamber and U.S. Marine Corps Veteran and keynote speaker Charlie P. Tombras, Jr., President of The Tombras Group and U.S. Army Veteran. The day continues with breakout sessions for attendees with

Continue on page 2



From State Representative Harry Brooks

It has been another busy week in Nashville. Even though we have officially recessed until January 28th, I have been in my office each day. As newly appointed chairman of the House Educational Committee, much of my time has been spent meeting with people concerning educational issues. Among these were representatives from the Tennessee Education Association and Professional Educators of Tennessee. Also former Florida Governor Jeb Bush was in Nashville to discuss education reform that he initiated while governor of Florida.

I attended a meeting with him and Governor Haslam as they discussed how the process evolved in Florida. Governor Haslam has stressed that he intends to make education a priority for his administration, and he is looking at many different ideas to improve the quality of education for Tennessee students. This includes all students from Pre-K through post secondary institutions. As part of his plan for higher education, he has appointed Mr. Randy Boyd from Knoxville to study and make recommendations for improving higher education graduation rates among Tennessee's population. I had the opportunity to sit down and talk with Mr. Boyd one day this week, and I

Continue on page 4

December Officers of the Month named

The Knox County Sheriff's Office is pleased to announce that Officers Keith Hester and Glenwood White have been named Officers of the Month for December 2012.

On December 7th, Officers Hester and White attempted to arrest a suspect at his home on an outstanding warrant. The suspect was found hiding under a bed and taken into custody. After a search to clear the home for safety purposes, approximately \$50,000.00 worth of marijuana was found and confiscated.

Officer Hester has been with the Knox County Sheriff's Office since March 1989. Officer White has been with the KCSO since March 1994.



Congratulations to Officers White and Hester!

New toll-free line offers free legal information, referrals

Service will help low-income Tennesseans find resources to deal with civil legal issues

A coalition of Tennessee legal groups has joined forces to launch a toll-free phone line offering free legal information and referrals to low-income Tennesseans.

The service, known as aLEGALz, will assist Tennesseans in finding resources to deal with civil legal issues. Those who cannot

afford a lawyer may call the line at 888-aLEGALz (1-888-253-4259) and leave a message at any time. Calls will be returned by a licensed Tennessee lawyer.

The aLEGALz program is made possible through a grant from International Paper and funding from the Tennessee Commission on Continuing Legal Education and Specialization.

"This new service, along with our website, OnlineTNJustice.org, makes Tennessee a national

leader in meeting the challenge of connecting all our citizens to the available resources," said George T. "Buck" Lewis, chairman of the Tennessee Supreme Court Access to Justice Commission. "I am thrilled that these groups have come together to launch this exciting initiative."

The Access to Justice Commission is facilitating the aLEGALz project. The commission was created by the Supreme Court, which tasked it with developing

initiatives to remove barriers to access to justice in the state.

"The Supreme Court considers access to justice for all citizens one of its highest priorities, and we are grateful to those that have made this new service possible," said Supreme Court Justice Janice M. Holder, who serves as the court's liaison to the commission.

aLEGALz is the first statewide phone line dedicated to assisting low-income Tennesseans

Cont. on page 2

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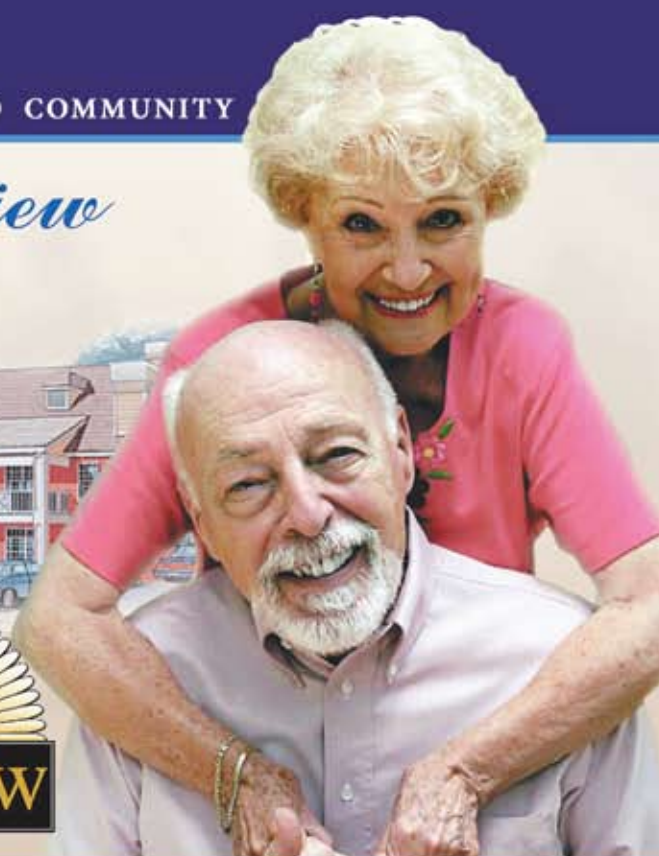
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Parkview Fountain City, 5405 Colonial Circle, Knoxville, TN 37918, 865-687-0033, www.pvseniorliving.com

Pulitzer Prize Winning Author and Historian to speak at the Bijou Theatre for Presidents' Day

The Honorable Bill Haslam, Governor of Tennessee, to introduce program

East Tennessee Historical Society and Friends of the Knox County Public Library are proud to present A Presidential Conversation with Jon Meacham at 7:30 p.m., President's Day, February 18, 2013, at the Historic Bijou Theatre. Tickets cost \$30/\$20 and go on sale January 18, 2013, through knoxvilletickets.com, knox-bijou.com or by calling the Tennessee Theatre box office at (865) 684-1200.

The Honorable Bill Haslam, Governor of Tennessee, and a history buff in his own right, will deliver the introduction.

A native son of Tennessee, Jon Meacham is a Pulitzer Prize-winning author of four books and many essays. He is a former co-anchor of the public-affairs broadcast Need to Know on PBS and former editor of Newsweek. In honor of President's Day and the upcoming exhibit on the War of 1812 at the Museum of East Tennessee History, the East Tennessee Historical Society and the Friends of the Knox County Public Library are pleased to present this important event.

Mr. Meacham's latest book, Thomas Jefferson: The Art of Power, is topping The New York Times' bestseller's list. His book, American Lion: Andrew Jackson in the White House, debuted at #2 on

The New York Times' best-seller list. On April 20, 2009, American Lion was awarded the Pulitzer Prize. Mr. Meacham is also the author of two other New York Times' bestsellers — American Gospel: God, the Founding Fathers, and the Making of a Nation and Franklin and Winston: An Intimate Portrait of an Epic Friendship, about the wartime relationship between Roosevelt and Churchill. Named a book of the year by The Los Angeles Times, it won The Churchill Centre's 2005 Emery Reves Award for the best book of the year on Winston Churchill and the William H. Colby Military Writers' Symposium's Book of the Year Award.

In 2009, Mr. Meacham was elected to the Society of American Historians. He serves on the Board of Trustees of The Churchill Centre, the National Advisory Council of the

John C. Danforth Center on Religion & Politics at Washington University in St. Louis, and on the Advisory Committee of the Center for the Constitution at James Madison's Montpelier.

Mr. Meacham has written for The New York Times, The New York Times Book Review, Washington Post, Slate, and Los Angeles Times Book Review. In 2001, he edited Voices in Our Blood: America's Best on the Civil Rights Movement (Random House), a collection of distinguished nonfiction about the midcentury struggle against Jim Crow. He has served as a judge for the Robert F. Kennedy Book Award and was awarded the Hubert H. Humphrey First Amendment Medal by the Anti-Defamation League.

Born in Chattanooga in 1969, Meacham was

Continue on page 4

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New toll-free line offers free legal information, referrals

Cont. from page 1

facing legal problems, and is the next step in an ongoing effort to improve access to the legal system for all Tennesseans. The service will complement the existing web-based resource OnlineTNJustice.org – a joint project of the Tennessee Alliance for Legal Services (TALS) and the Tennessee Bar Association, which allows users to post legal questions and receive answers from volunteer attorneys through a secure online messaging service. Since the service launched in 2011, more than 1,800 Tennesseans have received free legal assistance through the site.

Both the web and phone programs are part of an effort to eliminate barriers such as geographic location, work schedule or family obligations that keep those in need from receiving free legal help. The services also expand access to free assistance for people in rural areas of the state, and provide an alternative source of assistance for those who are turned away from legal aid offices because they do not qualify or because the local agency lacks the resources to handle the case.

The aLEGALz line will be staffed by a Tennessee-licensed attorney who will be able to provide referrals to appropriate legal service providers, pro bono assistance programs, free legal clinics and other social service providers. If ongoing legal representation is needed, callers may be referred to a free legal service provider or volunteer attorney program.

Tennesseans may use the aLEGALz line to request information and referrals on a range of civil law issues, including, but not limited to the following:

Family Law

Divorce
Child Support
Child Custody
Domestic Violence/Stalking
Orders of Protection
Housing
Housing Issues
Landlord/Tenant Disputes
Repair Issues
Eviction
Debt & Collection
Debt Relief
Bankruptcy
Home Foreclosure
Car Repossession
Credit Card Lawsuits
Benefits
Social Security / SSI
Medicaid
Welfare / Food Assistance
Health Care Access
Medicare
Consumer Issues
Consumer Fraud
Predatory Lending
Home Repair Scams
Contract Disputes
Employment Issues
Employment Problems
Discrimination Claims
Unemployment Benefits
Education Issues
Enrollment
Discrimination
Suspension

Though aLEGALz can assist callers desiring to clear a criminal record, it cannot help with criminal problems, including traffic tickets.

The phone line has been donated by AT&T and will be managed by TALS with significant input from and coordination with the Tennessee Supreme Court Access to Justice Commission.

TVBA holding 3rd Annual Business and Education Showcase

Cont. from page 1

topics ranging from Marketing Your Business in the Digital Space, Understanding Your Education VA Benefits, a Panel Discussion of Small Businesses Competing in the Department of Energy Arena, and more.

"We are thrilled to have

the Tennessee Veterans Association Business and Education Expo take place this January," said Kim Bumpas, President of Visit Knoxville. "This event brings many of our honored veterans to Knoxville and gives them the chance to see all our city has to offer."

The expo also offers a business to business trade showcase highlighting companies products to the general public and offering information about career opportunities. Interested businesses may purchase booth space for \$650. For information about vendor opportunities at the 2013 Expo, contact Jonathan Williams at 865-332-4476 or chairman@jointvba.org.

To learn more about TVBA and the 2013 Business and Education Expo, visit www.jointvba.org.

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John H. Bankhead of Alabama

Pages from the Political Past



By Ray Hill
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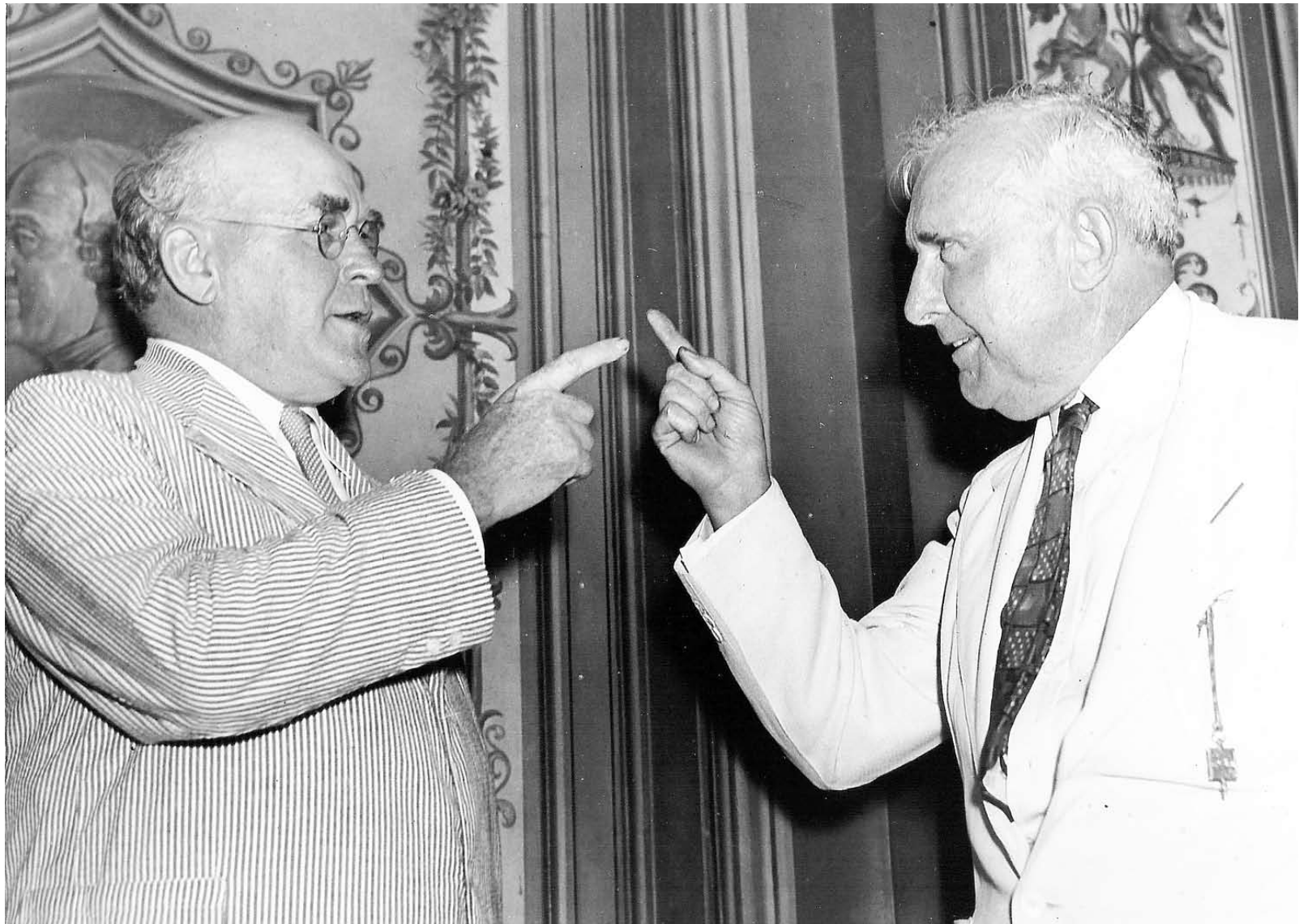
For decades the Bankhead family was one of the most politically prominent in the state. Today, perhaps the best-known member of the family is the late actress Tallulah Bankhead, yet Miss Bankhead's father William was Speaker of the U. S. House of Representatives while her Uncle John was the United States Senator from Alabama.

The Bankhead dynasty was originated by John Hollis Bankhead, who enjoyed a rather colorful career. The elder Bankhead had been the Warden of the Alabama State prison at Wetumpka before being elected to Congress in 1886. Bankhead remained in Congress until he was defeated in the Democratic primary in 1906. Bankhead was not out of Congress long for he was appointed to the U. S. Senate when elderly Senator John Tyler Morgan, a former Confederate, died in office. Bankhead was elected by the state legislature twice and won a direct election by the people in 1918 to stay in the Senate and like his predecessor, died while in office on March 1, 1920.

The younger of the Bankhead sons, William, was the first to follow his father into politics, winning election to Congress in 1916. Will Bankhead would remain in Congress for the rest of his life, finally serving as Speaker.

A Bankhead sister, Marie, was an accomplished woman in her own right and ran the Alabama Department of Archives for many years.

The old senator's son and namesake, John H. Bankhead, II was born July 8, 1872 and was a practicing attorney. The Bankhead family had been involved in several successful businesses, but many of them had invested heavily in Florida real estate and watched helplessly as the real estate boom went bust, costing them a significant amount of money. The younger Bankhead proposed to follow his father into the United States Senate and entered the 1926 Democratic primary as the favorite. Despite a well-financed campaign, John H. Bankhead, II was upset by an upstart Birmingham lawyer by the name of Hugo L. Black. Black had been a member of the Ku Klux Klan, which was quite a powerful political force at the time. Black's membership in the Klan helped him to defeat John Bankhead and he remained in the Senate until President Franklin Roosevelt tapped him to serve on the U. S. Supreme Court. Black had already been confirmed to the lifetime job when his former Klan membership



FROM THE AUTHOR'S PERSONAL COLLECTION

Alabama Senator John H. Bankhead, II (left) with Governor Bibb Graves

came to light.

John Bankhead's opportunity to run for the Senate again came about due to the actions of Alabama's other U. S. Senator J. Thomas Heflin. Tom Heflin had been a long-time member of Congress before succeeding John Bankhead, Sr. in 1920. That Tom Heflin was a virulent racist and bigot is unquestionable. Heflin once shot an African-American man in Washington, D. C. while riding a street trolley. Heflin proved to be a poor shot and wounded an innocent bystander as well and when questioned by authorities and asked his profession, Heflin is alleged to have replied, "I'm a Democrat."

Heflin dressed the part of an old fashioned senator, was a masterful storyteller, many of which he told in a Negro dialect. As well as a florid orator of the old school. Heflin's bigotry extended well beyond the African-American community and when Democrats nominated New York Governor Alfred E. Smith, a Catholic, for president in 1928, the Alabama senator bolted the party. Heflin spoke long and loud about the evils of Smith's religion and Alabama came close to delivering its votes to a Republican. Heflin's apostasy was also his political undoing. Alabama Democrats, many of whom shared Heflin's distaste for Smith's Catholicism, feared a two-party state even more than they did the Pope. The rules of the Alabama Democratic Party were rewritten specifically to bar Senator Heflin from entering the primary election in 1930. John H. Bankhead, II was the Democratic nominee and Tom Heflin sought reelection in the general election as a "Jeffersonian Democrat". Bankhead beat Heflin easily, although Tom Heflin challenged the results, claiming voter fraud on an epic scale. The Senate went so far as to allow Tom Heflin to speak on the Senate floor despite the fact it had seated John Bankhead. Heflin made a lengthy oration on his on behalf, but the Senate voted to officially recognize the election

of John H. Bankhead, II. Heflin was stunned by the vote and departed from the Senate floor a broken man. Although Heflin would make several attempts to return to either Congress or the Senate, his electoral career was at an end.

John H. Bankhead, II came into the United States Senate during the Great Depression and his chief concern were agricultural issues and farmers. Bankhead had almost an obsession on the topic of cotton and Senator Bankhead wrote substantial parts of many bills approved during Roosevelt's New Deal on agricultural and cotton, not the least of which was the Cotton Control Act of 1934.

The Bankhead brothers, Will and John, remained very close and John was very proud when Will was elected Speaker of the House following the death of Tennessean Joseph W. Byrns in 1935. Senator Bankhead was himself easily reelected in 1936 and both Bankheads lent strong support to the Roosevelt administration. The devotion of the Bankheads was tested when Will ached in his bones to become FDR's running mate in 1940. Incumbent Vice President John Nance Garner, the salty "Cactus Jack" from Texas, was himself a former Speaker of the House and Garner, much more conservative than Roosevelt, was implacably against a third term for any man. Garner was going home to Uvalde, Texas and clearly there would be a new Vice President of the United States. Will Bankhead desperately wished to run with FDR in 1940 and made a strong bid for the nomination even after Roosevelt himself made it clear that he preferred his Secretary

of Agriculture, Henry A. Wallace.

By any stretch of the imagination, Wallace was a mighty strange choice. A Republican from Iowa, Wallace had never been elected to any office previously and his nomination would do little to aid Roosevelt's bid for an unprecedented third term. Wallace was also something of a mystic, a dreamer, and while a millionaire, was notoriously cheap in his every day life.

The Bankheads were infuriated by the notion of Henry Wallace becoming Vice President of the United States and many delegates were on the verge of revolting. FDR was taken aback by the hostility of his own party toward his choice for a running mate and finally told aides that he would refuse the presidential nomination if delegates did not ratify Wallace's own nomination. First Lady Eleanor Roosevelt flew to Chicago to personally address the Democratic National Convention on behalf of Henry Wallace, which did little to assuage the anger of rebellious Democrats who booed the mention of Wallace's name. Party bosses forced entire delegations to support Roosevelt's selection of Henry Wallace, but they made their true feelings clear by booing Wallace so loudly that it reduced Mrs. Ilo Wallace to tears. Wallace himself was finally nominated, but the open hostility was so great he did not make the traditional acceptance speech.

Both Will and John Bankhead were resentful of the treatment accorded them by the President, but the Speaker was ailing and did not survive the fall campaign, dying of a stomach

hemorrhage on September 15, 1940.

John never ceased to miss his brother, but was a candidate for reelection in 1942 and won a third term easily at age seventy. Senator Bankhead continued his relentless campaign on behalf of cotton and farm interests for the remainder of his career.

John, not forgetting what had happened to his late brother Will, entered the vice presidential sweepstakes at the 1944 Democratic convention when FDR ruthlessly dropped Henry Wallace from the ticket. Wallace entered the convention with the strong support of Eleanor Roosevelt, but many party bosses, suspicious Franklin Roosevelt's health was failing, were adamant that Wallace be replaced. Considering that FDR's Republican opponent in 1940 had carried Wallace's home state of Iowa, Roosevelt realized

Wallace brought him no political strength in what appeared to be a difficult election. One of the more unfortunate aspects of Franklin Delano Roosevelt's character was his inability to be direct, along with a penchant for downright deviousness. Henry Wallace went to the convention armed with a statement from President Roosevelt saying were he a delegate, he would personally vote for Wallace. Yet, Roosevelt had also given out a letter saying

he would be delighted to run with either Missouri Senator Harry Truman or Justice of the Supreme Court William O. Douglas. Henry Wallace was hardly the only one who thought he had Roosevelt's support; a host of potential Vice Presidents of the United States attended that particular convention believing they had FDR's personal approval to seek the nomination. John Bankhead, despite being seventy-two years old, wanted the nomination for himself, although he likely derived some satisfaction from helping to deprive Henry Wallace of the vice presidency and ultimately, the Presidency of the United States of America. Bankhead was in third place in the balloting when he withdrew and threw his support to Harry Truman, who was nominated. FDR attempted to soothe Henry Wallace's feelings by making a place for him in the Roosevelt Cabinet.

John Bankhead continued to serve in the Senate until he had a stroke while attending a committee meeting. Bankhead had been upset by newspaper reports he had profited from speculation in farm and cotton commodities just before suffering a stroke. Senator Bankhead was taken to Bethesda Naval Hospital, but died two weeks later. Like his father before him, John H. Bankhead, II had died while in office.

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Tennessee Heritage

Clevenger puts Vol Basketball on the map and a rivalry is born

By Tasha Mahurin
mahurint@knoxfocus.com

Zora G. Clevenger took over as head coach for the University of Tennessee's football program in 1911 and three years later led the Volunteers to both a 9-0 season and a Southern Intercollegiate Athletic Association title on the gridiron. However, until the Robert Neyland era, the University's football coach also served as head basketball coach. (Clevenger, a triple threat, also coached the University's baseball program.) World War I had much the same effect on UT sports as WWII would later, nearly all collegiate sports stopped on the Knoxville campus with the exception of basketball, a relatively new sport at the time. James Naismith, a Canadian P.E. teacher, invented basketball as we know it today in 1891. In 1892 formal rules were introduced. The game was played by dribbling a soccer ball and points were earned if players were able to land the ball in a peach basket. Open-ended nets were not introduced until 1903. Although UT held its first collegiate basketball game in 1909, it was Zora G. Clevenger who led the Vols to their first truly successful basketball season in 1913-14. That season, the Vols



beat local colleges such as Maryville, Carson Newman and Chattanooga, as well as a future SEC football rival Alabama. They finished the season 15-2. The two losses were to Kentucky. Thus the Vols' basketball rivalry with Kentucky was born. The Big Orange lost twice to the Big Blue in a six game/six day road trip. The following season, Clevenger once again led the team to a successful 9-2 campaign. Interestingly enough, 4 of the 9 games were against Kentucky. Tennessee held off the Wildcats in the two competitions held in Knoxville but proved less successful in Lexington. The 1915-16 season proved to be the highlight of the early years of the Vol basketball program. During Clevenger's final season, UT finished with a perfect 12-0 record- winning by an average of 15 points per game. The record remains as Tennessee's only basketball season without a loss. The Volunteers defeated Kentucky 28-17. With Clevenger at the helm, Tennessee produced a 36-4 three season record. The four losses were to Kentucky. He would later go on to Kansas State University where he proved successful as both a football and basketball coach. Incidentally, that same year John R. Bender moved from Kansas State to assume head coaching responsibilities the University of Tennessee. However, those three seasons, put the Tennessee basketball program on the map, and a rivalry began that remains alive and well today.

Bradley named KIL Coach of the Year

By Ken Lay

The honors just keep coming for the Christian Academy of Knoxville football team. The Warriors, who went 14-1 last season and won their second consecutive Class 3A State Championship, were well represented on the 2012 All-Knoxville Inter-scholastic League Football Team. Warriors coach Rusty Bradley was named KIL Coach of the Year but the veteran CAK coach wasn't about to take the credit for his latest honor. "It's always exciting to get an honor like this," said Bradley, who has compiled a 27-3 record over the last two seasons. "There are so many great coaches in the area and this is great for our program when you have kids named to this team who are all very deserving. "This is a testament to how well our kids played as a team and how well they played together. They enjoyed the process. They enjoyed practice. It was all a lot of fun." In addition to Bradley being the county's top coach, the Warriors had eight players receive all-KIL honors. Wide receiver Davis Howell, who finished his career as the nation's all-time receptions leader, was Offensive Player of the Year. He was one of three Warriors receivers to make the squad. He was joined by Franklin Murchison and Josh Smith. Senior running back Corey Rathbone, who emerged as both a running and receiving threat late in the season, also made the team. His 2012 campaign, however, was cut short when he suffered a broken ankle late in CAK's playoff run. Quarterback Charlie High was named to the team after shattering multiple state passing records. He was named Tennessee Titans Mr. Football prior to leading CAK to its second consecutive state title. He was also Mr. Football in 2011. Offensive linemen William Gass and Brett Kendrick, who was also Mr. Football last season, were selected from CAK's offensive front. Defensive lineman Alec North also received all-KIL honors.

Continue on page 2

Lance Armstrong Comes Clean

By David Klein

Betrayed. Let Down. Smacked in the mouth. These are all emotions I am feeling in the revelation of Lance Armstrong's admission to Oprah Winfrey that he used performance-enhancing drugs. I was a believer. I believed Armstrong for so long when he vigorously defended the accusations that came out over the years. I believed in the powerful story of a

man coming back from the ravages of cancer to winning seven Tour de France titles; it was inspiring, heroic, gave me hope at times when I felt down. And now, that myth, that legend of Lance Armstrong is gone. It's dead and buried along with the trust millions of people put into Armstrong and his cause of Livestrong. Armstrong admitted to doping in the first part of Winfrey's two-night

interview on the OWN (Oprah Winfrey) network. The second part aired Friday. In a series of one-word answers that kicked off the interview, Armstrong said yes to using banned substances, yes to using EPO, yes to blood doping, yes to using human growth hormone, and yes to using testosterone and cortisone. EPO is a hormone that controls red-blood cell production. It's naturally

produced in the kidneys, but when it's used as a performance-enhancing drug, it acts as an oxygen enhancer for aerobic capacity, improving an endurance athlete's performance and artificially giving an athlete a leg up on a competitor who isn't using EPO. When asked by Winfrey why he admitted to it now after denying the charges and allegations for so long, Armstrong

said he didn't have a great answer. "It's too late for probably most people, and that's my fault. I viewed this situation as one big lie that I repeated a lot of times, and as you said, it wasn't as if I just said no and I moved off it. " Armstrong admitted on camera that he was in charge over his doping and his team's doping in the Tour de France races from 1999 to 2005. He

was a ringleader so to speak. At one point, Armstrong said that he and his teammates dumped doping evidence into coke cans while fans were outside of his trailer during the 2000 Tour de France. In sum, winning at all costs was most important to Armstrong. He was a bully in going after his accusers. He described his natural response to the allegations, as

Continue on page 2

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Peyton Manning's Playoff Struggles

By Alex Norman

On Sunday, February 3rd, Super Bowl XLVII (47 for the Greek numeral impaired) will be played in New Orleans.

And Peyton Manning won't be taking any snaps under center.

It would have been a story book conclusion to a remarkable comeback. After missing the entire 2011 season following multiple neck surgeries (the term "single level anterior fusion" just sounds painful), Manning was released by Indianapolis Colts, and signed by the Denver Broncos.

Manning had an MVP-type season, with 68.6% of his passes completed (400 total), 4659 yards and 37 touchdowns. He led the Broncos to the AFC Western Division title, and the number one overall seed in the conference. Two wins on his home field and it would be on to his home town and a date in the Superdome.

But it was not to be. Manning and the Broncos lost in double overtime 38-35 to Baltimore, their first loss since October.

The defeat was pinned on Denver safety Rahim Moore, who mistimed

a jump, allowing a 70 yard touchdown pass from Joe Flacco to Jacoby Jones in the final minute of regulation, tying the game and sending it to overtime.

But late in the first overtime, Manning turned the ball over for the third time, throwing against his body with a pass that was intercepted. A few plays later the Ravens kicked a game winning field goal.

It was a scenario that has been played multiple times in Manning's career. Terrific regular seasons... followed by postseason heartbreak.

And it is his playoff resume... that keeps him off of the NFL's mythical Mt. Rushmore for quarterbacks.

For the purposes of this discussion, let's look at the modern era of the National Football League... the Super Bowl era.

Here would be my four...

Terry Bradshaw (4 Super Bowls, 4 victories)

Joe Montana (4 Super Bowls, 4 victories)

John Elway (5 Super Bowls, 2 victories)

Tom Brady (5 Super Bowls, 3 victories)

Manning sits at 2 Super Bowls and 1

victory. Along with his regular season achievements, he is a first ballot Hall of Famer, and one of the ten best quarterbacks to ever play the game.

And there is still time for Manning to move into the rarified air of Bradshaw and company.

But 9 playoff wins and 11 playoff losses is a tough record to have on your resume. 8 times in Manning's career, his teams have lost their opening game in the postseason.

The quarterback always gets too much credit and always gets too much blame. Everyone that follows football knows this. And Manning should give thanks to a stellar Colts defense which was a huge part of Indianapolis' run to the Super Bowl in 2006.

But Manning hasn't been able to get the most of out of his teammates and coaches a majority of the time. And they haven't done him many favors either.

Incredibly, Manning's pro career has shadowed his time at Tennessee whenever the Vols played Florida.

In those games against the Gators (Manning started the 1995-

1997 contests) there were times when everyone in Orange and White stood around waiting to Manning to do something remarkable instead of doing something themselves. The Vols went 0-3 in those contests.

Looking at just a few key moments of Manning's playoff career, he had to force throws against New England in a blizzard in the 2003 playoffs. Four interceptions helped the Pats get to the Super Bowl.

In the 2008 playoffs Manning's running backs were ineffective in a short yardage sequence that would have iced the game. The Chargers prevailed in overtime.

In the 2010 playoffs the Colts were conservative late, and poor clock management by head coach Jim Caldwell kept Manning from getting one more opportunity as the Jets kicked a game winning goal with no time on the clock.

And recently, why on earth wouldn't Denver head coach John Fox let Manning try to win the game? There were 31 seconds left in regulation, the Broncos had two timeouts and 35 yards or

so to maneuver to get into field goal range.

Manning has his faults, and 21 interceptions in 20 postseason games won't get the job done, but his teammate share some of the blame. And that has led to Manning's postseason struggles and have somewhat tarnished his legacy.

Think about it. Would Bradshaw be as revered without the Steel Curtain defense and Hall of Fame skill guys all around him? Would Montana have four rings without Bill Walsh as head coach and maybe the best football player of all time, Jerry Rice catching passes? Elway finally got the monkey off his back when running back Terrell Davis came to town. And Brady has Belichick (and spygate cameras).

Manning has not gotten as much help as those guys did... and Manning hasn't been able to match regular season success into January... That's the combination that keeps Manning from the postseason elite. Which is fitting I guess.

Football is a team game after all...

Lance Armstrong Comes Clean

Cont. from page 1

a defense mechanism. They were attacking him; he would hit back hard in response. Winfrey asked if it was part of his nature to go on the attack when somebody says something he doesn't like. Armstrong replied, "my entire life. My entire life."

Now, Armstrong is trying to make amends with some of those people he called that were speaking truthfully. I don't even begin to comprehend how he's going to make reparations with LiveStrong, whether he has to pay back lots of money or issue a public apology to millions of cancer survivors and patients. His sponsors have left him; he's banned for life from ever competing in cycling again.

Was he genuinely sorry in this part-one interview with Oprah? I don't know. If he were genuinely sorry, I'd like to think he would have come clean about his doping earlier, before all the lawsuits he filed against people who were telling the truth. Oh, maybe in his book "It's Not about the Bike" published in 2003 would have been a good time to do it.

Lance Armstrong and his ability to win Tour de France after Tour de France was the only thing that drew me to watch cycling. How inspiring it was that a guy could beat cancer, win seven Tour de Frances, become a chairman of a foundation devoted to finding a cure for cancer, raise kids, and date Sheryl Crow.

But I was duped. We all were. Without the drugs, Armstrong was just another rider on an even playing field. He might have been anonymous without the drugs and the victories from the spoils of using those drugs. I'm sure he would much prefer to be that now than living in the hell he is going through.

Tennessee Football Recruiting Celebrations Set

The University of Tennessee will host three recruiting celebrations throughout the state on Thursday, February 7, the day after National Signing Day. Vols head football coach Butch Jones and the entire Tennessee assistant coaching staff will be in attendance at events in Memphis, Nashville, and Knoxville.

The coaching staff will discuss the 2013 football signing class, and video highlights of each signee will also be shown at the event. The event will be emceed by Vols broadcaster Bob Kesling, and fans will hear from Coach Jones and the entire Tennessee coaching staff.

The day begins with a breakfast at the Memphis **Continue on page 4**

Sacred Heart Lady Eagles Claw Out Victory Over the Berean Christian Lady Eagles

Two different types of eagles faced off Thursday as the Sacred Heart Lady Eagles (Bald) welcomed the Berean Christian Lady Eagles (Golden) to Sacred Heart gym. Both teams had their talons out early as a combined thirty-one fouls were recorded. The aggressive defenses of both teams kept the game a low scoring affair. Sacred Heart led the entire game well into the fourth quarter at which point Berean took a one point advantage on a driving lay up. Sacred Heart's Anna Katherine Anderson was then fouled following a rebound and stepped to the line with 1:50 left in

the game. She went two for two giving her team a one point advantage. Thirty seconds later, Rachel DeBaar passed to Anderson who hit a three pointer putting SH up four. SH's Laura Cunningham followed up a stellar defensive performance with an offensive rebound put back to notch the final two points in Sacred Heart's 15-9 victory. Knight led Berean with three points while Anderson led SH with seven. Sacred Heart coach Jason DeVries said he was proud of how his team responded after falling behind late. "Their perseverance in sticking to the game plan paid off with a victory."

Bradley named KIL Coach of the Year

Cont. from page 1

Class 4A State Champion Fulton had eight all-KIL selections including: D.J. Campbell, who was voted the county's top sophomore; Dominique Williams (defensive back); Xavier Hawkins (defensive back); Shawn Sullivan (linebacker); Michael Scates (defensive line); Dean Taylor (defensive line); Akeem Cooperwood (offensive lineman) and running back Daryl Rollins.

The Webb Spartans won the Division II-A State title in 2012 and had three players receive all-county honors including junior Todd Kelly (a Mr. Football winner), offensive lineman Skip Garner and running back Aaron Blance. Kelly was among Knox County's top defensive backs

while Blance was honored as an athlete.

Blance was one of three players designated at the athlete position along with Gibbs quarterback Jay Cade, who was threat in both the running and passing attacks. West quarterback Ryan Francis was the other player named to that slot.

Powell defensive back Jon Strozyk was named Defensive Player of the Year.

Other offensive standouts included: Hagen Owenby (quarterback, Powell); Will McKamey (running back, Grace Christian Academy who was also the Class 2A Mr. Football back); Trent Waters (running back, Bearden); Andy Eddins (tight end, Grace Christian); John

Doty (offensive lineman, West) and Patrick Doucette (offensive lineman, Farragut).

Farragut's Jonathan King, who was the Mr. Football award winner among kickers, was named all-KIL punter. Bearden's Graham Rooke was named Knox County's top placekicker.

Other all-KIL defensive standouts included: Sha'ron Moore (defensive

lineman, Powell); Dennis Mongan (defensive lineman, South-Doyle); Kole Matherly (linebacker, Bearden); Cody Underwood (linebacker, West); Zach Stuart (linebacker, West); Devin Scott (linebacker, Powell); Matt Rabren (linebacker, Hardin Valley Academy); Bryson Shelton (linebacker, Grace Christian); Cedric Washington (defensive back, Central);

Nolan Coulter (defensive back, Catholic) and Bill Dixon (defensive back, Grace Christian).

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Dual-threat quarterbacks take center stage this season

Dual-threat quarterbacks stole the spotlight in football this season.



By Steve Williams

Football" as he is better known, became the first freshman ever to win the Heisman Trophy.

In the NFL, rookies Robert Griffin III of the Washington Redskins and Russell Wilson of the Seattle Seahawks dazed defenses and dazzled fans with their combo talents of passing and running for touchdowns. Plus, second-year backup Colin Kaepernick of San Francisco got a chance when his team's regular starter was injured, and he did so well that he kept the job, leading the 49ers into this past Sunday's battle for a Super Bowl berth against the Atlanta Falcons.

Many of you, like myself, are into playing Fantasy Football. Let me tell you how smart and dumb I was in my league. To make a long story short, I picked

up Kaepernick and Wilson off the wavier wire after my quarterback, Ben Roethlisberger, was injured in the second half of the season. But I put Big Ben back into my lineup when he returned to action. With Kaepernick and Wilson watching from my bench, Roethlisberger and the Steelers struggled, and I got blown out in the semifinals. Needless to say, I regretted that coaching decision.

Of course, you didn't have to be into Fantasy Football to marvel at the play of these exceptionally talented dual-threat quarterbacks. They performed so well, I expect to see more and more coaches on the college and pro levels seeking this type of field general. They bring a lot of excitement to the game.

There are risks involved. Normally physically smaller than the typical pro-style quarterbacks, a dual-threat QB has to play smart to stay healthy. Of the aforementioned DTQs, only Griffin was banged up this season and had to have knee surgery.

What impressed me most about Manziel was

his speed. I was surprised his size was listed at 6-foot-1-inch, 200 pounds. He didn't look that big to me. Maybe that was because he's so fast.

Manziel, who was red-shirted by the Aggies after being a highly decorated high school player in Texas, completed 68 percent of his passes (295 of 434) for 3,706 yards. He had 26 TD passes and nine interceptions. As a runner, he gained 1,410 yards on 201 carries and reached paydirt 21 times.

Johnny Football spoiled a perfect season for Alabama, beating the Crimson Tide 29-24 in Tuscaloosa. He and the Aggies earned a trip to the Cotton Bowl, where they poured it on in the second half and beat Oklahoma 41-13.

The term – dual-threat quarterback – is relatively new to football, but this type of player is not. I remember watching Fran Tarkenton of the Minnesota Vikings scramble a lot back in the '60s and '70s. A 6-foot, 190-pounder out of Georgia, he played 18 seasons in the NFL.

Steve Young followed a legend at San Francisco.

He didn't make 49ers fans forget Joe Montana, but the southpaw won a lot of games with his arm and legs. He was MVP in Super Bowl XXIX, becoming the first player ever to lead in both passing and rushing yardage in a Super Bowl.

Randall Cunningham of the Eagles was another good one as was the Broncos' John Elway and the Titans' Steve McNair.

Michael Vick was probably what you would call the first modern day dual-threat QB. A college star at Virginia Tech, he started his pro career with the Atlanta Falcons in 2002. Versatile Cam Newton, after guiding Auburn to a BCS championship, arrived on the NFL scene with a bang at Carolina in 2011.

The University of Tennessee has had its share of dual-threat signal callers over the years. In fact, for providing pure excitement, Condredge Holloway may have been the best who has ever played for the Vols. In 1972-74, he was nicknamed the "Artful Dodger" for a reason. He had a knack for escaping out of a crowd of would-be tacklers.

Holloway was 5-10, 185 pounds and Coach Bill Battle called him "Peanut." He was the first African-American to start at quarterback for a SEC team. Condredge wasn't just a Houdini. He was also an efficient passer and set a school record for the best interceptions-per-attempts ratio, with only 12 of his 407 aeriels being picked off.

Jimmy Streater came along at Tennessee in the late 1970s and was out of the Holloway mold, although Jimmy was more slender at 6-1, 167 pounds. From Sylva, N.C., Streater was known as the "Sylva Streak" and Johnny Majors called him the best athlete he ever coached. In a 40-18 victory over Notre Dame as a senior in 1979, Jimmy displayed his versatility with a 48-yard pass, a 51-yard run and a 5-yard scoring run on an option play.

"People used to say that he was so fast and smooth that the grass didn't move when he ran," his brother Eric said.

Other UT quarterbacks who stood out as runners as well as passers over

the years have included Heath Shuler and Tee Martin. Shuler, a Heisman runner-up, was more hard-nosed than swift. Martin, who guided the Vols to the 1998 BCS national title, completed his first 23 passes against South Carolina that season. He could tuck it and make big runs when needed.

It's possible Tennessee would have one of the nation's top dual-threat QBs right now on its roster in Tajh Boyd, had former head coach Phillip Fulmer not been forced out in 2008. Fulmer had a commitment from Boyd, but new coach Lane Kiffin let it be known he was recruiting a pro-style quarterback, and Boyd reopened his recruitment and ended up signing with Clemson, where he will be a senior and Heisman candidate next fall.

One final thought: Dairy Queen should consider using Griffin, Wilson and Kaepernick as celebrity spokesmen for its cool treats. DTQs doing commercials for DQ. Get it?

It would be one commercial Peyton Manning couldn't be in.

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Arts & Entertainment

Knoxville Writers' Guild Announces 2013 Board of Directors

The Knoxville Writers' Guild announces the election of three new members to its Board of Directors.

Patricia Gilliam, Kara McLain and Robert Beasley began their three-year term on January 1. They join nine other current board members for 2013.

Gilliam, a sci-fi novelist, has produced over 1,000 nonfiction articles and dozens of short stories

since 2006 and is the author of "The Hannaria Series," a five-book collection, with a sixth in the planning stages.

"The core of what I want to do on the board is help other members succeed," she said. "Success means different things to different people, but we can provide an encouraging environment where writers can grow their craft, make

friendships and develop skills to take their writing to the level they desire."

Gilliam was also elected vice-president of the board for 2013.

McLain lives in Knoxville and graduated from Central High School in 2012. She has been writing for as long as she can remember, from short stories to songs, and she is working on her first novel. Now, she

wants to use that enthusiasm as a member of the board.

"I want to help encourage younger writers to become involved with the Writers' Guild," she said.

McLain was elected secretary of the board for 2013.

Beasley is a retired Episcopal priest living in Maryville. His work includes short stories and

articles in various publications. For the Knoxville Writers' Guild, Beasley will serve as chair of the membership committee.

"I hope to grow our membership both in numbers of members and in the ways we encourage one another to write more and write better," he said.

Sara Keller and Lucy Seiger were also elected in the 2013 slate, but were

previously serving on the board after being appointed in 2012 to fill open positions. Keller also will serve as treasurer. Erin Atchley completes the KWG's final officer position as president for 2013.

Additional information about the Knoxville Writers' Guild can be found at www.knoxvillwritersguild.org.



Jazz Lunch at the Square Room features 'Tribute to Nat King Cole'

The Square Room, in partnership with the Knoxville Jazz Orchestra and WUOT 91.9FM, is now hosting a Jazz Lunch series on the first Wednesday of each month from noon to 1pm. Admission to the concert is \$15 and includes a lunch buffet served up by Café 4. Tickets are available online at www.knoxjazz.org or by visiting Café 4 in person prior to the show.

The next Jazz Lunch concert will take place on Wednesday, February 6th, from noon to 1 p.m. The Jazz Standard will present a "Tribute to Nat King

Cole". The group is composed of guitarist/vocalist Wesley Lunsford, pianist Michael Compton, and bassist Will Yager.

Nat 'King' Cole is without a doubt one of the most beloved jazz vocalists and entertainers of the 20th century. His rich baritone voice and suave demeanor charmed audiences around the globe. Less well known is the fact that he remains one of the most influential pianists in jazz history, whose sparkling touch on the keyboard served as a model for generations of aspiring musicians.

Selections to be included

on this special program include: "It's Better To Be By Yourself", "Route 66", "It's Only a Paper Moon", "Sweet Loraine", "Straighten Up and Fly Right", "Fram Sauce", and more. Don't miss this exciting concert!

The Square Room is a new, state-of-the-art performance venue in downtown Knoxville, TN in the Historic Market Square district. It is housed in the rear of the 4 Market Square Building along with its counterpart Café 4, a full-service restaurant and coffee bar. For more info visit www.knoxjazz.org/.

Tennessee Football Recruiting Celebrations Set

Cont. from page 2

Hilton at 7:30 a.m. CST, followed by a lunch event at the Nashville Hilton at Noon CST and an evening event at 6:30 p.m. EST at the Tennessee Terrace at Neyland Stadium.

Memphis
7:30 a.m. - 9:00 a.m. CST
Memphis Hilton, 939 Ridge Lake Boulevard, Memphis, TN 38120
Cost - \$25 per person, \$250 for reserved table (10 tickets purchased on one order).
Breakfast buffet will be

served.

Space for the event is limited to the first 400 registrants.

Purchase tickets by Feb. 1 at Football Signing Day Celebration-MEMPHIS

Nashville
12 Noon - 1:30 p.m. CST
Nashville Hilton, 121 4th Avenue South, Nashville, TN 37201
Cost - \$25 per person, \$250 for reserved table (10 tickets purchased on one order).
Lunch buffet will be served.

Space for the event is limited to the first 500 registrants.

Purchase tickets by Feb. 1 at Football Signing Day Celebration-NASHVILLE

Knoxville
6:30 p.m. - 8 p.m. EST
Tennessee Terrace, Neyland Stadium
Cost - \$25 per person.
Dinner buffet will be served.

Space for the event is limited to the first 500 registrants.

Purchase tickets by Feb. 1 at Football Signing Day Celebration-KNOXVILLE

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Special # 4	4.35
One burrito and one taco	
Special # 5	4.35
One burrito with Spanish rice	
Special # 6	5.05
One burrito and one taco with Spanish rice	
Special # 7	5.15
One beef burrito and one beef enchilada	
Special # 8	5.15
One chile relleno, one taco, rice and refried beans	
Special # 9	5.00
One beef enchilada, one chile relleno with rice	
Special # 10	4.75
One chile relleno, Spanish rice and refried beans	
Special # 11	4.90
Two beef enchiladas with Spanish rice or refried beans	
Special # 12	4.90
Two beef enchiladas and one chile relleno	
Special La Carreta	4.75
One cheese or chicken enchilada with rice and beans	
Speedy Gonzalez	4.45
One enchilada, one taco with rice or beans	
Burrito Special	4.25
One beef and bean burrito topped with lettuce, tomato, sour cream and shredded cheese	

A.B.C.C. 5.75
Rice and beans with cheese dip and grilled slice steak over top

Taco Salad Express 5.75
Grilled chicken or beef over tortilla shell and topped with lettuce, sour cream, guacamole, tomatoes and shredded cheese

Nacho Express 4.90
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Taco Salad 4.70
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Burrito Mexicano 4.95
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a weekly column by
Dr. Jim Ferguson

My brother sent me a text saying that our friend had “passed-on.” This was not an unexpected announcement since Mitchell was in a Hospice program ending a valiant battle with pancreatic cancer. In forty years of medical care I’ve only known two patients who have survived this scourge, and unfortunately Mitchell was not the third.

I first met Mitchell on a trek to Mount LeConte. You remember perfect moments and that October day was a 10. You learn a lot about someone when you labor together, climb a mountain with him and especially if you spend a night poking him in the ribs

or yelling at him to roll over to stifle his snoring for a while. I said goodbye to Mitchell when we went to his funeral last week on a cold and rainy night. Winter temperatures are certainly lower in the Rocky Mountains than in our Smokies, but we have what is known as “southern cold.”

We live in what is called the Bible Belt because a faith perspective is such an important part of our local heritage. I'm glad for these roots, not because I can magically call upon God to fix my problems, but because I trust in something more than I can understand. The Proverbist said it best, "Trust in the Lord with all your heart and

soul, and not in your own understanding.” During the service the minister said that a loved one is not lost if you know where they’ve gone. I don’t understand this, but I’ve come to accept and embrace this perspective. It’s a better way to live than existentialism.

We southerners often say that people have “passed-on” instead of saying that they died or passed away. The 16th century humanist Rabelais on his death bed was purported to have said, “I go to seek a Great... Perhaps.” No one knows what happens at death, an experience that none of us can escape. Raymond Moody’s book, “Life After Life,” gives us the well known composite glimpses of near-death experiences that appear to be timeless and cross cultural.

My regular readers realize that I love movies though I recoil at much of the Hollywood culture that so often panders to the basest elements of our society. As an art form movies can nuance stories in a way that books sometimes cannot. I realize that I'm not a trained movie critic, but I

recently saw the cinema adaptation of Victor Hugo's "Les Miserables," and it is wondrous. You must go and experience this timeless tale of situational ethics told with marvelous music and evocative acting. While some of the vocals may not be Broadway quality, the story telling and the passion of the characters are magnificent. At the end, the protagonist Jean Val Jean "passes-on" and is led by the spirit Fontine to the other side of the barricade – truly a remarkable depiction of life after death. And if this whets your appetite, I also recommend Brainstorm for another vision of the other side. I believe there is more than we can know and for me this makes the Universe more majestic.

I deal with death and dying every day. As a doctor we want our folks to live long and well. I once told an elderly patient that it was my job to get him to 100 years old and after that it was the Lord's responsibility. Of course I was kidding because my efforts are minimal in the scope of things. I do encourage people to make healthy

choices that will maximize their odds of successful and long life. Some listen and make those tough choices that are rewarding for the doctor and his patient.

Our mortal bodies will one day stop in what we call death. My job is to push death and dying off into the future and, when death is inevitable, help people make the transition as painlessly as possible. There is a saying, "I don't fear death, only the dying." How true this is. I've always wondered why some women have easy labor bringing life into the world and some have it tough. I have the same question at the end of life, where some go to sleep and hopefully awaken in paradise, and some struggle mightily in the transition. The Hospice movement is helpful in this final transition and serves patients as well as their families – and doctors, who sometimes need to let go.

Life is precious at any age, yet the greatest adventure lies ahead of us. Perhaps some may consider this perspective foolish or maudlin. I would argue that those who say there is nothing

more than what they can prove or understand deny the wisdom of luminaries such as Plato, Jesus, Augustine, Aquinas, Luther, and Einstein. How limiting and sad this perspective which seems increasingly prevalent in our 21st century.

I heard on an interview of an atheist on NPR recently who remains angry and lost twelve years after her husband's death. I thought to myself, the husband wasn't the only person lost. Mitchell's family disagrees with that perspective and because of their faith they can celebrate his life with a quote from Dr. Seuss, "Don't cry because it's over, smile because it happened."

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



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

By now, many New Year's fitness resolutions have likely been broken. But take heart, it's not too late to start over.

Brian Rider, a graduate assistant at the Center for Physical Activity and Health at the University of Tennessee, Knoxville, noted that people who try to do too much too soon typically get injured or discouraged.

"Whatever your fitness goal, start slow," Rider said. "You want to develop new fitness habits for a lifetime, not just for January."

- Rider offers these tips for maintaining fitness goals in the new year and beyond:
- Establish short-term goals first. Achieving short-term goals helps provide the continued confidence to work toward those long-term goals.
 - Don't get discouraged. There will always be setbacks. Recognize obstacles and work to avoid them. If you're not a morning person, schedule workouts for lunch or later in the day. Find exercises and activities you enjoy and focus on those.
 - Put your goals in writing and make them specific and measurable. Goals are tougher to ignore when they're in writing and placed where you see

them daily.

- Don't wait until Monday. Too often, when people miss a workout or fall off their diet, they decide to wait until the start of the next week to get back on the wagon. That just allows for more days to fall behind. Start back up immediately and keep momentum moving forward.
- Find a workout buddy. Often it's easier to work out with a friend who can offer motivation—and accountability.
- Don't assume you need to set aside an hour or join a gym. The 2008 national physical activity guidelines recommend 150 minutes of moderate physical activity a week. That can be accomplished in segments of as little as 10 minutes of physical activity at a time throughout the course of the week. For those targeting weight loss as a goal, additional minutes are needed.

The UT Center for Physical Activity and Health is dedicated to helping individuals enhance their health, fitness and quality of life. For more information about the center, visit <http://web.utk.edu/~cpah> or email cpah@utk.edu.

Join us for a lively panel discussion on ways to improve your health and well-being in 2013. From basic health, cosmetic procedures and skin care to breast health, hormones and more, our physicians will answer your questions.



Panel includes: S. Matthew Becker, M.D.; Michael Fields, M.D.; Cheri Johnston, M.D.; Aaron Margulies, M.D.; and Sudha Nair, M.D.

Thursday, January 24
11:30 a.m. - 1:00 p.m.
Turkey Creek Medical Center
10820 Parkside Drive
Johnson Conference Center
Call 1-855-Tennova (836-6682)
 by January 22 to register.
Lunch provided. Space is limited.



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Speaking and Listening

Learning to love others well takes time and practice. I have realized over the years that the greatest ingredient in having healthy relationships is to be able to communicate well. In order to do this, we must move away from defensiveness, reactivity, and from the fear of being vulnerable and open.

I have gleaned helpful tools over the years to aid in the communication process from books and Christian counselors. These can help us move from selfishness to loving



By Mark Brackney,
Minister of the
Arlington Church
of Christ

others as God intends. Here are some ideas about speaking and listening, for these are important tools to have in any relationship. Communication is essential to all relationships, yet few do it well.

As you begin a conversation with someone, see this moment as an encounter with Jesus. Be prayerfully present and attempt to enter into the speaker's world. Be more aware of what the speaker is saying instead of what you want to say. You will have time to speak later.

Give complete attention by looking at the other person's eyes. Don't sit with arms crossed, but rather consider what your body posture is communicating. Turn off the cell phone, music, or TV. Put down the paper or book and give your complete attention.

As the speaker:
Talk about your own thoughts, your own feelings (speak in the "I", not "you").

Be brief. Use short sentences or phrases.

Correct the other person if you believe he or she has missed something.

Continue speaking until you feel

you have been understood.

When you don't have anything else to say, it's the other person's turn.

As the listener:
Put your own agenda on hold. Be quiet and still as you would before God.

Allow the other person to speak until he or she completes a thought.

Reflect accurately the other person's words back to him or her. You have two options: paraphrase in a way the other person agrees is accurate or use his or her own words. This ensures that you have heard the speaker accurately. This

requires you to put your own ideas and responses on hold and helps you validate the other person and shows that you care and want to understand their world.

When it appears the speaker is done, ask, "Is there more?"

Don't ever use the word, "Why?" in a response. This word puts the speaker on the defensive, as if they have to defend what they are saying or feeling. Also, refrain from using words like "never" and "always."

(These ideas gleaned from Dr. Reinhart Schelert and from Pete Scazzero, *Emotionally Healthy Spirituality*, 187).

Church Happenings

Beaver Ridge United Methodist Church

Beaver Ridge United Methodist Church, located 7753 Oak Ridge Hwy, is excited to offer new exercises to start the year off healthy!

LINE DANCING: Beginners Class meets Mondays 6:00-7:00 pm. Advanced Class meets 7:00-8:00 pm. Classes will be in the Family Life Center Gym. Cost is \$2 a class. Instructor will be Sharon Carmichael, 661-3656 or shartigger@comcast.net

LOW-IMPACT AEROBICS: Classes will meet Tuesdays from 5:15-6:15 pm and Thursdays from 5:45-6:45 pm. Classes will be in the Family Life Center Gym. Cost will be \$25 per month or \$4 per class. Instructor will be Elizabeth Lee, 458-1864 or Elizabeth.lee7@yahoo.com

ZUMBA: will meet Tuesdays and Thursdays from 4:00-5:00 pm. Classes will be in the Family Life Center Gym. Cost will be \$3 per class. First class is free! Instructor will be April Vineyard, 640-1327 or vineyard007@comcast.net

WALKING TRACK: We

offer a free walking track located in the upstairs of the Family Life Center Gym. It is available to everyone free of charge when the building is open for preschool/parents day out, meetings and other events. Please see Church Calendar on website, www.beaverridgeumc.com or call Church office, 690-1060.

Colonial Heights United Methodist Church

CHUMC is very pleased to announce that Sam Venable will be the speaker on Feb 6th for the Wonderful Wednesday program. The program and dinner will be open to the public and we would like to invite you to attend. Donations will be accepted to support the Mission work for our outreach program. To make a reservation please call the Church office at 865-577-2727.

Glenwood Baptist Church of Powell

Glenwood Baptist Church of Powell, 7212 Central Ave. Pike, is accepting appointments for the John 5 Food Pantry. Phone (865)938-2611 or leave a message. We will return your call.

Ridgeview Baptist Church

Ridgeview Baptist Church offers a Clothes Closet free of cost for women, men and children. It is the Red Brick Building,

6125 Lacy Road, 37912. Open to public the second Saturday in every month from 10:30-1:00.

Knoxville Fellowship Luncheon

The Knoxville Fellowship Luncheon (KFL) will meet January 22, 2013 at the Golden Corral on Clinton Highway, at noon). Ken Dyer will be the guest speaker.

Ken Dyer is the President of Harvest Restoration Outreach Ministries, Inc., and also is the senior pastor of Harvest Christian Fellowship Church. HCF is a spiritual arm of Harvest ROC Ministries.

Pastor Dyer is a native of Knoxville, TN. and is a graduate of the old South High School in South Knoxville. He is also a graduate of Johnson Bible College where he received a Bachelor of Science degree in Ministry and Leadership. Later, He received his Master of Theology and a Master of Arts in Pastoral Counseling from Life Christian University, Knoxville Campus.

Seymour United Methodist Church News & Praises

The 3rd session of the 13-week series on "Grief Support" will begin on Tuesday, January 22, at 6:30 p.m. Contact Buddy Greene for details. Open to anyone needing help.

The Wednesday evening

fellowship meal has now resumed at 5:30 p.m., followed at 6:30 p.m. by small group studies on various Biblically based topics. Please make dinner reservations either on Sunday's attendance slips or notify the office by noon Tuesdays.

The senior high school youth (so-signed up beforehand) depart Thursday, Jan. 25th for Resurrection 2013 in Gatlinburg, TN. They return Sunday morning.

This Fri., Jan. 25th, the Scrapbooking Fellowship group will meet at 6:30 PM. Contact is Janelle McBride.

Next Sunday, Jan. 27th, the 2013 Confirmation Classes continue for middle school youth grades 6th - 8th beginning at 4:30 PM. Contact Rev. Darren Kitts.

The Jr. High youth have a bowling outing planned for Sunday, Jan. 27th.

Should you need any further information on any of the above items or other matters, please call our church office at 573-9711. Our general informational website is: www.seymourumc.org.

We are conveniently located at the corner of Chapman Hwy and Simmons Rd., just one block north of the Boyd's Creek and Rt. 411 intersection with Chapman Hwy.

Candlemas Benefit Concert on February 2

The Pope Benedict XVI Schola proudly presents "A Candlemas Concert" on Saturday, February 2, at 2:30 p.m. at Holy Ghost Church in Knoxville. Proceeds from the program will benefit the Ladies of Charity of Knoxville, whose primary mission is to serve the poor by providing emergency assistance, food, clothing, housing and medical needs, and infant care.

The Christian feast of Candlemas, which falls on February 2, rolls several celebrations into one: it's the day on which the church marks the presentation of the infant Jesus in the temple; the purification of the Virgin Mary, 40 days after the birth of her son; and, traditionally, the official end of the season of Epiphany.

The Schola's repertory for the concert includes

Gregorian chant and choral works in Latin and English by Palestrina, Purcell, Victoria, Byrd, Sheppard, Tye, and Vaughan Williams. Organist Charles Walden, music director of Holy Ghost Church, will also perform.

Schola members come from churches throughout Knoxville, and the group's director is Mary C. Weaver. Tickets are \$10 and may be purchased at the door or online, via Eventbrite, at <http://b16.eventbrite.com/>.

Holy Ghost Church is located at 1041 N. Central Street, Knoxville, TN 37917.

The Pope Benedict XVI Schola rehearses on Thursday evenings at Holy Ghost and welcomes singers ages 18 and up. For more information, call 865-437-8620 or e-mail mary@b16schola.org.

UT Medical Simulation Center Earns Top Accreditation

Cont. from page 1

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www.newbeverly.org
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Sunday Evening Worship 6:00 p.m.
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Wednesday Evening Youth 7:00 p.m.
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Evening Worship - 6:30 p.m.
Wednesday Bible Study - 6:30 p.m.

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House to Home



The Smoky Mountain Orchid Society will host an orchid show & sale, March 2 & 3, 2013 at West Town Mall in Knoxville, TN. See the beauty and variety of the Orchids exhibited by various orchid societies from the southeast. Orchid growers will be present to give tips on growing orchids in your home and orchid vendors will offer plants for sale. Orchids on exhibit will be judged by the American Orchid Society. Admission is free. Contact: smos@frontier.com, www.smokymtnorchidsociety.com

ANTIQUES & COLLECTIBLES

What is your item worth?

The most common question asked in the field is about the monetary values of antiques and collectibles. The most common answer given in response



By Carl Sloan

is, "whatever anyone is willing to pay". This is probably not what you wanted to hear when you are trying to determine if your property is authentic and of monetary value.

I am asked this question at least ten times a week, and I don't answer with the generic "willing to pay", as I feel we should help our friends and neighbors the best that we can. It is frustrating when an appraiser withholds truthful information regarding the value of an item with the intent to purchase the item himself to sale at a profit.

I am in the markets everyday and values can be very ambiguous as the same item can sell at varying prices depending on the auction location and crowd. Yet, you need to have a basis to start with. Knowing if your item is not an original or a reproduction is very important. Vehicles have blue books, real estate has comparables, stocks have values and fuel has fluctuations. When it comes to the antique, collectible and jewelry market the value is

relative to trends. However, some categories are much more stable than others.

I wish to relay some nuggets of information that I use on a daily basis to help you determine what you may have.

First of all, there are many excellent free resources. You can begin at home with your computer. Simply use your search engine and type in what you think the item may be. Select images, and compare those with your item. You may have to try different key words and keep narrowing down until you start seeing something relative.

Your public library is also your friend. Did you know that you can call or visit the reference section at a main library and they will help you do research at no cost? When I try to evaluate an item, the last thing I look for is the value. I first need to understand what it is by seeking other references. Once I see I am on

the trail, it will lead to the important issue of values and so forth.

Another quick method is to visit the big online auction sites for values or information. Just keep in mind that only sell through prices are relevant not asking or buy it now prices.

Another important tip is to remain detached. This is the number one trip up that I see as folks want to believe that what they may have could be valuable and become emotionally attached. Everyone has grandparents who paid this for that back when, was told by a good source this is a specific item of value, or saw it on television and so forth. I encourage you to be independent, use the available resources and work to find accurate information. This is what the professionals do. Then confirming with an unbiased professional will help build your confidence and knowledge.

If you feel stuck or need help please let me know. I do make an effort to help our community in

my free time at no cost. I don't purchase anything nor do I charge for an informal assessment be it one item or an estate.

I work with Fountain City Auction as an independent to help manage their international auction network and perhaps you have something that could fit in or not helping a neighbor is something that I like to do As always please call Fountain City Auction at (865)604-3468 for a quick and free assessment by phone, mail or in person by appointment.

Knoxville Zoo Looking For Volunteers to Monitor Local Frogs

Knoxville Zoo is looking for volunteers for the Frog-Watch program, a national citizen science program coordinated by the Association of Zoos and Aquariums (AZA) that helps scientists collect data on a large scale, to help monitor frogs in the Knoxville area.

Volunteers are needed for Knoxville Zoo's Frog-Watch U.S.A. chapter to learn frog calls and take frog call data in their backyard or neighborhood. The zoo will train volunteers to collect data on local frogs to help scientists learn more about when and where different types of frogs are active. FrogWatch volunteers are asked to monitor a site two times a week at least 30 minutes after dark from February through August, 2013.

Frogs are sensitive to changes in their habitat because they absorb water and oxygen through their skin and are in peril because of diseases, loss of wetlands, water pollution, climate change and introduced non-native species. With the information provided by FrogWatch volunteers, scientists can identify and address concerns about threats that these factors pose to frogs. Frogs are also important indicators of problems that may affect humans

and play an important role in pest control.

One day of training is required to participate in the FrogWatch program. Training will be held on Saturday, February 2nd and Sunday, February 3rd from 10:00 a.m.-3:00p.m., with an optional certification assessment from 3:00-4:00 p.m. Volunteers will learn how to identify 14 local frog species by their calls, how to collect and submit data, and the natural history of local frogs. The program is open to volunteers aged 13 and up, and registration is required at least one week in advance. For more details or to register, please contact Steve McGaffin at smcgaffin@knoxville-zoo.org or (865) 637-5331.

Knoxville Zoo is Knoxville's largest year-round attraction. Located off exit 392 from Interstate 40, the zoo is open every day except Christmas Day. Currently, the zoo is open daily from 10:00 a.m. until 4:30 p.m. Admission and ticket sales stop one-hour before the zoo closes. Next-day admission is free after 3 p.m. with purchase of ticket.

For more information, please call 865.637.5331 ext. 300 or visit www.knoxvillezoo.org.



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Triple-Chocolate Coffee Cake

1 (18.25-ounce) package devil's food cake mix
1 (3.9-ounce) package chocolate instant pudding mix
2 cups sour cream
1 cup butter or margarine, softened
5 large eggs
1 teaspoon vanilla extract
3 cups semisweet chocolate morsels, divided
1 cup white chocolate morsels
1 cup chopped pecans, toasted

Beat first 6 ingredients at low speed with an electric mixer 30 seconds or just until moistened; beat at medium speed 2 minutes. Stir in 2 cups semisweet chocolate morsels; pour batter evenly into 2 greased and floured 9-inch square cake pans.

Bake at 350° for 25 to 30 minutes or until a wooden pick inserted in center comes out clean. Cool completely in pans on wire racks.

Microwave white chocolate morsels in a glass bowl at HIGH 30 to 60 seconds or until morsels melt; stirring at 30-second intervals until smooth. Drizzle evenly over cakes; repeat procedure with remaining cup of semisweet morsels. Sprinkle cakes evenly with pecans.

ANNOUNCEMENTS

Exploring the Emancipation Proclamation

On January 26, 2013 the Beck Cultural Exchange Center in conjunction with Lincoln Memorial's Abraham Lincoln Museum and Library will be presenting an exhibit entitled, "Freedom: Exploring the Emancipation Proclamation, the 13th Amendment and the Civil Rights Movement in East Tennessee" in Beck Center's Avon W. Rollins, Sr. Exhibit Hall. This exhibit will feature pictures, newspaper articles, correspondence, booklets and pamphlets that come from Lincoln's personal collection. Time 7:00 p.m. until 9:00 p.m. This event will explore how all of these events helped to make America a better place to live. This event is open to the entire Knoxville Community.

Halls Republican Club meeting

The next Halls Republican Club meeting will be Monday night, Jan. 21, 2013, at 7 p.m. at the Halls Recreation Center (the building below the ballpark) where early voting is held.

Every two years, as customary, the Knox County Republican Party holds its reorganization convention. This year's convention (February 2, 2013, at 10 am at Central High School) is for delegates and alternates of the Knox County GOP. At this meeting, the delegates and alternates will elect the next Chairperson, Vice-chair, Secretary and Treasurer of the local party.

The Halls Republican Club is very fortunate to have many of the candidates for Chairperson and Vice-chair at the January 21st meeting. Each candidate will be given a few minutes to state their positions, and later, will be able to speak one-on-one with our

members and guests.

Ossoli Meeting

GFWC Ossoli Circle - Coffee, 9:45 a.m. Monday, January 21, Ossoli Clubhouse, 2511 Kingston Pike, "It was a Dark and Stormy Night" by Sherri Gardner Howell at 10:30 a.m., "South Sundry Report" by Anita Hendlerlight at 11:30 a.m.

Screening Interviews and Applications Workshop

The Knoxville Area Urban League is holding a workshop: "Screening Interviews and Applications" on Thursday, Jan. 24, 2013, 9-11 a.m., 1514 East Fifth Avenue, Knoxville, TN 37917. Instruction provided by Dial America. There is no cost to attend but space is limited. To register or for more information, call 865-524-5511.

Stop Smoking Classes

A series of five smoking cessation classes will begin on Monday, January 28 at 6:30 p.m. at the Knoxville First Seventh-day Adventist Church, 3611 Kingston Pike, Knoxville, TN 37919. The classes will continue on February 4, 11, 18 and 25, and will focus on the steps smokers can take to become smoke-free. The classes will be taught by Andrew Denney, PTA and Health Coach. The classes are open to the public and the cost is \$10 per person; scholarships and child care are available upon request. Registration is required.

Participants are encouraged to attend all five classes. For more information and to register, visit knoxvilleinstep.com or contact Kimberly Cridder at 865.264.3894. The class is sponsored by InStep for Life Health Ministries and the Knoxville First Seventh-day Adventist Church.

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Volunteers Portable Moving and Storage, hereby publishes notice, as required by Tennessee Self-Service Storage Facility Act (TN Stat. 66-31-101- 66-31-107) of a public sale of the property listed below to satisfy a landlords lien. All sales are for cash to the highest bidder and are considered final. Volunteers Portable Moving and Storage reserves the right to reject any bids, Auction is to Be located at: 10155 Gallows Point Drive Knoxville, TN 37931 and will be held at 10:00 A.M. on Tuesday January 29, 2013 Stewart, Angela 151B110

Contents include but not limited to: Household items, books, exercise equipment, stereo equipment and more.

PUBLIC AUCTION
Jan. 15th 2013 @ 10:00 A.M.
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KNOXVILLE, TN 37922
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