

Focus on the Law

Tips for Tenants

In last week's column, I focused on tips for landlords. This week I would like to focus on tips to prevent common mistakes made on the tenant's side of a lease transaction.



By Sharon Frankenberg,
Attorney at Law

Before you decide to rent, evaluate the unit's location carefully. Is the neighborhood safe? Do you have access to transportation? Check the condition of the property carefully. Do the appliances work? Is there standing water anywhere inside? What kind of heating and cooling does the home have and does it work? If the unit is dirty and broken, that is a bad sign. Conditions are unlikely to improve after you have signed a lease and paid your money. If, however,

on getting a copy of your signed lease agreement.

If your unit needs repairs during the term of your lease, you should insist that problems be fixed in a timely manner. Problems that affect the quality of life in your unit must be fixed by the landlord. This includes things like heat, water, electricity and safety issues. You should document when repairs are requested and the response made to your requests. Also it is a good idea to discuss when any

the landlord does promise to do certain repairs or improvements after you move in, have him or her write that into the lease agreement. Your lease agreement should be signed by both parties. Insist

needed repairs will be completed and how that will impact your use of your unit.

As I recommended to landlords last week, tenants document the condition of the residence as well. You should take date-stamped photographs that show any existing damage when you moved in. When you move out, the landlord must schedule a final property inspection. Any alleged damage should be listed and signed by both landlord and tenants. If any damage to items is disputed, these disputes should be noted. You must be able to show what condition you left the property in and how much it cost to perform any necessary repairs to the property. Good documentation often provides the proof you need to win your case.

Do not forget to purchase

renters' insurance. It is usually very inexpensive. In the event of theft or covered damage (like a fire), this type of insurance protects your belongings. The landlord's policy will not cover your losses. Also, if someone sues you for injuries which may have occurred in your unit and sues you alleging negligence on your part, renters' insurance may cover you.

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, landlord-tenant, 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.

Bell Shaped Curve Life

A good friend of mine enlightened me on an important factor in life. Joe Dooley and I were discussing politics and world events. At one point, he



By Joe Rector

looked at me and stated, "Everything in life is a bell-shaped curve."

Now, most people know that I am a failure in the area of math, and for a few seconds my mind processed on that statement. Because a bell-shape curve also is discussed in sociology, a subject in which I minored in college, his point became clear. In fact, Joe's statement is one of the most poignant that I've heard in quite some time.

For those who might not recognize the term bell-shaped curve, I'll give a quick definition. The formal one says that it is "the symmetrical curve of a normal distribution: a normal curve." My definition is that it's a curve where the most of any thing is in the middle and smaller

segments are on each side.

Bells-shaped distribution is visible in most things in this world. For example, in school, the majority of students do average work for their grade level.

Some students, by means of superior intelligence or industriousness, make A's in classes. Another smaller group refuses to complete the work or study for anything. They find no value in education and can't wait to escape the classroom. The problem comes when the parents of the average students insist upon their children receiving inflated grades for average work, something that would skew and wreck the normal shape of distribution.

Plenty of folks pooh-pooh welfare and denigrate all recipients. The fact is that the majority of individuals on welfare struggle to make ends meet. They would much rather have independence than handouts. At one extreme are those who use

welfare only for short periods of time as they re-group from some misfortune which they have encountered in life. At the other end is a group that enjoys the free life; they have no intention or compunction to leave it.

Politicians fit "the bell" as well as any group. Most representatives are moderate in their views. They work to do what is in the best interest of the country and its citizens. However, a few are ideologues who care only for advancing their narrow-minded agenda. Yes, the ultra-conservatives are on the right, and the ultra-liberals are on the left. It's sad that these fringe groups too often determine what happens in our government.

The same is true for gun control. The majority of Americans want some restrictions. That might mean registering them, running background checks on anyone who wants to buy one, or closing gun show loopholes. Now, one radical group screams and hollers against any restrictions. They yell 2nd amendment rights, even though even conservative Supreme Court Judge Scalia said the government has the right to regulate guns. The other extremists group yells for complete ban of all guns, another ridiculous stance such a statement ignores the millions of folks who enjoy hunting and target shooting.

Even religion fits this equal distribution. Most folks are God-loving people who work each day to live by the examples given in their religion. It is the splinter groups that cause the troubles. Some want to fight holy wars that destroy any and all who refuse to drink the poisonous Kool-aid of their extremist views. Others want to damn to hell all who fail to toe the line of their word-for-word credo that ignores others who might think differently. To them, theirs is the only correct interpretation of God's words.

In all things, the largest group is in the middle. That's where the truth usually lies. The extremes of the bell shape curve cause the problems. In many cases the small groups yammer and whine and curse the loudest, and in cases like the government and religion, the squeaky wheel gets the grease while the silent majority is ignored.

We might take a lesson from religion's middle. It believes that God loves all of His people, no matter on what side they fall. He expects the middle to teach and guide the extreme parts until they understand the divisiveness they cause. If we work a bit harder, perhaps the middle can grow while the extremes diminish. It would be nice if we all pulled in the same direction for a while.

FOCUS

Weekly Poll

Do you have a favorable or unfavorable opinion of security systems in Knox County Schools?

Favorable 53.40%
Unfavorable 46.60%



| By Age | Favorable | Unfavorable | Total |
|--------|--------------|--------------|-------|
| 30-49 | 50.94% | 49.06% | 53 |
| 50-65 | 50.40% | 49.60% | 125 |
| 65+ | 55.71% | 44.29% | 219 |
| Total | 53.40% (212) | 46.60% (185) | 397 |

By District

| | | | |
|-------|--------------|--------------|-----|
| 1 | 66.67% | 33.33% | 27 |
| 2 | 58.82% | 41.18% | 51 |
| 3 | 51.35% | 48.65% | 37 |
| 4 | 50.94% | 49.06% | 53 |
| 5 | 58.97% | 41.03% | 39 |
| 6 | 46.15% | 53.85% | 52 |
| 7 | 54.55% | 45.45% | 44 |
| 8 | 52.94% | 47.06% | 51 |
| 9 | 46.51% | 53.49% | 43 |
| Total | 53.40% (212) | 46.60% (185) | 397 |

By Gender

| | | | |
|---------|--------------|--------------|-----|
| Unknown | 43.75% | 56.25% | 16 |
| Female | 56.63% | 43.37% | 196 |
| Male | 50.81% | 49.19% | 185 |
| Total | 53.40% (212) | 46.60% (185) | 397 |

Survey conducted March 1, 2013.

Members of Angelic Ministries Job Corps return \$11,000 to its rightful owner

Cont. from page 1
spent the money on partying and stuff."

Beals said the men turned to each other to talk through their decision.

"We wanted to do the right thing," he added.

They called their ministry leader at Angelic Ministries, who was able to use the bank receipt to track down the money's owner. It belonged to Kevin Welborn, a father of six children who lives in Seymour.

Most of the money was for a down payment on a new house. He had mistakenly placed the bank bag on top of his truck and drove off.

"Anyone else could have found the cash and may have even kept it. In fact, the two men who did find it probably would have six months to a year ago," Tony Earl, Executive Director of Angelic Ministries, told *The Focus*.

The ministry, supported

in part by Christian Men's Job Corps, has a number of homes in Knoxville where men such as Beals and Moore live and receive Christian discipleship. They are trained in marketable job skills, and mentored in a caring, structured environment. These men also serve in the organization's primary ministry by picking up, sorting, organizing donations, and helping those they serve load the items given to them.

As token of gratitude, Welborn donated \$300 to Angelic Ministries for the good deed carried out by Moore and Beals.

Angelic Ministries receives no money from any government fund or agency, and operates solely on the support of caring churches and ministries, private companies and organizations, and individuals. To learn more about the organization or to become involved visit www.angelicministries.com.

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Publisher's Position The Biggest Loser



By Steve Hunley,
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Last week was an interesting one in politics and brings to mind either *The Biggest Loser* or perhaps *Are You Smarter Than a 5th Grader?*

Choosing just precisely who is the biggest loser isn't easy. The County Commission heard a resolution to have an elected superintendent and make the elections partisan; there was yet another resolution to have an elected superintendent. The resolution for partisan elections failed 6-5 and the Commission tabled the resolution for an elected superintendent 10-1.

The vote made little, if any, sense. If partisan elections don't matter, then perhaps the Commission will come back and eliminate partisan elections altogether in Knox County.

Commissioner Larry Smith, after sponsoring and voting for the resolution to reinstitute partisan elections for the school folk, gushed with praise for McIntyre and hinted at a "windfall" of public dollars for the school system, an idea less popular than plague inside his own district. If a public official is going to pander, he would be wise to pander on the popular side of the question.

Also last week, former Commission Chair Mike

"High Tax" Hammond dropped a hint that he might challenge Criminal Court Clerk Joy McCroskey in next year's Republican primary. For someone who has always bemoaned the Courthouse Crowd, the fact that Hammond may be looking for a job in the Courthouse is kind of ironic.

Then, the burgeoning scandal in the school system with regard to security issues caused Board of Education Chair Karen Carson to go into a tizzy and abruptly summon County Mayor Tim Burchett, Commission Chairman Tony Norman and several others to a meeting. Carson, obviously in a big hurry, announced while she didn't believe in closed door meetings, she wanted to have one with a host of public officials behind closed doors.

Mayor Burchett balked, as did Commissioner Norman. Burchett, a very savvy politician, announced he had no intention of attending any meeting that wasn't open to the press and public. Carson's meeting, intended to occur last Monday, was rescheduled for Friday after a bit of dithering. The school folks finally capitulated and agreed the meeting should be open to everybody.

The excuse used by the school people for the hasty and urgent meeting was the "finger pointing" being done in the press, largely in the pages of The Knoxville News-Sentinel in some excellent stories by Jamie Satterfield. Of course the school folks have tried to ignore that most of the finger pointing being done has been their own. Superintendent James McIntyre failed to inform the Board about the serious lapses

in security at Hardin Valley Academy and Powell Middle School, perhaps because the timing was bad due to the fact that he was then being evaluated by the Board for a contract extension. Since the Sentinel broke the story, Board members have been falling all over themselves in their haste to find someone else to blame. One Board member, former Chairman Thomas Deakins, went so far as to hysterically proclaim that he was to blame, since he didn't ask the proper questions. Of course Deakins has never explained just how he could ask the right questions on a topic the superintendent never told him much about in the first place.

McIntyre had previously ignored warnings from the Public Building Authority, as well as odd behavior by school security chief Steve Griffin who seemed to be trying to influence the PBA to use a particular contractor who just coincidentally employed his son-in-law. McIntyre reviewed the Griffin situation and declared it to be no conflict of interest, which is quite odd considering the superintendent has put Griffin on suspension while the matter is looked into after Ms. Satterfield's stories.

Apparently McIntyre and his allies on the Board felt that an announcement from McIntyre saying everything was hunky dory would suffice. It didn't. Satterfield has complained about access to the superintendent, not receiving requested information, etc., all of which gives the impression the school people have something to hide. McIntyre has even referred to the vendor who allegedly did

shoddy work, at best, as the responsibility of the PBA. At the same time, the PBA was getting emails from the school system's security chief Griffin which seemed to be browbeating the Public Building Authority into using that particular vendor.

The Public Building Authority Board reacted with PBA Board Chair Winston Frazier referring to the cronyism and political back scratching in the school system being very much alive, something that was supposed to be as dead as a nit under the magical supervision of an appointed superintendent. The comments made by the Public Building Authority Board, which included the gem that the PBA could supervise the construction of school building projects for a fraction of that spent by the schools, evidently sent School Board Chair Carson over the edge. Sources say that McIntyre himself has made more than one call to the Sentinel offices in an attempt to shut down Jamie Satterfield and her stories. Thus far it hasn't worked. Clearly, McIntyre and Carson are attempting to do damage control and the \$500,000 public relations staff of the school system has proved to be ineffective, although to be fair about it, the PR gurus employed by the school system are powerless to do anything without the consent of McIntyre who obviously doesn't know what to do when his authority is questioned.

The school folks finally seem to have realized all the bad publicity comes at a time when McIntyre had fully expected to ride improved security into cold hard cash, meaning millions of new dollars for

his own budget. With the revelations by the Sentinel, McIntyre's pronouncement upon protecting our children sounds, at best, a bit hollow. Also, it does not encourage the County Commission or the public to place much confidence in turning over more money to a system that already spends over half a billion tax dollars annually when they have demonstrated they have just wasted a sizeable chunk of taxpayer money. To be fair about it, nobody in the school system has publicly or otherwise stated the least remorse in wasted taxpayer dollars. The Board members instead have circled the wagons, bent upon protecting McIntyre from himself.

Indya Kincannon, a former Chair of the Board, has clattered on like a windup doll, issuing a torrent of words, posing and answering her own questions in an attempt to deflect criticism from McIntyre.

Thomas Deakins, as noted previously, already fell on his own sword and then noted a picture of a security system not working could have easily been faked. Right.

Karen Carson has lumbered about like a wounded elephant, staggering from one foolish notion to the next, hoping to close down the Satterfield stories, largely on the basis of she and McIntyre say so.

Various other Board members have contributed their own bits, largely taking every public opportunity to praise McIntyre's vision, integrity and ability. The lone member of the Board of Education who has actually tried to revise the way the school people do business, Mike McMillan, has been

treated like the unwanted uncle who has been shut away in the attic. Obviously, we can't have that.

In choosing the biggest loser for the week, it is like a lush buffet. If forced to choose, I would say the biggest loser is Karen Carson who has not only failed to stifle discussion of the school scandal, but reinforced the notion that they have something to hide by trying to convene a meeting behind closed doors. The runner-up would likely be McIntyre himself who has amply demonstrated he has no clue what to do when a public relations fiasco becomes a full-fledged nightmare.

Of course all of this could have been avoided if McIntyre had merely reported to the Board in full the exact nature of the problems at Hardin Valley Academy and Powell Middle School. McIntyre could have promptly dealt with security chief Steve Griffin and determined if there was any wrong-doing and all would have probably been well.

It has taken weeks for McIntyre and the Board to properly assess just how much damage has been done due to their own credibility. It has also revealed that an appointed superintendent is not in the least superior to an elected superintendent, as well as just how ineffective the Board can be when it is not at all objective about the performance of the superintendent it selected. It's like watching an out of control merry-go-round populated by village idiots.

Commission tables school-related resolutions

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County Commissioner Dr. Richard Briggs attempted to bring a bit of balance to the dialogue.

"You can appoint a really good superintendent and a really bad superintendent. You can also elect a really good one and elect a really bad one," he said, echoing a statement that he has maintained since the conversation began.

After much debate on the

topic, commissioners took a "wait and see" approach upon further developments at the state level and voted 10-1 to table the resolution after a motion was made to do so by Commissioner Mike Hammond.

They also tabled a resolution (6-5) to express support for a bill sponsored by Sen. Becky Massey, R-Knoxville, and Rep. Bill Dunn, R-Knoxville, that would allow for partisan

school board races in Knox County with a two-thirds majority vote from county commission.

"I'm not planning on moving the bill in the Senate unless it is approved by Knox County Commission," Massey stated publicly on a local morning talk show last month.

Likewise, a majority vote is required to reverse the table placed on the two resolutions.

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FOCUS MORE ON Seymour & South Knox

King's Academy hires former Powell coach to lead football program

By Bill Mynat
PowellFootballRadioVoice@yahoo.com

It's probably fair to say that The King's Academy has not to this point ever been considered one of the more well known high school football programs in the state.

That said, it appears that the powers that be at TKA have every intention of a serious upgrade of the football program, and it began last month with the hiring of former Powell High School head football coach Matt Lowe.

Lowe's credentials are certainly impressive. They include:

First team all state recognition as a quarterback and defensive back at Powell

Attended Middle Tennessee State University on a football scholarship, where he was voted a team captain as a senior wide receiver

4 years as an assistant, and 6 as the head coach at Powell

In his 6 years as a head coach at Powell, Lowe and his Panther team accomplished:

Two undefeated regular seasons – 2010 and 2011.

Qualifying for the playoffs in every year that he was there

Led his team to the finals in 2011, falling to Henry County 17-14 in a game that went down to the wire

Led his Powell team to the school's first ever #1 ranking by the Associated Press

Turned out numerous Division 1-A signees, including current Buffalo Bill tight end Lee Smith, current University of Tennessee wide receiver

and holder for the kick teams Tyler Drummer, and current University of Kentucky running back Dy'shawn Mobley, as well as numerous other D1-A, D1-AA, D2, D3, and NAIA signees who either have completed their college eligibility or are currently still competing at the collegiate level

Lowe resigned from his coaching position at Powell in February of 2012, and has been teaching Physical Education at the school during this school year. He will take over at TKA this summer, and will be teaching PE as well as assuming the head football coaching duties.

Lowe began his coaching career at Powell in 2002 when his former head coach at Powell, Clark Duncan, hired him as an assistant.

"Clark and I had always developed a good relationship and a friendship, even when I was playing for him at Powell" Lowe explained to me. "He always told me that if I ever wanted to get in to coaching to let him know, and I did, and that's how I got in to coaching. I was actually working in Lexington, KY, and I drove down to see the family one weekend and I just drove over to his house and knocked on his door and told him that I was ready to get in to coaching."

When Duncan left Powell after the 2002-2003 school year to become an assistant principal and athletic director at South-Doyle High School, Lowe then worked under Larry Stephens, whom Lowe credits in large part for his development as an offensive football coach. Stephen had

been the offensive coordinator under Duncan.

"Coach Stephens gave me the opportunity to become an offensive coordinator, but really I was a coordinator in training with Coach Stephens helping me every step along the way. I owe Larry Stephens a lot for believing in me and giving me that opportunity very early on in my career."

Stephens was the head coach at Powell for the next three seasons before resigning to join to his family's construction business. Lowe, with only four years of assistant coaching experience, decided to apply for the job. Was he ready to become a head coach at that point in his career?

"Not even close," Lowe said with a big smile. "But at the same time, you have to be ready to take on opportunities when they present themselves."

Lowe also laughs about how he was finally offered the job.

"I sat down with then Powell athletic director Mark Majors. Mark told me that there were three finalists for the job. He said, well, we offered it to the first guy and he didn't want it. So we offered it to the second guy and he didn't want it. So since you are the only guy left, it's yours if you want it. I told him that I didn't care what the reasons or the criteria were, I'd take it."

From that point, it was on the job training for Lowe as a head coach. Although his first two teams made the playoffs, as did Powell in each of his 6 seasons as the head coach, they struggled to a 5-6

record. Then in his third year – the 2008 season – Powell put up a 9 win season and those who follow high school football in this area began to seriously take note of Lowe as a football coach.

After graduating nearly all of the starters on both sides of the ball from that 2008 team, Lowe's 2009 team consisted primarily of sophomores and again made the playoffs, but ended up 5-6 once again. It wasn't hard to see, however, that this young team had a lot of potential.

That potential was realized during the next two seasons, as Lowe's final two Powell teams went 11-1 and 14-1 respectively. The 2011 state class 5A runner up team set a school record for wins, winning percentage, averaged over 40 points per game, and amassed over 6,000 yards of total offense.

Lowe then surprised just about everybody when he resigned two months later, citing the need to spend more time with his family – wife Stacy, and daughters Erica and Lizzie.

After taking a year off, Lowe and his family made the decision that it was time for him to get back in to coaching.

Although The King's Academy has been playing football for several decades, now, this fall will be the first time that the school will compete in a playoff classification, as they will become playoff eligible in the TSSAA's Division 2 Class 2A – a division for private schools that opt to give financial aid. With Lowe's record of success and his



PHOTO BY ERIC KENNEDY

Former Powell football coach Matt Lowe talks with his team before a game at Fulton in 2010. Lowe was recently hired as the new football coach at The King's Academy and will take the reins of the Lions program at the end of this school year.

quality resume, why would he choose to go to a school where he is basically trying to build a competitive football program to compete at a high level for the first time?

"Over the course of three or four conversations with Mark Weekly (TKA athletic director), he really sold me on what direction they see athletics playing a part of at The King's Academy. I have been very impressed from that first meeting on where they see athletics in the overall picture of what he has already started and feel like that is something that I want to be a part of and try to make a difference in the young men who become part of the football program's lives."

Becoming a member of the TSSAA's division 2A and in a district with schools such as the Webb School of Knoxville, Ezell Harding, and Davidson Academy will present new challenges to Lowe and to TKA.

"Our goal from day one will be to get our football team in to the playoffs, and to be competitive in that division. And of course, for every school that plays football the ultimate goal is to win a state championship. Our goal at TKA will be no different. We

understand that there are going to be some growing pains and some bumps in the road, but those are our goals and we'll do everything we can to work towards them."

Having known Lowe from my time as the Radio Voice of Powell Panther Football during his entire career at Powell, I can attest to the fact that he will give 100% of himself to the job of being a teacher and the head football coach at The King's Academy. Matt is one of the most passionate football coaches I have witnessed during my many years in covering high school football in this state.

I am also in a unique position in that I had a son play for Matt as his position coach in Matt's early years as an assistant at Powell and watched how he interacted with his players. The best compliment I can give Lowe is to say that he was always fair with my son and not only taught him football, but also helped him to grow up and prepare himself for life beyond high school football.

In college and pro sports, coaches are sometimes referred to as being "home run hires." The King's Academy has made a bonifide home run hire in Matt Lowe.

PlanET to host public participation meetings

Cont. from page 1

or civic organization to hold a "Meeting in a Box." The latter option allows you to choose a time and location of your choice with or without a PlanET facilitator. Details will be posted soon on the PlanET website.

If you're interested in holding your own "Meeting in a Box," or want more information about this round of community input, contact PlanET Outreach

Coordinator, Sherith Colverson, by phone at (865)215-4396 or by email at sherith.colverson@planeasttn.org.

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Home Federal Bank Invites Hometown Heroes Nominations

Program Honors Outstanding Neighbors and Supports Local Nonprofits; Nominations Accepted through March 29

Home Federal Bank today launched its third Hometown Heroes program to honor everyday citizens who do extraordinary things for others and for their community. Little League coaches, senior citizen center workers, teachers, Scout leaders, nonprofit volunteers and other individuals who work in their own way to make East Tennessee a great place to live are potential honorees.

“Home Federal Bank’s Hometown Heroes program has been very well received,” said Home Federal Bank President Dale Keasling. “We appreciate all the strong nominations that come in each year, and we’re glad for the opportunity to recognize some outstanding individuals and help them to support many worthy area nonprofits.”

A total of eight Hometown

Heroes honorees will be recognized for their volunteer work in the community and will choose a local nonprofit for a \$2,500 donation in their name. From the eight finalists, a top winner will receive an additional \$2,500 for donation to his or her chosen nonprofit.

In last year’s contest Home Federal Bank named Dr. Bill Broome as the top winner of the awards program in recognition of his volunteer work with Lost Sheep Ministry.

Anyone may nominate a Hometown Hero. Nominations will be accepted through Friday,

March 29. Nomination forms are available for download on the Home Federal website at <http://www.homefederalbanktn.com> or can be picked up at any Home Federal Bank location. Completed forms can be dropped off at any Home Federal Bank location or emailed to hometownheroes@homefederaltn.com. Winners will be announced in April at various Home Federal Bank branches.

“This program goes to the heart of what Home Federal Bank is all about,” Keasling said. “As a hometown bank, we are honored for this opportunity to recognize the people of East Tennessee who do so much for communities throughout our region. This is our way of acknowledging their efforts.”

Home Federal Bank Hometown Heroes is sponsored by the Knoxville Focus, WVLT Volunteer TV and WIVK-FM 107.7.

About Home Federal Bank: Home Federal Bank is a locally-owned, full-service bank serving East Tennesseans through branches in Knox, Anderson, Blount and Sevier counties. For more information, visit <http://www.homefederalbanktn.com>.



From State Representative Harry Brooks

It is hard to realize that March is here. The older I become, the faster time goes. It looks like March is coming in like a lion, so that bears hope that it will end like a lamb!

It has been another busy week in Nashville. Bills are quickly moving through committee and on to the House floor for final discussion and voting. The committee process insures that sufficient time is given for questions concerning bills and possible amendments added before reaching the full House. A last opportunity for remarks, discussions, and questions occurs there before a roll call vote is taken. Once a bill passes in the House, if it has also passed in the Senate, it goes to the Governor’s office for his signature before it becomes law.

Most of the bills that I have introduced this session have to do with some aspects of education. A brief description of some of these is as follows:

A person convicted of certain sexual offenses is prohibited from having direct contact with a school or child care center if children are present.

- The offense of assault on educational personnel is clarified.
- Every LEA (local education agency) is required to make at least one early

Continue on page 4

UT will Host STEM Symposium for High School Students, April 6

The University of Tennessee Libraries is hosting its inaugural Big Orange STEM Symposium (B.O.S.S.): High School Outreach, Saturday, April 6, 2013, 10 a.m. to 3 p.m. in the John C. Hodges Library on the UT Knoxville campus.

The symposium is aimed at high school students who are interested in careers in science, technology, engineering, and mathematics. Junior and senior students from Knox, Anderson, and Sevier counties are invited to participate.

The symposium brings together STEM-related departments and centers from across campus and the Knoxville community to provide high school students with a learning experience that includes hands-on scientific research and the opportunity to develop an understanding of research skills. The symposium will allow students to explore STEM fields in a holistic way, giving them a taste of each of the disciplines so they will be more informed and better prepared to decide which area they would like to study.

Continue on page 2

Style Makers Salon & Spa expands its services



PHOTO BY DAN ANDREWS.

Pictured left to right: Melissa Sullivan-stylist, Edye Stallings-stylist, Donna Walker-stylist, Mandy Miller-nail tech, Tara Owens-esthetician and nail tech, Emily Ballantine-stylist, Tabatha Lyon-stylist, Christine Guinn-nail tech, Kelley Miller-manager/stylist, and Jo Ellis-stylist. Not pictured are Kathy Lee Evans-stylist, Crystal Haggard-stylist, and Shannon Roche-massage therapist.

By Tasha Mahurin
Tasha@knoxfocus.com

Style Makers Salon (& Spa) has been making-over Seymour residents for 17 years. Anthony and Libby Weatherly purchased the successful salon in October of 2012 from Jo Ellis and have been busy expanding the facilities and services offered ever since. Now, under new ownership and management, the salon has been expanded to include a 1,500 sq. ft. addition- which includes a full service state-of-the-art spa.

One of the changes

made includes the hiring of the salon’s manager Kelley Miller. Miller has been a licensed cosmetologist for 26 years and always dreamed of managing a salon and spa. According to Anthony Weatherly, her enthusiasm was contagious, and really sold he and wife, Libby, when the opportunity arose to purchase the salon.

“Having the right team of people is critical for any successful business,” Weatherly told the Focus. “Kelley was a driving factor in our decision to purchase the salon.”

While excited to lead the Style Maker’s team, Miller also wants to remind readers that while a lot has changed, much remains the same.

“When you come to the salon you’ll see some new faces,” she stated, “but you’ll also see the familiar faces you’re accustomed to.”

While Jo Ellis continues to serve clients as a stylist, one of those new faces is licensed massage therapist Shannan Roche’. Style Makers now offers a full range of spa services including massages, facials, manicures,

pedicures, and waxing. To accommodate their loyal customers and new spa goers, they have also extended their hours. They are now open from 9 a.m. until 7 p.m., Monday thru Friday, and 9 a.m. until 5 p.m. Saturdays.

For more information on Style Makers Salon & Spa, and the new services offered, visit them online at www.stylemakers-salon.com, or schedule an appointment by calling 865-579-6561. Mention this article to receive \$5.00 off your next chemical treatment.

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

UT will Host STEM Symposium for High School Students, April 6

Cont. from page 1

Two panel discussions — one featuring current undergraduate students and another with STEM professors — will offer insights into the university experience and how to succeed in STEM studies. Students will also have the opportunity to meet researchers working in STEM fields. In breakout sessions, they will learn about strategies and techniques for doing undergraduate research through exposure to the scientific process, resources, and technologies. At a STEM

Fair, they can learn about STEM organizations in our region and unique opportunities at UT.

Representatives from the Knoxville community include Oak Ridge National Laboratories, Texas Instruments, Biology in a Box, and Dade Moeller. The UT departments of math, soil science, geography, chemistry, and medicine will also be participating.

For more information about the symposium and registration, please visit the website at <http://wp.lib.utk.edu/BOSS>. Lunch will be provided.

Two Boys & Girls Clubs of the Tennessee Valley programs received Tennessee Area Council Program Honor Awards on Saturday, February 23, 2013. The awards were presented at Boys & Girls Clubs' statewide Tennessee All-Staff Retreat, held in Knoxville. Hearts for Haiti, a project at Moses Teen Center and Haslam Family Club University, received the award for "Best Overall Program." Art in the Real World, a project at Haslam Family Club University, received the award for "Best Art Program."

The winning overall program, Hearts for Haiti, involved four Boys & Girls Club teens in a trip to Haiti for a week to aid with disaster relief efforts. While there, the teens built 42 desks for a school that had been destroyed in a 2010 earthquake.

"Our trip to Haiti not only impacted Haiti villages, but it impacted our teens, their families, and our clubs," said Shauna McKinney, the Hearts for Haiti project leader. "We know some of our teens are in hard times now, but seeing them willing to

help others brings joy to the club and shows character and leadership qualities that we all want our children to have."

The winning art program, Art in the Real World, was led by staff member Genny Petschulat as an effort to bring art to life for Boys & Girls Club youth. Through this program, participants learned how the arts relate to careers, hobbies, and volunteering, as well as how the arts could improve their everyday quality of life.

The nominations for the awards were reviewed

by Boys & Girls Clubs of America and winners were chosen based on creativity; direct solution to the need; ability to replicate; and clear, measurable, and documented outcomes.

With locations in Knox, Blount, Loudon and North Anderson Counties, Boys & Girls Clubs of the Tennessee Valley offers programs that increase academic success, encourage healthy lifestyles, and develop good character and citizenship among youth and teens.

Free Tax Assistance At Goodwill

The Volunteer Income Tax Assistance (VITA) program is providing free tax assistance at the Goodwill Industries located at 5307 Kingston Pike. Assistance will be provided from 10 a.m. until 4 p.m. Tuesday through Saturday until April 13th.

Last year, VITA did 1300 returns in the time they were at Goodwill. Since the start of the program this year on January 29th, VITA has done over 700 returns

for community members, totaling over \$1.5 million dollars in refunds.

The VITA program is run by certified volunteers who offer free tax assistance to prepare returns for low to moderate income families who cannot prepare their own tax returns. For more information about eligibility requirements, please visit www.irs.gov.

The IRS recommends that families wanting to take advantage of this

program should get these specific materials ready for their appointment:

- current year's tax package and or label
- all forms W-2 and 1099's
- information for other income
- information for all deductions/credits, a copy of last year's tax return
- proof of account for direct deposit of refund (e.g., voided check)
- Social Security or Individual Taxpayer Identification cards for you, your spouse, and/or dependents
- proof of identification for yourself and/or your spouse.

For more information, please call the Goodwill Marketing Department at 865.588.8567 or visit www.gwiktn.org.

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The bank has ordered this home to be sold. Do not let this opportunity pass you by! Call our office for more details.

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Edward Ward Carmack

Editor & Politician

Pages from
the Political
Past



By Ray Hill
rayhill865@gmail.com

An imposing statue dominates the State Capitol in Nashville, yet few recognize the figure staring off into the distance, overlooking the street where he was murdered in downtown Nashville. Edward Ward Carmack was by profession a newspaperman, but he was also a successful politician, serving as a Congressman and U. S. Senator from Tennessee. Carmack's talent for the written word was equaled by his ability to rouse crowds with his oratory. Still, it was his ability to eviscerate his enemies with his florid pen that would cause him to be left dead in a gutter.

E. W. Carmack was born on November 5, 1858 in Sumner County, Tennessee and was the son of a preacher. Carmack attended the Webb School, quite a famous institution at the time and an ancestor of Knoxville's own Webb School. Carmack, like many others of his generation, "read" the law before being admitted to the Bar to practice. Carmack moved to Columbia, Tennessee where he became the City Attorney when just twenty-three years of age. Carmack's upward political progression continued with his election to the Tennessee House of Representatives in 1884 when he was twenty-six.

Carmack soon discovered practicing law was anything but a labor of love and he found his true calling when he joined the staff of The Nashville Democrat in 1889. E. W. Carmack eventually became editor-in-chief when The Democrat merged with another Nashville newspaper, The American. Carmack soon became widely recognized as a bitterly partisan Democrat and was noted for his vitriolic editorials castigating those he felt deserved his condemnation in vivid terms. Carmack's use of the English language was as colorful as his own red hair and his ability to denounce those of whom he disliked or disapproved was so strong that he was challenged to a duel at least once. Carmack readily accepted the challenge to duel, but both he and his adversary were arrested before they could attempt to kill one another.

Carmack left The American to assume a similar position for The Memphis Commercial, which was later to become The Commercial Appeal. By that time, Carmack's forceful editorials had already brought him the kind of attention to warrant many Democrats to consider him as a serious candidate for public office. There was even talk of Carmack running for governor.

It was not long before E. W. Carmack did indeed become a candidate for office, running for Congress in 1896 against incumbent Congressman Josiah W. Patterson. The Carmack - Patterson rivalry would last the remainder

of E. W. Carmack's life and encompass two generations of the Patterson family. That same political feud would also eventually lead to Carmack's death.

Carmack had decided to run for Congress after having taken up the cause of "free silver" in his newspaper. The national Democratic Party would become sharply divided over free silver versus the gold standard and those Democrats who espoused the cause of free silver would be anathema to "gold bug" Democrats. Free silver's most notable spokesman was William Jennings Bryan, then a young Congressman from Nebraska, whose dramatic "Cross of Gold" speech electrified so many delegates at the 1896 Democratic National Convention, he was nominated to run for president against Republican William McKinley.

At a time when virtually all news reached the public via print media, E. W. Carmack had a shrewd understanding of manipulating events and when he resigned as editor of The Commercial Appeal, he made it appear he was resigning as a martyr to the cause of free silver. The truth was Carmack had already determined to be a candidate for Congress and had very strained relations with several members of his editorial board. Carmack had a flair for the dramatic and was not above using it for his own political advantage.

Both E. W. Carmack and Congressman Patterson were nominated to run for Congress by convention and both claimed to be the legitimate nominee of the Democratic Party. Congressman Patterson was a supporter of the gold standard, a position that was not entirely popular inside his own party with rank and file members, but was seen as logical and sane by many businessmen. Patterson's nomination came from what many Democrats perceived to be a gold bug dominated primary. Carmack was nominated by a convention of Democrats and U.S. Senator Isham G. Harris came to Memphis to preside over that convention, giving it a stamp of legitimacy it would not have had otherwise.

When presidential candidate William Jennings Bryan came to Memphis to speak, he gave his endorsement to Edward W. Carmack, an endorsement that was especially helpful to the congressional candidate in the counties outside of Shelby County.

The contest between Carmack and Congressman Patterson was brutal; Patterson carried Shelby and Tipton Counties, but E. W. Carmack won such large majorities in Hardeman and Fayette Counties that he emerged as the winner by about 365 votes. Congressman Josiah Patterson did not concede the election readily; in fact, he did not concede at all. Patterson challenged the election results, perceiving he might have an advantage inasmuch as the Republicans would be in control of the Congress and the GOP strongly supported the gold standard.

Congressman Patterson's decision to contest the election results caused E. W. Carmack to seek the best legal counsel possible to



FROM THE AUTHOR'S PERSONAL COLLECTION.

Senator Edward Ward Carmack of Tennessee

represent him. He went to the firm of Carroll and McKellar. Colonel William Carroll was one of the most respected attorneys in Memphis and a very successful one. He was also a cousin to E. W. Carmack's wife and when Carmack approached him to represent him, Colonel Carroll turned him down.

In his book "Tennessee Senators", future U. S. Senator Kenneth D. McKellar, relates his partner Colonel Carroll modestly told Carmack, "No, Ned, I cannot do it. I have a great reputation as a lawyer which I want to preserve intact. I am unwilling to take a case I know in advance I am going to lose."

Colonel Carroll suggested Carmack go across the street to visit another lawyer, but as the dejected Carmack was leaving the office Carroll hurried after him, yelling, "Ned, come back here! I have changed my mind. I will take your case and turn it over to Mr. McKellar to try. He has no legal reputation to lose."

Senator McKellar was quite amused by the story and repeated it often. McKellar went to Washington, while Carmack went to Nashville to attempt to sway legislators who were electing a new United States senator for Tennessee, as Isham G. Harris had died. McKellar addressed the House committee hearing Patterson's contest and later wrote that the Chairman of the committee, a former Confederate general who had become a Republican, invited the young Memphis attorney to join him for lunch. McKellar and General Walker lunched in the Senate restaurant and in his book McKellar mentioned it was the first time he ever saw the Senate restaurant. Congressman Walker told McKellar he was quite impressed with his argument before the committee and had decided he would send a report to the full Congress favoring E. W. Carmack being seated, if his colleagues agreed with his own position. Walker did wonder why Carmack had been absent and suggested Carmack would be better served by being in Washington, D. C.

than Nashville.

McKellar promptly sent a telegram to Carmack saying he believed the committee would likely decide in his favor. Carmack replied, "Telegram received. Who in Hell has been filling you up on rut-got liquor since you got to Washington? E. W. Carmack"

Carmack clearly believed he had no chance to be seated due to Josiah Patterson sharing the same fondness for the gold standard as most Republicans. Carmack was not surprised when both the elections subcommittee and full committee recommended overturning the results of the election and seating Congressman Patterson. The issue went to the floor of the House of Representatives and both Patterson and Carmack were given the opportunity to present their own case to the members. Patterson spoke eloquently, but Carmack gave what many considered to be the best speech of his career. It was a remarkable performance and the House did not follow the recommendations of its own committees, but instead voted to seat E. W. Carmack.

Carmack was easily reelected to Congress in 1898 and by 1900 was the leading candidate to replace Senator Thomas B. Turley who was not seeking to be reelected by the Tennessee General Assembly. Two of Tennessee's most popular politicians both coveted the Senate seat as well; Robert Love Taylor had served three times as Tennessee's governor and was anxious to go to Washington. Benton McMillin had served in Congress for twenty years before being elected governor and he, too, very much wanted to go to the Senate. Taylor never openly announced himself as a candidate for the United States Senate, but Governor McMillin tried hard to garner enough support to be elected. Eventually all potential opponents withdrew and E. W. Carmack was elected.

Edward Ward Carmack was at the peak of his influence, but he inflicted serious political injury upon himself when he helped to engineer

the election of Governor James B. Frazier to the United States Senate following the death of Senator William B. Bate. Senator Bate had just been reelected to a fourth term, but died five days into his new six-year term. Frazier himself had just been reelected governor and both Robert L. Taylor and Benton McMillin still harbored senatorial ambitions. Carmack successfully helped Frazier to secure enough votes in the General Assembly before either McMillin or Taylor could mount a serious campaign. Both Taylor and McMillin were furious and Taylor decided to challenge Carmack for reelection in 1906.

While U. S. senators were still elected by state legislatures at the time, Tennessee Democrats had a nonbinding preferential primary in 1906. Both Senator Carmack and former Governor Taylor campaigned hard, with Taylor finally winning a narrow victory.

Carmack only carried Memphis of the big urban areas, but he remained highly popular in many of Tennessee's more rural communities. Senator Carmack accepted his defeat for reelection graciously and it was not long before the lure of politics tugged at him once again. Carmack decided to run for governor in 1908 and it promised to be an exceptionally bitter contest. The incumbent was

Malcolm Rice Patterson, the son of Carmack's old foe Josiah Patterson. Malcolm Patterson had succeeded Carmack in Congress before getting himself elected governor in 1906.

Obviously Malcolm Patterson resented Carmack having defeated his father and the gubernatorial race quickly became as personal as it was bitter. Carmack was a strong proponent of prohibition while Governor Patterson was both personally and politically "wet". The gubernatorial campaign was waged as a referendum on the prohibition of liquor and spirits. Patterson was denounced by Carmack as a tool of the liquor lobby and neither side spared the other in a campaign of invective remarkable even for the turbulent politics of Tennessee.

Patterson carried the urban areas to clinch the nomination in a narrow victory and it was a devastating defeat for Edward Carmack. Following the election, Carmack accepted an offer from Luke Lea, owner and publisher of The Nashville Tennessean to become the paper's editor.

It was not long before Carmack was again hurling editorial thunderbolts at his enemies, Governor Patterson and friends of Patterson's administration. Not all of the victims of Carmack's editorials accepted them meekly. Colonel Duncan B. Cooper objected strongly to Carmack's attacking him and warned the editor there would be serious consequences should he continue to defame him. Carmack's friends became so concerned about the reaction to his editorials, they feared for his life. So too did Carmack and he began carrying a gun while traversing the streets of Nashville.

E. W. Carmack was not the only one carrying a gun and he encountered Colonel Cooper and Cooper's son Robin on a Nashville street. Carmack drew his weapon and fired, wounding Robin Cooper. The younger Cooper proved to be a much better shot and returned fire, killing the editor instantly. Carmack fell dead into the gutter, a pool of blood forming around his body.

The murder of E. W. Carmack so outraged Tennesseans it eventually forced Governor Malcolm Patterson out of office. It also gave Carmack the aura of a martyr and the legislature erected the impressive statue of Edward Ward Carmack that still stands today.

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KAT to end contract with UTK, campus service ends May 31

By Hubert Smith
Knoxville Transportation Authority

On Thurs. Feb. 28, Knoxville's Transit Authority approved major changes, major deletions and additions to services it provides. Preceding Thursday's meeting were several public viewings of proposed changes and opportunities for citizens to comment about the proposals from Knoxville Area Transit, commonly known as KAT.

These major changes were spurred by the loss of a service contract, between The University of Tennessee, Knoxville and KAT. Through a bid process, UTK chose a new vendor to provide

transportation services to its Main and Agriculture campuses, and private housing in surrounding areas where UTK students have a heavy presence. It's a contract worth millions of dollars.

Some requirements that UTK placed within the contract were unrealistic for KAT to provide. One such demand is that UTK wanted to restrict the service to UTK faculty, staff, and students only. KAT is a public service owned by the City of Knoxville and receives federal, state, and local funding. By law KAT cannot deny service to a citizen on a regular route. Other than the charter services for special events

as UTK sporting events, most all others are regular routes are governed by Knoxville Transit Authority by authority outlined in city charter.

Within this new contract, UTK wanted the ability and flexibility to change routes without notice and to design buses with its own logo and colors and other such changes. All KAT buses and equipment are owned by the city. Route changes are required by law to go through a public hearing process. These contract requirements placed KAT at even more disadvantage when bidding for the new service contract.

This background is critical

when explaining why KAT proposed such major changes to its service in the city of Knoxville. Losing this contract with UTK could have meant major layoffs to operators assigned to the UTK routes. The winner of the new contract is a private company outside the state of Tennessee, and its contract with UTK goes into effect on Mon., June 3, and KAT's final day of service to UTK is Fri., May 31, 2013, ending a service relationship that been over 10 years.

Quick thinking by the KAT administration and the availability of federal funding allowed KAT to devise ambitious changes to

its service called K2 Plan. At least for one year these operator jobs have been saved. In subsequent articles I will outline more details about the changes KAT approved on Feb. 28, which will go into effect on June 3, 2013.

The complete K2 Plan can be seen on KAT's website www.katbus.com. Knoxville Area Transit public meetings are held monthly on the fourth Thursday at 3 p.m. in the City County Building Main Assembly Room. Hubert Smith is a KTA commissioner appointed by the city mayor and ratified by city council for a four-year term. He is executive producer and hosts "The Hubert Smith Radio Show" heard on Sundays from 10 a.m. until noon on WUTK-FM 90.3 and "One on One with Hubert Smith" seen on CTV Fridays at 7:30 p.m. He is a PBA board director appointed by the county mayor for a six-year term and a lecturer in School of Journalism and Electronic Media at UTK.

Crater People

Russia's recent shocking encounter with a meteor brought some much needed attention to my hometown of Middlesboro, Kentucky. Just under two hours north of Knoxville, my hometown of about 10,000 residents is nestled against the Tennessee and Virginia borders. The attention was justified because Middlesboro is considered the site of one of the largest meteor craters in the United States.

According to geologists, an asteroid crashed into the Cumberland Gap about 200 million years ago and created the four-mile wide hollow in the mountains where Middlesboro was developed in the nineteenth century. While the meteor that shook up Russia a couple of weeks ago has been estimated to have been about 55 feet wide, the meteor that hit in prehistoric Appalachia has been estimated to have been about 1,500 feet in diameter.

According to Jack Kennedy of The Christian Science Monitor, "If the Middlesboro Meteor were to occur in 2010, at say, 10 miles per second, the people of southwestern Virginia, eastern Tennessee, and eastern Kentucky within a 100-mile radius of the asteroid impact would see a blast about seven times the brightness of the sun from the resulting three-mile fireball." Kennedy's 2012 article also explains that Middlesboro is now



By Sarah Baker
bakers@knoxfocus.com

known to be the only coal mining town which operated from within a meteor impact crater.

Besides being one of the few crater towns in the U.S., Middlesboro is also famous for having the oldest golf course in the United States. The 9-hole course is located both in the center of the town and in the center of the crater. I grew up on a dead end street that leads to the golf course. Though my family could not afford membership to the country club course, I enjoyed many long nights

of trespassing on the only spot where the remnants of the crater's peak are visible.

"Lots of my friends call Middlesboro people 'crater people,' says Kathye Greene, "I think it means just a little unusual but resilient and powerful."

With the coal mines wasted away, Middlesboro hopes to gain a little tourism from the recent media attention, and I hope they get it. Neighboring Cumberland Gap National Park will always be my favorite place on this earth with beautiful caves, trails, and overlooks. Middlesboro is the perfect place to get supplies for a tourist's Cumberland Gap adventure. If you enjoy hiking, camping, or Civil War History, you should take a staycation up to the Gap and the 'boro. Don't worry. Like my friend Tina Mike says, meteors are hopefully like lightning and don't hit the same place twice.

From State Representative Harry Brooks

Cont. from page 1

postsecondary opportunity available for high school students.

- An additional award of \$1000 will be given to Tennessee HOPE scholarship recipients who are majoring in STEM (science, technology, engineering and math) fields. This bill is subject to appropriation and sufficient net lottery proceeds.
- Public institutions of higher education with teacher training programs are to offer coursework on neurological or brain science research for said students preparing to enter educational fields.
- State technology centers are renamed as state technology colleges.
- The state is required to pay for AP and career and technical certification examinations for public high school students.

I am also co-sponsoring legislation that would allow dependent children of certain workers assigned to work full time in a foreign nation to be eligible for the HOPE lottery scholarship. Another co-sponsoring measure creates the Tennessee STEP UP scholarship program for postsecondary education for students with

intellectual disabilities.

In other matters, a resolution went through committee to ban a state income tax from ever being implemented in Tennessee. Voters across the state will have the opportunity to weigh in on the issue as the question would be placed on the 2014 ballot. If approved, the state Constitution will be amended to explicitly prohibit lawmakers from ever levying a state income tax on the citizens of Tennessee.

It was recently reported to legislators that Tennessee ranks third in the nation for quality of roads. Tennessee achieved high marks despite spending less money per capita than a majority of other states. Road and bridge projects are continuing across the state.

In hopes of saving the state dollars, it continues to be our goal to finish this session by the end of April or early May. This means things are moving at a fast pace. My Nashville office is fully staffed and able to help with any constituent issue you might have. That number is 615-741-6879 or 800-449-8366 ext. 44556 and by email at 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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Confidence keys veteran Gibbs team's tourney run

By Steve Williams

Everybody was surprised by Gibbs High's run to the Region 2-AA basketball tournament championship last week, except the Eagles themselves, first-year head coach Tim Meade said Friday.

The following day after Gibbs' 64-58 overtime win over perennial power Fulton in Thursday night's finals played at Carter High, and having had some time to digest what had happened, Meade said the Eagles' run through

the region "exceeds everybody else's expectations. But I really think our guys expected it and really felt they could do it. Confidence had everything to do with it."

Senior guard Jay Cade, one of five senior starters, led Gibbs with 25 points in the title game. The Eagles had lost three previous times to Fulton this season.

The victory gave Gibbs its first region title since 1987 and the Eagles (24-8) will be hosting Elizabethton tonight (March 4) at 7 in

their first state sectional round appearance since 1990. The Knoxville Focus will be covering that game for its March 11 issue.

Fulton (23-8) goes to Sullivan East in tonight's boys state sectionals.

In the region finals, Gibbs trailed Fulton by 11 points with a little less than 4 minutes remaining in regulation, but the Eagles rallied to send the contest into overtime.

The Eagles had knocked off Austin-East 66-59 in overtime in the semifinals. Coach Meade said his

team could have been eliminated by Alcoa in first-round action of the region. "We could have lost that one easily," he said "We were down double digits early. We got a two-point win at the end."

Another key victory for Gibbs was beating Carter for third place in the district tournament, said Meade. "We were up by 20 points at halftime but down by five going into fourth quarter. We came back and won. That game helped us to fight adversity and find a way to win.

"All three games in the region we had to come from behind. The guys didn't quit. They kept fighting and kept believing.

"We have so many good seniors who will their way to win ... and do what it takes."

In addition to Cade, other senior starters are point guard Aaron Corum, 6-3 post A.J. Rucker, 6-6 post Hunter Hopson and small forward Justin Ownby. Senior point guard Travis lmes is the team's "sixth man." Austin Calfee is a 6-2 post who also plays a

lot for the Eagles.

Gibbs has had a knack for winning close games this season, having won nine out of 10 games that were decided by three points or less or in overtime. And Coach Meade admitted to having some gray hairs even though he's only 27 years old.

Gibbs played sectional foe Elizabethton in summer camp at King College.

"That's where it all started," said Coach Meade. "We won by two ... but it could have gone either way."

Comeback wins highlight CAK girls' region title

By Steve Williams

Christian Academy of Knoxville's young girls basketball team battled from behind for the second game in a row to capture the Region 2-AA championship last Wednesday night at Carter High School.

The Lady Warriors found themselves down 7-0 before they could get a shot off against Alcoa's full-court pressure defense. But this hole wasn't anything compared to what CAK dug out of in the semifinals when it was down by 19 at halftime against Fulton.

Christian Academy caught up with Alcoa in the first period and eventually pulled away from the Lady Tornadoes late in the third period en route to a 62-44 victory.

The biggest news of the night, however, may have come after the game and before the Lady Warriors had left the gym, as Coach Steve Denny and his team found out they would be hosting top-ranked Grainger County in the March 2 state sectionals. The previously unbeaten Lady Grizzlies had been upset at Elizabethton 70-55 in the Region 1-AA finals.

"Both Alcoa and us have played tough schedules this season and hopefully that will have prepared



Christian Academy of Knoxville captured the Region 2-AA girls basketball tournament championship with a 62-44 win over Alcoa. Back row (left to right): Kaylee McClanahan, Bethany Meadows, McKenzie Riley, Taylor Dodson, Kelsey Naler, Anna Hammaker, Thad Denny (Coach Steve Denny's youngest son), Kaycee Heitzman, Cheyenne Hooper and Brianna Bryant. Front row: Amy Cross (left) and Rachel Roop.

us enough to both win on Saturday," said Coach Denny, reacting to the turn of events in Region 1.

Sectional winners advance to the TSSAA state tournament in Murfreesboro this week.

Four years ago, Christian Academy, in Denny's first season as head coach, made it to the state sectionals for the first time but lost to Greeneville 46-42 in overtime. The 2009-10 CAK team won a school record 26 games and the school's first region crown.

CAK was ousted in the

opening round of the District 4-AA tourney last season but beat top-seeded Alcoa 50-41 in this year's district finals.

The Lady Tornadoes looked as though they had revenge on their minds, particularly at the start of the region rematch.

"I felt we regained our composure after they threw everything at us," said Denny. "We handled it. We started playing solid and steady on offense and defense.

"We were a little too excited going in. We weren't doing little things - passing

and catching the ball."

Sophomore point guard Anna Hammaker, whose sister Alesa was a standout on the 2010 CAK squad, scored a game-high 20 points and was named the tourney MVP. Junior wing Kaycee Heitzman added 17 and 6-6 sophomore post Cheyenne Hooper 16.

Alcoa got 15 points from Katie Stubblefield, 11 from Hannah Tate and nine from Tiffanie Moore.

A key juncture of the contest occurred late in the first half with CAK leading 23-22. A personal

foul, followed by a technical foul, was called on Alcoa's Moore after she battled Kelsey Naler for a rebound on Alcoa's offensive end of the floor. Naler sank both ends of a 1-and-1 and then the two technical free throws, which gave CAK a five-point halftime lead.

Alcoa Coach Tonia Johnson had her team put on the full-court heat again at the start of the second half and the Lady Tornadoes pulled within two points (33-31). But Christian Academy scored 12 unanswered points over the final 4 minutes and 17 seconds of the third period for a 45-31 cushion. A 3-pointer from the right corner by Hammaker was huge.

Alcoa never got closer than 11 in the final period.

"We're excited with the young talent we have," said Denny, who starts three sophomores, one freshman and one junior. "We want to continue to build the program. It's fun to know we've got about everybody coming back."

ALL-TOURNEY TEAM: Anna Hammaker (MVP), Kaycee Heitzman and Cheyenne Hooper, CAK; Hannah Tate and Katie Stubblefield, Alcoa; Jayda Johnson, Fulton; Haris Price, Gatlinburg-Pittman.

Bearden works OT for region title

By Ken Lay

The 2012-13 basketball season has been filled with adversity for the Bearden High School girls basketball team.

But the Lady Bulldogs have battled through injuries and notched some big comeback wins.

Perhaps no comeback victory was bigger than the one Bearden nabbed Wednesday night. The Lady Bulldogs had to erase a nine-point third-quarter deficit in a hostile environment and work a little overtime to knock off rival Farragut 50-48 before a boisterous crowd at Farragut's Lynn E. Sexton Gymnasium. The victory evened the season series and netted the visitors a Region 2-AAA Championship.

The Lady Bulldogs (23-8) battled and finally won the game on a lay-up by sophomore Olivia Pfeifer with 36.9 seconds remaining in the extra frame.

She may have hit the game-winner but Pfeifer gave all the credit to Bearden guard Erin Walsh, who got the assist.

"Erin made a great pass," Pfeifer said. "She can pass. She can shoot and she can score.

"She's a great teammate to have. It feels amazing to hit that shot.

Continue on page 2

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Spring Prep Previews

Hutson takes reigns for Karns softball

By Ken Lay

Karns High School will soon open the 2013 softball season under the leadership of a new coach as Kristy Hutson takes the reins for the three-time defending District 3-AAA Champions. "We have eight seniors and seven of them are returning," said Hutson, who replaces Judy Seibert. "They're driven and they have a sour taste in their mouths from last year."

"They all remember how the felt walking off the field at the sub-state game against Daniel Boone and they don't want to feel like that again."

Seibert, who resigned after last season, turned the Lady Beavers into winners and Hutson is looking to continue the winning tradition on the diamond.

"I feel honored that they ask me to take this program," said Hutson, a graduate of Sunbright High School. "All I can do is put the girls in position to win and build upon the success that they've had. I'm looking forward to getting started."

Hutson, who is a seventh grade science teacher at Bearden Middle School, may be new to the Lady Beavers softball program but she's no stranger to Karns. She was tapped to take over the softball program last summer after she was hired as an assistant to Tracy Eaton with the girls basketball team.

She also resides in the Karns Community.

"I'd already been hired as an assistant basketball coach," Hutson said. "I'd always played both basketball and softball in high school and college

and I always had a natural interest in coaching."

"I asked about helping in the softball program and had no idea what was going on in the program. I'm honored that they thought that I was the most qualified for the job."

Seibert was forced to resign because she was in violation of the state's nepotism policy because her husband Rick was an assistant.

Hutson said the Seiberts left her a talented and fundamentally sound squad.

"These girls have been well-coached, I can tell," Hutson said. "I'm looking forward to carrying on what was started by the Seiberts."

"Our seniors have worked hard and they deserve a chance to go to the State Tournament and we're still looking for

our first region championship. These seniors have reached the sub-state three straight times."

Away from the game, Hutson enjoys spending time with her family. Her coaching heroes are former Oak Ridge girls basketball coach Jill Prudden and University of Georgia women's basketball coach Andy Landers.

"If I can model my teams after a Jill Prudden team or an Andy Landers team, then I'll be okay," Hutson said.

She is an avid Pittsburgh Steelers fan. Her favorite baseball teams are the New York Yankees and the St. Louis Cardinals. Her favorite athletes are hall-of-famers Ozzie Smith and Michael.

Before entering education, she worked as a police officer in Greenville, South Carolina.

Bobcats look to return to respectability in 2013

By Ken Lay

Central High School's tradition rich baseball program has fallen upon hard times in recent years.

But as the Bobcats prepare for the 2013 season they have high hopes of turning things around.

"We've got a little bit of a chip on our shoulder and we have a good mix of older players and younger guys," Central coach Brian Lovett said. "We're going to have a young, young team on the field this year but I've got some high expectations. We have a good mix."

"The older more experience guys have been through some lean times but they're looking forward to the opportunity to turn things around and make CHS baseball relevant again."

The Bobcats went 3-26 in 2012 and failed to qualify for the District 3-AAA Tournament for the third consecutive campaign but this year's squad is hoping to put the last three years behind them.

"We have some good solid older guys and some good solid younger kids," Lovett said. "These older guys have been through the tough time and they're going to help the younger

kids.

"They're all in and these older guys have laid a good foundation for this season and the next two or three seasons."

Central has three key seniors back including Tyler Jones (pitcher/infielder), Skyler Keener (pitcher/infielder) and Brandon Turner (infielder). The Bobcats also have three juniors who saw significant playing time last year. Michael Benusches (pitcher/infielder), Dalton Searcy (pitcher/infielder) and utility player Hunter Hatcher return.

Those players will serve as mentors to a strong freshman class, which includes five players that find themselves looking to make an early impact. Alex Haynes (pitcher/infielder), Stephen Prewitt (catcher), Lyndon Wilson (utility player/pitcher), Jackson Greer (pitcher/catcher/infielder) and Bradley Clark (pitcher/infielder) all join the team and look to make big contributions as Central looks to return to past glory on the diamond.

Central opens the season with a key early-season district tilt against Karns on March 12 at Tommy Schumpert Park.

New coach has high expectations for Halls soccer

By Ken Lay

Mike Horner is the one new face in the Halls High School boys soccer program.

"We have a pretty old team," said Horner who opens his first season as the Red Devils coach. "I coached these guys in middle school and it's good to see them again."

"This will be fun."

Although Horner may be new to the boys program, he's no stranger to local

soccer. He's the Halls girls coach. He inherited that program from Scott Rhea last fall after being an assistant for several years. He spent last season as an assistant to Russ Wise at Central and has spent summers coaching AYSO in North Knox County.

The Red Devils have eight returning starters as well as two longtime assistant coaches back in Bill Warren and Chris Mott. Warren was once

head coach at Halls and has served as an assistant to David Foust, Rhea and now Horner.

The key returners from last year's squad include: Shane Feltus (senior, forward); Austin Niles (senior, defender); Nathan Lister (senior, midfielder); Austin Ballenger (junior, goalkeeper); Daniel Harrell (junior, midfielder); Mateo Sanchez (junior, defender); Jose Garcia (junior, defender) and Chase Wakefield

(junior, midfielder).

Horner said his team is as talented as the Bobcats were last season but added that the 2013 Red Devils have proven to have a chemistry early.

"This team is as talented as the team I had last year at Central with Coach Wise," Horner said. "I didn't expect these guys to be that talented but they are."

"It's nice being back with these guys. This is a hard-

working group of guys and they're really positive."

Halls High's new coach has high expectations but he wants his team to concentrate on the process of reaching success.

"I really think that we have a good chance of finishing first or second in our division," he said. "I want our guys to play good soccer and learn the game and if we can win a few games that's great."

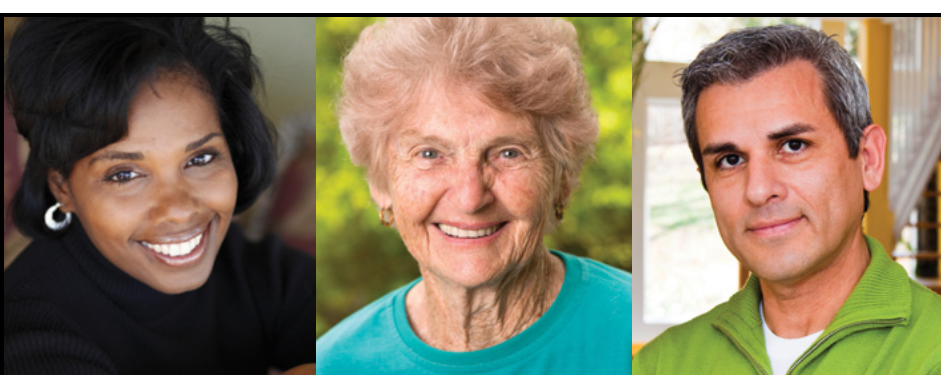
"If we do those things

then we will win games."

The Red Devils open their 2013 campaign with a home District 3-AAA match against Clinton.

Halls plays all of its district divisional games early in the year.

"If we can get it all together early then we should do pretty well," Horner said.



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Bearden works OT for region title

Cont. from page 2

It was a left-handed shot and I've had trouble with it. Our motto has been that we do it for our Dogs and tonight, I did it for my Dogs."

The two West Knox County rivals split their two meetings in the regular season with both teams claiming wins at home. Farragut (28-4) won the District 4-AAA Tournament Championship with a victory over the Lady Bulldogs on Feb. 19 at Heritage. All four games were close.

The Lady Admirals got off to a fast start Wednesday night and opened a 12-2 lead midway through the first quarter when senior center Katie Overton buried a 3-pointer.

Bearden, however, battled back and took a 13-12 lead by quarter's end.

Farragut held the upper hand in the second

quarter and led 27-20 at the half. The Lady Admirals extended their lead to 36-27 late in the third stanza before things got crazy. The Lady Bulldogs closed the quarter with a 7-0 run and pulled to within 36-34 on a 3-pointer by Pfeifer.

"We lost our focus a little bit early in the third quarter," Farragut coach Jason Mayfield said.

The fourth quarter was a roller-coaster ride that included five lead changes and two ties.

The Lady Admirals opened a 41-37 advantage when Overton made a shot with 5 minutes, 19 seconds remaining in regulation. Bearden scored the next five points and took a 42-41 lead on a bucket by Holly Hagood a short time later.

Farragut retook the lead when Rebecca Jameson made it 43-42 with a layup at the 3:39 mark.

Bearden then turned the ball over before Walsh made it 44-43 with a basket with 2:06.

The Lady Admirals regained the lead when Whitney Smith got a steal and lay-up to make it 45-44. She was fouled on the play but missed the free throw.

Hagood sent the game to overtime when she hit a free throw to knot the game at 45.

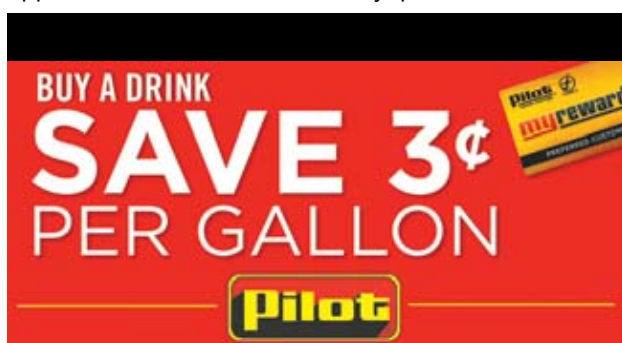
The Lady Admirals scored the first three points of overtime to take a 48-45 lead with 2:28 left. But Bearden's Chanler Geer, a freshman, answered with a 3-pointer to tie the game with 2:09 left.

Farragut got some good looks down the stretch but couldn't convert and the game stayed tied until Pfeifer hit the game-winner.

Walsh led Bearden with 12 points. Geer added 11 while Hagood and Pfeifer each finished with 10.

Jameson scored 18 points to lead all scorers.

Bearden was set to host Tennessee High in a Section 1-AAA game Saturday while Farragut made a third consecutive trip to Science Hill. Results were not available at press time.



Today's Tennessee Basketball

By Alex Norman

A couple of weeks ago in this column I lamented the state of Tennessee men's basketball.

Today I stand before you as a changed writer.

But I think that I had pretty good reasons for questioning the excitement level around the Vols program.

Back on February 9th the Vols stood at 11-10 on the season with zero road victories for their trouble (UT did beat UNC-Asheville and UMass on a neutral court in Puerto Rico). Not only was the NCAA tournament out of the question, but the NIT seemed to be a long shot as well.

Thompson-Boling Arena can be an unfeeling, cold cave (even after renovations that took place a few years back) when the Vols aren't playing well, and that was certainly the case on February 6th when Tennessee lost to Georgia at home.

The official attendance was 14,876 but that certainly wasn't the total number of people in the seats for that weeknight affair.

It wasn't the doldrums of the Buzz Peterson era (those were the 2001-2005 seasons... Rest in Peace), when the upper deck folks waited for the public address announcer to say that it was ok for them to sit in the lower bowl after the first media timeout. But it wasn't good, and the thrill from the Bruce Pearl era (2005-2011... Rest in Peace) had passed as well.

But a funny thing happened on the way to mediocrity.

The Vols... became interesting again.

Head coach Cuonzo Martin seems to want a patient, traditional half-court game, and places more of an emphasis on defense than Pearl did.

Pearl's teams were best in semi-controlled chaos. The same frustration Vols fans felt when UT would give up an easy basket in transition would be paid back two-fold with a dunk or a pull-up trey.

That brand of basketball worked at a football-first school. This was a place where basketball was pretty much an afterthought when Doug Dickey was Tennessee athletic director. Only after Pearl arrived and had such unexpected and unprecedented success was a much need practice facility constructed.

But Martin, as good coaches do, has adjusted his team to the strengths of his roster. No one will ever compare these Vols to the Loyola-Marymount squads of the late 1980s/early 1990s, but with junior Jordan McRae coming into his own as one of the best players in the conference, and with opponents double teaming sophomore Jarrell Stokes on a consistent basis, something had to change for Tennessee to make anything out of this season.

The loss of senior Jeronne Maymon to injury cannot be overstated. Martin and his coaching staff held out hope that he could return at some point, and they didn't adjust well to his absence. Maymon took pressure of Stokes, and helped his teammates get jump shots without a defender in their faces.

With Maymon, this is a Sweet 16 kind of team. He'll be returning next season. If Stokes and McRae both come back, and with 5-star recruit shooting guard Robert Hubbs III coming to Knoxville next season, it could be a very special season in 2013-2014.

But I'm getting ahead of myself...

Road wins at South Carolina (February 10th) and Vanderbilt (February 13th) made some news, but it wasn't until a historic home win over rival Kentucky on February 16th that people started to believe in this team. Tennessee beat John Calipari's squad 88-58 and I'm not sure the game was even that close. It was the biggest win for the Vols over the Wildcats in the history of a series that dates back to 1910.

Then there was a win over LSU, a four overtime defeat of Texas A&M in College Station (the longest game ever played by the Vols) and yet another Tennessee win over Florida. The Gators were ranked 8th in the country at the time.

As dominating as the Gators have been against the Vols since 2005? Tennessee has been almost as dominant against Florida in men's basketball during that same time span.

And now this is a Tennessee team that has a legitimate chance at making it to the NCAA tournament. They probably missed the field of 68 by a single overtime loss in the SEC tournament against Ole Miss a year ago, and don't want to leave anything to chance this time around.

The Vols are running more, playing looser; they have their junior floor leader Trae Golden healthy again, and could make some noise in the postseason if they get the right matchups in the NCAA tournament.

The only question is... can they get there?

At the least they are entertaining again... which is why you'll have a packed house for the final home game on Sunday against Missouri, which could end up being a de-facto play-in game for the NCAA's.

All-out effort has made Skylar McBee a joy to watch

I don't know about you, but I'm gonna miss Skylar McBee.

Oh sure, there have been many better University of Tennessee basketball players over the years, but no one has competed any harder than McBee, who is scheduled to play his last home game this coming Saturday when Tennessee hosts Missouri in the regular season finale.

Let's just say, the well-known phrase, "I gave my all for Tennessee," fits Skylar to a, well, T.

And when they introduce No. 13 at the Senior Day festivities, I expect you'll be able to hear the roar all the way back to Rutledge, McBee's hometown.

Skylar has earned an extended ovation, but my guess is he's looking at the upcoming moment in the spotlight as being just as much for others. Family members, old friends back home and fans who he's never met will have the opportunity to share in it and express their feelings of appreciation for the job he's been glad to do.

I never saw Skylar play in high school, but I had heard and read a lot about him. McBee started his prep career at Rutledge High and finished at the new Grainger High School, built just a few miles up the highway outside of Rutledge. His dad had been a high school coach for years.

Skylar had the reputation of being a great outside shooter. When I learned A.W. Davis, who starred at Rutledge High and was an All-American at Tennessee in the 1960s, had encouraged former coach Bruce Pearl to give McBee a look, that was enough for me to write a column, urging UT to sign the "home grown product."

As it turned out, McBee declined scholarships from Santa Clara, East Carolina, Marshall and Winthrop and accepted an opportunity from Pearl to walk on at Tennessee. That right there showed how much he wanted to be a Vol.

The summer prior to his freshman campaign at UT, I got the chance to meet McBee and interview him after he had played in a Rocky Top League game at Bearden High. By just talking with him, you could tell he was All-Vol. And he was the type of kid you wanted to see succeed.

Since the "Rutledge Rifle" moniker had long been owned by A.W., Skylar could be the "Grainger Gunner."

McBee, however, didn't become the gunner we had hoped he would in his collegiate career, and while some UT fans got down on him, I never quit pulling for him. Every time he took a shot, I hoped it would go in. I still do, and fortunately more of his shots have been finding the mark here lately as he appears to have recovered from an elbow injury sustained in the game against Georgetown in late November.

Coach Cuonzo Martin has never lost faith in Skylar, either. Earlier this season, when McBee was receiving some criticism from for his below-par marksmanship, I heard the coach say no one cared more about UT basketball than McBee. Coach Martin kept Skylar in the starting lineup, because he knew he was still contributing in other ways - with his hustle, with his determination as a defender, with his leadership as a veteran senior.

With the emergence of Jordan McRae's outside scoring, McBee eventually lost his starting job. But I never saw him sulk or complain or put his head down. He accepted his new role the way a team player should and played just as hard when he was called to go in.

Skylar has had big moments wearing the Tennessee uniform. His clutch, off-balance 3-point shot in that surprising win over top-ranked and previously unbeaten Kansas at Thompson-Boling Arena his freshman season may have been his biggest and most publicized.

More recently, McBee officially came out of his shooting slump with three 3-point baskets in the win against Vanderbilt Jan. 29. He had a 3-for-3 performance from 3-point range in the 30-point blowout of Kentucky.

Skylar had a solid all-round game in that four-overtime road win at Texas A&M. Playing 48 minutes, he collected a career-high seven rebounds and turned in a strong defensive performance as he helped guard Aggies standout Elston Turner. He also swished in three 3-pointers, including the dagger in the fourth OT.

McBee bombed in another big 3 from the corner as the Vols turned back No. 5 ranked Florida last week. And down the stretch of that close game, there was Skylar spotting a loose ball just inside the baseline and fearlessly diving into the pile of Gators to get his hands on it to give the Vols a key possession.

A hustle play like that doesn't show up in the box score.

It's also a big part of the reason why I'm gonna miss Skylar.



PHOTO COURTESY UTSports.com

Skylar McBee puts up a picture-perfect jump shot against Vanderbilt this season. The former East Tennessee prep standout from Rutledge will be playing his final home game as a Tennessee Vol this coming Saturday afternoon.



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Making Plans for Murfreesboro—Again

The 1964-65 Gibbs High School boys' basketball team was having an exciting year. Since their win over Livingston Academy before Christmas, they played six more games in January. The team



By Ralphine Major
ralphine3@yahoo.com

wanted to go to Murfreesboro. "I knew the boys would never forgive me if they found out we had a chance to play the No. 1 team and didn't do it," Dagley said. Perhaps it

was that statement that prompted "let's go" from the man of few words, Max Clendenen.

It seemed simple enough to meet in Murfreesboro for another game, but certain details needed to be addressed. Dagley agreed to play in Murfreesboro on two conditions: (1) the game would not be announced until Gibbs had played their next two games—one with a strong team in the Knoxville Inter-scholastic League (KIL) "A" Division and the other with the top team in the KIL "AA" Division; and (2) Dagley needed to get the Friday night game moved back to Thursday night. Since it was the other school's home game, they had to agree to move it, also.

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Gibbs High School Principal, the late Max Clendenen (left), and the Gibbs Eagles' Coach, Bob Dagley--from the Gibbs Yearbook.

Saturday night. Coaches and players of the game can appreciate that Coach Dagley was asking a lot from the sixteen-, seventeen-, and eighteen-year-old ballplayers who had already exceeded their mild-mannered coach's expectations. The shifting of schedules meant that the team representing Knox County would be playing three games that week (Tuesday, Thursday, and Saturday). All of them were against good teams, and it was late in the season.

The Murfreesboro

coach in Middle Tennessee kept his word and did not announce the matchup until after Gibbs played their game on Thursday night. Then, something strange happened. For no apparent reason, the Associated Press (AP) and United Press International (UPI) polls moved Gibbs to No. 1 and dropped Murfreesboro to No. 2! "Now the tables had turned," Dagley said. "Now Murfreesboro had the incentive to beat the No. 1 team in the state, and I'm sure the Murfreesboro

team was not happy to be bumped from first place. I knew 'I had been had,' but there was nothing to do but try to defend our new No. 1 rating," Coach Dagley added.

It was a bitter cold Saturday in January when the Eagles left Corryton headed halfway across the state to Murfreesboro. Word spread quickly through the Gibbs community that the bus had pulled out. Then, Murphy's Law—if anything can go wrong, it will—took over. On the way to Murfreesboro, the heater

went out on the bus; and for some reason, the bus arrived later than expected. Conditions were not any warmer in Middle Tennessee. After their meal, the Gibbs group went to the gym in hopes of finding a warm place to wait. When they got there, the girls' game had already started—and Murphy's Law took over again!

(This is the third in a series of columns about the 1964-65 Gibbs Eagles' amazing year in basketball.)



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A CRSA Community



LUNCH EXPRESS

11am-3pm

| | |
|---|------|
| A.C.P. | 4.90 |
| Rice with cheese dip and grilled chicken over top | |
| A.C.C. | 4.90 |
| Rice with cheese dip and grilled slice steak over top | |
| A.B.C.P. | 5.75 |
| Rice and beans with cheese dip and grilled chicken over top | |

LUNCH MENU

11am-3pm

| | |
|---|------|
| Special # 1 | 4.90 |
| One chile relleno, one taco, beans, & guacamole salad | |
| Special # 2 | 4.90 |
| One burrito, Spanish rice and refried beans | |
| Special # 3 | 4.95 |
| One enchilada, one taco, Spanish rice and refried beans | |
| Special # 4 | 4.35 |
| One burrito and one taco | |
| Special # 5 | 4.35 |
| One burrito with Spanish rice | |
| Special # 6 | 5.05 |
| One burrito and one taco with Spanish rice | |
| Special # 7 | 5.15 |
| One beef burrito and one beef enchilada | |
| Special # 8 | 5.15 |
| One chile relleno, one taco, rice and refried beans | |
| Special # 9 | 5.00 |
| One beef enchilada, one chile relleno with rice | |
| Special # 10 | 4.75 |
| One chile relleno, Spanish rice and refried beans | |
| Special # 11 | 4.90 |
| Two beef enchiladas with Spanish rice or refried beans | |
| Special # 12 | 4.90 |
| Two beef enchiladas and one chile relleno | |
| Special La Carreta | 4.75 |
| One cheese or chicken enchilada with rice and beans | |
| Speedy Gonzalez | 4.45 |
| One enchilada, one taco with rice or beans | |
| Burrito Special | 4.25 |
| One beef and bean burrito topped with lettuce, tomato, sour cream and shredded cheese | |

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821 Boyds Creek Hwy
865-579-8010

Pigeon Forge, TN
3965 Parkway
865.908.6270

Sevierville, TN
241 Forks of the River Pkwy.
865.774.2021
Sevierville, TN
1368 Dolly Parton Parkway
865.365.3137
Newport, TN
761 Cosby Highway
423.625.3941

| | |
|---|------|
| A.B.C.C. | 5.75 |
| Rice and beans with cheese dip and grilled slice steak over top | |
| Taco Salad Express | 5.75 |
| Grilled chicken or beef over tortilla shell and topped with lettuce, sour cream, guacamole, tomatoes and shredded cheese | |
| Nacho Express | 4.90 |
| Tortilla chips topped with your choice of beef or chicken and eight melted cheeses | |
| Taco Salad | 4.70 |
| Large fried tortilla shell filled with ground beef, beans, melted cheese, lettuce, tomato, sour cream, and shredded cheese | |
| Burrito Mexicano | 4.95 |
| Flour tortilla filled with beef tips, and topped with melted cheese, lettuce, guacamole, sour cream, and tomatoes | |
| Quesadillas Rellenas | 5.05 |
| Flour tortilla grilled and stuffed with cheese, beef tips and beans. Served with lettuce, tomato, guacamole, and sour cream | |
| Chicken or Beef Quesadillas (Two) | 5.75 |
| Taquitos Mexicanos | 4.75 |
| Deep fried corn tortillas (One beef and on chicken) served with lettuce, tomatoes, guacamole, sour cream & rice or beans | |
| Special La Casa | 4.75 |
| One burrito filled with beef tips and topped with melted cheese | |
| Fajitas | 6.55 |
| Beef, chicken, or mixed cooked with bell peppers, onions, and tomatoes served with rice and beans. Lettuce, tomato, guacamole, sour cream and three flour tortillas on the side | |
| Chimichangas | 5.00 |
| One flour tortilla deep fried or soft. Filled with beef tips. Topped with lettuce, tomatoes, sour cream, melted cheese, and guacamole & served with refried beans. | |
| Nachos Supremos | 5.60 |
| Tortilla chips topped with beef, chicken, and beans. Guacamole, lettuce, tomato, and sour cream on the side | |
| Grilled Chicken Salad | 6.40 |
| Grilled chicken served on a bed of lettuce topped with tomato and sour cream | |

Additional 35¢ charge on all take-out orders



Winter Itch

If you’ve got an itch, you’ve got to scratch it; but should you? To borrow from the Bard, “To scratch, or not to scratch; that is the question.” Maybe I’m focused on skin lately because my own nose is so red and painful. Recently, my dermatologist prescribed a topical chemotherapy agent to try and combat precancerous sun damage which seems to be concentrated on my nose. As I’ve often said, I write about what’s on my mind, and currently my nose is hard to overlook. A sage once observed that “White men should stay out of the sun.” Well, we didn’t know as much about the harmful effects of solar radiation fifty years ago. We knew about sun burns, but skin cancer risk and accelerated aging

of the skin by the sun (photo-aging) were not hot topics in my youth or medical school training. Interestingly, the major cause of aged skin is due to solar radiation. If you don’t believe me, go into the bathroom and place your hand next to your derriere and compare the appearance of the skin. (This comparison will only work for those of us who aren’t nudists.) This time of year a common complaint is dry and itchy skin. My wife, Becky, is a wonderful person, but has a unique perspective on itchy skin, a condition doctors call pruritis. She loves a small patch of poison ivy and the luxurious sensation of scratching the area! However, by the time my patients drag in to see me

they have usually moved beyond the pleasure of relieving an itch and have moved into the vicious cycle of a condition called neurodermatitis. You may have noticed that as sunburn heals the pain is replaced by a mild itching sensation. In fact, I’ve told patients this represents a sign of healing. Our brains receive information from our eyes, ears, nose and tongue as well as from specialized receptors in the skin. There are skin receptors which register pressure, hot and cold, vibration and pain. Interestingly, the sensation of itching is a variation of pain and carried along the same nerve fibers to the brain. Our brains sit inside our skulls and perceive the outside world through our interconnected sensory array. Injury produces pain and tells you to drop the hot pan before you do serious damage to your fingers. The resulting burn causes an inflammatory reaction mediated by cellular-signaling chemicals called cytokines, which modulate the healing process. Outwardly, we observe our red, swollen, and painful fingers that have lost function. The ancient Greeks beautifully described these as rubor, tumor, dolor, and functio laesa, the calling cards of inflammation. The ancients may not have understood cellular biology as we moderns do, but they were keen observers, a prerequisite of science and observational truth. As the body’s repair crew mends an injured part, the signaling cytokine levels released from injured cells begin to decline. Finally, after the bleeding has been stopped and dead cells have been removed, new parts are fabricated from blueprints stored in our cellular DNA. In a home remodeling project dry wall goes up after the demolition; and after some spackling and a fresh coat of paint, the repair crew shuts down and goes home. In fact, if the body’s repair/fabrication system gets out of control, cancer ensues. We take this wondrous process of injury and restoration of health for granted, most of the time. Sometimes it takes a boo-boo or perhaps insightful story-telling to get our attention. When you scratch too much you may actually cause injury. Then, as the injury is being repaired and pain signals morph into an itching sensation you may

be tempted to scratch and ultimately produce more injury. I call this the injury-inflammation-itch-injury cycle. This process has a somewhat pejorative name (neurodermatitis) implying that neurotic people are the ones who scratch themselves to death. “Elementary, Watson,” it’s all about inflammation. The treatment of pruritis is based on the cause and an understanding of pathophysiology (diseased bodily function). A potent topical anti-inflammatory corticosteroid is very important in reducing the inflammation and itching-scratching cycle. I advise patients to avoid scratching the inflamed area as much as possible and to use an over the counter anti-itching product called Aveeno cream or bath soaks. “I know it’s tough, but if you leave it alone it will heal.” Picture a skinned area on your hand. If you keep picking at the area, it will not heal. Americans bathe a lot and we use soap whether we need it or not. Soap removes dirt, but also the oils in the skin. These oils seal the skin’s surface and prevent the loss of moisture. When skin dries out it often becomes cracked like leather and irritated. This often initiates the inflammation-itch cycle. When you consider the drying effects of our home heating systems and that older people produce less skin oil than pimply teenagers, you begin to understand the factors which contribute to the Winter Itch. My recommendation for skin care is to avoid mindless scrubbing of your skin and to use a bath oil or moisturizer after bathing. Use a sunscreen and common sense. Your body is designed to regulate and heal itself; give it a chance. Sometimes a little ingenuity helps, and at other times understanding and patience is the pathway to wisdom.

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.

Why Indoor Tanning Won’t Cure Seasonal Affective Disorder

The Skin Cancer Foundation Offers Alternative Treatments for SAD

Those looking to alleviate symptoms of seasonal affective disorder (SAD) should steer clear of indoor ultraviolet (UV) tanning, as it does not treat the disorder and is extremely harmful to health. Light therapy, an effective treatment for SAD, acts through the eyes and relies on visible light, whereas the dangerous UV radiation emitted by tanning beds is invisible light. SAD is a form of depression believed to be caused by a hormonal imbalance that is commonly triggered during the shorter days of winter. Generally, levels of melatonin (a sleep-related hormone) in the body are higher at night and lower in the morning. For people with

SAD, however, the cycle is often delayed, and melatonin levels remain elevated into the morning, causing them to oversleep or leaving them fatigued. Meanwhile, the brain’s internal clock relies on early morning light to keep circadian rhythms in sync with local time, but the late sunrises of winter deny our bodies that essential signal. Depression can result when we have to keep waking up while it is still dark. Research indicates that attempts to improve mood may motivate people to become habitual indoor tanners, and that this behavior can become addictive. In one study, 80 percent of frequent tanners reported symptoms of SAD, and investigators suspect that some tanners use UV-emitting tanning beds to try to alleviate symptoms. “Using indoor UV tanning beds to alleviate SAD has been linked with tanning addiction and

seriously increases skin cancer risk,” said Perry Robins, MD, President of The Skin Cancer Foundation. “There are ways to ward off symptoms of SAD without compromising your health, such as receiving light therapy from a visible light box and adjusting aspects of your lifestyle, including your sleeping pattern, diet and physical activity.” The dangers of tanning are well-documented: one indoor tanning session increases users’ chances of developing melanoma (the most dangerous form of skin cancer) by 20 percent. Regular tanners are 2.5 more likely to develop squamous cell carcinoma and 1.5 times more likely to develop basal cell carcinoma, the two most common skin cancers. To safely and effectively treat SAD, trade in trips to the tanning salon for these healthy alternatives:

Sit by a light box for 30 minutes each morning. A light box is a portable, visible light source that provides up to 10,000 lux (a measure of light’s intensity) and is up to 10 to 25 times as bright as ordinary lighting. A light box is equivalent to outdoor light about 40 minutes after sunrise, and is beneficial in providing the body with enough visible light to decrease feelings of lethargy and fatigue by lowering the level of melatonin in the body. Choose a light box with 10,000 lux of illumination, since those offering fewer lux are not as effective. It is also important to use a UV filter and look for soft, white lights when shopping for a light box in order to minimize both UV radiation and blue light (which can also harm the eyes). The light should project downward toward the eyes to minimize glare.

Make sleep a priority. Adjust your schedule to fit in the Centers for Disease Control and Prevention’s (CDC) recommended seven to nine hours of sleep each night, and wake up earlier to take advantage of natural light. Getting enough, but not too much, sleep is beneficial to both physical and mental health and helps stabilize mood and reduce anxiety. Finding ways to relax and recharge each night is key.

Maintain a balanced diet. Eating a well-balanced diet full of fresh fruits, vegetables, whole grains and calcium-rich foods, while reducing your intake of foods high in fats, sodium and added sugars, can help improve your energy level and relieve stress.

Continued on page 3

Exceptional Care for Your Whole Family

Rachel Bowman, M.D.

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Faith

A Triumphant Evening

New Destiny Productions LLC, based in Powell TN has announced another exciting Christian music concert, Gospel Winter Fest featuring the award winning Triumphant Quartet with special guests Soul'd Out Quartet and Katelyn Parker. This concert will take place on Saturday evening March 9th at 7 PM at First Baptist Church Lenoir City, TN just 12 minutes from west Knoxville. Doors will open at 6 PM. Triumphant Quartet was recently recognized by the Singing News Fan Awards with best Male Quartet, best Bass (Eric Bennett), best musician (Jeff Stice) and album of the year 2012 - Songs From the Heart. Their newest radio single, "TAKE IT FROM ME", MESHACH is receiving rave reviews.

Formed in 2003, the then-named Integrity Quartet, began their ministry together at the Louise Mandrell Theater in Pigeon Forge, Tennessee. "I truly believe that God put this together," said Ms. Mandrell of the new gospel group. The founding members, all residents of Sevier County, Tennessee and active members of churches in their community, brought a combined 80+ years of singing experience and their own enthusiastic fans. In 2004, the Quartet signed with Daywind Records, the premier Southern Gospel recording label. In December of that year, after a nationwide contest to submit



The Triumphant Quartet will headline Gospel Winterfest with Soul'd Out Quartet and Katelyn Parker.

entries, the Integrity Quartet changed its name to the Triumphant Quartet. Their commitment to their mission remained steadfast, and their success was just beginning.

Russ Woolard, President of New Destiny Productions, says that every year, the Quartet and its individual members have been nominated for awards. In 2004, their single "I Bring You Forgiveness" was nominated for Top 10 song of the year by Singing News Fan Awards. In 2005, their CD "HomeFree" was nominated as a Top 10 Album of the Year. In 2006, their song "Don't Let the Sandals Fool Ya" was #1 on the U.S. Gospel News Top 80 Chart and #6 on the Singing News Top 80 Chart. This song was also #15 on the 2006 Southern Gospel Music's Song of the Year list. Their self-titled CD "Triumphant" was nominated as Top 5

Album of the Year by Singing News fans. In 2007, the Quartet received nine Top 5 nominations for Singing News magazine's prestigious Fan Awards: Group of the Year, Favorite Album, Favorite Song, and individual nominations for all five members of the group. Scott Inman, baritone, was selected as the Young Artist of the Year. In 2007, Jeff Stice was voted the Stage Musician of the Year by the Southern Gospel Music Guild. He received the Harmony Award. This honor was voted by his peers.

With all of the accolades and success, the men of the Triumphant Quartet keep their work in perspective. They are truly humbled and grateful for the support their fans have shown for their music and ministry. They reaffirm that their main focus is to keep God first in everything they do. The Triumphant Quartet's

powerful combination of talent, commitment, and unwavering faith insures that the years to come will bring even more success... in God's name.

Woolard says that also appearing is Soul'd Out Quartet. This group is young, energetic, and exciting. Their performance includes hymns with just piano, bass, and vocals, to progressive gospel with full tracks to back the vocals. They have a good balance of entertainment and ministry. The goal of this group is to encourage their audience to enjoy life and to set a positive atmosphere for the entire family while presenting a strong gospel message. Soul'd Out Quartet is a great act for ALL ages. They are upbeat enough to keep the interest of a teenager, while singing a few songs that grandma will know and love. Katelyn Parker is no stranger to New Destiny Productions concerts. During the 2012 concert season she opened for The Whisnants, Brian Free and Assurance as well as Ernie Haase and Signature Sound.

Tickets can be purchased by calling 1-800-965-9324 or www.itickets.com or area Life Way and Cedar Springs Christian stores as well as the Praise 96.3 FM studios on Chapman Highway, Knoxville.

Love Serves

In the book Handyman of the Lord, William Borders tells the story of a black man whose poverty left him begging for food. Ringing the front



By Mark Brackney, Minister of the Arlington Church of Christ

doorbell at a Southern mansion, the man was told to go around to the back, where he would be given something to eat. The owner of the mansion met him on the back porch and said, "First we will bless the food. Repeat after me, 'Our Father who art in heaven...'" The hungry man replied, "Your Father, who art in heaven..." "No," the owner of the house corrected. "Our Father who are in heaven..." Still the beggar said, "Your Father who art in heaven..." Frustrated, the giver of the food asked, "Why do you insist on saying 'your Father' when I keep telling you to say 'our Father'?" The man answered, "If I say 'our Father,' that would make you and me brothers, and I'm afraid the Lord wouldn't like it, you askin' your brother to come to the back porch to get a piece of bread."

How we view others will determine our service to others. Do we see ourselves as better than others? Are others put on earth to serve us? Is service a duty or obligation? If you answer "yes" to any of these questions, then your life will be full of frustration and bitterness. But if service is done out of gratitude for what Jesus has done for you, your life will be full of joy and adventure.

Jesus is the perfect example of this. "For even the Son of Man did not come to be served, but to serve" (Mark 10:45). At the last supper before His death, it is Jesus who is serving His guests (John 13:4-5). Love serves.

"Let your light shine before men, that they may see your good deeds and praise your Father in heaven" (Matt. 5:16). Your deeds are on display. The good and the bad in your life is being observed. Your witness matters. Those who don't believe in Jesus note what you do. They make decisions about Jesus by watching you. When we are kind, they assume Christ is kind. When we are gracious, they assume Christ is gracious. When we are dishonest, what assumption will they make about Christ? When we are rude, arrogant, or unkind, what do we expect others to think about our Master?

"Be wise in the way you act with people who are not believers, making the most of every opportunity. When you talk, you should always be kind and pleasant so you will be able to answer everyone in the way you should" (Col. 4:5-6).

We honor both Christ and others in our service. When you give up a parking space for someone else, you honor that person. When you refuse to honk at the guy who just cut you off, you honor that person. When you return a borrowed item, you honor the lender. When you borrow a vehicle and fill it up with more gas than when you got it, you honor the one who loaned the vehicle to you. Let us serve from the front porch, not the back, and enjoy the journey with those around us as we serve them.

Church Happenings

Clapps Chapel United Methodist Church

On Saturday, March 9, the UMM club of the Clapps Chapel United Methodist Church will have Nelson Arnold and Tom Hamm of H&R Block as guest speakers at their monthly

breakfast. Everyone is invited to enjoy a great breakfast and learn about any new tax items, as well as updates on the new Affordable Healthcare Reform Act.

Knoxville Fellowship Luncheon

The Knoxville Fellowship Luncheon (KFL) will meet March 5, 2013 at the Golden Corral on Clinton Highway, Knoxville at noon. Debbie Mason will be the guest speaker.

Seymour United Methodist Church

On Saturday, March 9, the scouts will offer their annual pancake breakfast starting at 8 a.m., in the Fellowship Hall, followed by the ever-popular pine car derby contests. Come and help support this worthy cause.

Looking ahead, the High School Youth will have their annual Laser Quest outing on Friday, March 15th and the annual Car Show has now been re-scheduled for Saturday, April 27.

Sat., March 23, is church-wide "work day" to spruce up inside and out for Easter. Signup sheets for the various tasks are posted in main hallway. Won't YOU help?

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

Third Creek Baptist

There will be a Saturday night singing featuring the McClure family on March 9, 2013 at 6:30 p.m. at Third Creek Baptist Church, 4917 Western Ave. Come join us.

Come worship with us New Beverly Baptist Church

3320 New Beverly Church Rd.
Knoxville, TN 37918
Rev. Eddie Sawyer, Pastor
www.newbeverly.org
856-546-0001

Sunday School 10 a.m.
Sunday Morning Worship 11:00 a.m.
Sunday Evening Worship 6:00 p.m.
Wednesday Evening Prayer 7:00 p.m.
Wednesday Evening Youth 7:00 p.m.
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Where Christ is Making a Difference in Our Lives and in Our Community

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
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7:00 pm • Doors open at 6 pm

Triumphant
Sould Out Quartet

TICKETS:

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Prices slightly higher day of concert.
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The Win-Win of Auctioning

The greatest fear of someone who has never attended an auction is that they may accidentally bid on and purchase something unintended. Another fear around auctions is that of a potential consignor who is worried that their items will not realize a fair price. Both of these views are very common and the subject I wish to address this week.



By Carl Sloan

rule is to never get hung up on a single item and what it brought as other items will typically correct. The whole excitement value is that the buyers control the sale, not the auctioneer, and audience involvement is always an unknown variable, yet quality items tend to bring good results.

For the estate that consigns they will realize swings and unpredictable results that may conflict with a preconceived notion but the bottom line, again is typically very good.

Auctions are fun and the best way to find things you want or need without paying retail. Auctions are the way to buy and sell with folks meeting on common ground for the best of both worlds overall.

My job as a private contractor is to assist Greg and Sarah Lawson, owners of Fountain City Auction, with their monthly, live internet Proxibid sale broadcasts and to help acquire items that fit these sales.

I also scout for collections and estates that can be sensibly divided into all upcoming sales, thus giving the consignor a much better result. As always I am available to assess your items at no charge, whether you choose to sell or not, and it is always my privilege to serve my community with my experience of over 30 years. It's very simple to reach me, just call (865)604-3468 between the hours of 9 and 5, Monday - Friday. Ask for Carl Sloan to return your call for advice or to schedule an appointment. I am available most weekends with a few days notice. I find treasures all of the time when I visit folks and it is usually not the things they have asked me to come examine. I work in an environment where many sellers and buyers meet for the win-win.

House to Home

Red Cross presents Youth Preparedness and Safety Day

The American Red Cross Knoxville office will host a free Youth Preparedness and Safety Day for grades K – 5 on Saturday, March 9 from 9:00 a.m. until noon at 6921 Middlebrook Pike in Knoxville. All participants must pre-register by emailing Jennifer.Ussery@redcross.org. The event is part of American Red Cross Month.

Learning sessions, taken from Red Cross curriculum and approved by the Knoxville School Board, will cover safety basics that all children should know. Courses will include Disaster Dudes to help prepare for widespread and local disasters; Scrubby Bear, teaching children to “Not get sick, wash up quick;” the Fire Safety House, an interactive fire

prevention learning environment; Safe on my Own, a child’s guide to home alone safety and WHALE Tales, which teaches the basics of water safety.

March was first proclaimed as Red Cross Month 70 years ago by President Franklin D. Roosevelt. Since 1943, every president, including President Obama, has designated March as Red Cross Month. The American Red Cross is synonymous with helping people, and has been doing so for more than 130 years.

The Red Cross responds to nearly 70,000 disasters a year in this country, providing shelter, food, emotional support and other necessities to those affected. It provides 24-hour support to members of the military,

veterans and their families – in war zones, military hospitals and on military installations around the world; collects and distributes about 40 percent of the nation’s blood supply and trains more than seven million people in first aid, water safety and other life-saving skills every year.

“The Youth Preparedness and Safety Day promises to be educational and entertaining,” said Aida Reyes, Regional Volunteer and Youth Director. “Red Cross Month is a great time for people to become part of the Red Cross and there are many different ways to do it. They can develop a preparedness plan for their household, become a Red Cross volunteer, or take a Red Cross class, just to name a few.”

History Award Nominations Sought

The East Tennessee Historical Society (ETHS) is seeking nominations from across East Tennessee for Awards of Excellence in the field of history. Each year, the society recognizes individuals and organizations that have made significant contributions to the preservation, promotion, and interpretation of the region’s history.

Awards are in four categories:

The **Award of Distinction** recognizes a special project, such as publications, building preservation, or special programming, including a conference, heritage event, publication, lecture series, or other.

History in the Media Award is presented to

someone in the field of television, radio, newspaper, magazine, Internet, for outstanding contributions to the promotion of our region’s history.

Teaching Excellence Award is for outstanding or innovative teaching of history at any level, grades one through adult education.

The Society’s most prestigious recognition is the **Ramsey Award for Lifetime Achievement**. This award is reserved for one who, over the course of a lifetime, has made outstanding contributions to the understanding and preservation of East Tennessee history. It is named for ETHS founder and early historian, Dr. J.G.M. Ramsey, author of The Annals of East

Tennessee to the End of the Eighteenth Century.

These prestigious awards have been presented by the Society each year since 1982 to individuals and organizations with outstanding contributions in the fields of teaching, the media, preservation, publishing, and lifetime achievement

For more information about the Awards of Excellence or to request a nomination form, please contact the East Tennessee Historical Society, P. O. Box 1629, Knoxville, TN 37901. Phone: 865-215-8824 or visit website at www.eastTNhistory.org. The postmark deadline for award applications is April 12, 2013. Winners will be recognized at the

Society’s Annual Meeting held on May 7 in Knoxville.

Established in 1834, the East Tennessee Historical Society has 2,000 members across the United States. Its active publications program includes the triannual genealogy magazine Tennessee Ancestors; the annual Journal of East Tennessee History; and Newline, as well as other books pertaining to the region’s history. The Society also sponsors the Museum of East Tennessee History, East Tennessee National History Day, and the family heritage programs “First Families of Tennessee” and “Civil War Families of Tennessee.”

Why Indoor Tanning Won’t Cure Seasonal Affective Disorder

Cont. from page 1

Find time for fitness.

Exercise has also been linked to improved mood, and relieves feelings of stress and anxiety, which are both symptoms of SAD. The CDC recommends 150 minutes of moderately intense aerobic activity every week. It is best to exercise outdoors before or after the

hours between 10 a.m. and 4 p.m. (when the sun’s rays are strongest). Always practice proper sun protection: this includes covering up with clothing, including a wide-brimmed hat and UV-blocking sunglasses, and applying a broad-spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher to the entire body.

If you are experiencing symptoms

associated with SAD, consult your physician before making any decisions. Symptoms of the disorder include hopelessness, anxiety, increased appetite, weight gain, a heavy feeling in the arms or legs, and loss of interest in activities.

For more information about skin cancer prevention, visit SkinCancer.org.

ANNOUNCEMENTS

Daffodil Show

The East Tennessee Daffodil Society will have a Daffodil Show, on Saturday, March 16 from 1-4 p.m. at First United Methodist Church of Maryville, at 804 Montvale Station Road, Maryville. The show is open to the public and is FREE.

Daughters of the Confederacy meeting

The Captain W. Y. C. Hannum Chapter #1881, United Daughters of the Confederacy will meet at the Green Meadow Country Club in Alcoa on Saturday, March 23, at 10:30 a.m.. Business Session will begin at 11:00 followed by lunch. The program topic will be presented by Rebeaik Bient, “Handwork of the War Between the States Period.” Visitors are welcome to attend.

For reservations or more information, please contact Charlotte Miller, 865-448-6716.

Entrepreneurship Course

The Urban League is hosting an entrepreneurship course from 5:30-8:30 p.m. on Tuesday March 5 and 19.

Course instruction covers topics such as how to prepare a business plan; marketing; identifying your competition; forecasting numbers; how to price; how to pay sales tax; and how to set up your business, i.e., a sole proprietorship or LLC. Course instruction provided by SCORE Knoxville.

For more information or to register, contact Felix Harris (fharris@thekaul.org; (865) 524-5511).

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.

Shamrocks Against Dystrophy

For the 12th year in a row, Bojangles’ is supporting the Muscular Dystrophy Association (MDA) through its Shamrocks Against Dystrophy® in-store fundraiser, teaming with customers to raise money to send kinds to MDA Summer Camp. Now through Sunday, March 17, customers can once again support MDA by purchasing

a green shamrock for \$1 or gold shamrock for \$5.

Every dollar raised during this year’s campaign will directly benefit MDA in helping children enjoy the magical experience of attending MDA Summer Camp for one week.

Workshops to train teachers and parents on virtual learning software

The East Tennessee Technology Access Center will host two three-hour

workshops to train parents and teachers on software tools that increase literacy skills Monday, March 11 from 9:00 a.m. to noon and 1:00 to 4:00 p.m. at ETTAC’s office in Knoxville at 116 Childress Street.

There is no charge to attend the workshop or for school systems to participate in the Reading Lab that is made available in part through a grant from Green Mountain Coffee

Continue on page 4

Fountain City Auction
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Coca-cola Cake

Cake:

2 cups plain flour
2 cups sugar
3 tablespoons cocoa
1 cup Coca-Cola
1 cup butter
1 1/2 cups marshmallow cream
2 eggs, beaten
1/2 cup buttermilk
1 teaspoon baking soda
1 teaspoon vanilla extract

Frosting:

1/2 cup butter
3 tablespoons cocoa
6 tablespoons Coca-Cola
1 box confectioner's sugar
1 cup chopped pecans

Bring butter, cola and cocoa to a boil; remove and stir in marshmallow cream until melted. Set aside.

Sift together flour and sugar. Combine with the marshmallow mixture.

In a separate bowl, mix eggs, buttermilk, baking soda and vanilla and add to the batter. Pour into greased and floured 9 x 13-inch pan. Bake at 350° for about 35 minutes or until cake tests done.

Frosting: In a saucepan, bring butter, cocoa and cola to a boil. Stir in the sugar and mix well. Stir in nuts. Spread over the cake while both the cake and the frosting are still warm.

ANNOUNCEMENTS

Cont. from page 3

Roasters. However, registration is required by calling (865) 219-0130. For more information about ETTAC or directions, go to www.ettac.org.

Upcoming Civil War Talk

On Tuesday, March 12, 2013, the Knoxville Civil War Roundtable will host local Civil War historian and national speaker Dot Kelly as its speaker. At 8:00 p.m. Ms. Kelly will speak on the topic: "The Yankees Pay a Visit to Knoxville; Sanders' 1863 Raid into East Tennessee." The talk is OPEN TO THE PUBLIC and will

be at the Bearden Banquet Hall at 5806 Kingston Pike (next to Buddy's BBQ and .2 mile east of the intersection of Kingston Pike and Northshore Dr.) To attend the talk only is \$5.00. (Students with current IDs are admitted free.) Alternatively, you can come at 7:00 p.m. and enjoy a delicious buffet dinner which is \$15.00 for members and \$17.00 for non-members (including talk). To make dinner reservations, please call (865) 671-9001 by 11:00 a.m. on Monday, March 11. We look forward to seeing you there!

PUBLIC NOTICE

PUBLIC NOTICE:

Knoxville Regional Transportation Planning Organization – Draft Regional Mobility Plan Available for Public Comment

The Knoxville Regional Transportation Planning Organization (TPO) Executive Board, responsible for comprehensive transportation planning in the Knoxville Urban Area including Knox County and parts of Anderson, Blount, Loudon, and Sevier Counties, is required to update its Regional Mobility Plan every four years. After receiving a great deal of public input throughout 2012, the TPO now has a draft plan available for public review through April 1st.

We are offering a number of different ways to review the plan and provide comment. The draft plan can be viewed and downloaded on the TPO website at www.knoxtrans.org, where you can also submit comments via online survey. Copies of the draft plan are available for review at the TPO offices and at 26 area libraries in Anderson, Blount, Knox, Loudon, and Sevier Counties. A full list of these libraries is available on the TPO website. Comments can be submitted via email, letter, phone call, or other means. In addition, if your neighborhood or civic group would like to host TPO staff, we can bring materials and present an overview of the draft plan.

If you need assistance or accommodation for a disability, please contact the TPO at 215-2500 and we will be glad to work with you in obliging any reasonable request.

PUBLIC NOTICE:

Knoxville Regional Transportation Planning Organization - Technical Committee Meeting, March 12, 2013.

The Knoxville Regional Transportation Planning Organization (TPO) Technical Committee will meet on Tuesday, March 12, at 9 a.m. in the Small Assembly Room of the City/County Building, 400 Main Street, Knoxville, TN.

Topics to be considered: Regional Mobility Plan Update, Air Quality Conformity Determination, Transportation Improvement Plan Schedule and Applications, Transportation Planning Work Program Timeline FY 2014, Regional Greenways Update, PlanET Update; and other business.

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

EMPLOYMENT

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