



Ruthie Kuhlman elected Chair of Knox County Republican Party

By Tasha Mahurin
mahurint@knoxfocus.com

Despite the frigid temperatures on Saturday morning, Republicans from across Knox County filed into Central High School for the Knox County GOP Convention. The convention brought several surprises this year, including snow; however, the weather did little to hinder Knox County's most committed Republicans from taking care of business—namely reorganization.

Following the invocation and pledge, U.S. Senator Lamar Alexander addressed the elected officials, community leaders, and hundreds of delegates from precincts throughout Knox County who were present.

"I learned a long time ago that the heart and soul of the Republican Party in East Tennessee is in Knox County," Alexander told those present.

Alexander also took a moment to campaign for his next election and, like all politicians whose speeches are generally woefully predictable, made a quick joke encouraging delegates to be mindful of who they vote in as chair, because they would undoubtedly be forced to listen to their speech at the next Lincoln Day Dinner.

Other than the outgoing leadership's less than subtle attempts to



Ruthie Kuhlman was elected Chairwoman of the Knox County Republican Party at their convention Saturday morning. Inset: Focus Publisher Steve Hunley stops for a photograph with Buddy Burkhardt, newly elected Knox County Republican Party First Vice Chairman.

manipulate the outcome of the vote, the most surprising moment of the three hour long event came when Knox County Mayor Tim Burchett stepped up to the microphone. Just after giving a proclamation in the memory of former County Commissioner and Halls Shopper publisher Mary Lou Horner, Burchett asked if he might ask a question of the

delegation present.

"If you support an elected school superintendent, please raise your hand?" Burchett asked. The response was unanimous among the crowd; a motion was then made to make the desire to see an elected school superintendent in Knox County the official position of the Knox County Republican Party

regarding the matter.

Following a ballot/roll call vote, Ruthie Kuhlman was voted in as the new Chairwoman of the Knox County Republican Party, handily defeating challengers John Gabriel and Buddy Burkhardt. Following a nomination from Ray Jenkins, Burkhardt was selected to serve as First Vice Chair.

SEED prepares Knoxville's urban youth for green-collar jobs

By Tasha Mahurin
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"Our primary goal is to create pathways out of poverty for the young people we work with," Joshua Outsey, Social Equality Director for SEED told *The Focus*.

SEED (Socially Equal Energy Efficient Development) is a green community development non-profit with a focus on creating and sustaining jobs for Knoxville's urban youth. They also hope to ensure clean energy and conservation technologies are available for low income residents.

Typical SEED participants are low-income young people between the ages of 16-28. Young adults who apply and are accepted into the program participate in a 90-day pre-apprenticeship where they will receive basic life skills training and mentoring. Additionally, the pre-apprenticeship requires 50 hours of community service. Those hours entail everything from the winterization of homes, to planting shrubs and trees, to litter pick-up throughout the city.

After the 90-day period, 18-24 year old participants can apply for



PHOTO BY DAN ANDREWS.

Members of SEED (Socially Equal Energy Efficient Development)

an intensive residential, 12-month green job education, apprenticeship, and job placement program.

"Our first step we take with the young people in our program is to

get them back on track," Outsey said, adding that many of them have not completed their high school education. "Once we have guided them towards completing high school or obtaining a high-

school equivalency, we then build upon that," he added.

Knoxville Mayor Madeline Rogero has likewise committed to ensuring the success of green

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FOCUS Weekly Poll*

**Do you believe
electronic,
digital
billboards
should be
banned in
Knox County?**

YES 48.54%
NO 51.46%

*Survey conducted
February 1, 2013.*

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

Burchett's plan pays off

By Tasha Mahurin
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While on the campaign trail in 2010, candidate for Knox County Mayor, Tim Burchett vowed to end the purchasing-card system for county departments under his control. Shortly after taking office, he did.

"Shortly after I took office we reduced the overall number of (purchasing) P-cards by 53 percent," Burchett confirmed.

The decision initially began as an effort to restore transparency and curb spending—particularly in light of the confirmed abuse of the of p-card system by county employees during the Mike Ragsdale administration. In addition to implementing security measures to regulate spending and introducing a database through which county expenditures could be monitored by the public, a shift was made to an E-commerce card program.

The decision paid dividends last week when SunTrust Bank City President Grant Boyd, First Vice-President Mona Parsons and Vice-President Card Program Officer Kathy Morris presented Mayor Burchett, with a \$318,000 E-commerce card rebate check.

"Even with this reduction (in P-cards) we've received more than a half a million dollars in rebates over the past two years and seen millions in cost-avoidance savings thanks to more efficient use of the e-commerce card program."

The mayor also credits Knox County Purchasing Director, Hugh Holt; Knox County E-Commerce Card

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SEED

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initiatives throughout the city. Her administration continues to focus on both "living green and working green," through such initiatives as the City's Ameresco contract which upgraded 99 city-owned buildings to reduce energy consumption and carbon emissions, and the IBM Smarter Cities grant, which will bring a team of IBM specialists to town to help develop strategies to improve residential energy efficiency for low-income residents who often struggle with high utility bills.

Mayor Rogero also issued an Energy-Efficiency Challenge, a partnership with the nonprofit Pathway Lending to make \$10 million in low-interest loans available to Knoxville and Knox County businesses to make energy-efficiency upgrades to their facilities and equipment.

SEED hopes to leverage an emerging green economy into an opportunity for the advancement of the urban youth who participate in the program. Their goal is to pursue economic advancement that is both sustainable and eco-conscious by equipping a "green-collar" workforce for Knoxville's growing green economy.



PHOTO BY DAN ANDREWS.

Eagle Scout Troop 500 of Clapps Chapel United Methodist Church visited the county commission meeting last week while earning Citizenship in the Community merit badges. Pictured left to right are Assistant Scout Master Tommy Hancock, Eagle Scouts Nathan Wech, Austin Hancock, Scoutmaster John Wech, Commissioner Dave Wright, Eagle Scout Ian Beeler, Assistant Scout Master Jay Sanders and Eagle Scouts Dylan Moore and Kyle Alstead.

Burchett's plan pays off

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Administrator, Janice Orr; and Knox County Finance Director, Chris Caldwell for the program's success.

The rebate program has been in place for some time; however, the Knox County Purchasing Department has been able to increase the rebate by streamlining purchasing procedures and consolidating purchasing programs into the E-commerce card program.

Last year, Knox County earned \$318,000 in rebates from the use of its E-commerce cards. The County budgeted \$200,000 for the rebate and surpassed that



PHOTO BY DAN ANDREWS.

Pictured left to right: SunTrust Bank Vice-President Card Program Officer Kathy Morris, SunTrust Bank City President Grant Boyd, Knox County Mayor Tim Burchett and SunTrust Bank First Vice-President Mona Parsons.

goal by nearly \$120,000.

The additional funds will

likely be used to pay down county debt.

A Hero on and off the field

He was scheduled to speak on Super Bowl Sunday last year, but was given a trip to the Super Bowl instead. A few months later, he captivated an entire congregation for nearly an hour with his riveting story and testimony. It is a story of hopes and dreams, football and shattered dreams, faith and family, and a fulfilled life of joy and praise. "I've heard it twice," Dr. Randy Macon said as he closed out the



By Ralphine Major
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Sunday service. "I could have listened another hour," a lady told me on the way out. I even saw a nurse, trained in the treatment of trauma injuries, moved to tears. She was not alone. Focus readers probably know the story, since it has been well documented in the media. I thought I knew all the details. But, hearing the story from Inky himself was special.

At first glance, he looked as though he could still be a threat on the football field. With enthusiasm and personality bursting through that smile, Inky (Inquoris) Johnson shared about his young life. Born into poverty, he was one of fourteen in his family who lived in a two-bedroom house. Though drugs were all around, Inky never used them. Once his family's home was set on fire and burned to the ground. Another time, the family's Christmas presents were stolen. Inky's competitive

nature would be the key to rising above his circumstances. As a youngster, Inky practiced drills by his mother's car lights.

A big step on the road to his success came when Phillip Fulmer, then Coach of the Tennessee Volunteers, offered him a scholarship. Things were going great. On the verge of NFL greatness, Inky had already talked to NFL scouts. But, a single play changed everything. On Saturday, September 9, 2006, Inky made a clean hit in a football game



Will Simpson, Inky Johnson and Luke Simpson. Photo by Ralphine Major.

in Knoxville's Neyland Stadium. He could not get up. A severe injury ended his career and changed his life. There was nerve damage to his right arm, and he was in

a fight for his life. Time in the emergency room and later at the Mayo Clinic put life into perspective for this young man. He was just hoping to be home for Christmas.

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FOCUS Weekly Poll

Do you believe electronic, digital billboards should be banned in Knox County?

Yes 48.54%

No 51.46%



By Age	Support	Oppose	Total
18-29	50.00%	50.00%	2
30-49	45.76%	54.24%	59
50-65	44.72%	55.28%	161
65+	51.55%	48.45%	258
Total	48.54% (233)	51.46% (247)	480

By District

1	62.07%	37.93%	29
2	51.79%	48.21%	56
3	44.44%	55.56%	45
4	60.00%	40.00%	75
5	55.36%	44.64%	56
6	45.45%	54.55%	55
7	32.79%	67.21%	61
8	38.60%	61.40%	57
9	50.00%	50.00%	46
Total	48.54% (233)	51.46% (247)	480

By Gender

Unknown	73.33%	26.67%	15
Female	52.54%	47.46%	236
Male	42.79%	57.21%	229
Total	48.54% (233)	51.46% (247)	480

Survey conducted February 1, 2013.

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The Lunch House: comfort food at its finest

By Tasha Mahurin
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In East Knoxville, just at the Magnolia Ave. and Asheville Hwy. split, lies a local lunch spot so distinctly “Knoxville” that one of their regular customers is Johnny Knoxville himself. The smorgasbord menu includes everything from home-cooked Southern favorites, such as fried catfish and vegetable soup, to classic Americana fare like hamburgers and French fries and the clientele is just as diverse. At lunch hour, tables fill with people from all walks of life. Judges and hairstylists, bankers and construction crews, elected officials and auto-mechanics, and occasionally, the governor, parade in-and-out daily for breakfast or lunch.

Despite the hustle and bustle you immediately feel at home at this cozy little diner. Perhaps, it’s



Joyce Collier and daughter/owner Misty Bullock will serve you at The Lunch House.

because Joyce Collier and daughter/owner, Misty Bullock, know their customer’s by name- and often order. For nearly 20 years, The Lunch House has been solely a family operation, and, true to form, the food is reminiscent of eating at your grandmother’s table.

When asked what’s the best thing on the menu? Joyce Collier replied: “Our chicken-and-dumplings, we serve every Wednesday, are the most popular. Everybody loves them.”

Every plate that comes out of The Lunch House’s

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Rural/Metro celebrates 65 years

On Feb. 2, Rural/Metro will celebrate 65 years since its founding in 1948. Locally, Rural/Metro has been the official emergency ambulance service provider for Knoxville and Knox County since 1985. It has provided fire service to Knox County areas outside the Knoxville city limits since 1977.

Knox County Mayor Tim Burchett issued a proclamation in honor of the company’s anniversary declaring Feb. 2 Rural/Metro Day and thanking the exemplary Rural/Metro employees for their long service to the community.

“Rural/Metro is a valuable member of this community, and its trusted paramedics, EMTs and firefighters help keep our residents safe every day,” said Mayor Burchett. “I am honored to present this proclamation to Rural/Metro to mark the company’s anniversary and its

outstanding service to this community.”

The company celebrated its founding and honored its dedicated employees by hosting an employee appreciation breakfast at its ambulance operations center on Friday, Feb. 1.

“Sixty-five years ago, Rural/Metro was founded with the goal of providing excellent public safety to those it served,” said Rob Webb, Rural/Metro division general manager. “For more than 25 years, we’ve worked hard to achieve that goal in Knox County and to make our community a safer place to live and work.”

Lou Witzeman founded Rural/Metro 65 years ago after discovering his unincorporated town in Arizona was lacking in fire protection. Witzeman pioneered the idea of a private, subscription-based fire department with one fire truck that served a small subdivision.

Today, Rural/Metro has grown to be one of the largest providers of emergency medical and fire services in the country.

Nationally, Rural/Metro impacts nearly 1.5 million lives annually in 21 states and 700 cities and counties across the nation through its ambulance and specialty fire protection services. The company boasts nearly 8,000 paramedics, EMTs and firefighters and 2,000-plus professional staff.

Rural/Metro of Tennessee is the largest emergency service provider in East Tennessee, with a combined work force of more than 800 firefighters, paramedics, EMTs, telecommunicators and other support personnel. Rural/Metro Ambulance Service is the only accredited provider in the state, with contracts for 911 service in Knox, Blount, Loudon, Franklin and Polk counties.



Rural/Metro Division General Manager Rob Webb holds a proclamation from Knox County Mayor Tim Burchett naming Feb. 2 as Rural/Metro Day in honor of the company’s 65th anniversary. Rural/Metro has been the official emergency ambulance service provider to Knox County since 1985 and is the only nationally accredited ambulance provider in the state.



From State Representative Harry Brooks

Another week has flown by. That is literally and figuratively speaking. Nashville, like other areas throughout the Southeast experienced heavy winds with tornado activity causing much damage to homes and businesses. Fortunately we escaped with no personal damage, although we did spend about an hour and a half in a “safe place.” We need to keep all those who have had suffered losses in our thoughts and prayers.

We are rapidly approaching the deadline for bill filing. As I have reported before, we voted to limit the number of bills each legislator may file to fifteen. As chairman of the Education Committee, most of the bills that I have introduced have to do with educational issues. These range in content from changing the name of technology centers to “colleges,” adding a STEM stipend from lottery proceeds for the Tennessee HOPE scholarship recipients who are majoring in STEM fields, clarifying the offense of assault on educational personnel, and authorizing teacher training programs at public institutions of higher education to offer coursework on neurological or brain science research. Other bills have been introduced as “caption” bills allowing amendments to be added later as needed.

I was excited to hear the Governor in

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The Lunch House: comfort food at its finest

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kitchen is homemade, from scratch...including the cobbler- which many bill as the "best in town".

East Knox resident and Knox County School Board Representative Mike McMillan is a regular

customer and a fan of the blackberry cobbler in particular. "Their blackberry cobbler is excellent," McMillan told *The Focus* in between bites.

Additionally, while similar restaurants might order items premade, the crew

at The Lunch House makes everything in-house- including their own potato salad and coleslaw.

So what's the secret to a homespun atmosphere that makes everyone feel welcome the first time they walk in the door and

cuisine that keeps them coming back again and again?

"Experience," Collier told the *Focus*. "I've been doing this for 35 or 40 years."

Each day the staff arrives at 5:30 a.m. to prepare for the breakfast rush, but

according to Collier it's all worth it to see a satisfied grin on the face of her patrons, who are greeted with a warm smile, and sent on their way with a genuine "thank-you".

"Our customers are the best part of the job," she

added.

The Lunch House is located at 3816 Holston Drive and is open Monday thru Saturday from 6:00 am until 3:00 p.m.

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PHOTO BY DAN ANDREWS.

Last Thursday, Superintendent Jim McIntyre helped unveil West High School's new lecture hall that will cultivate educational opportunities, such as the school's International Baccalaureate (IB) program.

Haiti Outreach Program to hold fourth annual Fierce and Fancy show and sale

The Haiti Outreach Program will present its fourth annual Fierce and Fancy Formals Fashion Show and Dress Sale on Saturday, February 9, 2013, at 7 p.m. at the Women's Basketball Hall of Fame in downtown Knoxville.

All Knoxville area girls and women are invited to attend this night of fun, food, and fierce and fancy fashion. The evening will consist of a cocktail hour with wine and hors d'oeuvres, mingling time with prominent Knoxville vendors, a fashion show showcasing the best, timeless looks, and concluded with a VIP preview sale. This year's fashion show is themed "Prom through the Decades," paying tribute to the best looks of

our past and looking forward to this year's hottest prom fashion. Tickets can be purchased at www.TheHaitiBlog.org/Events.

All the proceeds from the evening will help support the village of Boucan Carre, Haiti. The Haiti Outreach Program, a Knoxville based non-profit organization, has worked to improve the lives of the people of Haiti since 1999. Our organization includes people of many backgrounds and faiths, working together with groups like Partners in Health and Sacred Heart Parish. The Haiti Outreach Program's efforts have helped provide food, clothing, housing, education, healthcare and more.

For more information about the Haiti Outreach Program or Fierce and Fancy Formals, visit www.GiveHaitiHope.org.

From State Representative Harry Brooks

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his State of the State Address put much importance on improving education and educational opportunities in the state. I firmly believe that the key to economic success lies with a strong education foundation. Much has been discussed by his proposal to allow a voucher system to be introduced. It is important to realize that this is not just giving public money to private schools. There are strict guidelines that must be followed.

In order to qualify for this voucher a student must first be eligible for free or reduced lunches. And secondly, that student must be attending a school that is deemed a "failing" school by state authorities. Currently the only school in Knox County that would have students eligible to participate is Sarah Moore Green Elementary. It is important to realize that before a private school can receive voucher money for a student, that private school must meet state standards of achievement and accountability. Furthermore the school must accept the student for the cost of the voucher even if the school's tuition cost is greater

than the voucher amount. Before this could become a possibility, it must pass through the committee process and then be voted on by both Houses of the Legislature. It is entirely possible that it can be amended changing the original drafting of the bill.

I was asked yesterday to be the House sponsor of a bill that would revise the manner in which the names of candidates for the U. S. Senate are placed on the ballot for the November general election. The bill would require the persons to be nominated in an open meeting as a candidate for the majority party by legislative members of the majority party and as a candidate for the minority party by legislative members of the minority party. Senator Frank Niceley introduced this bill in the Senate.

I would be interested in knowing your thoughts on these bills or any others. You can reach my office at 615-741-6879 and by email at harry.brooks@capitol.tn.gov or if you would like to receive updates by email you can sign up at www.capitol.tn.gov/lyris/h19s.html.

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Hiram W. Johnson of California

Pages from
the Political
Past



By Ray Hill
rayhill865@gmail.com

Few politicians enjoyed the lengthy career Hiram W. Johnson carved out in California. Johnson's time in public office was stormy, yet he remained enduringly popular. By the time of his death in 1945, Hiram Johnson was a living icon in his home state.

Johnson was born on September 2, 1866, the son of Grove L. Johnson who was himself quite active in Republican Party politics. The elder Johnson served in both houses of the California state assembly, as well as one term in Congress. Hiram did not exactly follow in his father's footsteps, as the two men had very different views on public policy.

Hiram Johnson earned a law degree and set out to practice his profession; perhaps the most famous trial of his career was the prosecution of corruption in San Francisco local government. The original prosecutor, Francis Heney, was actually shot in the head after he had pointed out one of the jurors had served time in San Quentin. Fortunately, Heney survived a wound that was close to being mortal. Hiram W. Johnson was chosen to finish the trial, which he did. Supposedly, four of the jurors had been bribed, a fact which was brought to Johnson's attention. Johnson dramatically pointed to and call out each of those jurors by name and thundered, "You dare not acquit these men!"

The jury, fearful, did not acquit the accused.

By 1910, Hiram W. Johnson was running for governor of California on a progressive platform. Johnson decried the influence of the Southern Pacific Railroad in California politics, proposed U. S. senators be elected by popular vote, and supported giving women the right to vote.

Once governor, Johnson proceeded to reform California's government. It was Hiram Johnson who introduced referendum, recall elections, and voter initiatives to California, all of which still exist to this day.

Johnson's popularity in California would continue to grow, although his appearance belied that of one that would become an institution. Short, bespectacled, with a tendency to



Autographed photo of Senator Hiram Johnson.

being stout, a full head of hair parted in the middle, Hiram Johnson did not physically strike a commanding figure, yet his force of personality made him exactly that. Johnson was an excellent orator and possessed a certain kind of charisma that drew people to him.

Johnson bolted the Republican Party in 1912 to run with former President Theodore Roosevelt on the Progressive or "Bull Moose" ticket in 1912. The Roosevelt - Johnson ticket actually carried California against Democrat Woodrow Wilson and incumbent President William Howard Taft. In fact, the Progressive ticket ran second nationally all across the country, leaving President Taft to run a poor third. Still, the deep division in the Republican Party allowed Woodrow Wilson to win the presidency.

Hiram Johnson remained in office as governor of California and was reelected to a third two-year term in 1914. Johnson became a candidate for the United States Senate in 1916 and was elected. He was to remain in the Senate until his death in 1945.

For the rest of his life, Hiram Johnson would remain one of the most

important progressives inside the Senate and the country. He ran for the Republican presidential nomination in 1920. The untimely death of Theodore Roosevelt left it an open contest, which drew numerous aspirants. The late president's family chose not to support Johnson, preferring to back the candidacy of General Leonard Wood. The ultimate nominee was Ohio Senator Warren G. Harding.

Johnson was not especially supportive of either the Harding or Coolidge administrations and the Californian quickly became disillusioned with that of Herbert Hoover. Senator Johnson openly backed New York Governor Franklin Delano Roosevelt against Hoover in 1932. Johnson supported many of the New Deal measures of Franklin Roosevelt's administration as well as the president's reelection bid in 1936.

The turning point for Hiram Johnson with Franklin Roosevelt came in 1937 when the president proposed to enlarge the Supreme Court. Johnson was utterly opposed to FDR's court packing plan and when the bill was finally defeated, Johnson murmured, "Thanks be to God!"

Senator Johnson was also a fierce isolationist, along with several other progressive Republicans. Johnson was adamantly opposed to legislation he thought might entangle the United States in yet another foreign war. Johnson had been bitterly opposed to Woodrow Wilson's cherished dream of having the United States join the League of Nations. Along with Idaho Senator William E. Borah, Johnson followed Wilson across the country, denouncing the League.

President Roosevelt, anticipating war to break out in Europe at any moment, tried hard to craft legislation to help America's allies, while trying not to arouse the powerful isolationist block in Congress. To say the least, it was a delicate balancing act, which would have been impossible for a politician less deft than FDR. Despite the powerful isolation bloc in Congress, isolationist sentiment in the United States melted like a snowman in Hell on December 7, 1941 when the Japanese Empire attacked Pearl Harbor.

Senator Johnson's popularity in California had not been dented by his isolationism; in fact, he had been reelected to another six-year term in 1934

with over 94% of the vote. Johnson had also been easily reelected in 1940.

Johnson's health was beginning to fail during the 1940s. He suffered a stroke, which reduced his once booming voice to a whisper. Johnson was frequently absent from the Senate and while he participated in committee meetings, his days of making thunderous speeches on the floor of the Senate were behind him.

Johnson's wife, Minnie, became his keeper, appearing at committee meetings to lead him out of the room when she thought he needed to rest. Johnson, usually puffing on an ever-present cigar, which was carefully placed in a holder, would meekly follow his wife out of the room.

Still, Hiram Johnson

tenaciously clung to his perch in the Senate and whenever there was some discussion of his health, the senator would snap he was quite well and would, in fact, be a candidate for reelection in 1946 when he would be 80 years old.

Yet many of Johnson's contemporaries, especially those who had been fierce isolationists had been driven out of the Senate. William Borah, the "Lion of Idaho" had died in 1940; Gerald Nye of North Dakota was defeated in 1944, as was D. Worth Clark of Idaho. The remainder of the isolationist block exited the Senate the year after Johnson's death. Burton K. Wheeler of Montana, Henrik Shipstead of Minnesota, David I. Walsh of Massachusetts all lost reelection bids.

Senator Hiram Johnson probably would have defied the odds and sought another term in the Senate, but he suffered another stroke and died in the Bethesda Naval Hospital on August 6, 1945.

The news coverage of the old titan's passing was diminished due to the fact the United States had just dropped an atomic bomb on Hiroshima. The irony of the old isolationist being consigned to the back pages due to international events was not lost on many.

Clearly Hiram Johnson likely died at precisely the right time. The times were changing and the United States was changing with them. Johnson was a relic from a different time, a once powerful voice and figure reduced to an angry whisper by age and infirmity. Much of Hiram Johnson's political philosophy, especially in the area of foreign policy, was outdated as World War II drew to a close.

Still, Hiram Johnson was a legendary figure.

The laws in California changed to give the people a greater voice in the running of their government have been much debated throughout the succeeding decades, although they remain in place. Hiram Johnson was selected to be one of the inductees when the California Museum kicked off a new exhibit in 2009. Johnson's legacy continues to live on long after his death.

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Basic Estate Planning

Whether you are rich, poor or somewhere in between, you should make plans for the future. It may be uncomfortable to think about but we may not always be healthy and all of us will die someday. So it is important to decide what should happen if we become unable to care for ourselves and what should happen to our assets when we pass away.



By Sharon Frankenberg, Attorney at Law

to dispose of his or her property after death. The will may be handwritten by the person making the will. This kind of will is referred to as a “holographic” will. All of the provisions of the will must be in the handwriting of the person making the will and after that person dies, the handwriting must be proven by the testimony of two witnesses familiar with the deceased’s handwriting. A typed will must be signed in the presence of two witnesses who may not be related to the person signing the will nor may they be named as beneficiaries in the will. Under Tennessee law, these witnesses may sign an affidavit attached to the will which eliminates the need

to locate these witnesses to testify when the person who signed the will dies. This is referred to as a “self-proving” will and is typically prepared by an attorney. By having a will you can indicate your desires for the guardianship of your minor children if you should pass away. Having a will can also save your loved ones the cost of having to post a performance bond and the trouble of having to file an inventory with the probate court after you die.

The second and third documents needed for a basic estate plan are two different durable powers of attorney. A power of attorney is a legal document in which you authorize a competent person you trust to act as your agent or attorney. It is “durable” because it will not be revoked if

you later become disabled or incapacitated. A durable power of attorney for health care purposes designates a person to make health care decisions on your behalf if you are unable to do so yourself. The person you designate is referred to as your “attorney-in-fact.” A durable power of attorney for business matters is also important because if you are unable to manage your finances (like pay your bills), your attorney-in-fact can make sure that whatever you need can be done on your behalf.

The last document you need for a basic estate plan is a living will. This document establishes your wishes concerning your treatment if you are suffering from a terminal condition with no hope of recovery and where death is imminent.

Your feelings about cremation and organ donation are indicated. Most importantly, your desires concerning the termination of artificial life-support systems will be documented so that they may be honored by your family, physician and health care facility.

There are many more complicated estate planning options including a variety of trusts and insurance policies. Tax considerations may come into play. You may need more than just a basic estate plan. If you need help, be sure to contact an attorney to review your individual needs.

Sharon Frankenberg is an experienced attorney licensed in Tennessee since 1988. She is a sole practitioner who handles foreclosures, evictions, probate, collections and general civil matters. She represents Social Security disability claimants and represents creditors in bankruptcy proceedings. Her office is in Knoxville and she may be reached at (865)539-2100.

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Powell Middle honors coaching legend

By Ken Lay

A coaching legend came home to be honored recently when Ernie Israel returned to Powell Middle School.

Powell honored Israel, who coached boys basketball at the school from 1975-2002, by dedicating the gym lobby to the longtime coach.

After the celebration for Israel, Powell honored its eighth graders and went on to win its regular-season home finale over Cedar Bluff on Thursday, Jan. 24.

"This is very humbling," said Israel, who still resides in Knox County and works as a ticket taker at Thompson-Boling Arena. "The Powell Community is

very supportive, whether it's basketball or other activities.

"What amazes me is the number of people that you see here or at Powell High School that don't have kids playing or in school anymore."

Israel coached 27 years at Powell Middle where he guided the Panthers to

four regular-season titles, including three consecutive championships between 1977-79. He won another title in 1988.

Under Israel's leadership, Powell won tournament championships in 1977 and 1983.

Israel retired following the 2001-02 campaign. Darin Courtney took the reins in

2002-03 and continued the winning tradition. During his first season Courtney led the Panthers to league and tournament titles.

"Darin has done a great job here," Israel said.

For his part, Courtney, who recently guided the Panthers to the 2012-13 league championship, said that he was happy to see

Israel at the regular-season home finale.

"I was glad to see our kids win on eighth grade night and I was glad to see Ernie Israel here," Courtney said. "He's a great man."

"In 11 years of coaching in Powell, I've never heard anybody say a negative word about him."



Members of the Powell Middle School basketball team celebrate a second consecutive KCMSBC regular-season title. Top row: Principal Gary Critselous, Levi Everett, Derek Reagan, Reilly Hamiltom, Amari Rodgers, Tannner Kesterson, Jonas Payne, Mathew Samples, Darin Courtney, Jordan Mink. Bottom Row: Jack Richards, Tristen Palmer, Tyler Mink, Cade Rogers, Josh Woods, Logan Ward and Cameron Cagle.

The Long Months Ahead (Without Football)

By Alex Norman

The Super Bowl is over, and millions of football fans are asking the same question...

What am I going to do with my life?

Well, you could always spend more time with your family, start a new hobby, and perhaps begin taking those yoga classes you always wanted.

Who am I kidding! You are going to gobble up every scrap of football you can find over the next eight months until actual games begin again.

But have no fear, because I'm here to help. Cut out the article (or bookmark this webpage), and consult it when going through withdrawal.

National Signing Day (February 6)

Depending on when you read this article, National Signing Day may already be over, but lucky for you, the analysis of how everyone did will last for weeks. You know that Alabama will have a terrific class. You know that Ohio State will have a terrific class. But what were the surprises? Did Butch Jones finish strong for Tennessee? Is your favorite team doomed? Not one game is won or lost on

Continue on page 2

Panthers end perfect conference season with win at Halls

By Ken Lay

Powell Middle School's boys basketball team won its second consecutive regular-season Knox County Middle School Basketball Conference Championship last week.

The Panthers (19-1 overall, 13-0 in the KCMSBC) clinched their second consecutive conference title with a victory over Carter on Monday, Jan. 28 in the final game in Carter's gym. The Hornets will play in a new facility next season.

Powell's work, however, wasn't

done. The Panthers culminated a second consecutive perfect conference season with a 50-37 victory over rival Halls Tuesday night.

"I've just been blessed to have two great groups of kids," Panthers coach Darin Courtney said. "These regular-season titles are hard to win."

"They're even harder to win than the tournament championships. The season lasts all year. The tournament lasts a week. We've been tested and we've had a double overtime game."

I'm proud of our kids for winning back-to-back championships."

The Panthers were tested early Tuesday night as the Demons (12-7, 7-6) made things tough.

"We started out okay," Halls coach Bill Warren said. "We just didn't shoot well."

Halls and Powell were locked in a 9-9 tie late in the first quarter before the Panthers scored the final six points of the frame.

Warren said that his squad struggled to find its rhythm due to lack of practice time.

"We've had so many days off

[due to recent inclement weather] that the schedule has been consistent," Warren said. "Our kids played hard."

The Demons certainly put up a valiant effort. The two teams slugged through an even second quarter where both scored just nine points. The game remained close throughout the third quarter before Powell finally took control in the final six minutes.

"Halls came to play today," Courtney said. [Halls post player J.T.] Freels got off to a fast start.

Continue on page 2



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The Long Months Ahead (Without Football)

Cont. from page 1

National Signing Day, but the players a team gets (or doesn't get) make the difference for a program.

Spring Practice (March-May)

This is the time when injured players heal, and the up and comers try to open their coach's eyes. Of course, players that perform well in their team's spring scrimmage don't necessarily become sensations in the fall. If you want to see a game in person, this is your last opportunity for months. On the high school level, CAK and Fulton hit the spring as defending state champions.

NFL Draft (April 25-27)

Much like National Signing Day, no NFL team wins or loses a game that weekend, but the players selected or not selected make the difference between also ran and playoffs. What if the Indianapolis Colts had passed on Peyton Manning and took Ryan Leaf instead in 1998? Think the Oakland Raiders wished they passed on JaMarcus Russell? Tom Brady was a sixth round draft pick for crying out loud. For Tennessee fans, there is the added interest to see where wide receivers Cordarrelle Patterson, Justin Hunter and Da'Rick Rogers end up. Quarterback Tyler Bray has the talent to have a long career in the pros, but does he have the mentally and work ethic to do so? And which team takes the chance?

Organized Team Activities and

Mini-Camps (April, May)

For NFL fans, these practices are rare reprieves from surfing the internet, looking for any rumor about how their team is handling the off season. Some teams allow fans to watch. But to be honest, if you show up at one of these things, you have a serious problem. Nothing interesting is happening.

Fantasy Football preparations (All summer long)

For those who enjoy a good fantasy football season (and what red blooded American doesn't), the summer is the time for you to begin making cheat sheets and try to find the diamond in the rough. Randall Cobb available in Round 9? Thanks! Fantasy football has either made us better football fans or worse football fans. I'd not sure which. All I know is that I was rooting for Robert Griffin III to score many points against my real life football team because he was the starting quarterback for my fantasy football team. Yes, I also have issues. But admit it... a smile comes to your face when those first fantasy football magazines hit the newsstand.

Opening of Training Camp (late July, early August)

Let's just touch on the college game. College coaches are among the most paranoid people on earth. Former Vols coach Derek Dooley didn't want former players showing up at practice unannounced. Imagine what he would have done if practices were open to the public? So don't hold your breath on Butch Jones breaking open the gates and letting in all comers. But wouldn't it be nice to have one practice in which fans could watch? They'd see first-hand how boring practice actually is... No one is out there diagramming the greatest trick play the world has ever seen. It's a lot of stretching and instructing. Like chemistry class... with toe touching.

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Red Devils win region wrestling title

By Ken Lay

For the second time in four seasons the Halls Red Devils are Region 2-AAA Champions.

The Red Devils, the District 3-AAA Champions, claimed the region team championship with victories over Catholic and Bearden on Thursday, Jan. 24 at Hardin Valley Academy.

Halls (14-5 in dual meets) opened the evening with a 48-3 victory over the Irish. The Red Devils claimed their second regional championship since 2009 with a 55-18 win over the Bulldogs.

Both Bearden and Halls competed in the Class AAA State Dual Meets over the weekend but results from Franklin were unavailable at press time.

The Red Devils had high expectations when the season began in November and they dominated all comers in District 3-AAA, going 5-0 in conference dual meets.

"This has been a fun team to coach," said Halls coach Shannon Sayne, who was himself a State Champion for the Red Devils. "This group of kids is not unlike the 2009 team but their different.

"This team doesn't really have any superstars. They work hard every

day. They understand what it takes. They get it."

The road to the Region 2-AAA Championship was a long one for Halls.

"This all goes back to the offseason," Sayne said. "Over the summer, a lot of the kids wrestled freestyle and then they got after it in the weight room.

"In 2009, we had wrestlers who were beginners and then we had some seniors. A lot of credit for this one goes to our middle school program and the job that [coach] Cody [Humphrey] has done there. This year, we had freshmen who weren't really freshmen because they wrestled and got experience in middle school."

Halls have several wrestlers in the midst of a stellar campaign.

Junior 106-pounder Tanner Justice is one such athlete.

"Tanner is a pleasure to coach," Sayne said. "He works hard and gets after it every day in practice."

Sophomore Evan Huling has dominated his opponents this season.

"Evan is strong, he has a few moves and he's strong," Sayne said. "He's pretty much run through the region.



The Halls High wrestling team celebrate the 2012-13 Region 2-AAA Championship. Photo by Stephanie Sayne.

"He's physical and he really gets after people."

In the 120-pound division, a pair of wrestlers has stepped up for the Red Devils. Sophomore Eric Brady and freshman Trey Lepper have both notched key district wins for Halls.

In the 182-pound weight class, junior Brandon Williams has emerged as one of the area's top wrestlers.

"He's a tough, tough hombre," Sayne said. "He's strong and he's learned a few moves."

For the Red Devils, the region championship was one of many lofty goals but for Bearden, a berth in the State Duals was, in the least, a mild surprise as the Bulldogs made their first appearance at the State Duals.

Hurley finds home as new Karns baseball coach

By Ken Lay

For Matt Hurley baseball is all about fundamentals.

"I emphasize three things," said Hurley who was named Karns High School's baseball coach during the offseason. "As a coach, I emphasize putting the ball in play on the ground. I want my guys to throw strikes and I want guys to make the routine play.

"If we do those things, we will win a lot of ballgames and good things will happen at Karns High School.

Hurley, 31, replaces John Rice who left for Bearden when Bulldogs coach Jack Tate resigned after leading Bearden to the Class AAA Championship Game in 2012.

Ironically, Hurley served as Bearden's pitching

coach in 2011 and 2012.

With the Beavers, Hurley inherits a young team and a program rich in tradition.

"The first thing that I saw was that they have some history over here," Hurley said. "A couple of years ago when I was an assistant at Bearden, we came over here. I loved the atmosphere and I loved the facilities.

"When this job came open, I was knocking down the door."

Hurley, a Missouri native and University of Florida graduate, has wasted little time finding a home at Karns, where he teaches English.

"I can't say enough about the faculty and staff here," he said. "They've been really supportive and

Continue on page 4

Panthers end perfect conference season with win at Halls

Cont. from page 1

They also got a big contribution from [Bryson] Newman and Bryce Hodge is a great outside shooter."

Hodge scored eight of his 13 points before halftime

and Freels finished with 14 points. Newman came up with a pair of clutch baskets to keep the game close in the third quarter.

But in the end, it was Powell guard Amari Rodgers who stole the show. Rodgers scored 15 of his

game-high 21 points in the second half.

Forward Tanner Kesterson added nine points and was a force on the boards.

"I can't say enough about Tanner Kesterson," Courtney said. "I think

he's the best rebounder in Knox County and he's three inches shorter than anybody that he's playing against."

Powell's defense also stiffened in the latter stages of the game. The Panthers held the Demons to just four points over the final six minutes.

Now that the regular season is complete, the Demons and Panthers will now turn their attention to the James A. Ivey, Jr. Memorial Basketball Tournament. Powell is the defending champion but a repeat title won't be easy.



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Look up in the air! It's a 3! It's a slam! It's Sibley!

By Steve Williams

Karns High had a player who performed like he had a "S" on his chest the first 18 minutes of Friday night's basketball game against visiting Central.

Devin Sibley was Superman, scoring 29 of his team's first 43 points. He couldn't sustain the super effort, but it had been enough to put the Beavers on track to a 79-63 District 3-AAA victory.

In the end, the "S" simply stood for Sibley. He was tired. He is human.

Opposing head coach Jon Higgins had another adjective in mind for the "S".

"I think he's a special player," said the former University of Tennessee standout who is in his first season at Central. "He can go inside and outside. If he continues to work on his game and tightens things up offensively and defensively, who knows where he can go (as a college prospect). He has a great feel for the game. He understands the game."

That's a strong compliment from a former Vol who is still remembered for once hitting a last-second, half-court shot to beat Georgia Tech in Atlanta.

Higgins' Bobcats looked much better than their won-loss record of 6-15 overall and 3-11 in district games. Had it not been for Superman, Higgins' team might have spoiled Karns' homecoming game.

The 6-foot-2-inch, 175-pound junior put the Beavers on his back after Central took a 15-9 lead,



Karns High junior basketball standout Devin Sibley (wearing blue in a game against Oak Ridge) is one of the top college prospects in the area and maybe the state. He's a high scorer but also a team player. "My goal is to win the district championship and the state championship and have fun doing it," he said after leading the Beavers to a 79-63 win over Central Friday night. Photo courtesy of Judy Siebert.

scoring seven straight points to put Karns in front 16-15. He scored another seven points in a row late in the second period to put the Beavers ahead again. Back-to-back 3-pointers early in the second half staked Karns to a 43-34 lead.

Sibley began to tire and missed his next four attempts. A shot from the top of the circle was short and so was his shot on a drive to the basket. He

managed to put in a garbage layup and then went coast-to-coast for a slam after gathering a defensive rebound. That set off the Karns student section. It also put Sibley's gas tank near the empty mark. A timeout was called with 1:10 remaining in the third period and the Beavers leading 59-45.

Sibley got a breather. Karns coach Lee Henson didn't put him back in until the 7:23 mark of the final

period.

In his post-game comments, Sibley admitted to being a little tired.

"I need to get my conditioning up," he said. "I was a little fatigued. I played all of the first half."

Sibley finished with a career-high 39 points, six rebounds and two assists. He made 5 of 11 from 3-point range, four of four free throws and 15 of 32 field goal attempts.

"Sibley, obviously, got us going in the first half," said Henson, who is in his 12th season as Karns' head coach. "They got after us in the first quarter. We didn't match their intensity in the first quarter on the glass and on defense."

"Sibley got tired a little. If we're going to advance in the tournament, we're going to have to have everybody step up when his shots aren't falling. He's averaging 23 to 24 points, and in the last four or five games 26 to 27."

The Beavers, now 20-4 and 10-4 in district, got 13 points from Tyler Maples. Ben Lethgo added nine points on three treys.

Central had four players in double figures – Tee Sanford 16, C.J. Holloway 13, Tyler Cate 10 and Luke Hornsby 10.

"I thought we played hard and competed mighty well, particularly in the first half," said Higgins. "We lost our way a little bit

defensively in the second half. Against a team like Karns, you can't afford to have some defensive lapses, because they'll take advantage of it."

"The second half of the season we've done a better job on defense. In the third quarter tonight, we tried to outscore them and that's not our strong suit."

"The bottom line is we want to win games when it matters and that's the tournament. I feel we have the parts to be a tough out. I believe we can make a lot of noise in the tournament. We're working toward that – to reach our peak at tournament time."

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Honk if you already miss football season

About this time every year, after the last football game of the season has been played, we hear fans moaning about the long wait ahead until next season.

By Steve Williams

It's a depressing time for many. You would think they had been sentenced to only cold and darkness, bread and water, for the next seven months.

Be sure and keep a close eye on Bubba over the next few days. Smuggle all sharp objects out of his man cave, if you can. Call often.

Seriously, when you get right down to it, football fans are short-changed on the sports calendar. Their season can be over in a little over three months, and they only get to watch their favorite team play once a week. At best, if you measure the season from Kickoff Classic to Super Bowl, the football fan who is interested in both the colleges and pros has five months of games to enjoy.

The NBA, counting playoffs, plays eight months out of the year, and major league baseball lasts for seven months. Including college play, baseball is actually played nine months out of the year, from February through October.

After the Super Bowl, football fans do get a National Signing Day, a NFL Draft, a college spring game, Media Days in August and several NFL preseason exhibition games.

If that's not enough, there's also the Arena Football League and the Lingerie League, which this year has been rebranded as the Legends League. (Yes, guys, they're still wearing lingerie).

If you really get the shakes, there's some other pro and semi-pro leagues out there, too, like the Lone Star Football League. Before going to that extreme, though, I'd

suggest watching the Miracle at South Bend or the replay of the 1986 Sugar Bowl, anything prior to 2009, if you know what I mean.

WITH NATIONAL Signing Day this week, I recently heard an interesting comment from Butch Jones, new Tennessee head football coach. He said, in this day and age, for many college football recruits, making a "commitment" equates to making a hotel "reservation."

Unfortunately, he's right. For years, I've questioned why the media continues to list recruits under the heading "commitments," after they publicly announce their college choice, since the term has been misused so often.

Hopefully, UT recruit MarQuez North, a 4-star wide receiver from Charlotte, who last week committed to sign with the Vols, knows the true meaning of the word commitment.

SEYMOUR GIRLS basketball team could be standing in the way of Grainger County wrapping up a perfect regular season record this Friday night. The Grainger High team out of Rutledge is 26-0 heading into a home game against Chuckey-Doak this Tuesday. If the Lady Grizzlies get past that one, they'll only have Seymour left to conquer to claim perfection.

Seymour lost at Grainger 69-46 earlier this season. The Lady Eagles will have the home-court advantage this time, with the regular season finale set to tip off at 6:30.

The Grainger girls, whose list of victims include Gibbs and Halls out of Knox County, narrowly kept their streak going last week with a 47-45 win at Pigeon Forge.

The weight of a long win streak always seems to get heavier with

each victory. If you like the action and drama of girls high school basketball, this might be a good one to check out.

THERE'LL BE plenty of excitement at Karns Middle School this week with the annual Knox County Middle School basketball tournament. With Saturday's snow, the tourney schedule had to be revised. Quarterfinal games will be played today and Tuesday, the semifinals on Thursday and the consolation and championship games on Saturday.

Powell's boys and Northwest's girls won regular season titles and are the No. 1 seeds.

Powell topped the boys' league standings with a 13-0 record, followed by Bearden 12-1, Farragut 10-3 and Karns 9-4. Northwest also was 13-0 in the final girls' standings, ahead of West Valley 12-1, Farragut 11-2 and Powell 10-3.

THE LADY VOLS were able to joke a little last week about their ongoing injury issues. After sophomore forward Cierra Burrdick (fractured hand) returned to action and was replaced by sophomore post Isabella Harrison (knee surgery) on the injury shelf, Burrdick cracked, "I don't think Izzy is as mobile as I am, so she's going to have to learn to step up her cheerleading skills after her surgery."

Tennessee remained in first place in the SEC heading into Sunday's game at Missouri. The regular season title could come down to the final game against Kentucky in Lexington on March 3. Hopefully, Harrison and all the Lady Vols will be playing basketball instead of cheerleading by then.

Powell stuns Lady Demons in thriller

By Ken Lay

Powell Middle School's girls basketball team closed the regular season Tuesday night with a stunning comeback victory at Halls Middle School.

The Lady Panthers, who trailed by as many as 10 points midway through the third quarter, roared back over the final six minutes and pulled off a 36-34 victory over the Lady Demons in the regular-season finale.

Powell (14-5, overall, 10-3 in the Knox County Middle School Basketball Conference) trailed 22-13 at halftime. The Lady Demons were hot in the early stages of the third quarter and opened a 26-16 advantage before the Lady Panthers came storming back.

Halls (14-5, 9-4) still held a 29-21 lead by third quarter's end.

But things didn't stay rosy for the Lady Demons long in the final stanza. The Lady Panthers score the first eight points of the frame and knotted the game at 29 on Haley Schubert's basket with 3 minutes, 15 seconds remaining.

The Lady Demons, however, would reclaim the lead when Celine Hughes hit a pair of free throws to make it 31-29 at the 1:52 mark. Powell responded and evened the game at 31 on a pair of free throws by Staley Hansen a short time later.

The Lady Demons would take the lead one more time as Leah Sohm's foul shots made it 33-31 at the 1:28 mark. Schubert pulled Powell even from the free throw line.

From there, the Lady Panthers would dominate thanks to Schubert and Donna Raby.

Raby's putback bucket gave Powell a 35-33 lead with 38 seconds to play. She missed her initial shot but crashed the board and scored off her own rebound. Sohm converted a foul shot to make it 35-34.

Schubert, who finished with nine points, hit a foul shot to make it 36-34 before making a steal to clinch Powell's first win over Halls in four attempts.

But early the Lady Panthers struggled and looked like they wouldn't have enough to make the improbable comeback. Things got worse for Powell, when point guard Kaitlyn Lentz left the game with a leg injury.

Lady Panthers head coach Doris Barnwell played inspired basketball after Lentz departed.

"I think they were playing for her, I really do," Barnwell said after beating Halls for the first time as a head coach. "After Lentz went down, they went out there and played really hard. This was stressful but in the end, it all proved to be worth it."

"These girls really wanted to beat Halls. All wins count but the wins mean more when you play against the best competition."

Haley Crowe led the Lady Panthers with 12 points and kept them within striking distance while spearheading the comeback.

The first chapters of this saga belonged to the Lady Demons. Halls held a narrow 6-5 lead after the opening stanza. Halls used a 16-8 second-quarter run to open a big halftime lead.

"We talk about this all the time. After halftime, I always tell the girls that it's 0-0," Halls coach Tom Poisal said. "You've got to handle Powell's man-to-man defense and tonight, we panicked and we didn't handle it."

"That's all they do, so you know what you're going to get."

Halls Middle's Harper Cherry led all scorers with 14. She scored 10 before halftime. She had six in the second quarter when the Lady Demons enjoyed most of their offensive success.

Rachel Drumheller scored seven points for Halls and Griffen Parker scored five (all in the second quarter).

Hurley finds home as new Karns baseball coach

Cont. from page 2

I can't be more appreciative."

Hurley has also come to admire the work ethic of his young Beavers.

"We have a good core of sophomores and juniors," he said. "We have a few seniors and a really good group of freshmen coming in."

"My staff has gotten

them to buy in to a total team concept. These kids have worked hard and I can't wait to get on the field and start competing with them."

He won't have to wait too long. The season begins March 11 with a tough District 3-AAA showdown at Anderson County. That will begin what Hurley hopes will be a long and prosperous 2013 campaign.

At Bearden last season, he was with a team that reached the Class AAA title game and he'd like nothing better than to get Karns to Murfreesboro one day.

"Once you get there, you always want to get back," Hurley said. "You never get that taste out of your mouth. It was great to see that Bearden team get there after all they went through and it hurt

[to lose the championship game] because we came so close."

"I can say this much. It was a great ride and I would love nothing more than to get there with Karns."

Baseball has always been a part of Hurley's life. He learned to love the game early in life.

"I'm from a small town in Missouri and there wasn't

a whole lot to do," he said. "We always looked forward to playing baseball."

He's a St. Louis Cardinals fan as well as an avid golfer. Away from the game, he loves spending time with his family.

He met his wife Julie while the two were students in Gainesville. The couple has two children. Emma is three and Easton is two.

"I love spending time with my family," Hurley said. "I love just watching my kids play."

Hurley and his wife also love college football. They spend Saturdays cheering for their alma mater.

"I love the University of Florida," Hurley said. "I met my wife there. I love college football. My wife and I are both die-hard Gator fans."

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Reflections

I've become accustomed to writing my Focus essay on Wednesday afternoons after I've made hospital rounds and I've finish business chores. However, grandbabies change your life. My two girls were fortunate to have my stay-at-home wife, Becky, when they were growing up. There's nothing better than a mom to watch over and love you when you're a kid. And it goes for grandkids as well. Oakley is lucky to be with his grandmother Becky everyday and I get to help on Wednesdays, though it's hard to write carrying a fussy grandson, who has a cold and is teething. I've never seen so much liquid oozing from so many orifices, even as

his rheumy eyes melt my heart. We've all experienced the misery of a cold and I'm always amazed how much eventually comes out of my head as the affliction resolves. Have you ever wondered why you have sinuses that seem to plug up with colds and allergies? These cavities behind our cheek bones and foreheads warm and moisten the air we breathe. Our voices are given resonance and timbre by the sinuses, much like a violin--that is unless your sinuses are plugged with a cold. Have you wondered why men's voices are lower or why men have an Adam's Apple? Testosterone causes the voice box (the

larynx) to elongate and as a result the vocal cords are longer in a man than in a woman. Now picture the strings of a cello as compared to a violin. The longer strings on a cello produce a note that has a lower frequency than the shorter strings of a violin. You might say that our ladies sit in the violin or viola section, and we men reside with the cellos and the bass. And you might envision our sinuses as analogous to the wooden part of stringed instruments which gives resonance to our voices! A friend of ours has been very sick with pneumonia and complications. She developed respiratory failure and had to be placed on a ventilator which is commonly known as a breathing machine. The purpose of our lungs is to extract oxygen from the air we breathe, just as the gills on a fish are designed to extract oxygen from the water in which they swim. Have you ever seen "a fish out of water," as the saying goes? It's not a pretty picture and with respiratory failure patients can't extract enough oxygen because the lungs are damaged

with pneumonia or filled with fluid as in heart failure. When this happens doctors insert a tube down the wind pipe and connect it to a machine (ventilator) that breathes for the patient to buy some time until their lung condition can be treated and corrected. Being on a ventilator is not a pleasant experience for patients or their families. It's uncomfortable and scary and patients can't speak because the tube goes through their vocal cords and into the trachea or windpipe. As a consequence, patients often are sedated and fortunately will remember little of their ordeal after they recover. Envision a bunch of grapes on a stalk. The stems connect the grapes to the stalk and this arrangement is analogous to the lungs where the grapes represent the tiny air sacks where oxygen and carbon dioxide are exchanged. There are four hundred and fifty million tiny balloons (grapes) in the lungs and their combined surface area is comparable to that of a tennis court. We take our lungs for granted, but they

are a very sophisticated organ which evolved (under I believe Devine guidance) over eons to extract the oxygen we need. I don't usually write sequels to my essays, but I have a bit more to say about a recent missive. I lost another friend recently, though I never met him outside his writings. I've long maintained that honest writing is the best measure of a man and rarely deceives. Rufus Fears was a professor at the University of Oklahoma who taught me the classics, about great books and about ancient history through his lectures for The Teaching Company. And now he is suddenly gone and I feel the loss of a friend. For the first two-thirds of my life I reveled in science, but I have spent the last twenty years in the humanities to complete my education. You can learn a lot studying history. Our Founders believed that Plutarch's biographies of famous leaders such as Alexander the Great and Julius Caesar should be required reading of all school children. What a different country we would have if our kids were

taught the mistakes and successes of great leaders of the past rather than learning how to succeed in the street culture, emulating the MTV pop culture or learning the pabulum of government schools. Dr. Fears taught me that if a man's life, liberty and his property (echoes of John Locke) are not protected by his government then there is no need to work hard or better yourself because your efforts can be taken away and redistributed to others to curry favor and votes. This has happened over and over again through history, and it is happening again in what was once America.

Doctor Ferguson is accepting new patients. His office is next to Fort Sanders Hospital. For appointments call Keesha at 865-522-0326.



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

Myths Surround Vitamin D and Sun Exposure

The suggestion that the best way to obtain vitamin D is through sun exposure is both misleading and dangerous. Contrary to popular belief, exposure to the sun's UVB radiation provides limited benefits and leaves people susceptible to the sun's harmful effects, including an increased risk of skin cancers, premature skin aging and a weakened immune system. The Skin Cancer Foundation recommends obtaining vitamin D – a micronutrient that is essential for strong bones and a healthy immune system – through diet and vitamin supplements. “The misconception that exposure to UVB radiation is the optimal source of vitamin D puts people at risk for potentially life-threatening skin cancer,” said Perry Robins, MD, President of The Skin Cancer Foundation. “Furthermore, in most cases the body stops producing vitamin D after just a few minutes of sun exposure.” About 86 percent of melanomas (the most dangerous form of skin cancer) and 90 percent of nonmelanoma skin cancers are associated with

exposure to UV radiation. In weighing the benefits against the risks, diet and nutritional supplementation offer safer sources of vitamin D than sun exposure. Below, The Skin Cancer Foundation distinguishes between the myths and facts surrounding vitamin D, sun exposure and tanning: Myth: UVB radiation is a good source of vitamin D. Fact: We can produce only a limited amount of vitamin D from UVB radiation. For Caucasians, that limit is reached after just five to 10 minutes of midday sun exposure. After reaching the limit, further exposure will not increase the amount of vitamin D in the body. Rather, it has the opposite effect: the vitamin D stored in the body begins to break down, leading to lower vitamin D levels. Myth: Sun exposure is the only source of vitamin D. Fact: Vitamin D can be obtained from oily fish (like salmon, fresh tuna, trout and sardines) and cod liver oil, as well as from fortified orange juice and milk, yogurts, and some cereals.

Supplements are readily available and inexpensive. Myth: Tanning beds are a healthy option for boosting vitamin D levels. Fact: The indoor tanning industry often makes the false claim that indoor tanning is helpful for vitamin D production. In reality, vitamin D is received through exposure to UVB rays; the bulbs used in tanning beds mainly emit UVA rays. Tanning beds are a known carcinogen. Just one indoor UV tanning session increases users' chances of developing melanoma by 20 percent, and each additional session during the same year boosts the risk almost another two percent. The Skin Cancer Foundation encourages everyone to incorporate daily sun protection into their lifestyle. This includes seeking shade, covering up with clothing (including wide-brimmed hats and UV-blocking sunglasses) and applying broad spectrum sunscreen every day. For more information about skin cancer prevention and vitamin D, visit SkinCancer.org.

Care for Your Heart this February

Each year, the month of February is filled with images celebrating Valentine's Day. The heart-focused theme doesn't have to end on the holiday, however. February is designated "American Heart Month" by the American Heart Association and has been for nearly 50 years. Heart disease is the leading cause of death in the United States, equal to 2,200 deaths per day. Nicholas "dr. Nick" Yphantides, M.D., M.P.H., Medical Editor for TOPS Club Inc. (Take Off Pounds Sensibly), the nonprofit weight-loss support organization, offers the following recommendations to proactively promote a healthier heart – and ultimately, a better quality of life.


Signs of a Heart Attack

First, know the common signs of a heart attack and what can be done to prevent such medical emergencies. If you think you or someone you know is having a heart attack, call 9-1-1 immediately. A quick response can save your life or someone else's and prevent permanent damage to the heart muscle. The various treatments for heart attacks work best if they are given within one hour of when symptoms begin, or as soon as possible. Common symptoms of a heart attack include:

- Unusually heavy pressure on the chest that lasts

Continued on page 2


Know Your Numbers



Featured Speaker
Cheri Johnston, M.D.



Cholesterol Screening
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Church Happenings

Beaver Ridge United Methodist Church
Beaver Ridge United Methodist Church, 7753 Oak Ridge Hwy, is now providing childcare during the Wednesday Night Class/activity time! Bring your family for Wednesday Night Supper at 5:45 and stay to attend your choice of Adult Bible Study, Prayer Group or Chancel Choir. There will also be activities for children and youth. Why cook or eat fast food? Come and join us for a good meal with dessert and stay for different activities. For reservations call the office: 690-1060. See us on the web: www.beaverridgeumc.org.

Christus Victor Lutheran Church
The Christus Victor Lutheran Youth Group invites everyone to a Valentine Lunch at noon on February 10. The lunch will be held in the Fellowship Hall and the menu will feature roast beef, mashed potatoes, green beans and dessert. Tickets cost \$25 per couple and \$15 per person. Tickets will be sold at the door and also are available in advance at the church office. Please call ahead for reservations. For more information call 687-6622. CVLC is located 4110 Central Avenue Pike.
Christus Victor Lutheran Early Childhood Development Center will host a Parent Dinner on February 21 at 6:00 p.m. All parents of tots attending ECDC are invited. There is no charge for dinner which will be chili, mac'n'cheese, cornbread and dessert. Pictures and DVDs of children are available. The ECDC is located at Christus Victor Lutheran Church, 4110 Central Ave Pike 37912. The entrance is from the parking lot behind the church. Call the ECDC at 687-8228 for more information

Colonial Heights United Methodist Church
CHUMC is very pleased to announce that Sam Venable will be the speaker on February 6 for the Wonderful Wednesday program. The program and dinner will be open to the public. Donations will be accepted to support the Mission

work for the outreach program. To make a reservation please call the Church office at 865-577-2727.

First Lutheran Church
55 Alive, First Lutheran Church's senior group, will meet at noon on February 14, Valentine's Day. A hot meal will be served. The speaker will be Ruth Blackwell, recently appointed Principal of the First Lutheran School. She'll tell her hopes and dreams for the school's future. Everyone is invited. A hot meal is \$6.50 and reservations are requested. For information, call 524-0366 before noon. The church is located at 1207 N. Broadway.

Glenwood Baptist Church of Powell
Glenwood Baptist Church of Powell, 7212 Central Ave. Pike, invites you to join in "Fit For the Father," a program that promotes body and soul fitness while serving the Lord. We will meet every 2nd and 4th Thursday of each month starting January 10, at 6:00 p.m. A fee of \$20 covers the class and the book. (865)938-2611.

Knoxville Climate Prayer Vigil
TN Interfaith Power & Light invites people of faith from the Greater Knoxville area to join us for a Climate Prayer Vigil on Sunday, February 10, 2-3 p.m., on Market Square in Knoxville. It is an opportunity for people of faith to witness their concern for climate change and their desire for effective climate protection policies. The ecumenical vigil will include prayers, songs, and meditation. For more information, contact Igorenflo@gmail.com or gkayers@charter.net. Free parking at Market Square Parking Garage.

Knoxville Fellowship Luncheon
The Knoxville Fellowship Luncheon (KFL) will meet February 5, 2013 at the Golden Corral on Clinton Highway, at noon. Christine Cunningham will be the guest speaker. In the late 1990s, God called Kevin and Christine Cunningham into the mission field. The Cunninghams had been successful business people who had purchased their

dream "retirement" home when God revealed a different plan for their lives. They began a seven year process that included four years of Bible College, traveling throughout Latin America on short-term missions trips and selling their home and possessions.

Seymour United Methodist Church
Next Sunday, Feb. 10th, at 2:30 p.m., the monthly "Order of the Arrow" scout meeting will be held. Looking ahead, a new weekly support ministry group for those needing help with divorce or separation called "Divorce Care" will start March 6th at 6 p.m. in Room 209. Registration Fee is \$20. Scholarships and child care available as needed. Phone church at 865-573-9711 Ext. 9991 or E-mail: divorcecare@seymourumc.org for information, details and signups.
The Trustees ask everyone to clean out and take care of their possessions within the church, as a general cleanup is scheduled and unmarked stuff may be thrown away.

South Knoxville Church of God
The South Knoxville Church of God will have its annual "Love Banquet" on February 10. Join us for morning worship at 10:45 a.m. and then share a free lunch. The menu will consist of chopped steak and gravy, mashed potatoes, green beans, roll, drink and dessert. The South Knoxville community is invited to come and fellowship!
Sunday School is at 9:45 a.m., followed by our Morning Praise and Worship service at 10:45 a.m. Sunday Evening service is at 6 p.m. Our Adult Bible study is on Wednesday nights at 7 p.m. in our fellowship hall, with light refreshments available during this service. Our GZ students meet at the "Barn" on Wednesdays at 6 p.m. for 6th through the 12th grades. The children's Kid Zone meets at 7 p.m. on Wednesdays for grades K-5th.
The South Knoxville Church of God is located at 5623 Magazine Road.

more than a few minutes, or goes away and comes back

- Sharp upper-body pain in the neck, back, and jaw
- Severe shortness of breath
- Cold sweats
- Unusual or unexplained tiredness
- Unfamiliar dizziness or light-headedness
- Unexplained nausea or vomiting

It is so important that it is worth repeating – time is of the essence. The sooner emergency medical systems are activated during a heart attack, the better chances for health and survival.

Some conditions and lifestyle factors can put you at a higher risk for developing heart disease and having a heart attack. Genetics can also have a significant impact. For those who already know they have heart disease, the need to be proactive with health and lifestyle decisions is especially great.

These conditions increase the risk of a heart attack:

Elevated cholesterol levels – There are "good" and "bad" forms of cholesterol. The body needs cholesterol, but when there is too much, the excess is deposited in arteries. This can lead to artery narrowing and heart disease. Different tests can determine your risk level and help you manage cholesterol levels.

High blood pressure – A person can have high blood pressure with no symptoms at all. When the pressure of blood in the arteries is too high, it can cause damage and be a major risk factor for heart disease. Lowering blood pressure can dramatically lower the risk of heart attack.

Diabetes mellitus – With diabetes, the body either doesn't make enough insulin, can't use its own insulin as well as it should, or both. Sugars build up in the blood, which is very dangerous to circulation. About 75 percent of all people with diabetes die of some form of heart or blood vessel disease. It's critical that people with diabetes work with a healthcare provider to manage the disease and control other risk factors.

Other factors that can increase your risk for a heart attack include:

Smoking – Tobacco smoking promotes atherosclerosis (the build-up of plaque inside of blood vessels) and increases the levels of blood clotting factors, such as fibrinogen. Also, nicotine raises blood pressure, and carbon monoxide reduces the amount of oxygen that blood can carry.

Eating habits – Dietary patterns linked to heart disease and related conditions include diets high in saturated fats and cholesterol (which raise blood cholesterol levels and promote atherosclerosis). High salt or sodium in the diet causes raised blood pressure levels as well. Aim for less than 2,000 milligrams of sodium each day.

A sedentary life – Physical inactivity is related to the development of heart disease and can impact other risk factors, including obesity, high blood pressure, high triglycerides, a low level of HDL (good) cholesterol, and diabetes. Regular physical activity can improve risk factor levels. Aim for at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity).

Excess weight – Obesity is linked to higher LDL (bad) cholesterol and triglyceride levels, and to lower HDL (good) cholesterol, high blood pressure, and diabetes. Extra weight puts a tremendous burden on the heart to pump blood through more tissue than it can handle.

Alcohol use – Heavy drinking leads to higher blood pressure and increases blood levels of triglycerides, which contribute to atherosclerosis.

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Wednesday Evening Prayer 7:00 p.m.
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Ephesians 2:4-5
But God is rich in mercy, and he loved us very much.
We were spiritually dead because of all we had done against him. But he gave us new life together with Christ. (You have been saved by God's grace.)

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Wednesday Bible Study - 6:30 p.m.

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How live internet auctions work

Running an auction, both online and with a live audience, can be a tedious process. However, no one does a better job than Fountain City Auction. I should know because I prepare items for these events every day.

I travel often to view items in the region that may be under consideration for sale or to give



By Carl Sloan

an appraisal. I find myself continually explaining the difference between "general sale" items and "live internet" items while on these trips.

Fountain City Auction Co. has "general sales" several times a month and "specialty sales," such as antique advertising and country primitive sales, semi-annually. With over 700 registered bidders that attend regularly, the general auction sales are the core of the business. These

sales usually consist of items from estates and have everything that you would normally see in a home or farm. Furniture antiques, vintage and modern, glassware, art, tools, country and primitive items and always many surprises fill the floor to be auctioned to the highest bidder. In these auctions there is no particular order of sales and floor manager Rick Morgan will direct the flow and see that the staff is kept supplied with items to put up and move in a smooth manner. Items are shown on the

big sixteen foot projector screen so that everyone has a close up view from their seats.

Higher end or specialty items are sometimes culled to be in "live internet" auctions. Some estates can be all internet grade or just have a few items that are high end enough. Items are each hand selected to meet certain criteria: Is it valued at least \$100.00? Does it have a broad appeal? Can it be easily shipped? Is it in good condition?

After the placement of the item in the correct sale category

comes the photography. This is time consuming as each lot will have three to five pictures taken and each photograph will be hand edited to be catalog grade. An average sale of 300 lots will have 1,500 of these.

Next, an Excel spreadsheet will be created to give each lot a title and detailed description.

In the next phase, generally three to four weeks before the event, the items are offered online for pre-bidding and for answering any questions from

Cont. on page 4

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GOSPEL SINGING

New Beverly is proud to announce a great evening of gospel singing with the awesome family group,

The Washams

When: Sunday, February 17 at 6 p.m.

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

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

Reverend Chris Washam will be preaching the 11a.m. Service that Sunday with a song or two!

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

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How live internet auctions work

Cont. from page 1

potential bidders.

More staff is required on days of internet sales. An onsite operator needed to constantly report floor and internet bidding by phone to another operator in Nebraska. Everything is sold in exact order and a person may watch online to see the actual bidding and even hear the auction in real time. Everyone has a specific job to keep up with to keep everything running smoothly. If it sounds complicated, well it is and takes a practiced team effort to make it flow.

The crowd at the auction gallery has the advantage of being able to handle the items and many times bring laptop

computers to quickly find values as free Wi-Fi is available at Fountain City Auction.

So to sum up, it's the best of both worlds for sellers as well as buyers to obtain the most exposure and reap the highest return while offering many world class items that you would not normally be able to find at just any auction house.

As always, my estimates and assessments, as well as general information are offered by me at no cost to anyone who may have item(s) that they are considering selling. What treasures do you have? Please call Fountain City Auction at (865)604-3468 to get in touch.



Chocolate Dessert

This recipe was given to me by my friend Patsy Miller.

First Layer
1 cup unsifted flour
1 stick butter, softened
½ cup nuts

Cream flour and butter together. Add nuts and form into little balls. Place on bottom of well greased pan and bake 15-20 minutes at 375° or until light brown.

Second Layer
8oz cream cheese, softened
1 cup powdered sugar
1 cup Cool Whip

Blend with mixer and spread on First Layer after crust has cooled.

Third Layer
2 small boxed instant chocolate pudding
3 ¾ cups milk
Mix pudding by directions on box and spread on Second Layer.

Fourth Layer
Mix ½ cup nuts in remaining Cool Whip and spread on top.

Note: Butterscotch pudding can be used instead of chocolate pudding.

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ANNOUNCEMENTS

District 7 Commissioner's Quarterly Night Out

Knox County Commissioner R. Larry Smith will host a Commissioner's Quarterly Night Out on Thursday, February 7 from 5:30 – 7 p.m. at the Powell Library on Emory Road. All concerned citizens of the 7th District are invited to attend to discuss any neighborhood concerns or Knox County issues. Many Knox County Department Managers will be in attendance to answer questions. For questions or information, call Larry Smith at 922-5433.

Father Daughter Dance

There will be a Father Daughter Dance for

Alzheimer's Tennessee on Saturday, Feb. 16. The dance is called "Tennessee Princess Party" and will be held at Jubilee Banquet Facility from 6-9 p.m. There will be dancing, light refreshments and door prizes. Andy Vance Photography will be on hand to offer photo packages. Tickets are \$8.00 per person in advance and \$10.00 per person at the door. Tickets can be purchased now at 1 Source Printing in Powell or Sweet Frog premium frozen yogurt in Turkey Creek. Wear your tiara and bring your Father, grandfather, uncle or other male role model.

Financial Literacy Course

The Knoxville Area Urban

League is holding a three-session Financial Literacy Course on Tuesday evenings from 5:30 to 7 p.m., Feb. 12, 19 and 26. Course instruction covers topics such as developing a household budget and building or repairing credit. The course also helps participants understand their spending habits and how to make wise spending choices so they can save money and meet long-term goals. There is no cost to participate, but pre-registration is required. Info: 865-524-5511.

Parkinson Support Group meeting

PK Hope Is Alive Parkinson Support Group of East TN will meet in Oak Ridge at Kern United Methodist Church

Family Life Center, 451 E. TN. Ave. on Tuesday, Feb. 19 2013 at 11:30 a.m. The topic of this month's program will be "Talk to us about LSVT Loud" and will be presented by local Speech Therapists Melissa Grater, Linda Singleton and Tonya Connell. East Tennessee Personal Care Services and Emeritus of Oak Ridge Assisted Living will provide a light lunch. Family and care support partners of those with Parkinson's are always welcome. The goal is to improve your lifestyle through greater understanding, education, networking, and information with guest speakers covering various topics. For more information, contact Karen Sampson at 865-482-4867 or pk_hope@salive@bellsouth.net.

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