

Poll: Knox Countians Do NOT Support Tax Increase

Cont. from page 1

schools. Almost 77% of men said they were opposed to increasing taxes even if the beneficiary was the school system. In fact, every demographic was opposed to the idea of increasing taxes even if the school system accrued all the money. The 30-49 age group, the most likely to have children inside

the school system was the least opposed to the idea, although more than 68% said they were against a tax increase for education. People aged 50-65 registered strong opposition to the idea with more than 75% being opposed to a tax increase. Seniors registered overwhelming opposition as well with approximately

73% opposing a property tax increase to benefit the schools.

The numbers are clearly at odds with the poll released by the Knoxville Chamber and published by the News-Sentinel. Focus publisher Steve Hunley said, "We have released all our supporting data. The Sentinel has questioned our poll in the past,

but the fact is they have come out in support of a poll that hasn't released any supporting information to uphold its poll's final numbers.

"There's a thirty point difference in their poll and the poll conducted for *The Focus*. I am absolutely confident in the numbers in *The Focus* poll."

Focus on the Law Tips for Landlords

In my law practice, I have represented both tenants and landlords in negotiating contracts and litigating disputes arising from contracts. This week I would like to focus on tips to prevent common mistakes made on the landlord side of a lease transaction.

First, you will need a written rental application. Make sure that all of the information is accurate and complete. Check every reference every time. Get written permission to do a credit check. The application stage is the best chance you will get to find out who is about to take possession of your valuable investment. Know exactly

who you are dealing with and assure yourself of how you are going to be paid every month.

Second, you will need a written lease agreement. Do not even consider renting property without a written lease agreement signed by both parties. In these agreements the landlord is typically referred to as the "Lessor," the one who leases out to another and the tenant is the "Lessee." Make sure that your residential lease conforms with Tennessee law. I recommend that you have your lease form drafted or at least reviewed by an attorney. Moreover, in many counties including Knox County, you are required to follow the Uniform Residential Landlord and Tenant Act (URLTA) found in Tennessee Code Annotated Sections 66-28-101 through 521. You should get a copy of this and try to follow it to the letter. With respect to rent, the

URLTA provides a minimum of five-day period between the day the rent was due and the day a late fee may be charged. Late charges are limited under the URLTA and may not exceed ten percent (10%) of the amount of rent past due. Remember, if you end up in court, it will always benefit you to have complied with the laws.

Third, document the condition of the residence. You should take date-stamped photographs that show repairs and maintenance completed on the property. A common defense used by tenants in eviction actions is that the property was in terrible condition when it was rented to them. This, of course, applies to when the tenant has moved out as well. You must be able to show what damage was caused by the tenant and how much it cost to perform repairs to the property. Photographs often provide the

proof you need to win your case.

Fourth, you will need to collect a security deposit. The exact amount of this deposit and how it has been collected needs to be written into your lease agreement. The deposit money must be held in a separate account just for that purpose because it still belongs to the tenant until the lease ends or is breached. Also, the name of the bank where it is held and the account number must be disclosed in your lease agreement.

Obviously, this article does not cover every issue which might arise. Contact an attorney to get advice and assistance with your unique situation.

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.

Washington and Lincoln still the gold standard



By Richie Beeler

Another Presidents Day came and went last week. It did so with little fanfare. I have often commented that Presidents Day is probably the government holiday when the fewest other people are off. Still, the day marks a very appropriate time of appreciation for the 43 men who have held the

highest office in the land. And, no, I am not intentionally leaving anyone out. Grover Cleveland was elected to two non-consecutive terms in the late 19th century. Consequently, even though Barack Obama is officially our 44th chief exec, only 43 different men have held the job.

The question often comes up during this season of the year as to which of our presidents was the greatest. I believe the answer to that question is found in the very time of year when Presidents Day is observed. The third Monday in February always

falls between the birthdays of George Washington and Abraham Lincoln. One man is referred to as the father of our country. The other might well be called its savior.

Whatever your politics, and whatever you may think of the men themselves, there can be no denying the larger than life roles both Washington and Lincoln have played in the evolution of the America we live in today. For that reason alone, I must put them at the top of any list that includes our greatest chief executives. They remain to this day my gold standard for presidents.

George Washington did not merely lead the United States through its first years as a nation. He literally forged it through his wartime leadership that was nothing short of miraculous. Washington held the Continental Army together when the Revolution was disintegrating. He reused to give in when Britain's war machine appeared unbeatable. When

independence was finally won, there was scarcely a need for an election. Washington was such a leader that he was chosen unanimously to be America's first president.

As chief executive Washington was a strong leader who surrounded himself with perhaps the greatest cabinet in presidential history, including Secretary of the Treasury, Alexander Hamilton and Secretary of State, Thomas Jefferson. Although the Revolution had been fought to free the colonies from the tyranny of the British monarchy, Washington had an almost regal demeanor with which he approached the presidency. It is said that he hated "glad handing," and often held lavish receptions but only with private guests.

But despite this "kingly" approach some accused him of taking. Washington proved an effective leader who more than any of his immediate successors set

standards for the presidency that were followed well into the 20th century. Although the Constitution placed no term limits on the president, Washington voluntarily chose not to seek a third term in 1796, thus establishing a precedent that would last more than 130 years.

The nation's sixteenth president, Abraham Lincoln, rose from virtual obscurity to the top office in the land with his election in 1860. Although George Washington was his hero, in personality Lincoln was almost Washington's diametric opposite. Folksy and personable, Lincoln used his charm, wit and unflappable demeanor to accomplish some of the greatest presidential power plays in American history.

Critics assert that Lincoln ignored the Constitution, trampled the rights of states, and grossly abused the office of the president. Even his most famous achievement, the Emancipation Proclamation, was an unprecedented stretch of presidential authority. Some, even in Lincoln's day, declared the measure was blatantly illegal. Lincoln also suspended habeas corpus, arresting and imprisoning many alleged Southern sympathizers throughout the state of Maryland for the security of Washington, DC.

But despite his many critics, it must be remembered that Abraham Lincoln had two goals: the preservation of the Union and the abolition of slavery. Regardless of his questionable methods, he accomplished both in his four year presidency. And the America that has been the superpower of the world for the last century owes its very existence to Abraham Lincoln.

Ironically, perhaps Lincoln's greatest dream was never realized. The reconstruction of the Union he had fought so tirelessly to preserve would be left in the hands of his successors in the wake of Lincoln's assassination in April 1865. He did live to see the end of the horrific conflict that so defined his presidency. But he would not see the often bloody and violent fight for peace that followed.

But Lincoln's legacy lives on today, as does that of his hero, George Washington. Both men brought the iconic, larger than life persona to the presidency which we recognize today, but which was much more rare in their times. More than any of their peers, they shaped the course of the nation they led. And they are the very definition of presidential greatness.

FOCUS Weekly Poll

Do you support a property tax rate increase if all the money goes to fund public education?

YES 26.81%
NO 73.19%



By Age	YES	NO	Total
18-29	33.33%	66.67%	9
30-49	31.58%	68.42%	133
50-65	24.68%	75.32%	385
65+	27.03%	72.97%	592
Total	26.81% (300)	73.19% (819)	1119

By District

1	33.33%	66.67%	69
2	26.05%	73.95%	119
3	31.19%	68.81%	109
4	34.44%	65.56%	151
5	37.59%	62.41%	141
6	22.30%	77.70%	139
7	19.50%	80.50%	159
8	17.04%	82.96%	135
9	22.68%	77.32%	97
Total	26.81% (300)	73.19% (819)	1119

By Gender

Unknown	21.28%	78.72%	47
Female	30.89%	69.11%	531
Male	23.29%	76.71%	541
Total	26.81% (300)	73.19% (819)	1119

Survey conducted February 21, 2013.

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Publisher's Positions

Tweedledumb and Tweedledumber



By Steve Hunley, Publisher
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The Knoxville News-Sentinel has just released a new poll sponsored by its political partner, the local Chamber of Commerce. Not surprisingly, this poll claims that after polling 900 registered voters, that a majority would gladly pay more taxes if it all went to education. Bull.

When *The Focus* started a weekly poll, sampling 500 likely voters all across the county, The Sentinel went wild. Georgiana Vines did something like three stories on *The Focus* polls in a matter of a month, which is quite strange for one publication to have such an interest in another publication's features. Ms. Vines wondered who was doing the polling, etc., the goal of course being to question

the reliability of the *The Focus* poll results. Some of the talking heads on the weekly political shows opined *The Focus* "has an agenda," while of course the mighty News-Sentinel is completely objective and has no agenda at all. Double bull.

The Sentinel predictably trotted out yet another decrepit editorial in support of the Chamber's poll and turning over more revenue to a school system. In doing so, it is showing to play fast and loose with taxpayer dollars. Evidently neither the Chamber nor the Sentinel learned anything last year when they went all in for Superintendent McIntyre's request for 35 million new dollars. Commissioners publicly pondered just what tax to raise until they were inundated with calls and emails from angry constituents. Not a single Commissioner made a motion to raise any tax and McIntyre tried to take credit for what extra money the school system ultimately received. That made about as much sense as Milton Berle claiming he invented television or Al Gore's claim he invented the Internet.

As readers know, we break down the results of each and every poll for

readers to see. We don't hold anything back; the poll appearing in the News-Sentinel released what appeared to be questions and the supposed percentage of folks favoring whatever was placed before them and little else. Naturally, had *The Focus* done that, we would have caught heck and rightly so. Whoever paid for the Chamber poll should ask for a refund. Virtually nobody, except perhaps for The Knoxville News-Sentinel and the do-nothings at the Chamber of Commerce believe the results.

First of all, raising taxes for the purpose of giving it all to the school system is patently absurd. Think about it for a moment, nationally if we gave all revenue generated from a tax of general application to education, where would we be? Defense, Medicare, roads, infrastructure would all go wanting. Just how these folks who thunder about the *supposedly underfunded Knox County School System* of funding for education in Knox County, while at the same time lament the irresponsibility of the tax and spend Obama regime, seems more than a little hypocritical to me. The schools

account for approximately two-thirds of Knox County's entire budget. The school system now spends almost half a billion tax dollars per year. No other department, agency or organization in Knox County has had its funding grow as quickly, much less double in a short period of time as has the school system.

Knoxville and Knox County have one of the highest sales tax rates in the country, with the lion's share going to the school system.

If the Sentinel thinks the schools need more money, let's apply the existing sales tax to advertising. We'll pay it here at *The Focus*, but again, predictably, you won't ever see an editorial in the Sentinel urging any legislative body to tax advertising, which is currently exempt from the sales tax. They'll tell you to do the right thing and pay more of your hard-earned money for our schools, but by Golly they won't volunteer to open the books on a source of revenue that hasn't been tapped. Just think, not a penny is paid in sales tax on advertising of any kind - - - television, radio and print. The very same people who have kept their exemption from

the sales tax tell you every year about how you're not doing enough for schools and children. Triple bull.

Furthermore, the school system has failed to demonstrate itself to be a good steward of taxpayer money at a time when Knox County is over a billion dollars in debt. Unlike the Chamber, no responsible businessman would be clamoring for more loans when their own business was a billion dollars in debt.

While Superintendent Jim McIntyre likes to crow about ACT scores slowly improving, he says nothing about how many of our youngsters are prepared to go to college according to the ACT. The number of college-ready students at Austin-East is a humiliating 1% and only 42% are ready for college at Farragut High School, which has the best rate in the county. Yet the school system spends far more money per pupil on students at Austin-East than it does at Farragut, believe it or not.

School systems across the globe score better than the United States in spite of spending less, not more.

The recent lapse in security at the Knox County schools and ongoing "scandal" (a word used by The

Knoxville News-Sentinel itself) doesn't inspire confidence and the hypocrites squalling about the need to keep an appointed superintendent to avoid politicizing the school system have no credibility. McIntyre flatly did not tell the Board of Education the extent of the security failures at Hardin Valley Academy and Powell Middle School, nor did he attempt to do so. Frankly, he chose not to tell them at a time when he was being evaluated by Board members, who extended his contract. Our appointed superintendent has four years on his contract and if fired, the highest paid public official in the county would bail with more money than most Knox Countians make in a lifetime.

The Focus has extended our poll beyond 500 respondents to over 1000 and you can see the results for yourself as well as the breakdown by Commission District, age and gender. The result, asking precisely the same question as posed by the Chamber folks, is very different from that reported by The News-Sentinel.

Tweedledum and Tweedledumber haven't fooled anyone.

Setting the Table for a Tax Increase And Trying to Avoid Heartburn

By Steve Hunley, Publisher
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One of the cardinal rules of politics is never to propose a tax increase right before the elections. Evidently that is a rule little understood by The Knoxville News-Sentinel and the Chamber of Commerce. Of course the two have long been in lock-step together and now might as well be Siamese twins, co-joined at the hip. In fact, now the new head of the Chamber is Patrick Birmingham, none other than the publisher of the Knoxville News-Sentinel.

For the past year, the Sentinel and the Chamber have been busily telling the rest of us what we should do; pay more taxes to prop up the administration of Superintendent of Schools James McIntyre, and allow the Chamber to do as it pleases, when it does anything at all.

A new poll published by the Sentinel and paid for by Randy Boyd, a special advisor to Governor Bill Haslam on education,

and a few other Chamber types, purported to show some 57% of registered voters in Knox County were willing to pay more taxes if it all went to education. As you recall, it was some Chamber members who paid \$50,000 on a failed advertising campaign to persuade the Knox County Commission to pony up 35 million new tax dollars at the request of School Superintendent McIntyre last year.

Few people believed the numbers in the poll recently published by the Sentinel, so *The Knoxville Focus* asked the very same question of more than 1100 likely voters and the results were astounding. Almost three quarters of likely voters responded they did not support any tax increase even if every penny went to support education. Clearly, the Chamber poll was conducted and run to set the table for a another run at a tax increase to meet whatever request McIntyre comes up with this year. The poll would gently indicate County

Commissioners would have some cover with a public sympathetic to needs for schools. Unfortunately, the exact opposite is true.

Mayor Tim Burchett was an implacable foe of increasing taxes, proving to be a bulwark against any tax increase. Burchett even went so far as to threaten to veto any tax increase the Commission might pass. Not a single member of the Knox County Commission made a motion to increase taxes following a flood of angry emails and telephone calls from outraged citizens. That left both the Sentinel and Chamber looking politically impotent after having done everything in their power to influence the Commission on behalf of McIntyre.

Infuriated, Burchett became an opponent of the Sentinel and the Chamber elite, with the Sentinel retaliating by siding with the Mayor's ex-wife in a supposed investigation of Burchett's campaign finances. That went nowhere and the Mayor, largely because of his

refusal to knuckle under, is more popular than ever.

The campaign season is already underway. Members of the Knoxville City Council will be running again this year and candidates for county offices will be planning their campaigns for the primaries in May of 2014. Dr. Richard Briggs has already announced his candidacy to challenge State Senator Stacy Campfield in the Republican primary. Every move Briggs makes for the next year will be scrutinized. Briggs will almost certainly not hop on to the Chamber bandwagon for a tax increase as it would give Campfield a potential lethal issue to save himself in a reelection campaign. Briggs likely knows the Chamber-types have nowhere else to go and will almost certainly contribute to his campaign. If Briggs tried to cater to the Chamber-types, he risks giving Campfield perhaps his only feasible path to victory.

Those Commissioners with other aspirations or even the

desire to be reelected will all likely shy away from any request to increase taxes so close to an election.

Two failed attempts to go to the tax well with every public advantage isn't going to do much to add to Superintendent Jim McIntyre's luster; in fact, even the politically challenged members of the Board of Education might finally deduce if they want more money, they likely will have to find a different public face to ask for it.

The political reality is most contests will be decided in the Republican primary and hard core GOP voters aren't going to be sympathetic to the Sentinel-Chamber partnership. Governor Haslam isn't going to recommend a tax increase to the solidly Republican General Assembly for education or anything else.

The political atmosphere has changed locally, yet neither the Chamber nor the Sentinel have caught on to it.

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Herman Parish and Amelia Bedelia, played by Danielle Quesinberry, dress the chicken.

Author of Amelia Bedelia Children's Books Visits Academy

The author of the popular Amelia Bedelia children's books, Herman Parish, visited The King's Academy for a very entertaining and enjoyable assembly.

The invitation was extended by TKA librarian, Stacy Sharp, who was working with other schools in the area to get the well renowned author to East Tennessee.

"When the opportunity was presented for TKA to work with several other schools in the area to bring Herman Parish to the Knoxville area, I was so excited," said, Sharp. "This is the first time we have been able to bring such a well known author to our school and I hope to be able to bring others in

the future."

"The character Amelia Bedelia is known and loved by many students and parents alike. Mr. Parrish shared the history of the Amelia Bedelia stories from their beginning—with his Aunt Peggy Parrish writing the original stories—to today's stories of Young Amelia Bedelia. He shared with the students the various steps involved in getting to a final product—from making notes, storyboards, illustrations, etc."

The first Amelia Bedelia book was written 50 years ago in 1963 by Herman's aunt, Peggy Parish, the original author. When she passed away in 1988, Parrish continued writing about the lovable

house keeper when he penned his first book "Good Driving, Amelia Bedelia".

While Parish was telling stories about how real-life tales inspired the misunderstandings that make the Amelia Bedelia books so funny, Amelia Bedelia walked in.

Amelia Bedelia, played by freshman Danielle Quesinberry, walked down the aisle of the auditorium to students and teachers alike dusting and undusting their heads

time favorite is still dress the chicken," said Parish to the roar of laughter from the audience. "She is told to dress the chicken, get it ready for dinner. Of course, she ends up putting on these goofy outfits."

Adds Sharp, "The students especially enjoyed the visit from Amelia Bedelia herself. Thanks to Danielle Quesinberry for stepping in to help. She did a great job!

Seymour Area Chamber News

By Rebekah Hill, SACC Secretary

We are very excited to let you know we will be pushing our monthly networking meeting back by a week in order to do something a little different. We are making every effort to figure out what works best for our unique community of business people and how best to bring together our members for networking, relationship building, and meaningful connections. So... drum roll please...

On Tuesday, February 26 from 8:30-9:30 a.m. we will be having a breakfast meeting! Our meeting location and breakfast is provided by our sponsor, Computer Depot, 10721 Chapman

Hwy, next to Craven Wings.

Please invite someone to come, or better yet, bring someone with you. There is no cost involved with this month's meeting but don't forget your business cards. We only have a few items on the agenda and then the rest of our hour will be for networking only (that's fancy talk for eat'in and gab'in.) So come chit chat with your neighbors and enjoy a great breakfast.

We appreciate your support and as always, your input is vitally important to us. We welcome any and all ideas, concerns, thoughts, or questions you may have.

KCSO names Officer of the Year 2012

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2012, Detective Ellan Nauss was assigned to investigate a vehicle burglary in West Knox County. As a result of her investigation, multiple charges including aggravated robbery, aggravated burglary of a vehicle, theft, forgery, and unauthorized use of a credit card were brought against two individuals in late January.

Detective Nauss has been with the Knox County Sheriff's Office since February 1996.

The Knox County Sheriff's Office congratulates January's Officer of the Month, Officer Michael Pitts.

On January 6th, Officer Pitts located

a dangerous murder suspect wanted out of Robertson County. After locating the suspect's vehicle, he called for assistance to set up a perimeter, and

the suspect was taken into custody without incident.

Officer Pitts has been with the KCSO since September 2001.

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<p style="font-size: 0.8em;">ASSORTED PIZZAS</p> <p style="font-size: 1.5em; color: red;">\$1.00</p> <p style="font-size: 0.7em;">10-18 OZ.</p>	<p style="font-size: 0.8em;">ASSORTED WISCONSIN CHEESE</p> <p style="font-size: 1.5em; color: red;">\$1.99</p> <p style="font-size: 0.7em;">8 OZ.</p>	<p style="font-size: 0.8em;">SWEET POTATO STEAK FRIES</p> <p style="font-size: 1.5em; color: red;">\$1.00</p> <p style="font-size: 0.7em;">19 OZ.</p>
<p>BLACK BEAN AND CORN SALSA - 8 OZ. \$1.00</p>	<p>BEANS WITH RED PEPPERS - 15 OZ. 2 FOR \$1.00</p>	<p>RANCH DRESSING - 16 OZ. 2 FOR \$1.00</p>

<p style="font-size: 0.8em;">BOLOGNA OR HOT DOGS</p> <p style="font-size: 1.5em; color: red;">\$1.00</p> <p style="font-size: 0.7em;">12 OZ.</p>	<p style="font-size: 0.8em;">SLICED BACON</p> <p style="font-size: 1.5em; color: red;">\$1.99</p> <p style="font-size: 0.7em;">12 OZ.</p>	<p style="font-size: 0.8em;">FLAKY BISCUITS</p> <p style="font-size: 1.5em; color: red;">2 \$1</p> <p style="font-size: 0.7em;">8 CT.</p>
<p>HAWAIIAN ROLLS - 12 OZ. \$1.19</p>	<p>WAFFLES - 8 CT. \$1.59</p>	<p>BIRTHDAY CAKE PUDDING - 2 PK. \$1.00</p>



Greg and Sarah Lawson welcome you to Fountain City Auction.



From State Representative Harry Brooks

Four years ago Senator Bill Frist had a burden to do something to improve education in Tennessee. He organized a group of leaders from across the state, both in private and public sectors, to form a committee to study the condition of education in Tennessee and report their findings and recommendations for change. I have served on that committee from its conception. The committee is titled State Collaborative on Reforming Education or SCORE. Last week SCORE released the 2012-13 State of Education in Tennessee report.

One of the concepts that SCORE wants us to accomplish is to say that every child, in every grade, in every class, has an enthusiastic, qualified and effective teacher. And that's ultimately where we're headed. Because, if every child grows at the rate of one year academically each calendar year, he or she will complete the 12th grade ready and prepared for whatever they want to do. That is a tough goal. The key words are enthusiastic, effective, and well trained educators. That is very critical. The classroom teacher is where education begins and where effectiveness is. We know that from research; we

Continue on page 4

Fountain City Auction:

An auction experience you don't want to miss

By Tasha Mahurin
mahurint@knoxfocus.com

Friday nights in North Knoxville haven't been the same since Greg Lawson, owner of Fountain City Auction, expanded the business to a new 10,000 sq. ft. facility on 4109 Central Avenue Pike.

Lawson was in the photography business for 22 years, but when he began attending auctions 12 years ago, he found a new passion and turned it into a successful business. He began Fountain City Auction in October of 2005 in a 2,000 sq. ft. building in the heart of Fountain City. He and wife, Sarah, began selling their own items, and it quickly led into consigning items for other people.

Due to their recent expansion, the company is now able to handle larger volumes of merchandise and can seat over 300 people. They assist dealers and the public alike in the liquidation of personal property, such as, antiques, furniture, glassware, tools, jewelry, coins, etc. Sometimes they sell cars, trailers, and boats if they are attached to an estate. In addition, Fountain City Auction has

a 16x9 ft. projection screen to project items at the sale and advanced computer clerking abilities. They also conduct internet auctions with live audience participation and are in the process of obtaining their FFL license to sell firearms.

While the facility is impressive and the auctions are quickly gaining a reputation as some of the best around, Lawson maintains that its the company's values that truly set them apart.

"We are a very honest and reputable company with integrity and values. We also have very honest, knowledgeable, and friendly staff to help you with all your auction needs and questions," he told *The Focus*.

By all accounts, their excellent reputation and the quality of their items keep auction enthusiasts coming back every weekend. Although, Lawson pointed out, there really is no such thing as a stereotypical "auction-goer." On a typical night at Fountain City Auction you're apt to see a healthy mix of young and old, veterans and first-timers, men and women alike. Many patrons are bargain hunters who live for the thrill of



PHOTO BY DAN ANDREWS.

The Annual Advertising Sale kicked off 2013 at Fountain City Auction.

the hunt. It's not uncommon to see a man, nudged by his wife, in a bidding war with an interior designer over a piece of furniture neither of them can live without. Yet, in the midst of exhilaration, Lawson is gracious and appreciative towards every person who comes out.

"If you come to one of our auctions be prepared to be both welcomed and appreciated," Lawson stated. "We try to make every sale an experience you won't forget."

Fountain City Auction has a number of special auctions coming up in the near future including a country/primitive sale, an advertisement sale, a coin internet sale, and a high end antiques sale. To see photos of the merchandise, visit auctionzip.com and enter Auctioneer ID# 7613. For more information contact Greg Lawson at (865) 604-3468, (865) 474-9931 or email fountaincityauction@yahoo.com.

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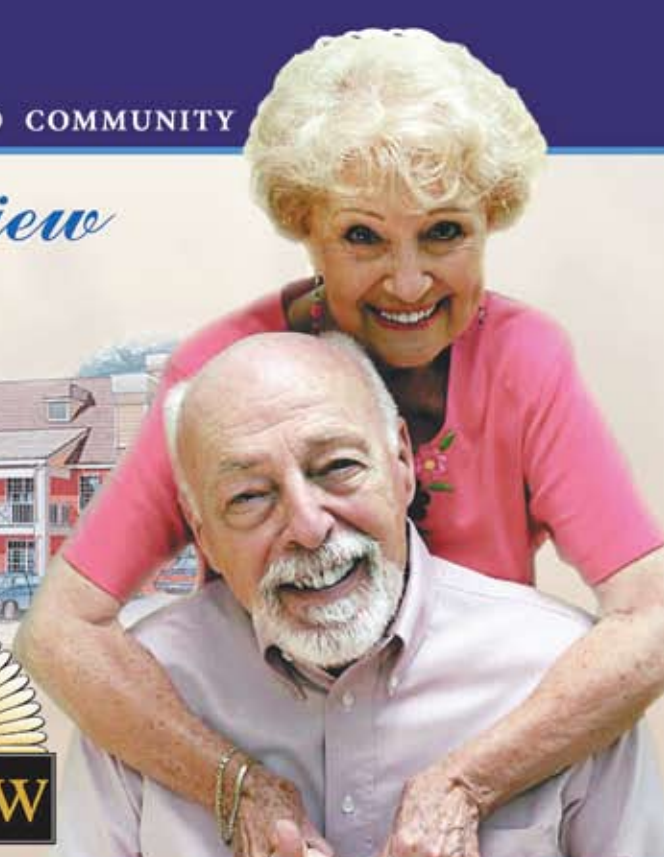

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Directions: Take the Broadway Exit on I-640 and travel north. Just past Fountain City Park, turn left on Colonial Circle at stop light. Take immediate left into Parkview Fountain City.



Foth Joins FMB Advertising

Charmin Foth has joined FMB Advertising of Knoxville. She is responsible for new business development.

Known for her creative marketing skills, energy and meticulous organization, Foth brings extensive experience in brand development, event planning and social media. She

was previously marketing and public relations manager for Quadriciser Corp. of Knoxville and managing editor of the Knoxville Focus Newspaper.

Active in community affairs, Foth was Woman of the Year for the Boys and Girls Clubs of the Tennessee Valley. She is a past president of the North

Knoxville Business and Professional Association.

Foth is a Corbin, Kentucky native and still has strong family ties to her Kentucky home.

FMB Advertising, a 27-year-old company, serves an international client base from headquarters on the 100 block of downtown Knoxville.



Charmin Foth

UT Extension hosts

'Tennessee Saves Week'

It's joked there are two types of people in the world – spenders and savers. They need each other, especially if they happen to be in the same household. The savers keep money for a rainy day. The spenders make sure the savers have a life.

Money management experts with University of Tennessee Extension say whether you tend to save or spend freely can depend both on your personality and your habits. "Some people need the security of having money stashed away, while others are relatively comfortable living on the financial edge," says Dr. Dena Wise, a professor and consumer economics specialist with UT Extension. "But a big factor in whether you spend or save is simply habit. We fall into spending habits just as we fall into eating habits, and it can be just as difficult to change our spending habits as it can be to change our diets," she says.

Wise and her colleagues with Family and Consumer Sciences at UT are encouraging families to focus on keeping more of what they earn during 'Tennessee Saves Week,' Feb. 25 – March 5, 2013. 'Tennessee Saves Week' is held as part of 'America Saves Week' across the nation, and includes programs that help people develop skills when it comes to handling money.

UT Extension educators work with more than 100,000 adults and young people each year on financial issues. Some may

be facing foreclosure or bankruptcy, while others simply want to learn how to get ahead. "In today's economy, it's harder than ever to get ahead financially, but we're seeing a new determination on the part of consumers to find ways to stash away a little cash," Wise says.

We could use the help. Two-thirds of Tennesseans have no emergency savings, and 20 percent of our state's population spent more than they earned last year.

Wise says there is a methodical approach to changing spending habits, and it's similar to how you might change your diet. "The first step toward reigning in your spending is to track what you spend for a few weeks. Like keeping track of what you eat, recording expenditures in a journal or electronic device can help you understand how much you spend and what items you buy, but also why you spend," Wise says. "It's a good idea, especially after the first week or so, to make notes on each spending or saving decision. Before and afterwards, did you feel satisfied, anxious, guilty or bored? These feelings can provide clues to understanding why you spend or save."

In addition to tracking your spending, Wise suggests it's a good idea to assume bad things are going to happen, and they will carry a hefty price tag – like car and home repairs or other bills. "We really stress the importance of having an emergency fund," Wise says. "That one thing makes a difference in whether someone is actually in control of their finances or just reacting to one financial crisis after another."

Contact the UT Extension office in your county for more information about 'Tennessee Saves Week,' or to get information about saving and money management.

UT Extension provides a gateway to the University of Tennessee as the outreach unit of the UT Institute of Agriculture. With an office in every Tennessee county, UT Extension delivers educational programs and research-based information to citizens throughout the state.

Ideology or Leadership

I love the state of Tennessee and give it my full loyalty. However, my patience with ignorance has ended, and that means I am fed up with moronic acts by our state government's elected representatives.

A recent article in the paper profiled infamous Stacey Campfield and how he keeps winning elections. The answer is simple. Too many folks in his district gobble up his views. I won't call those views conservative; perhaps rabid is a better term. Whether folks like him or not, they have to admit he's the ultimate politician and works hard in his district to make sure voters know him. His legislative agenda is another matter.

Campfield has managed to infuriate many with such proposals as "Don't Say Gay Bill," "Bad Performance Leads to Cuts in Benefits Bill," and "Death Certificates for Abortions Bill." To many across the nation, these bills are ones submitted by a biased, intolerant little man who



By Joe Rector

is more interested in publicity than governing. It's a strategy that's worked. Campfield has been lampooned on television shows and in multiple print and Internet sites. The worst thing is that his outrageous stands negatively impact the state.

What all must keep in mind is the state's legislatures have for years passed some downright DUMB laws. Here are just a few of them:

Students may not hold hands while at school.

You can't shoot any game other than whales from a moving automobile.

Hollow logs may not be sold.

It is illegal to use a lasso to catch a fish.

It is legal to gather and consume roadkill.

The definition of "dumb animal" includes every living creature.

Skunks may not be carried into the state.

Of late, some other legislators have penned a boatload of ridiculous bills. One, by James "Micah" Van Huss,

states, "Any representative of the United Nations who enters the state loses all official status and shall not operate in the state in any official capacity." Another one adds, "Representatives of the United Nations shall not observe elections in the state" and that "violation of this section is a Class C misdemeanor."

The Guns in the Trunk bill passed the full Senate recently. It allows gun carry permit holders to leave their weapons in the cars anywhere they park, including outside businesses and schools.

Someone submitted the Monkey Bill, which protects teachers who allow students to question and criticize "controversial" subjects such as evolution and climate change. It became law after the governor failed to act.

Like a growing segment of the national government, the state legislature is turning more toward narrow ideology and less toward the welfare of the state and its people. It's a trend that comes from fear. Too many of us are afraid of losing what we have. We always expected that our children

would have more than we have had, but when the economy crashed in 2007, our fears centered on keeping what we already had. In too many cases, people lost all that they had worked for in a lifetime. No wonder fear consumed them. Now, things are beginning to turn around ever so slowly. Individuals must again turn outward and eschew the fears that ideologies have peddled. We are a better nation than that, and Tennessee is a better state than that.

The focus of too many of our state representatives is blurred. Tennessee ranks 21st nationally in education. One in five (20%) Tennesseans have a bachelor's degree or higher, while 22% of the state's high school students drop out of school. The state is eighth in the number of teen pregnancies. Instead of finding solutions to problems that affect the well being of citizens and drain moneys that could be spent on other programs, legislators waste time on fear laws. Let's expect and demand more of them. If they come up short, let's send them home where they can try to make a living through working regular jobs.

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Hill McAlister of Tennessee

Pages from
the Political
Past



By Ray Hill
rayhill865@gmail.com

Hill McAlister was governor of Tennessee during one of the most difficult times in our state's history; McAlister was chief executive of the Volunteer State during the Great Depression.

Born July 15, 1875, McAlister was the son of a local judge and attorney and enjoyed a reasonably comfortable upbringing. He attended Vanderbilt University, where he earned a law degree and was practicing law by the time he was twenty. By the time he was twenty-two, McAlister had found a comfortable position as assistant to the City Attorney of Nashville. At twenty-six, Hill McAlister was named Attorney for the City of Nashville in 1905.

McAlister was elected to the Tennessee State Senate in 1910, where he served for two terms. Increasingly, McAlister was active in Democratic politics and was an elector for President Woodrow Wilson's reelection bid in 1916, as well as a member of Tennessee's Democratic Party Executive Committee.

Hill McAlister's service in the Tennessee General Assembly helped him to be elected State Treasurer, a position within the gift of the members of the legislature. McAlister was State Treasurer from 1919 - 1927.

Tennessee Democrats had to endure a Republican governor, Alf Taylor, for a brief two years. Taylor was defeated for reelection in 1922 by attorney and farmer Austin Peay, who set out to completely reform Tennessee government. McAlister and Peay soon found themselves at odd and during much of the decade of the 1920s, Hill McAlister was issuing regular warnings about a coming financial crisis in Tennessee. By and large the 1920s was a time of prosperity throughout most of the United States, so few people took McAlister's warnings seriously.

Governor Peay had soon incurred the wrath of the big city machines in Shelby and Davidson Counties. E. H. Crump, leader of the Shelby County machine, joined with Nashville Mayor Hillary Howse, who was the leader of a smoothly functioning machine in Davidson County. The two political bosses were unhappy with Governor Peay who was paying for many improvements through taxing the urban areas to benefit the more rural areas of the state.

McAlister, already a vocal opponent of Austin Peay, became the candidate of the urban areas when he



FROM THE AUTHOR'S PERSONAL COLLECTION.

Above, Tennessee Governor Hill McAlister, center. Right, McAlister's autograph.

challenged Peay in the 1926 Democratic primary. It was a hard fought battle and McAlister carried Davidson and Shelby Counties by handsome majorities, although he lost Hamilton and Knox Counties to Governor Peay. Ultimately, Peay prevailed by around 8,000 votes.

Unfortunately, Austin Peay was not destined to live out his term, dying of a cerebral hemorrhage in October of 1925. Lieutenant Governor Henry Horton succeeded Peay and the inexperienced chief executive seemed content to allow former U. S. Senator Luke Lea run state government, a fact which especially appalled E. H. Crump. Lea was already influential, owning and publishing newspapers in Tennessee, including the Nashville Tennessean.

Once again, Crump backed Hill McAlister to run for governor in the 1928 primary. Lea, a wily politician, sought to cripple Crump and his allies by nudging Congressman Finis Garrett into the senatorial campaign against incumbent Kenneth McKellar. Lea, who had been defeated by McKellar in 1916, realized the Memphis Boss would have to divide his resources if Senator McKellar had a serious opponent. McKellar, who was also strongly for Hill McAlister, would be kept occupied with his own race instead of meddling in the governor's race with an opponent.

Yet again McAlister ran a strong, but losing campaign. Horton tried to carry the banner of the late Governor Austin Peay in the primary, but was profoundly embarrassed when the late governor's widow endorsed the candidacy of Lewis Pope, who had served in the Cabinet of Austin Peay. Pope was not much of a factor during the election, which Horton won by little more than 5,000 votes. McAlister again carried Davidson and Shelby Counties with large majorities; he also won Knox County, but lost Hamilton County to Horton.

Luke Lea and E. H. Crump came to an understanding and an uneasy truce commenced, allowing Henry Horton to run for governor again in 1930 and win convincingly over L. E. Gwinn. Days after the 1930 election the impending financial crisis Hill McAlister had forewarned Tennesseans about for almost a decade hit and hit hard. Banks failed, almost \$7,000,000 in state money was lost and Governor Horton was quite nearly impeached. The legislature had restored Hill McAlister as State Treasurer and he entered the 1932 campaign, his third gubernatorial bid, as the favorite.

The administration of Henry Horton was shattered and the governor was politically impotent for much of his last term. Luke Lea desperately attempted to keep control over the governor's office, although the best he could do in the way of a candidate was former Governor Malcolm Rice Patterson. A former Congressman and governor, Patterson had discredited himself in a series of events which culminated with the murder of Senator Edward Ward Carmack. Patterson had also been discovered drunk in a Nashville brothel. Despite proclaiming his hatred for demon rum and enjoying something of a small revival as a lecturer on behalf of prohibition, Patterson was not a strong candidate. Lewis Pope, a former official in the administration of Governor Austin Peay emerged as the strongest candidate to face Hill McAlister.

McAlister won the Democratic nomination by less than 10,000 votes, but Pope refused to accept the verdict of the primary election, claiming he had been cheated out of the nomination. Pope declared he would bolt the Democratic Party and seek election in the general election as an Independent.

Senator K. D. McKellar and Ed Crump, both of whom had strongly backed McAlister, quickly moved to coalesce support for

the entire Democratic ticket. McAlister was paired with the presidential campaign of Governor Franklin Delano Roosevelt, the Democratic candidate for president. The Republican incumbent, Herbert Hoover, had actually carried Tennessee in 1928, but was as unpopular in the Volunteer State as he was throughout much of the rest of the country due to the hardships brought on by the Great Depression and his inability to bring about some relief.

Lewis Pope ran hard during the general election, using Crump and his political organization as a whipping post, claiming he was the legitimate nominee of the Democratic Party. Despite Pope's claims, he lost decisively to Hill McAlister on Election Day. Lewis Pope actually ran third, several thousand votes behind the Republican nominee.

Governor McAlister was immediately faced with a variety of problems, not the least of which was the state debt and the money lost during the Horton administration. Having been State Treasurer, McAlister was thoroughly familiar with the budget and immediately began reducing expenditures. McAlister drew a red line through more than 2,000 state jobs, reduced spending by almost exactly the amount lost by the Horton administration, and even cut support for the governor's own mansion.

Times were quite bleak in Tennessee during the Depression and McAlister worked closely with his friend Senator K. D. McKellar to get as much relief as possible. Yet, Governor McAlister got little or no credit for his accomplishments from a still smoldering Lewis Pope. Pope was determined to be a candidate for governor again in 1934 and entered the Democratic primary, despite having run as an Independent two years earlier.

Governor McAlister won



the nomination by almost 50,000 votes. Pope, true to form, claimed he had been defrauded yet again and formed a coalition ticket with former Governor Ben W. Hooper, a Republican who was running for the U. S. Senate against Kenneth McKellar.

McKellar campaigned almost leisurely throughout the state, along with Governor McAlister and Nathan L. Bachman, who was running in a special election for Tennessee's other seat in the United States Senate. Posters featuring the entire Democratic ticket and President Franklin D. Roosevelt (who was not running for anything at the time) were plastered all across the state. Pope and Hooper lost badly.

Governor McAlister desperately needed more money to keep the state government afloat and he announced his support for a sales tax. E. H. Crump, a bitter opponent of such a tax, was outraged. The Shelby County legislative delegation, under orders from Crump, helped to defeat the measure in the Tennessee General Assembly. McAlister wanted to run again in 1936 for a third two-year term and while Senator McKellar tried to cajole Crump into supporting the governor yet again, the Memphis Boss refused to budge. Snapping that McAlister was "Tennessee's sorriest

governor", Crump backed former Congressman Gordon Browning instead.

McAlister decided not to run and like many other Tennesseans, found himself in need of employment. He turned to Senator McKellar who found him a job as legal counsel to the Bituminous Coal Commission, which paid a handsome salary. Some newspapers in Tennessee criticized the appointment, which bothered McKellar not at all. Tennessee's other U. S. senator, George L. Berry, noted that McAlister needed a job and declared himself not to be the sort to put a man out of work.

Again with McKellar's help, Hill McAlister became the bankruptcy referee for the federal court in Nashville in 1940. The former governor retained that position for the rest of his life. McAlister, never recovering from the political trauma of having suggested Tennessee implement a sales tax, was never again a factor in state politics. He lived in an impressive mansion on Nashville's West End with his wife Louise, who was the daughter of Tennessee Senator Howell Jackson, who was later a Justice of the United States Supreme Court.

Governor McAlister passed away quietly on October 30, 1959 at age eighty-four.

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Dan around town

PHOTOS BY DAN ANDREWS.



Commissioner R. Larry Smith visits with Summit Hill Cub Scout Pack 8 during the Distinguished Citizens Dinner last Thursday. Inset: Knoxville Focus' Tasha Mahurin meets scouts.

Governor Haslam (right) celebrated President's Day with an interview entitled "A Presidential Conversation with Jon Meacham" with presidential historian Jon Meacham (left) in the Lucille Nelson Auditorium at the East Tennessee History Center. Meacham has authored four history books and is a leading authority on presidential history.



Senator Lamar Alexander, pictured with Rotary District Governor Jack Bailey and Knoxville club president Wes Stowers, discussed both deficit reduction and that state of the government last week with members of Knoxville area Rotary Clubs at a luncheon held at the Marriott on Hill Avenue. Alexander serves on committees overseeing education, clean air, highways, science, appropriations and the Tennessee Valley Authority.



From State Representative Harry Brooks

Continued from page 1

know that from anecdotal information; we know that from visiting schools and classrooms. Education in Tennessee is improving, but it is a slow process. In the time that I have been in the Legislature, ACT scores have risen from an average of 19 to now 22. Is this where we want to be or ought to be? Absolutely not, but we are doing better. Ten years ago the graduation rate in Tennessee was in the 60's. We are now at 87%. In my opinion, it needs to be at least 95%, or even 100%, before we are satisfied. But, we are making progress.

For the year of 2013, SCORE has five priorities. First, stay the course; don't back up. Second, foster great teachers. Third, support school and district leadership. Fourth, use technology to enhance learning, and fifth, empower parents. It is our responsibility as legislators, educators, parents, and citizens to do everything possible to attain these goals. Great schools can make a great state. I, as Chairman of the House Education Committee, am working hard to lead in education reform and growth. I feel the future of education in Tennessee is bright, but there is much work still to be done to reach that goal of every child completing the 12th grade ready and prepared for future successes.

Each day I meet with people from across the state that come to my office for one reason or another. Many of these want to talk about some aspect of education. Recently leaders from Tennessee independent colleges as well as Knoxville County Board of Education members visited to discuss their varied needs and ideas. Those both supporting and not supporting charter schools, vouchers, and virtual education have been by to voice their opinions. Another topic of much discussion has been elected school superintendents and partisan school board members. So you can see there are a multitude of education issues that we are discussing and possibly voting on this session. However, my office is still available for any constituent need that arises. I hope all of you have a good week. I can be reached in my Nashville office at 615-741-6879 and by email at rep.harry.brooks@capitol.tn.gov or if you would like to receive updates by email you can sign up at <http://www.capitol.tn.gov/lyris/h19s.html>

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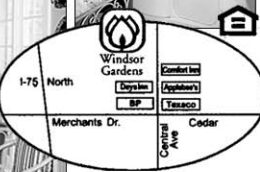


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PHOTO BY BRYNN YEAGER/SOUTH-DOYLE HIGH SCHOOL YEARBOOK STAFF

Jocquez Bruce, sophomore point guard for South-Doyle, drives against Sevier County in the District 2-AAA high school basketball tournament Feb. 15 at Seymour. Bruce had a big hand in the Cherokees advancing to regional play for the first time in 17 years.

After 17 years, South-Doyle Cherokees make it to region

By Steve Williams

A fourth-place finish in a district tournament would not be a momentous occasion for most high school basketball teams, but for the South-Doyle Cherokees, it's a big step for their program.

By winning two games and finishing fourth in this season's District 2-AAA tourney at Seymour, the Cherokees earned a berth in the Region 1-AAA tournament – and that's further than any South-Doyle boys team has advanced on the tourney trail since 1996, according to head coach David Scott's research.

Scott's young squad, 9-22 and clearly a Cinderella team, was to have played Science Hill, the state's No. 2 ranked team, in Johnson City this past Saturday night.

"It means a lot to be the first team in 17 years to get to the regional and take a big step as a program," said guard Brody Rollins, one of four sophomore starters, following a practice session last Wednesday. "That's what Coach talks about – taking one step at

a time to get this program back where it's supposed to be.

"Coach brought it up when we started the district tournament. He told us this team can do something that no other team has done in a long time ... It inspired us to play harder and better."

When South-Doyle students got in on it, "that motivated us as well," said Rollins, who also played quarterback and cornerback on school's football team that started the season 5-0 last fall.

"I'm proud of these kids," said Coach Scott. "That's big . . . 17 years."

In the trophy case in the gymnasium lobby, Scott spotted a fourth-place plaque awarded to South-Doyle's 1996 team that was coached by Eddie Hodge. He has no evidence that a Cherokee team has played in a region since then.

"Chad Smith coached here for eight years (through 2007)," said Scott. "They had good teams and good records but never could get over the hump."

It hasn't been easy for Scott's

Cherokees to make the next step.

After being head coach at Jefferson County for three years, Scott's first South-Doyle team last season won only one game, in double overtime at Carter early in the 2011-12 campaign. Objectives became "establishing discipline and focus and direction for this basketball program," said the coach. "I think that was something that was lacking."

Even this season, the team had to back up and start over almost halfway in.

"I had high expectations . . . but for an unknown reason, the system didn't work," said Scott. "I think we were playing too fast and in too big of a hurry. We weren't playing team ball. Realizing that, after the Christmas break we came in and became more fundamental."

Set plays and set offenses were put in. More attention was put on detail. Sharing the ball more was the plan.

"I felt it was necessary at the time . . . and gave us the best

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SOFTBALL PREVIEW

Youthful experience will be key for Farragut softball

By Ken Lay

David Moore will soon open his 22nd season as Farragut High School's head softball coach. When he does, he'll lead a team packed with young but experienced players.

The Lady Admirals return just one starting senior in shortstop Tori Etheridge but Farragut has some younger players who started last season.

The Lady Admirals went 22-16 last season and finished fourth in District 4-AAA --- one of the state's toughest conferences.

"It's a tough district," Moore said. "I think Bearden will be the team to beat judging on who they have coming back and what they have coming in. "Maryville [which won the district title last season] is always Maryville. Lenoir City has a good pitcher. Heritage and William Blount are always good. West and

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Bearden looks to build on 2012's softball success

By Ken Lay

Bearden High School took the softball world by surprise in 2012 as coach Leonard Sams officially completed a long rebuilding project. Sams' reformation project started several years ago.

He started virtually from scratch in a district that features some of the toughest competition.

In 2012, it all paid off as the Lady Bulldogs picked wins over Maryville and rival Farragut for the first time in years. Bearden also finished second in District 4-AAA and posted a runner-up finish in the conference's postseason tournament.

Bearden is back and ready to add another chapter to its success story in 2013.

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Lady Hawks look to break out in softball

By Ken Lay

During its first four years of existence, the Hardin Valley Academy softball team has toiled in mediocrity as it has attempted to find an identity.

Well, the Lady Hawks are hoping that their fifth year on the diamond will be their breakout season.

"Our team goal is to win the district championship," Hardin Valley coach Whitney Hickam said. "We can't use youth as an excuse. Youth is not an excuse anymore."

"I have a senior-laden team and leadership will be one of our strengths."

The Lady Hawks went 12-13 and finished fourth in District 3-AAA last season and Hickam is hoping

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Chesney to play at Cumberlands

By Ken Lay

Karns High School senior football player Matthew Chesney will continue his career at the University of the Cumberlands in Williamsburg, Ky.

Chesney, a wide receiver and defensive back, moved to quarterback for the Beavers last season after the team's starting and backup signal callers were injured.

Chesney signed his National Letter of Intent Wednesday. He was also being recruited by Carson-Newman. He said that he's glad to have the recruiting process behind him.

"That's just one more thing that you have out of the way and it's one less thing that you have to worry about," said Chesney, who is also on the Karns High School track team.

He noted that the football tradition played a big role in his decision.

"I like the coaches and the football team there has a lot of tradition," Chesney said. "I like the way that the football program is run there."

"I also like the academics and the small classes. I sat in on a class there and there were only about 15 or 20 people in there. The teachers there all know your name."

Chesney added that, while it wasn't a priority for him to stay close to home, he's happy to be near Knoxville. That will enable his family to see him play college football.

"It wasn't really important for me to stay close to home," he said. "That's just the way that it all worked out."

"But I'm glad to be close to home and I'm happy that my family will get to see me play."

Powell basketball teams move on to region play

Both the boys and girls team finish runners up on District 3AAA tourney

By Bill Mynatt
PowellFootballRadioVoice@yahoo.com

It's tournament time in high school basketball, and both the Powell girls and boys squads were scheduled to move on to region play after being defeated in the finals of the District 3AAA tourney, which was held at Campbell County Comprehensive High School in Jacksboro last week. The Powell girls were to host William Blount in the opening round of Region 2 play on Friday, while Farragut – a team that Powell defeated on a last second Dallas Fields three-quarter court bomb in the last second of a region game a year ago – was scheduled to be the Panther's boys team opponent on Saturday night.

The Powell girls run to the finals was a bit unexpected. First year head coach Cait Hollifield's team came in to the season with no seniors on the squad and was picked by most to finish in the lower half of the standings. The young team surprised the experts, however, by finishing 4th and following that up with a run to the tourney finals against Anderson County, the regular season district champions and clear favorite heading in to the district tourney. The Lady Mavericks had soundly defeated Powell during both regular season meetings.

Powell's girls gave the Lady Mavericks all they wanted before coming up just short in the championship game. AC was riding an 18 game winning streak coming in, and looked to be rolling. Hollifield's team played hard and gave the Lady Mavs a real scare, however.

Each team's defense was stout early on, as AC could only manage an 8-4 lead after the first quarter. That defensive intensity continued throughout the second period, as well. AC took a 16-8 lead to the locker room.

Both offenses came alive just a

bit in the third quarter with each putting 11 points on the board, with AC holding on to the 8 point lead at 27-19 heading in to the final 8 minutes.

The Lady Mavericks stretched the lead to 9 at 35-26 with just a 1:45 to go in the game and looked as if they were headed for a comfortable win. At that point, however, Powell junior Shea Coker took over. Coker's 9 points in the final 1:25 of the game cut the lead to just 2 at 37-35 with 37 seconds left, but the Lady Panthers didn't have quite enough to complete the improbable comeback. Two free throws by AC's Kaitlyn Cupples made it a two score game at 39-35 with just 6.6 seconds to go. AC stole the ensuing inbound pass to seal the win and the district tourney crown.

Cayla Oglesby led AC in scoring with 12, followed by Cupples 10 point night.

Coker was the game's leading scorer for the Panthers with 18 points, including 3-3 pointers.

Anderson County moves to 26-5 on the year, while Powell is now 19-8.

While obviously disappointed that her team came up a bit short, Hollifield was proud of the effort her young team – which includes no seniors, 3 juniors, 3 sophomores, and 4 freshmen – has given throughout the year.

"I'm extremely proud of the group of young ladies that we have", Hollifield told me. "Just the improvement we've made from day one of practice, to the point where we are now contending for a district tournament championship has been great. The girls have bought in to what we have tried to teach them from day one. We've worked hard to be sure they didn't get complacent – we don't want them to be happy with just being average. They bought in and worked hard every day – the baby steps they have taken every day to get where

we are now has been awesome. The future of Powell girls basketball looks very bright – we're going work hard and continue to try to reach our goals. "

Hollifield, a 2007 Powell graduate who played at the University of Alabama before transferring to Western Carolina University, was originally hired as an assistant coach in May, but was elevated to the head coaching position when Bart Walker, who had been hired as the head coach, moved on to Tennessee Tech as an assistant after just two months on the job at Powell. I asked Cait what she has learned in her first season not just as a high school head coach, but in her first year as a coach.

"I learned something new every single day", she said following a big laugh. "From how to talk to the girls – when to get loud with them, when to try to teach them. I learned a lot about game management. It's been a very valuable learning experience for me. I've tried to take things that I learned as a player and how I best responded to the coaches I played for and pass them on to my team. "

While it was a bit of a surprise that the Powell girls made it to the finals, the Powell boys came in to the district tourney as the regular season district champions and ranked 10th in the state by the Associated Press in Class AAA. Their opponent in the finals would be the 2 seed Oak Ridge Wildcats, a team that Powell had defeated in both regular season meetings.

As would be expected, a big crowd made its way to Jacksboro to see the two best teams in the district square off for the third time this season.

Powell looked to be hitting on all cylinders early on, and jumped out to a 4 point lead at 16-12 at the end of the first quarter. The good play continued in to the second period as Powell added to the lead and led 27-21 with 2:25 to go in the first half. From that point, however, things began to unravel in a hurry for the Panthers.

Oak Ridge scored the last 5

points of the half, including a three by Cory Fagan at the buzzer. Powell led 27-26 at the intermission.

The Wildcats then came out and scored the first 13 points of the second half and led 39-27, completing an 18-0 run. Powell finally got on the board at the 4:07 mark of the third, but by that point major damage had been done.

"That was the difference", Oak Ridge head coach Aaron Green told me after the game. "We talked about being aggressive offensively, playing defense, and rebounding. They didn't get a whole lot of second chances, and offensively for us we made some good things happen. One of our main goals coming in to this game was to push the transition and try to get some good looks that way, and fortunately we were able to do that, and especially during that run. We didn't play on our heels."

Powell didn't quit, however, and cut the 12 point lead to 7 at 47-40 at the end of the third quarter.

The Panthers kept the pressure on during the final stanza, and cut the lead to 3 at 56-53 with 3:40 to go and had the ball after an Oak Ridge offensive foul. Powell then missed the front end of a one and one, however, and then after trading baskets, Oak Ridge sank 4 of 4 free throws in the last 27 seconds to seal the 62-55 victory and take home the District 3AAA tourney crown.

Oak Ridge improved its season record to 24-5, while Powell is now 23-3 heading in to region play.

The Wildcats were led in scoring by seniors Jaylin Henderson's 19 points, and Fagan's 18. Green was particularly pleased with the leadership his senior class has shown down the stretch of the regular season and in to tournament time.

"Yes, I am really proud of my seniors", Green said. "I thought they really battled and showed the leadership we expected them to show. Anytime you can win a championship it is special and to have that senior leadership helps

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Youthful experience will be key for Farragut softball

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Catholic have also gotten better.

"I think we'll be in the mix. I pride myself on being a defensive coach but right now, our offense is ahead of our defense."

Top returners for the Lady Admirals include: Etheridge; Avery Blankenburg (junior, outfielder); Emily Smith (sophomore, pitcher/outfielder); Sierra Sims (sophomore, pitcher/outfielder); Kelsey Hughes (junior, first baseman/third baseman); Hannah Leavell (sophomore, catcher); Sarah Jackson (junior, first baseman/designated player); Taylor Duncan (sophomore, outfielder); Sarah Evers (senior, outfielder); Hailey Clabough (sophomore, outfielder); Kellie Poma (sophomore, first baseman/

third baseman) and Aleah Reno-Demick (sophomore, second baseman).

Key newcomers include: Shelby Miller (a sophomore outfielder who transferred from North Carolina and is vying for a starting spot); Mary Claire Coyne (freshman, first baseman/third baseman, who will likely also have a place in the opening day lineup); Madison Etter (a freshman infielder who can play at both second and short); Niki Slone (freshman, second baseman/shortstop); Hannah Stephenson (freshman, catcher); Kayla Hindle (freshman, pitcher/outfielder); Samantha Caruso (freshman, pitcher/outfielder); Bryn Seton (freshman, first baseman); and Morgan McCarty (freshman, catcher/third baseman).

Lady Hawks look to break out in softball

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that this is the year that her squad will take the next step, This will be Hardin Valley's final year in the district that includes softball powerhouses such as Powell, Central, Halls and three-time defending district champion Karns.

The Lady Hawks will move to District 4-AAA in 2014 and face foes Bearden, Farragut, Maryville and others.

For now, however, HVA hopes to leave District 3 on top. The league has changed in the offseason as the Lady Devils, Lady Panthers and Lady Beavers all have new coaches. Kevin Julian takes over at Halls. Jeff Inman is now at Powell and Kristy Hutson inherits a Karns program that has been the team to beat recently.

Bearden looks to build on 2012's softball success

Cont. from page 1

But it won't be easy.

"Almost everybody is back on every team," said Sams, who begins his third year as head coach and seventh in the program. "I don't think anybody lost more than three starters."

"There are six teams in this district that can beat you on any given night."

Bearden, which went 22-15 last season, has its share of savvy veterans that were on the successful ride that the Lady Bulldogs enjoyed last season.

The team's top two pitchers return as senior Jessie Goodson, who went undefeated in district play last season and sophomore Dana Steinbacher are back. Steinbacher, who threw some clutch innings in 2012, is much improved according to Sams.

Other key returners include: Danielle Willis (a senior center fielder, who spent the last three seasons as the Lady Bulldogs' starting shortstop); Jenny Parkman (senior, second baseman); Racheal Goodson (sophomore, right

fielder); Catie Monroe (sophomore, third baseman) and Harly Hennin (sophomore, left fielder/second baseman).

Those players all made significant contributions last season and those veterans will be joined by a talented crop of newcomers including: Alaeni Ray (a sophomore shortstop and transfer from Gibbs); Maxey House (freshman, catcher); Callie Elone (freshman, outfielder) and Tori McCormick (freshman, pitcher/shortstop).

Sams said his team's strengths will be pitching

pitcher) and Katie Cooper (a sophomore third baseman that played in every game as a freshman last season).

Hickam said that she's looking for her veteran players to shine on both offense and defense.

"Our offense is going to have to be solid and we're going to have to be flawless on defense," Hickam said. "We want our pitchers to throw strikes and let them [the opposing hitters] hit [them]."

"We don't want to give up walks and there's no secret about the way we play."

Hardin Valley has a pair of newcomers looking to make an early impact as junior catcher Sarah Rives takes over behind the plate and freshman pitcher Molly Bates joins the squad.

and defense.

"Jessie went undefeated in the district last year and Dana, who did a great job last year, has gotten a lot better," Sams said. "Defensively, we have depth. We can go two deep at every spot."

"The primary thing that we need to work on is offense but we have some team speed this season."

Bearden opens its 2012 campaign March 12 at home against Catholic in a key early-season district showdown.



Lady Admirals are sailing in the right direction

By Steve Williams

Could this be the first season that Farragut High reaches the TSSAA state girls basketball tournament?

The Lady Admirals got off on the right foot on the tourney trail, that's for sure, by capturing the District 4-AAA championship last week, after having finished as runners-up the previous two years.

Farragut held on for a 59-53 win over Bearden in the finals Monday, Feb. 18, at Heritage. First-year coach Jason Mayfield's Lady Admirals led by 21 points in the third period but saw their arch-rivals battle back and pull within three points late in the game.

"The key to our win in the title game was our preparation and focus defensively," said Mayfield. "Offensively, we were able to take advantage of a few situations that we worked on in practice and we shared the basketball very well. We play eight to nine players on a given night and we needed the contributions of all of them in that championship game.

"We lost our focus late in the fourth quarter by missing free throws and they made some tough threes to cut the lead to three with 30 seconds left."

Katie Overton, one of the team's three seniors, played a key role in pulling out the win as she converted all eight of her foul shots, including four in the game's final two minutes.

Mayfield was particularly pleased to see his three seniors – Whitney Smith, Madison Blevins and Overton – claim the title after back-to-back runner-up finishes.

"They worked very hard this season to change that," he said.

Junior forward Rebecca Jameson tallied 14 points to lead Farragut's scoring and was named the tourney MVP. Blevins and Overton had 13 and 12 points, respectively.

Erin Walsh scored a game-high 19 points for Bearden. Carley Shuler added 12 – all in the fourth period – and Chanler Geer 11.

The two old rivals split their two regular season meetings, with each team winning by two points on its home floor.

"The rivalry (in girls basketball) is very much the same as our other sports," said Mayfield. "Anything between Bearden and Farragut is a great rivalry. Both schools have experienced so much success and have such rich tradition both athletically and academically. It is a great rivalry to be a part of. . . Our girls program at FHS has enjoyed a lot of success in its history. However, no girls (basketball) team has ever reached the state tournament."

Two other local girls teams – Christian Academy of Knoxville and Grace Christian Academy – also captured district titles.

CAK upset No. 1 seeded Alcoa 50-41 in the District 4-AA finals. Cheyenne Hooper, 6-6 sophomore post, dropped in 15 points to power the Lady Warriors and earned MVP honors. Sophomore guard Anna Hammaker also scored 15 and Kelsey Naler 10.

In the District 3-A finals, GCA notched a 49-35 win over home-standing Midway. MVP Sydney Duggins of Grace led all scorers with 19 points.

Powell's girls lost to streaking Anderson County 39-35 in the District 3-AAA title contest, while Fulton came up just short in the 3-AA finals, losing to host Gatlinburg-Pittman 46-44.

Austin-East was the only local boys team to claim a district crown. Coach Charles Mitchell's Roadrunners nipped rival Fulton 61-59 to repeat as 3-AA champions. Andre Wilson hit the game-winning basket – a shot from the lane – with seven seconds to go.

Wilson finished with 25 points and was tabbed tourney MVP. DeJon McGill contributed 16 points, six rebounds and four steals. Jaxquail Williams led a fourth quarter charge and A-E's full-court press took its toll after Fulton led by as many as 11 points. Micah Goss

Regional play is underway

High school basketball regional tournament play started Friday for girls and Knox County teams had a good night overall.

In first-round Region 2-AAA games, Farragut ousted Hardin Valley Academy 41-30, Powell downed William Blount 50-46 and Bearden moved past Oak Ridge 53-36.

Heritage made the biggest noise in the Region 2-AAA openers, upsetting District 3 champ Anderson County 30-29. The Lady Mountaineers had finished fourth in District 4.

In Region 2-AA action, CAK turned back Pigeon Forge 53-37, Fulton beat Loudon 48-37 and Alcoa squeaked past Austin-East 52-51.

Grace Christian's girls advanced in Region 2-A with a 66-52 win over Coalfield.

Regional boys action started Saturday night.

Regional play continues this week, with remaining teams battling for sub-state berths. Region semifinals will be tonight (Feb. 25) for girls and Tuesday for boys. Region finals will be Wednesday for girls and Thursday for boys.

In Division II-A, Webb School's girls defeated St. George's 69-41 in state sectional play Friday to qualify for the state. The Lady Spartans were state champs last year. Webb's boys played in state sectional Saturday.

led the Falcons with 15 points.

In other boys finals, Maryville toppled Bearden 60-49 for its second straight 4-AAA title. Powell, after beating Oak Ridge in two regular season meetings, dropped a 62-55 decision to the Ridgers in 3-AAA. Grace Christian Academy got to the 3-A finals but struggled early and couldn't recover in a 72-53 loss to Harriman.

After 17 years, South-Doyle Cherokees make it to region

Cont. from page 1

opportunity to win," said Scott.

A couple of weeks later, South-Doyle was headed to Rogersville to play Cherokee High.

"I told the team we might not win, but that doesn't mean we were doing things the wrong way. The kids bought in. They learned the plays. They executed the plays. And they started playing as a team.

"We did not win that game. We went through a stretch of three or four games where we lost by one point. You get frustrated as a coach. Kids get frustrated. Because we're doing all the right things. Playing hard and executing. Just not winning on the scoreboard.

"But when it came time for the tournament, we were prepared. We knew Seymour would be a battle. Some how God smiled on us and we came out on top."

South-Doyle downed the Eagles 78-77 in double overtime, its first opening round win since 2005. Sophomore point guard Jocquez Bruce knocked down both ends of a 1-and-1 in the closing seconds, then intercepted a pass to seal it.

In the next round, South-Doyle prevailed again in double overtime and eliminated Cherokee High 52-46. Sophomore guard Cody Cummings made a 3-pointer from the corner to tie the game in regulation. The Chiefs hit a big 3 of their own at the end of the first OT. But South-Doyle pulled out the the win and punched its ticket to the region by outscoring Cherokee 6-0 in the second overtime as Cummings' steal led to a layup and Rollins and

Bruce sank four of four free throws.

"A collective effort," pointed out Coach Scott, "allowed us to do what we did those two games."

In addition to Bruce and 6-7 senior forward Jacob Elliott, who have been the team's two leading scorers, Coach Scott said Rollins excelled as the defensive specialist assigned to the opponent's top scorer. Sophomore forwards Austin Thomas, "a blue-collar type player," and Jarquese Goines were just "outworking people." Cummings and senior guard Tre Martin made big 3-point shots.

The roster also includes junior forward Kavon Rivers, sophomore guard Malik Lundy, junior guard David Butler, freshman point guard Malik Allen and freshman forward Dalton Wilson.

Coming off two marathon thrillers in three days, South-Doyle players may have been leg weary in the semifinals. They fell behind Sevier County by 18 at halftime but made a strong comeback, cutting the deficit to two with almost five minutes remaining, before the Smoky Bears pulled away to win 68-55. South-Doyle fell to Cocke County 41-37 in the consolation game, but the Cherokees were still region bound.

"You can be successful here and I think we've proven that with this district tournament," said Scott. "We've taken leaps and bounds but I don't think the process is finished. It's an everyday journey – doing right stuff everyday and never being satisfied with where you're at."

As for this season, fourth place never looked so good.

Powell basketball teams move on to region play

Cont. from page 2

make that happen."

With this year being the year that District 3 hosts the region tourney, coming out of the district tourney as the top seed is huge for Oak Ridge. They will play at home throughout the entire region tourney, a fact that Green certainly did take note of.

"That's big, but the thing about it is that you still have to take care of business, but it is just huge being able to play at home and not having to travel. Hopefully we can fill the Wildcat Arena up. That said, the thing about it now is that everybody is back to zero and zero – its win or go home now."

Veteran Panther head

coach Mike Ogan, who was voted as the District's coach of the year following the regular season district championship, was also proud of the comeback effort his team made after giving up the big Oak Ridge run.

"I just got through telling them how proud I was of them for coming out and making it a close game", Ogan told me after he had had an opportunity to talk to his team in the locker room. "After that Oak Ridge run, we could have folded, but we didn't. Our guys fought back and made them earn the win, and actually had ourselves in a position to retake the lead, but we just didn't

quite get there."

And as is his typical MO, Ogan was quick to deflect any blame to himself rather than let his players shoulder the responsibility.

"For the most part I was proud of the effort. I guess I didn't do a good enough job getting them ready to come out for the second half, giving up a 13-0 run to start the third quarter. Sloppy ball handling, sloppy passes, it's my fault, but there again Oak Ridge is a very good team and it's tough to beat a good team three times in a year."

Powell had two players score in double figures, senior Clay Payne with 12 and junior Alex Hill with 10.

The Bodyguards of Bullriding

By Dan Andrews

Jason Gibbs is not a bull rider. He is a bullfighter. Someone who places his life on the line as a bodyguard... who protects bull riders when all goes right or wrong in a power packed eight seconds that riders and fighters alike maintain lasts a lifetime. For Joey Hackett, a 19 year veteran of the sport, the fear never goes away. As a professional bullfighter he has developed the mental tools and training necessary to go up against a bull and when need be save the lives of professional bull riders just moments away from being trampled to death.

"It's all reactive. If you're a batter and a guy is pitching to you, you don't think about the ball, you react to it. That is kind of what we do. If we think about it, then it puts you a second behind. Then that guy is in trouble." Mr. Gibbs continued, "we take what we do seriously. We place our lives on the line."

The job of a bullfighter is not to attack the bull. Their job is primarily to get the

bull's attention, to get the bull away from the bull rider and lead the bulls to safety.

I questioned the bull fighters regarding how they cope mentally with the pressure of saving the lives of others while trying to protect their own. They had a simple answer. "Prayer." Both explained that they pray before the match, after the match, and during the match.

And while prayer is critical, so is preparation. They maintain a strong exercise program- which includes a lot of stretching. During down time, they watch videos of different bulls to get a better understanding of how specific bulls react. They also study the bull riders. They observe their movements and body positions so when they see something change, the bull fighters can react within a fraction of a second.

One of the greatest stereotypes is that the bulls get treated inhumanely. This is absolutely 100% false. Both riders stressed to me how well the bulls are treated. They are well fed, checked on regularly by veterinarians, and given a strict exercise program. Bull riders and bull fighters place their literal lives in the hands of these awesome 2,000 pound beasts. The last thing anyone of them would want is to make a bull mad. Also, bulls cost their owners as much as six figures (\$100,000.00+). Bull owners generally keep their high profile bulls in the best care possible.

These gentlemen are professionals both inside and outside the ring. During my interview with both gentlemen, I was amazed at the humbleness and kindness of both. Throughout the interview they both politely referred to me as "sir." They also discussed the importance of their position as brand ambassadors. How they try to put on the best show at every event, and make a strong connection with the fans outside the ring- whether that be at after parties or autograph signings. They spoke of how they look forward to entertaining the crowd this Saturday night. To be honest, after listening to these two fine gentlemen. I can tell you that Knoxville got to see quite a show Saturday.



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1967 Gibbs High School yearbook photo of Gibbs High School's long-time Principal, the late Max Clendenen.

The '64-'65 Victorious Eagles

There were only four teams left on the list: Livingston Academy, Murfreesboro, Memphis Treadwell, and Gibbs of Knox County in East Tennessee. These were the names of the schools in the State of Tennessee whose basketball teams were still undefeated.

It was around Christmas time during the 1964-65 school year. Bob Dagley was in his second year as coach of the boys varsity basketball team, known as the "Eagles," at Gibbs High School. The coach at Murfreesboro High School called Dagley to invite the undefeated Eagles to play at a charity event in Murfreesboro. "I was convinced that we could play with anybody in the state and thought the boys deserved



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

a chance to do it." Coach Dagley said. "Plus, it would give them exposure to other parts of the state," he added. The Coach talked to Max Clendenen, Gibbs High School Principal, who was then in his twentieth year at the school. Being a man of few words, Clendenen said, "Let's do it!"

The Eagles had become accustomed to playing in gyms filled to capacity during their spectacular season. On a Friday night at Gibbs, there was a long line waiting to enter the gym way before game time. During the intermission, many fans would go outside and later re-enter using their ticket stub. The following Monday, one youngster confessed to Coach Dagley; while he was outside, a gentleman

offered him five dollars for his fifty-cent ticket! He sold it. "Don't worry about it," Dagley told him. "I would have probably done the same thing."

There was as much excitement back home in Corryton as in the Murfreesboro gym. Our Gibbs Eagles were flying high—right into the record books. They had taken the school of only 412 students to a level where not many teams had gone before. Jim Holliday, former WBIR sports broadcaster, secured sponsorship for the Eagles from the neighborhood IGA grocery store and other local businesses. He gave the play by play on the radio. My brother was only in the second grade but remembers that our grandparents came over to hear the game broadcast on our floor model RCA radio. We were like the sixties version of the Waltons, gathered around the radio and

hanging onto every word to hear how our Eagles were faring so far from home. Our school did not have a football team at the time, and seeing the basketball team go undefeated was huge! As a fifth grader, the Eagles looked larger than life to me playing on our home court. Looking back, they were sixteen-, seventeen-, and eighteen-year-old student athletes making history and putting the small school on the map.

Murfreesboro played Memphis Treadwell in the double header; Gibbs played Livingston Academy. At the end of the night, there were only two undefeated teams: Murfreesboro and the smallest school in Knox County—Gibbs.

Next week, the Gibbs Eagles travel to Murfreesboro for a second time in what was, up to that point, an undefeated season.

Gerald Riggs Jr.'s mindset

By **Alex Norman**

Former Vols running back Gerald Riggs Jr. is preparing for another season in professional football.

This winter he's been working out with former Vols strength and conditioning coach Johnny Long. Riggs has also been seen honing his craft at the University of Tennessee football complex.

When you examine what Riggs has dealt with since leaving UT after the 2005 season, it is remarkable that he's still out there, battling and focused on his goals.

"I believe in what I can do," said Riggs in a recent phone interview with the Knoxville Focus. "I feel that I have a God-given ability to play football, and felt that it would have been an injustice not to do all I can to play this game. I won't quit on myself. I wouldn't have been able to live with myself."

Injuries to his lower right leg and ankle, which he suffered in the 2005 Alabama game, ended his college career during the middle of his senior season. Those injuries were also a major reason why he wasn't selected in

the 2006 NFL Draft, starting him on a challenging road to stay in the game.

Riggs signed a free agent contract with the Miami Dolphins (2006), but didn't make the roster. He also got looks from the Chicago Bears (2007) and the Detroit Lions (2009), but wasn't able to stick with either franchise. His only pro experience came with the Rhein Fire from the now defunct NFL Europe league in 2007.

That all changed last summer... Riggs' perseverance paid off with a spot on the roster of the Canadian Football League's Toronto Argonauts.

In four games with the Argos, Riggs gained 220 yards on the ground, averaging 6.3 yards per carry. The Argos won the Grey Cup last season.

"It was a sense of accomplishment considering all that I have been through," said Riggs. "I play hard for the guys that want to keep playing but can't. I'm here now and want to make the most of the opportunity."

One fact of life in the Canadian Football League is that "Canadian" part. League rules state that nearly half the roster must

be made up of Canadian born players. With so much talent from south of the border, being able to stay on a CFL roster can be tough.

"It is difficult. There are a lot of deserving guys that get left out," said Riggs. "But that is the way it works. A lot of good players don't get to show what they can do. I understand why that is, those are the rules and we live with it. It makes you work even harder."

It's not a surprise that some former Vols have made their way to the CFL. Jonathan Hefney, Demonte' Bolden and Demetrice Morley all played in the league last season.

"There is always a bond with college athletes," said Riggs. "It lasts and we have lots of respect for each other. We are close and we hang out when in our respective cities."

When Riggs thinks about his time in Knoxville, memories turn to the 2004 season. Riggs, then a junior, gained 1107 yards, and helped lead the Vols to the SEC East title. His 182 rushing yards in the SEC title game against an Auburn team that would

finish the season 13-0 opened a lot of eyes, but that kind of success was something Riggs expected from the moment he set foot on the UT campus.

"I had been screaming for them to give me a chance (Riggs gained a total of 256 yards in his first two seasons) and I finally got the opportunity," said Riggs. "I proved I was right."

And it has been a football career in which Riggs has had to show fans, teammates and especially coaches that he belonged. He's still fighting that battle.

"I love Toronto, but I still want to get back to the National Football League. I'd be lying if I said I didn't. I have a desire to be great. You hope that you get noticed," said Riggs. "I'm 29 but I feel young and need to get that point out there. I don't have as much mileage because I didn't play as much as other 29 year olds."

Riggs added, "My journey is far from over."

You can keep up with him on Facebook at Gerald Riggs Jr. and on twitter (his handle is @GSpizz2131).

It's a good day to reflect on being No. 1 in basketball

Today, February 25th, is the 5-year anniversary of the University of Tennessee being ranked No. 1 in the nation



By **Steve Williams**

in men's basketball. What a day that was! The Vols were on top of the college basketball world, above the Dukes and North Carolinas and UCLAs and Indianas and all of the grand game's royalty.

For old times' sake, how about a "Brrruuuuuuuucccel!"

Okay, okay. That sounded good. But let's don't get carried away.

We have a new coach now, and Cuonzo is doing a pretty good job. Beating the Big Blue by 30 would attest to that.

But today is a good time to reflect on former coach Bruce Pearl's amazing run at Tennessee. It's really too bad it had to end the way it did, with him being sentenced to a three-year show cause for lying to the NCAA. If he had been up front and come clean about that rule-breaking cookout at his home in the summer of 2008, Pearl probably would have just been slapped with a secondary violation and still be the Vols' coach.

Months prior to committing his unpardonable mistake, Pearl's 2007-08 team accomplished something no other UT ever had with the No. 1 ranking. Both the Associated Press sportswriters poll and ESPN/USA Today coaches poll ranked the UT men No. 1 in the nation after that 66-62 hard-fought win over then No. 1 Memphis on Saturday night, Feb. 23, 2008, on the Tigers' home floor. The Vols came into that showdown 24-2 and ranked No. 2.

"There'll always be a lot of talk of where were you when they beat Memphis to become No. 1?" Pearl said when news of the No. 1 ranking was posted on line that following Monday.

Bruce was right. I still remember that day and sending my daughter, who lives in London, England, a text message about it.

As often happens to top-ranked teams in college basketball, the Vols didn't get to enjoy their No. 1 status very long as they lost to a very good Vanderbilt team in their next outing on Tuesday night in Nashville. When the new poll came out the next week, the Vols were ranked No. 4.

The 2007-08 season was Pearl's third at UT. That team had another big night on March 5 that year, beating Florida 89-86 in Gainesville to clinch Tennessee's first outright Southeastern Conference championship in 41 years.

Those Vols went on to set a school record for wins (31-5) and posted a 14-2 conference mark in claiming its ninth SEC title.

Chris Lofton, the SEC's greatest 3-point shooter who former Kentucky coach Tubby Smith passed on before he was snatched up by UT's Buzz Peterson, was named a second-team All-America as a senior that year and was joined on the first-team All-SEC squad by 6-7 sophomore Tyler Smith.

Senior sidekick JaJuan Smith, who was not as decorated as Lofton but regarded as one of Tennessee's best all-around guards of all time, also was in the starting five, along with 6-9 sophomore Wayne Chism and sophomore point guard Ramar Smith.

The team also had 6-7 sophomore wing J.P. Prince, 6-9 junior post Ryan Childress, senior guard Jordan Howell, freshman post Brian Williams, sophomore post Duke Crews and sophomore wing Josh Tabb.

The 2008 team advanced to the Sweet Sixteen of the NCAA tournament but was eliminated 79-60 by Louisville. Pearl was selected the SEC Coach of the Year and also earned the Adolph Rupp National Coach of the Year award.

Will the Vols ever make it back to No. 1? Only time will tell.

The UT program has some of the key ingredients it takes to reach the top, including a passionate fan base that can turn Thompson-Boling Arena into a vicious venue for opposing teams.

But reaching the top usually means a team has to have not only talented players but mentally tough players to win on the road and in post-season environment. I believe they have a coach in place now who can recruit such players.

In his second season, Martin's squad appears to be coming on strong at the right time – the end of the year.

Being ranked No. 1 is a wonderful thing, but cutting down the net after all the March Madness is even better.

Tennessee still has that to shoot for.



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Rheumatism

I get as frustrated as anyone else when I hear that our government has given some researcher precious resources to study the mating preferences of fruit flies or build robot squirrels; I didn't make these up. And there are hundreds of even more wasteful programs. For the last three years Senator Tom Coburn from Oklahoma has published a long list of profligate spending by our government. Check it out and you'll begin understand it's not the girls, but The Washington Boys' Gone Wild.

However, sometimes basic research leads to discoveries or improvements that have spin-off value for all of us. Some examples are from NASA research which brought us memory foam, cochlear implants, insulin pumps, and Tang. The

Implications of Basic Research section in the New England Journal of Medicine (NEJM) is where I go to better understand medical research.

Mornings are cold in February and my old truck seems to creak and groan as much as I do until we warm up, get stretched out and get the juices and oil pumping. Old timers used the term "rheumatism" to describe their aches and stiffness. With modern science we can be a bit more precise in categorizing and diagnosing a patient's rheumatologic (muscle, joint, and fibrous tissue) complaints.

Let's go back to Anatomy or Health 101. Muscles attach to bones by tendons. Bones are held together by ligaments such as the ACL or anterior collateral ligament, one of the ligaments

that stabilizes the knee. The brain conceives of a movement (praxis) then sends an organized signal down through the spinal cord and nervous system telling the muscle to contract thereby pulling on the tendon and moving the skeletal part. Conceptualize the skeleton as the frame of a car held together by bolts analogous to ligaments. Muscles are the motor of the body activated by the computerized electronics (the brain). The tendons transmit the power to move the parts as does the transmission.

When patients complain of pain I take this at face value. My job is to translate symptoms and signs into a diagnosis and hopefully a therapy. It's especially important to note whether the pain seems muscular or skeletal, whether it is in the joint or in the fibrous attachments (tendons and ligaments). Not infrequently I see patients whose muscles and sinews have been over worked by a trainer. This often results in night time muscle cramps and morning stiffness. I've seen many patients with chest wall pain resulting from the overzealous use of weight machines.

Muscles and joints can become inflamed by

immune system problems and present with muscle soreness and weakness or joints that are red, hot, and swollen. An important clue is how long morning stiffness lasts. If it's like my truck and my body, the stiffness goes away with a few stretches and a few minutes under a hot shower. If the stiffness lasts more than an hour or the joints look inflamed, it's probably something more than just aggravation.

A recent basic research article in the NEJM dealt with replenishing cartilage in worn out joints utilizing the body's own stem cells. The basic problem in non-inflammatory osteoarthritis of the joints is a degeneration of cartilage brought about by injuries (such as in football or basketball, etc), excessive mechanical stress (as in obesity) or through inherited tendency. Have you ever wondered why your finger joints are as knarled as your mother's? Folks, we inherit the good and the not so good, but hopefully not the ugly from our parents.

Most of us have seen a soup bone. The end often includes the rounded joint that is covered with a glistening bluish-white surface comprised of cartilage. This

same fibrous tissue is in your ear lobe, and is spongy and smooth when healthy. Unfortunately, cartilage has a relatively poor blood supply and doesn't recover well from injury and becomes worn over a lifetime of use.

Imagine a new drive way that is smooth and without pock marks. Now, imagine a drive-way after twenty years of wear and tear. It's no longer as smooth. Wear and tear over the surface of the knee cartilage is similar. There's even a medicinal product made from the cartilage of a rooster's comb that can be injected into the degenerative knee in an attempt to do a little resurfacing. Unfortunately, this treatment can't fill pot holes and surgical joint replacement may be necessary if temporary cortisone injections are unable to calm the inflammation and pain.

Stem cells are what doctors called pluripotent cells. These cells can turn into any type of cell given the right stimulus and conditions. Researchers are working on a method to induce adult stem cells to differentiate into new cartilage cells by stimulating them with a protein produced by our own bodies. This compound called

kartogenin is injected into the joint to grow new cartilage cells. Formally, scientists have tried to regenerate cartilage by drilling holes in the damaged joint surface and filling the holes with harvested plugs of cartilage from other body sites, analogous to the hair transplant technique. If this research advances we may someday treat worn out knees with chemicals to regrow damaged cartilage rather than surgically replacing knee joints with metal.

This may sound a bit like Star Trek where Captain Kirk's poor eye sight is corrected by the periodic injection of one of Dr. McCoy's concoctions. Never underestimate the ingenuity of man whose survival and success is in part due to his inquisitive nature and reason.

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.

Tennova Healthcare Introduces Health Extra for Women

Kick-off Celebration to Focus on Health, Education, Home, Style

Tennova Healthcare is introducing a new program called Health Extra for Women on Thursday, February 28 at The Foundry on the World's Fair Site, beginning at 10:00 a.m. Health Extra for Women is a personal health resource for women, focusing on health trends, medical information, nutrition, community activities and educational events featuring Tennova physicians and specialists.

"Our goal is to support women—who are most often the caregivers in families—with a program geared toward their interests," said program manager, Deborah McMillan.

"Our focus is women of all ages and stages of life."

The first event is a kick-off luncheon and women's fair, featuring valuable information and giveaways. Doors open at 10:00 a.m. for a special health fair featuring complimentary health screens, unique shopping, pampering and gourmet treats. Attendees can get a jump start on spring fashions and trends by visiting booths featuring jewelry, fashions and home accessories. On hand for a 'Meet & Greet' will be Tennova obstetric and gynecology physicians, the Tennova Laser Spa, and Women's Services representatives.

At 11:45, seating will begin for lunch. Liza Zenni, Executive Director of the Arts and Culture Alliance

of Greater Knoxville, will welcome attendees and guests, and will introduce featured speaker, Madeline Rogero, Mayor of Knoxville.

"Our Health Extra for Women kick-off will be a mini retreat," said McMillan. "It will be a wonderful way for women in our community to spend time with friends, while focusing on feeling good and living well."

Attendees will receive a complimentary tote bag, Health Extra for Women membership information, a special gift, and a chance to register for door prizes. This event is free to all women, however registration is required. Call 1-855-TENNOVA (836-6682) to reserve your spot.

Runners, volunteers invited to East Tennessee Kidney Foundation 'Lucky Kidney' Run

Local dialysis patients will benefit from the East Tennessee Kidney Foundation "Lucky Kidney" 6K Run/2K Walk presented by Dialysis Clinic Inc. on Saturday, March 23, at 9 a.m. in downtown Knoxville.

The East Tennessee Kidney Foundation (ETKF) helps local kidney patients with costs for transportation to and from dialysis treatments and provides nutritional supplements and also blankets to make dialysis treatments more comfortable for patients. It also provides patient and caregiver education;

facilitates prevention, detection and awareness of kidney disease; and promotes organ donation.

Advance run/walk registration is \$26. Advance registrations must be received online at <http://www.etkdney.org> or via postal mail by Monday, March 17. On-site will be available for \$30 beginning at 7 a.m.

Individuals or community service groups interested in volunteering may contact ETKF executive director Katie Caldwell at 865-288-7351 or katie@etkdney.org.

Get the Facts About Surgical Weight Loss



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K. Robert Williams, M.D.

Tuesday, February 26
5:30 p.m.
Turkey Creek Medical Center
Johnson Conference Center
10820 Parkside Drive

Space is limited. Register now at TennovaWeightLoss.com or call 865-694-9676.



Tennova.com
f t 1-855-836-6682

Faith

Church Happenings

Faith UMC

The Young at Heart Fellowship group will be meeting at 10 a.m. on Tuesday, March 5 at Faith UMC. Meteorologist Julia Johnson will be the guest speaker. Young at Heart is a group of active senior adults that meet the 1st Tuesday of each month for potluck, talk and fellowship. Bring your favorite dish and join us for a potluck lunch following the meeting. Faith UMC is located at 1120 Dry Gap Pike Knoxville, TN 37918. 865-688-1000. info@faithseekers.org.

First Lutheran Church

First Lutheran Church's

55 Alive group of seniors will meet at the church on March 14 at noon and a hot lunch will be served. The cost is \$6.50. The program will feature Jared Sprecher, Associate Professor of Painting and Drawing at the University of Tennessee.

Mr. Sprecher has taught at Princeton and Cornell and was the recipient of a John Simon Guggenheim Memorial Foundation Fellowship. Reservations are required.

Please call the church office, 524-0366. The church is located at 1207 N. Broadway. The public is invited.

Grace Baptist Church

Sunday evening services were pleasantly surprised when Minister of Music Dwight Hazelwood introduced Bob Holbrook, who performed a mini-concert.

Rev. Holbrook, originally from Olivet, Michigan, has traveled with his parents through most of the country performing southern gospel singing accompanied by old time preaching.

The Youth Underground (Grace BC Youth Program "Exploring the Depths of God's Love") will be departing for Ridgecrest March 1st and return on March 3rd. Our teens are

excited about this annual event filled with good music, making friendships and learning more about how to serve God. This is an exciting program that brings thousands of youth from many states with an opportunity to make new friends and learn more about Jesus.

Knoxville Fellowship Luncheon

The Knoxville Fellowship Luncheon (KFL) will meet February 26, 2013 at the Golden Corral on Clinton Highway, Knoxville at noon. Ed Rosen will be the guest speaker.

Seymour United Methodist Church

A new weekly support ministry group for those needing help with divorce or separation called "DivorceCare" will start March 6 at 6 p.m. in Room 209. Registration Fee is \$20. There will be one more special early registration on Feb. 27th from 6 - 7:30 p.m. at the church. Contact person is Kim Leake. 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.

Looking ahead, the High

School Youth will have their annual Laser Quest outing on Friday, March 15 and the annual Car Show has now been re-scheduled for Saturday, April 27. Please note change of date.

The Trustees need generous donations for funding the PIP Fund (Property Improvement Plan) for heating and air conditioning repairs and replacements.

Should you need any further information, please call the church office at 573-9711 or visit www.seymourumc.org.

Worshipping Today's Idols

The phrase 'before me' in the familiar translation

"You shall have no other gods before me" (Ex. 20:3), the first of the Ten Commandments, is the Hebrew phrase 'al-panai, which means 'in front of' - either to the exclusion of another

or 'in preference,' or 'in addition to.' The meaning is clear: those who worship the Lord should not have any other object to worship.

The second of the Ten Commandments the Lord gave to Moses is "You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below" (Ex. 20:4). While this commandment was initially given to warn Israel against the idolatry rampant in the land of Canaan, it has great

application for us today. The Lord has not rescinded this commandment, so we need to look at our lives and see if we are worshipping idols. There are "golden calves" all around today - images like cars, sport stars, and drugs. When anything wastefully consumes our time or confuses our priorities so that God becomes second, we are flirting with idolatry.

It is interesting that these two commandments, the ones that might look like they don't have a lot of relevance to modern

life, might be the most relevant commandments of all. The Lord is pleased to bless us with material pleasures. The problem comes when we worship the created instead of the Creator. What, then, do modern day idols offer and what are the consequences of idolatry?

Mark Driscoll, minister of the Mars Hill Church in Seattle, gives an answer. "An idol is someone or something that occupies the place of God in your life," he said. "It gives you identity, meaning, value,

purpose, love, significance, security. When the Bible uses the word 'idol,' that's what it's getting at."

Every person has a deep inner need to worship something, for this is how people are made. "If you worship alcohol, you become an alcoholic. If you worship food, you become a glutton. If you worship pleasure, you become a sex addict," Driscoll warned. "All the modern vernacular is really not dealing with the root issue of idolatry: Something or someone is preeminent

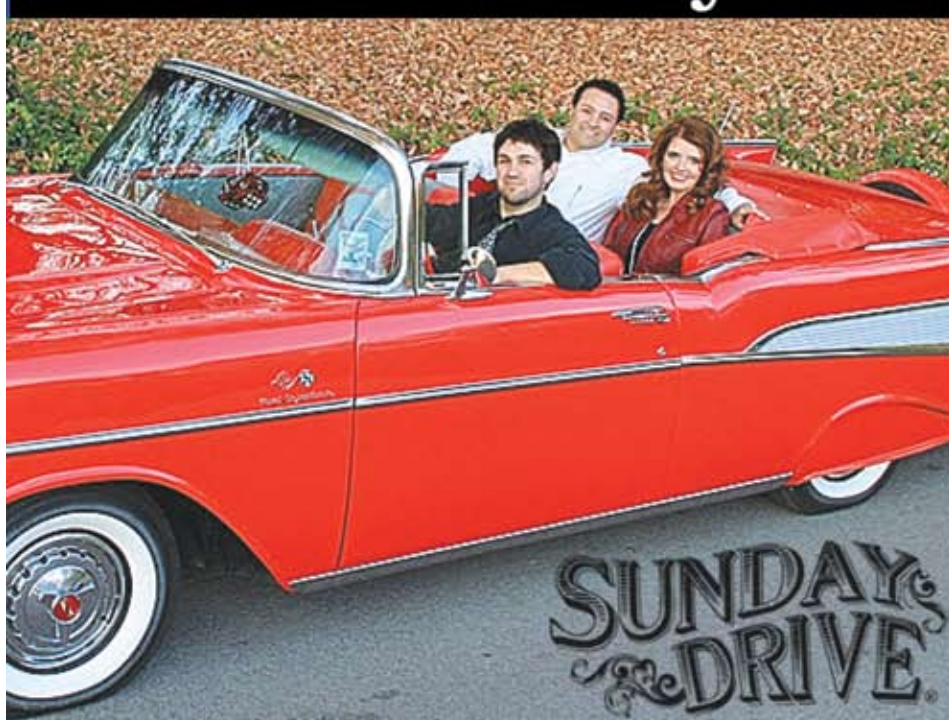
other than God."

Driscoll also warns of the dangers misplaced worship can have on the people others idolized. "It destroys them because they invariably disappoint. People can't do what God does," Driscoll said. "They aren't perfect. They aren't continually faithful. They don't endure forever. That's why we live in a culture that when heroes fall we're devastated." (Terry Moran, ABC News Nightline, Oct. 5, 2009).



By Mark Brackney,
Minister of the
Arlington Church
of Christ

Gospel Singing at New Beverly



Multiple award Winning Family from Knoxville, Tennessee.

Jeff Treece: Keyboard, vocals and songwriter.

Misty Treece: Lead vocal. Dusty Treece: Drums, vocals

When: Sunday, March 3 - 6pm

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

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

www.NewBeverly.org

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.

*No admission charge,
but a love offering will be taken.*

Gospel Winterfest

**An Evening with
Triumphant Quartet
and Soul' Out Quartet**
with Special Guest Katelyn Parker



Sat. March 9, 2013

First Baptist Church Lenoir City
2085 Simpson Road East,
Lenoir City TN 37772

7:00 pm • Doors open at 6 pm



TICKETS:

Artist Circle \$20; General Admission \$15.00;

General Admission Group (10+) \$12,

Child-12 and under-free in General Admission seating.

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House to Home

ANTIQUES & COLLECTIBLES

The Rabbit Hole Buffet

I suppose the old Goethe saying “the person born with a talent they are meant to use will find their greatest happiness in using it” may just be true when we have the passion to begin with.

We may not always be offered the opportunity to achieve our dreams in this lifetime and either must try our best to get close as possible or just subdue our dreams and pretend that we are happy doing something else. I do know that no matter how much time passes, the desire to be where you want to be will never leave you. It may be multiple paths or a combination of jobs in the same field that will



By Carl Sloan

place you in life where you would like to be.

My parents were both teachers and musicians so respect for music and the arts rubbed off on me at an early age as well as a respect for history. I would read every biography of every famous person that I could get my hands on and try to understand how they

thought and felt and how they had the courage to achieve what they did, whether it proved good or bad.

This interest soon spread from people to historical items and then to old items. In our home we had a traditional dining room filled with antique furniture from my Grandmother's home in High Point, North Carolina. In the room was a huge buffet with a mirror, multiple drawers and the storage

underneath was packed with items from our family's past.

My Grandmother's home was very large so this virtual treasure chest was packed full of everything that was meant to be kept. Family relics such as thimbles, photographs, silver, broken items and linens all fit into the buffet's storage, making it the perfect catch all. To me it was a treasure trove containing real history and fascinating items from the past that I had no clue as to what they were meant for and why they had been kept for all of this time. The big two swinging drawers on the base were my favorite as they were full of all sorts of things like platters, books, photograph albums, year books and all kinds of odd things to handle and ponder what they were. Over time, this buffet became the rabbit hole

in which I would, like Alice, begin a life-long journey into another world of the past and history that I have never stopped exploring to this day almost 40 years later.

Handling antiques, fine arts and helping others understand what they may have and their values has been my life-long passion and is where I am supposed to be. My mother, Sarah Glen Wheeler, encouraged me to follow my dreams and to keep faith. She passed away this earlier this month after a long and wonderful life that reads like a storybook. Born in 1925, she graduated college at Chapel Hill, NC in 1940 at the age of 19 with a Bachelor's in music. She was hired as band director and during her years kept the school in number one status, never losing a competition to another state. She played flute in the

Knoxville Symphony for over 30 years and was a teacher to hundreds of students including the Master's program at Maryville College. A great teacher inspires you to take the reins and handle life and that was her from head to toe and she will be missed. She loved reading *The Focus* and my column, of course, and was proud that I followed through with my goal to be able to do today my job and serve the community as has been my pleasure.

This column and all others in the future are dedicated to my Mother, Sarah Glen Wheeler, September 8, 1925 - February 15, 2013. We will all miss your fine wit and sensibility as you were the one the family came to for all things and will always reflect on your wisdom. The buffet will be at my home someday soon.

The International Biscuit Festival 2013 Invites Recipe Submissions

The International Biscuit Festival has begun accepting recipe submissions for the 2013 International Biscuit Festival Biscuit Bake Off, to be held May 18, 2013 in downtown Knoxville. The International Biscuit Festival was recently selected the #1 Food Festival in the U.S. by Livability.com. The Biscuit Bake Off is one of the “must-see” events of the Festival!

Want to be a part of this year's Bake Off? Send us your best Biscuit recipe and enter to win it all! Last year's champion, Elizabeth Blanchard from Spartanburg, South Carolina won with her Cajun Tater Biscuits. Elizabeth said of the Bake Off: “It was a wonderful experience for me and my family. Everyone was extremely helpful and encouraging. It was a remarkable day full of memories!”

The four categories of competition are Sweet Biscuits, Savory Biscuits, Special Biscuits and Student Biscuits. The Special category is for those Biscuits that are over the top and incredibly imaginative. The Student category features the next generation of bakers and is for entrants 18 and younger.

Each category will have three finalists chosen from all of the submitted recipes and those bakers will be invited to bake live in front of our panel of celebrity judges and an audience of Biscuit lovers. The Grand Prize Winner will be chosen from the winners of the four Biscuit categories.

“We have had a tremendously creative selection of Biscuit entries for the first two years of this fun, fun festival. We anticipate the 2013 season of competition to be even more original, outrageous and delicious,” said Chris Kahn, chair of the 2013 Biscuit Bake Off.

Bake Off applications are available online at Biscuitfest.com. Submissions will be accepted from February 1, 2013 until midnight on April 22, 2013. Finalists will be notified and scheduled for the live competition at the Festival in downtown Knoxville, TN.

For more information about the International Biscuit Festival, go to biscuitfest.com or contact Chris Kahn at chris@biscuitfest.com.



DAR George Washington luncheon. *The following members of the Bonny Kate Chapter of the NSDAR attended the annual George Washington Birthday Luncheon at Rothchild's: first row, from left, Madge Day, Regent Margaret Kensinger, Ollie Ellison, Jeanie Sager; second row, Sarah Wimberly, Donna Lentini, Pat Hunter, Glenn Rowell, Nancy Cantrell, Sue Watson, Elizabeth Wendelken, Jeannette Williams, Doris Campbell, Lawson Hickox, third row, Joyce Condry, Sarah Searle and Linda Coppock.*

Landscaping class offered by Pellissippi State

Instant flower gardens. It's a tempting thought during the winter season. While the upcoming landscaping class at Pellissippi State Community College won't give attendees a full-blooming garden-on-the-spot, it will give them plenty of design ideas and how-to information.

“Landscaping Made Easy and Fun” provides eight hours of instruction to those seeking to learn more. Instructor Valarie Huffman, expert landscaper and owner of Instant Flower Gardens, will guide students through basic design principles, materials selection, plant installation and maintenance. Topics include flowering

shrubs, small trees, flowers, and grasses, as well as mulching, fertilizing, watering, and pruning.

The non-credit course is being offered through Pellissippi State's Business and Community Services Division. Classes meet on Mondays and Wednesdays, Feb. 25-March 6, 1-3 p.m. at Pellissippi State's Hardin Valley Campus. The class fee is \$79.

For information or registration, visit www.pstcc.edu/bcs or call (865) 539-7167. The BCS website lists complete and current class schedules, as well as details on new course offerings.

Fontinalis learns geography through music

Fontinalis Club members participated and learned geography in a clever way



through music at their recent meeting.

Kaye Williams, a retired third grade teacher, provided each member with a United States map. With her cassette player pictured, she taught about The Earth by singing the tune: “My Bonnie Lies Over the Ocean.”

The first verse says: “The Earth is the name of our planet. It's shaped like a ball or a sphere. It's covered with land and water. A globe can help make this quite clear.”

The following verses teach about the seven continents and the five oceans, ending with naming the continents and oceans in tune with the song.

Kaye also demonstrated her teaching of Fifty States in Rhyme to the tune of “Turkey in the Straw.”

Fontinalis members were quite enthralled with their new learning experience.

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ANNOUNCEMENTS

AARP March Driver Safety Classes

For registration information about these and all other AARP Driver Safety Classes, please call Carolyn Rambo at 584-9964 3/2 (1 Day) 9 to 11:30 a.m. American Red Cross, 6921 Middlebrook Pike, Knoxville 3/18 and 3/19 9 to 11:30 a.m. Chota Recreation Center, 145 Awohili Drive, Loudon 3/21 (1 Day) 8:30 to 10:30 a.m. O'Conner Senior Center, 611 Winona, Knoxville

Fountain City, North Knox Republican Club meeting

The Fountain City and North Knox Republican Club will be meeting on Tuesday, March 12, 2013 at Louis Restaurant beginning at 5:45 for dinner and meeting to follow at 6:30. Everyone is invited. For more information you may contact Michele Carringer at 247-5756 or email at mwcarringer@yahoo.com.

Free Health Expo

A free health expo will take place on Sunday, March 10, 2013, from 1:30 - 5 p.m. at the Knoxville Center Mall, 3001 Knoxville Center Dr, Knoxville. Participants will receive free health screenings, see live demonstrations, receive free chair massages and more. Medical and lifestyle professionals will be present to provide free consultations. The expo is free and open to the public. No prior registration is required. For more information, visit knoxvilleinstep.com or call (865)264-3894. The health expo is sponsored by Instep for Life Health Ministries, Knoxville First Seventh-day Adventist

Church and Wildwood Lifestyle Center & Hospital.

Historic Ramsey House benefit

The twelfth annual fashion show fundraiser, "It's All About Style," to benefit Historic Ramsey House will be held Tuesday, March 19 at Cherokee Country Club in Knoxville at 5138 Lyons View Pike.

Guests may enjoy a morning of shopping in the boutique from 10:30 a.m. until noon. A variety of merchandise will be offered from area vendors including jewelry, clothing and accessories, gifts, accessories for the home, flowers and plants. During the luncheon and fashion show beginning at noon, showing an array of spring fashions presented by five area boutiques. A number of door prizes will be presented at the end of the show.

The cost for the luncheon and fashion show is \$45 per person. It is open to the public by reservation. Reservations can be made with a check payable and mailed to Historic Ramsey House at 2614 Thorn Grove Pike, Knoxville TN 37914 by March 12 or by credit card by calling the office at 865-546-0745 Tues-Sat 8 a.m. - 4 p.m.

For further information please call 865-675-2008 or Historic Ramsey House at 865-546-0745.

Introduction to the Alexander Technique

Introduction to the Alexander Technique will be held Thursday, March 7 at 10:30 a.m. at the Fountain City Library Branch, Knoxville. There is no cost, but pre-registration

is required. For more information, contact Lilly Sutton at (865)387-7600 or visit www.LillySutton.com.

LAMP workshop

The East Tennessee Technology Access Center will host an all day workshop on strategies to promote communication for people with autism. The training will be held at ETTAC, 116 Childress Street, Knoxville TN on March 8, 2013 from 8:30 a.m. to 3:00 p.m.

John Halloran, a renowned speech language pathologist and Senior Clinical Associate for The Center for Augmentative and Alternative Communication devices and Autism, will present "Putting LAMP to Work: AAC Strategies to Promote Communication." Language Acquisition through Motor Planning (LAMP) is a therapeutic approach used to develop communication skills for individuals who are non-verbal and have limited verbal skills. This workshop is open to parents, teachers, and Speech Language Pathologists, as well as other therapists and professionals. .5 ASHA CEU's are available. The cost is \$79. Preregistration is required by going online at www.aacandautism.com/trng, or by calling toll free (866) 998-1726. For more information about ETTAC or for directions, go to www.ettac.org or call (865) 219-0130.

KHS Parent Night for for Rising 9th Graders

On Tuesday, Feb. 26, Karns High School will be having a Parent Night for parents of current 8th graders who are zoned for Karns High School. This

is a great opportunity to meet staff, learn about sports and clubs, and get an overview of what the Freshman experience is like at Karns High. The time is scheduled for 5:30-7:30 p.m. The Karns High staff looks forward to this opportunity to meet rising 9th graders.

In addition, on Friday morning, April 12, 8th graders will be visiting Karns High School to experience things "first hand." KHS will provide an orientation that will be fun and informative. If you have questions about upcoming events, please contact the KHS school counseling office at 539-8670.



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3 egg yolks
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1 pt warm milk
1/2 pt sour sream
Filling
1 lb walnuts, ground fine
1 1/2 cup sugar
3/4 tsp cinnamon
3 tablespoons milk
1/4 cup golden raisins

Add cake yeast to warm milk. Set aside for at least 5 minutes.

Work sugar, flour, butter and salt with pastry blender and then add sour cream and milk mixture. Add egg yolks. Knead 10 minutes. Place in greased bowl, cover and refrigerate overnight.

Divide dough into 4 pieces and knead lightly. Combine filling ingredients. Roll 1/4-inch thick rectangle and spread with filling. Roll dough into long rolls and place on greased pan.

Cover with towels and let rise 1 hour. Brush lightly with egg white. Bake at 325° for one hour.

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