

Bill Williams honored on Crime Victims’ Rights Week

By Tasha Mahurin
Tasha@knoxfocus.com

State Senator Becky Massey, Knox County Commissioner Ed Shouse, Knoxville 311 Director Russ Jensen, Fountain City Lions and a host of others met at Fountain City Park last week for a tree planting ceremony held in honor of Bill Williams by the Tennessee Board of Parole and the Tennessee Department of Corrections.

Williams, a former co-anchor of WBIR’s 10 News, retired in 2000 as one of the area’s most highly respected broadcast journalists.

He was recognized for the difference he made in the lives of hundreds of children through the Monday’s Child adoption series he started at WBIR in 1980. In over 30 years of programming Williams introduced 1,500 special needs children to the viewing audience. Children identified as “special needs” by the Department of Child Services included older children, sibling groups, and



Pictured above at Fountain City Park are Tina Fox, Director Victim Services, Tennessee Board of Parole; Bill Williams, Honoree; Richard Montgomery, Board Member, Tennessee Board of Parole; and Bob Henshaw, East TN District Director, Tennessee Department of Corrections.

minorities, while some faced more severe physical or mental challenges. More than 1,000 of those

children found permanent homes with loving families. An Elm tree was

appropriately planted in Williams’ honor at Fountain City Park just between the clubhouse and the

playground. The event was scheduled to coincide with National Crime Victims’

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FOCUS Weekly Poll*

Most elected offices in Knox County are term limited to two consecutive terms.

Do you support term limits for Knox County School Board members?

YES 84.76%

NO 15.24%

Survey conducted April 25, 2013.

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

Mayor Rogero proposes 2013-2014 Budget

Last Friday, Mayor Madeline Rogero proposed a budget for the 2013-14 fiscal year with no property tax increase and significant new investments in City infrastructure. The net proposed City budget is \$295.8 million, with the General Fund making up about \$183.2 million. That amounts to a 1.45 percent increase in the General Fund from the adopted 2012-13 budget.

“This budget is not ultimately about finances. It’s really about a vision for our city – how we will grow, what services we will provide, and what quality of life we all will enjoy,” Mayor Rogero said during her address at Ijams Nature Center. “The budget that I have presented today is balanced and affordable. It meets basic needs, and it positions us for greater opportunities.”

Among the new spending proposed in the budget are several capital items: \$15 million for a Public Works complex to replace the aging facilities on Loraine Street (design funding for this project was included in the 2012-13 budget); \$10 million for improvements to the Knoxville Zoo; \$5.2 million for demolition and improvements on property the state is conveying to the City at Lakeshore Park; and \$1.2 million to redress chronic flooding problems on Prosser Road.

Those projects

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Home Federal Bank Honors Hometown Heroes

Home Federal Bank recognized four outstanding community leaders last week as part of its Hometown Heroes tradition. Now in its third year, the Hometown Heroes program spotlights ordinary people who do extraordinary things for others and their community. The public submitted dozens of nominations and ten winners were selected for their extraordinary volunteer work.

A \$2,500 donation is made in each honoree’s name to the nonprofit of his or her choice, and an overall winner of the ten finalists will have an additional \$2,500 donation made in his or her name.

Home Federal Bank named Carol Devenski a 2013 Hometown Hero and presented a check for \$2,500 in her name to the Knoxville Museum of Art at a ceremony at the Home Federal Bank Bearden branch on Monday, April 22.

A volunteer docent at the Knoxville Museum of Art since 2007, Devenski knows how to make art understandable for all ages. She does extensive



Home Federal Bank Executive Vice President Debra Smith (from left) and President Dale Keasling name Carol Devenski a 2013 Hometown Hero at a ceremony at the bank’s Bearden branch April 22. Devenski designated her \$2,500 award to the Knoxville Museum of Art, and KMA Director of Development Susan Hyde accepted the funds on behalf of the organization.

research on the art and exhibitions at the museum and enthusiastically shares her knowledge with staff and visitors. She has logged more than 670 volunteer hours in the past year, inspiring in others an interest and appreciation for art.

Knoxville Museum of Art director of development

Susan Hyde accepted the donation on behalf of the KMA.

Also that Monday, Home Federal Bank named Edie Volk a 2013 Hometown Hero and presented a check for \$2,500 in her name to the Knoxville Symphony Orchestra at a ceremony at the Home Federal Bank headquarters in

downtown Knoxville.

A volunteer with Knoxville Symphony Orchestra’s music education programs for more than 10 years, Volk has helped coordinate ClassroomConnections and Young People’s Concerts, introducing young audiences throughout the East Tennessee to live, classical music. As Education Chair

for the Knoxville Symphony League board, she has helped expand in-school programs and doubled the amount of money raised for student scholarships, ensuring that no student with a desire is unable to participate in the Knoxville Symphony Youth Orchestra Association because of cost.

Dr. D. Carter Davis was named a 2013 Hometown Hero on Wednesday at Home Federal Bank’s Karns branch.

Davis chose the Volunteer Ministry Center to receive his donation. For the past seven years, Davis has provided free dental services every Tuesday at the Volunteer Ministry Center Dental Clinic. Donating his time to perform desperately needed procedures such as restorations, extractions and dentures, he cares for people in a way that enhances their appearance, relieves them from dental pain, and provides them with the self-confidence they need to move forward in the process of securing permanent housing and employment. A

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Focus on the Law

Dealing with Bad Checks: Civil Court

When you receive a bad check it can be a major annoyance. There are three ways to respond. One, you can just accept the loss as a karmic lesson. This is not my usual choice or recommendation.

Two, you can attempt to collect your money through civil court. Or three, you can possibly pursue criminal charges. You cannot pursue both civil and criminal remedies on the same bad check claim.

In Tennessee, collection of bad checks can be handled in civil court. Which civil court you select to file your case in depends upon the amount you are seeking to recover. General Sessions Court in Knox County and most adjacent counties have jurisdiction over amounts up to twenty-five thousand dollars (\$25,000.00). If the amount of your damages exceeds this, jurisdiction



By Sharon Frankenberg,
Attorney at Law

lies with the Circuit Court or the Chancery Court. The statute on civil liability for dishonored checks may be found in the Tennessee Code Annotated, Sections 47-29-101 through 103.

The first part of the statute defines the party liable on a bad check as "A person who, having executed and delivered to another person a check or draft drawn on or payable at a bank or other financial institution, with fraudulent intent either stops payment on the check or draft, or allows the check or draft to be dishonored by a financial institution because of lack of funds, failure to have an account, or lack of an authorized signature of the drawer or necessary endorser." The damages authorized by the statute include the face amount of the dishonored check; ten percent (10%) interest on the face amount or

unpaid balance from the date of execution until payment is made in full; any reasonable service charges incurred by the payee (you, the victim) in attempting to obtain payment; reasonable attorney's fees incurred; a handling charge of no more than twenty dollars (\$20.00); and all court costs incurred in bringing the civil case.

Since the statute provides for recovery of attorney's fees, you may wish to hire an attorney to collect the check. If you choose to pursue the case on your own, you will need to send written notice that the check has not been paid by the financial institution to the person who wrote you the check. You should also warn in the letter that you intend to ask the court for treble damages if fraudulent intent is found. Treble damages means three times the amount of your loss. This notice is considered as having been given at the time that it was deposited in the regular United States mail if it was addressed to

the address printed on the face of the check or to the address given by the person in writing to you at the time the check was issued or delivered. If the person who wrote you the bad check pays you the amount of the bad check in full within ten (10) days of this notice being sent, you cannot proceed with a civil case.

If the person does NOT pay you within thirty (30) days, you can file your case in civil court and ask for all of the damages previously mentioned. If you notified the person that you would ask for treble damages and if the court finds that you proved fraudulent intent on his or her part, you may recover three times the face amount of the check not to exceed five hundred dollars (\$500.00). Obviously this article does not cover every issue which might arise. You should always contact an attorney to get advice and assistance with your unique situation.

Bill Williams honored on Crime Victims' Rights Week

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Rights Week (April 21-27). Victims' rights is another cause Williams has long advocated.

Fountain City Lions Club member Bob Davis told *The Focus* that it was particularly fitting to hold this event at Fountain City Park since it was the initial setting for Monday's Child and many following tapings were set there.

"This tree planting stands as a simple reminder that we have more work to do, more growing to do. It also stands as a reminder of survivors, growing stronger each day," fellow victims' rights advocate and Knoxville 311 Director, Russ Jensen, told *The Focus*.

National Crime Victims' Rights Week affords victim service providers, allied professionals, and concerned

community members an opportunity to reflect on the history of crime victims' rights—on the many obstacles already overcome and the new challenges that require new solutions.

"All too often, victims are overlooked, taken advantage of, and re-victimized by a system that gives more rights to perpetrators than law abiding citizens. Victim's Rights week is a time

for us to come together and refocus our commitment to making our community safer for everyone and to making sure victims have the support, services, and representation they need and deserve," Jensen added.

Although retired, Williams continues to be involved at Channel 10 and remains active in the community.

Mayor Rogero proposes 2013-2014 Budget

Continued from page 1

will be funded through the issuance of \$31.4 million in new debt. This is the first major City capital debt issue since 2004.

Budgeted personnel total for 2013-14 is 1,598 full-time positions and 33 part-time positions. Employee salaries, benefits and health care make up about 70 percent of the General Fund. The budget proposes a 2.5 percent salary increase for all City employees.

Other highlights in the proposed budget include:

- \$5.45 million for the City's annual street paving program;
- \$1.8 million for sidewalks and crosswalks, including \$550,000 for new sidewalk construction (an increase of \$150,000);
- \$500,000 matching grant for an Advanced Traffic Management System, which lays the groundwork for better signal timing and traffic flow;
- \$600,000 in anti-blight funds to address chronic problem properties, acquire blighted properties and enforce the Demolition by Neglect ordinance;
- \$800,000 for KCDC's continued redevelopment of the Walter P. Taylor Homes/Five Points area. The City has committed \$8 million to that area over 10 years;
- \$170,000 toward a regional public-private partnership to attract low-fare air service



PHOTO BY DAN ANDREWS

Knox County Republican Party Chair Ruthie Kuhlman, right, catches up with Mayor Madeline Rogero following the 2013-14 budget presentation Friday.

- to McGhee Tyson Airport;
- \$100,000 to expand Community Schools in center city neighborhoods, in collaboration with the Great Schools Partnership and Knox County Schools;
- \$100,000 for the Downtown Improvements fund (an increase of \$50,000), along with \$300,000 for the Magnolia Warehouse Redevelopment area and \$100,000 for projects in the Downtown North corridor;
- \$60,000 toward bicycle infrastructure improvements;
- \$1.5 million for an Automatic Vehicle Location system to increase efficiency of the City vehicle fleet;

- An alternative transportation coordinator in the Engineering Department, with expertise in engineering for pedestrians, cyclists and mass transit;
- A small-business coordinator in the Purchasing Department, to implement the City's new small-business program.

City Council will hold hearings on the proposed budget May 21 and 22, at 8:30 a.m. in the Main Assembly Room of the City County Building.

To see the proposed budget, a transcript of Mayor Rogero's Budget Address, visit www.cityofknoxville.org/budget/.

FOCUS Weekly Poll

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YES
84.76%

NO
15.24%



By Age	Yes	No	Total
18-29	[None]	100.00%	1
30-49	87.50%	12.50%	56
50-65	83.61%	16.39%	122
65+	85.06%	14.94%	241
Total	84.76% (356)	15.24% (64)	420

By District

1	68.75%	31.25%	32
2	83.33%	16.67%	54
3	88.37%	11.63%	43
4	88.06%	11.94%	67
5	72.97%	27.03%	37
6	84.00%	16.00%	50
7	88.64%	11.36%	44
8	89.36%	10.64%	47
9	91.30%	8.70%	46
Total	84.76% (356)	15.24% (64)	420

By Gender

Unknown	84.21%	15.79%	19
Female	87.19%	12.81%	203
Male	82.32%	17.68%	198
Total	84.76% (356)	15.24% (64)	420

Survey conducted April 25, 2013.

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Publisher's Position

Haslams, PFJ Employees Deserve Our Prayers and Patience



By **Steve Hunley,**
Publisher
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The entire community has been abuzz since FBI and IRS agents descended upon the Pilot Flying J headquarters. It has been one of the biggest news stories in decades and it appears some have been delighting in the situation. The sharks began circling just as soon as there was a hint of blood in the water.

Let me be very clear; politically, I have been on the opposite side of the Haslams on many issues. However, I am proud to say that I supported Bill Haslam for mayor twice as well as for governor. Oftentimes I have had fundamental differences over what I believe is best for Knoxville and Knox County. That having been said, I am still more than able to recognize the benefits of having Pilot Flying J headquartered in Knoxville. I also realize just how much the Haslam family has done for Knoxville. They have been exceedingly generous with their time and money, believing that it is very important to give back to their community.

It is an unfortunate aspect of our society today that our politics are so polarized and are becoming more so with each passing day. There was a time when success was admired, not reviled. There was a time in this country when people understood that successful businessmen and women employ others, helping them to enjoy a comfortable living and their own part of the American Dream. Over the past several years though, much of that has dissolved with many folks believing that they have somehow been cheated out of something by those who are more successful.

It has always been true to some that the best tax is one somebody else pays, yet from which they derive a benefit. Wealthy people have unfairly been stigmatized as greedy and unfeeling, while those with less many times feel that they are somehow more noble and that they know what's best for society as a whole, whether they work or not. It has become popular with certain segments in our society to clamor for more and more from the government and to soak the rich to pay for it. Those same attitudes have been seen before in this country in tough times and is reminiscent of Huey Long's "Share the Wealth" program, which was, not surprisingly, enormously popular with people who did not want to work.

The current delight by some with the investigation of Pilot Flying J has surely



Jimmy Haslam, CEO of Pilot Flying J, gave a statement on the company's course of action during a press conference last Monday. Haslam Pilot Flying J employees deserve our prayers and patience.

brought misery to the Haslam family and that is not cause for celebration, but rather reflection. It is not for me to say if there has been any wrongdoing or who, if anyone, is guilty of anything. That will be sorted out in the days to come. The folks employed by Pilot Flying J are human beings, real flesh and blood people. They are folks who shop for groceries, attend church, and want the best for their children, just as we all do. These people are our neighbors, friends, and, in some cases, family. They help make this community a

better place to live.

The Haslams are people, too.

The rush to judgment in our society today reminds me all too well of one of the ugliest aspects of our country's history; the presumption of guilt and the feeding frenzy that frequently accompanies it is the foundation of every lynching that has ever occurred in this nation. With all the technology available today, our world has grown smaller and some people use every available means to spew hatred and vitriol, all in the name of sharing their

views. The presumption of innocence until proven guilty seems to have all but faded away entirely. Yet there is not one amongst us who would not decry the public abuse of the presumption of guilt if it were a member of our own family.

Judge Roy Bean habitually hung just about everybody, whether guilty or not. The Haslam family doesn't deserve universal condemnation; rather they should be treated like human beings and they deserve our prayers and patience.

If anyone has broken the

law, I feel sure they will be held accountable. Nor do I believe anyone is above the law; presidents have fallen and, if wrongdoing has occurred, there will indeed be a time when the wheels of justice begin to turn.

In the meantime, we all should treat the Haslams and the employees of Pilot Flying J as human beings, friends, and neighbors. Say a little prayer for them, just as you would hope someone would say a little prayer for you when you need it most. Judge not, lest ye be judged.

Home Federal Bank Honors Hometown Heroes

Cont. from page 1

dental missionary of 31 years, he has recently spent time teaching at a dental school in Southeast Asia and providing training to the hospital dental staff. Additionally, he finds time to teach Sunday School.

Home Federal Bank named Benjamin Thomas Jr. a 2013 Hometown Hero on Thursday, April 25.

"There are so many great people that selflessly do an incredible amount of good for our community and never get the credit they deserve," said Home Federal Bank President Dale Keasling. "People like Benjamin Thomas, whose selfless service has made a positive impact on the youth in Oak Ridge, exemplify what it means to be a Hometown Hero."

Thomas, known to many

as Deacon Ben, serves as a role model for volunteers and students alike in Oak Ridge and chose to donate his check to Mt. Zion Missionary Baptist Church. Twenty years ago, he started a program called the Monday Evening Study Session at Mt. Zion Missionary Baptist Church in Oak Ridge. Through this weekly tutorial program, Thomas helps build character in area youth and inspire them to strive toward academic excellence. Available to students in pre-school through high school, the program offers tutoring, guest speakers, awards and even workshops for parents to help students reach their full potential.

"We are happy to honor these Hometown Heroes," said Keasling. "And we are pleased to support these

programs that do such great things for our neighbors throughout the year."

Look to next week's Focus for more Hometown Heroes.

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Seymour High presents 'Annie'

"ANNIE," one of the best-loved family musicals of all time, takes center stage at Seymour High School on May 9, 10 and 11 at 7:00 p.m. in the Seymour High School auditorium under the direction of choral director Jean Burkhardt.

Inspired by the famous comic strip "Little Orphan Annie," which first ran in the New York News in 1924, "ANNIE" made its Broadway debut in April 1977 and played 2,377 performances before closing in 1983. The show won seven Tony Awards, including for Best Musical, Best Book (Thomas Meehan), Best Original Score (music by Charles Strouse and lyrics by Martin Charnin),

and Best Choreography. This heart-warming musical is the rags-to-riches story of plucky young Annie's journey from the hard-knock New York orphanage to the luxurious home of billionaire businessman Oliver Warbucks.

SHS's production of "ANNIE" will star senior Kara Owenby, who has been a member of the award winning SHS Choral Department for four years. The evil Miss Hannigan will be played by senior Madie Shehan. Madie played Aunt Polly in last year's SHS production, "Tom Sawyer, The Musical." The cast will also feature senior Jacob Weaver as Oliver Warbucks, who plans to major in music at Carson-Newman,

junior Hannah Williams as Grace Farrell, and sophomore Ty Nease as Rooster. Senior Savanna Goodin and junior Meghan Mayes are double cast as Lily St Regis, Nick Glovak appears as F.D.R., and Sam Glovak as Sandy.

Annie's orphan friends will be played by Ginger Watkins as Kate, Lydia Ogle as Tessie, Blakely Graham as Pepper, Cheyene Nieman as Molly, Kara Harner as Duffy, and Madison Baker as July. Additional cast members include Matt Gainey, Kerry Elmore, Stephen Quiliams, Lenne Brakebill, Kyle Settle, Nate Watson, Kevin Taylor, Josh Haynes, Jason Brewer, Cayman McMahan,

Devin Absher, Corey Combs, Lauren Hatcher, Dallas Robbins, Stephanie Horton, Lexxi Hodges, Nina Rogers, Austin Grizzle, Britton Shaddock, Emily Logue, Nick Phillips, Anthony Douglas, David McConnell, Rachael Barker and Timmy Maher.

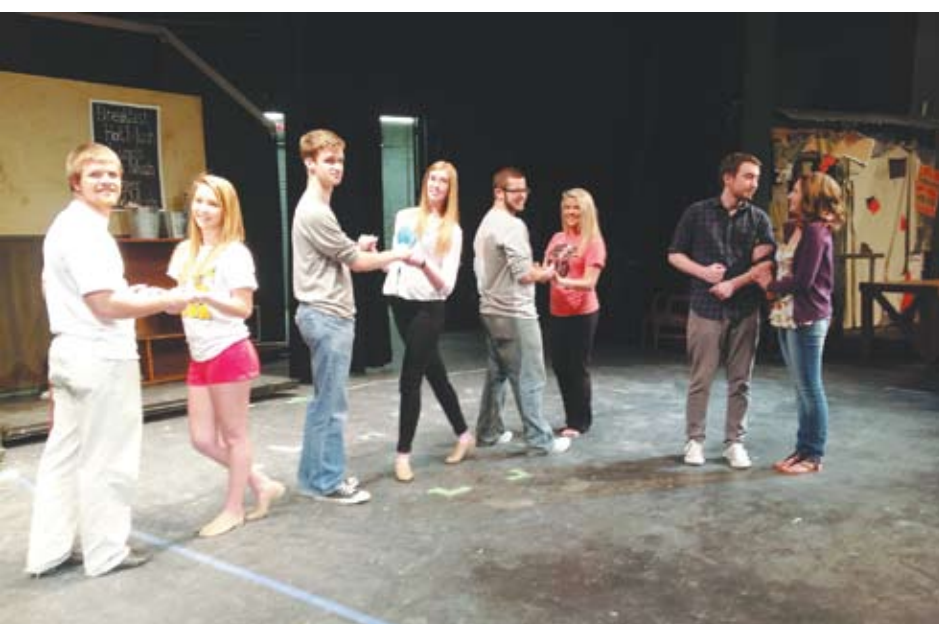
Tickets for ANNIE are \$8.00 in advance and \$10.00 at the door. Advance tickets will go on sale Wednesday, May 1 and can be picked up at the high school anytime between 8:00 and 2:30

Monday - Friday. For more information, please contact

Jean Burkhardt at Seymour High School at 577-7040.



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SHS cast members rehearse "ANNIE" for next week's opening night. Pictured are: Dancers: Kevin Taylor, Dallas Robbins, Cayman McMahan, Emily Logue, Timmy Maher, Rachael Barker, Jacob Weaver as Daddy Warbucks and Hannah Williams as Grace.

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Secretary of State Tre Hargett Announces Changes to Photo ID Law

The General Assembly amended Tennessee's voter photo identification law during its recently-concluded legislative session. Amendments sponsored by Senator Bill Ketron (R-Murfreesboro) and Representative Susan Lynn (R-Mount Juliet) seek to clarify and strengthen the law that was successfully implemented during the 2012 election cycle.

Voters may no longer use photo IDs issued by other states as acceptable forms of identification when voting in person. This change mirrors similar laws in other states, including Indiana. Indiana's photo ID law has been upheld by the United States Supreme Court.

The amendments also clarify the General Assembly's original intent in passing the law by explicitly excluding photo IDs issued by counties and municipalities. These changes took effect when the amended law was signed by Governor Bill Haslam last week.

"The General Assembly continues to enact laws that protect the integrity of the ballot box," said Secretary of State Tre Hargett.

"These changes will be in effect during the Knoxville city council elections this fall," said Knox County Administrator of Elections Clifford A. Rodgers.

Examples of acceptable forms of identification, whether current or expired, include Tennessee driver licenses, U.S. passports, Department of Safety photo ID cards, U.S. military photo IDs, and other photo IDs issued by the federal or Tennessee state governments. Voters without one of these forms of identification may obtain free photo IDs for voting at Tennessee Department of Safety driver service centers.



Members of the Gibbs High School Junior ROTC were up bright and early Saturday morning to participate in the Tennessee Valley's Halls/Powell Boys & Girls Club unit as part of Comcast's 12th Comcast Cares Day.

Boys & Girls Clubs gear up for summer

By Tasha Mahurin
Tasha@knoxfocus.com

"Summer is our busiest time at the Boys & Girls Clubs," Vice President of Operations, Markus Jackson told the Focus.

And this summer, the Boys & Girls Clubs of the Tennessee Valley has focused its efforts on a program for children that will help to ensure the continuation of academic progress and growth throughout the summer months. The program,

aptly titled "Brain Gain," addresses the threat of summer learning loss, which is a result of the lack of educational opportunities for young people during the summer months. Research spanning 100 years shows that students typically score lower on standardized tests at the end of summer vacation than they do on the same tests at the beginning of the summer.

Many of us think of summer as a

carefree time for kids, but for some of the youth who attend the Boys & Girls Club, the release of school means the end of access to healthy meals, mentor interaction, and educational enrichment. Studies also show that low-income students are more at risk for losing reading and math skills over the summer than their peers. The Boys & Girls Clubs strive to offer services that

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From State Representative Harry Brooks

Last week I promised to go into more details concerning the state's new budget. The major divisions of expenditures in the budget include health care, education, law enforcement, transportation, and personnel.

Health and social services budget items include the expected 46,000 new Medicaid enrollees as a result of the Affordable Care Act. Additional state funds are provided for increased cost for medical assistance for those most needy individuals. A growing number of these are our ever increasing sixty plus population. A new veteran's home project also received funding. Funds are provided for the construction of the Family Support Program, three epilepsy foundations, CHAD, Health Start, and Human Resources Agencies and Community Action Agencies. We currently spend \$1.6 billion yearly dealing with the explosion of methamphetamine drug abuse. This medical, environmental, and social expense has given our state the "worst" state rating in the nation pertaining to methamphetamine abuse.

Education initiatives include fully funding the BEP formula for our K - 12 schools. Additional funds are provided for our K - 12 schools for technology updates. In Knox County specifically a new high school building was funded for the Tennessee School for the Deaf.

Continue on page 4



Inskip Applebees night manager Jennifer Mirtes was surprised Friday afternoon with a proclamation naming April 26, 2013 "Jennifer Mirtes Day." Applebees encouraged waitresses and waiters to raise money from tips for the Make A Wish foundation for six weeks. Although she came into the fund-raiser late and only had three weeks to participate, Mirtes raised almost \$9000 in tips for the Make A Wish foundation, more than any wait staff nationwide. According to Commissioner Larry Smith, Mirtes is very active in the Inskip community and works hard to volunteer. Pictured above are (front row) Stephanie Wilkins of Make A Wish, Jennifer Mirtes and Kim Duff of Applebees, (back row) County Commissioner R. Larry Smith, husband Chris Mirtes, father James Marsh and Anthony Armani of Applebees.

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ANTIQUES & COLLECTIBLES

Retro items are hot

Retro items are very collectible and have been for some time. The genre has grown from the occasional funky store here and there to entire malls that are themed with items from the 40s, 50s, 60s and some 70s.

These venues are actually outselling many antique malls, leaving them scratching their heads and wondering why. There are several reasons it has grown and I will attempt to explain.

First of all, it was the last "period" the world had. In 1900 the French "Art Nouveau" form was presented. It encompassed a flowing, feminine style and had an impressionistic flair. This period style was replaced again in France at the exposition for "Art Decorative," aka "Art Deco," in the early 1920s. This style also swept the world with sharp lines, angles and geometric patterns. The newly discovered tomb of King Tut brought an Egyptian revival as the art and style of the Pharaohs and their architects complemented Art Deco's geometric style. This was the age of the flappers and modern thinking that broke all the rules from the past. Art Deco began to water down in the 1930s and even more so in the 1940s and just became what was fashionable and no longer risqué.



By Carl Sloan

Prime examples in architecture include the Chrysler and Empire State buildings in New York.

In the late 1940s following the war it was America's turn to mark the style. A new, modern style was on the horizon and it had no name this time. This was the era of modern abstract art, flying saucers, the atomic age, sleek styles, bold colors and a new way of thinking about how we lived. Homes were made in the rancher style or had very sweeping angles. Most homes were getting appliances like dishwashers and the age of television for the masses had arrived. Then automobile designs began to really change with fins and chrome getting more elaborate as it went through the 1960s where it experienced an even more modern style and it caught on worldwide.

The definition of a period is when a consistent style is encompassed in just about everything. Architecture, clothing, cars, art, furniture, hair styles and so on. This was the last worldwide period and there hasn't been one since. The early 1970s morphed the style a bit, yet was short lived and not as sophisticated yet was a remnant for sure. Boomerang shapes

in furniture, sharp angles and elaborate architecture along with a very large focus on clothing and accessories produced the Retro items so sought after today.

If you had to pick two colors predominate in the 1960s it would be blue and green. If you want to experience for yourself what I am talking about and be amazed visit one of the two Nostalgia malls in Knoxville for a real treat. The original Nostalgia is located on Homberg Drive and a newly opened and much larger location is located at 1401 McCalla Ave. near the Lay's Packing Company and the Old City. You will see all ages shopping there and it's as much fun to visit as a museum with very well maintained booths and tons of creativity. They are open every day and you will have a blast as they have everything from furniture, accessories, records, a book store, jewelry and many unusual items that you just may have at your home and didn't know it.

As always I am available to help you access your items be it a single one or an entire estate collection and I charge nothing to advise you for authentication and potential values. Please call Greg Lawson, owner Fountain City Auction (865)604-3468 to have Carl Sloan return your call. I am usually available on the weekends as well. Have a blessed week!



Knox County Mayor Tim Burchett addresses a packed house at a banquet recognizing Halls High School sophomores, juniors and seniors who have maintained a GPA of 3.5 or higher. The Halls Academic Banquet was held Thursday night at the Kerbel Shrine Temple. Commissioner R. Larry Smith attended and told *The Focus*, "I'm just real proud of the students in the Halls community. You know, sometimes education [system] gets a bad rap but this seems to be a school that seems to be getting it."

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NICE! Very spacious home, well maintained. Home features - hardwood floors, ceramic tile, large sunroom, multi level back deck, large master suite w/Jacuzzi tub & separate shower. Small horse barn. Detached gar w/extra storage \$239,900 mls 831106

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The Senator And Mrs. Vanderbilt

Senator Peter Gerry of Rhode Island

Pages from
the Political
Past



By Ray Hill
rayhill865@gmail.com

There are few people in our community who haven't either heard of or visited the magnificent Biltmore House. Biltmore was the vision of George Washington Vanderbilt II, the grandson of Commodore Cornelius Vanderbilt. George Vanderbilt's father, William, was the richest man on earth at the time of his death in 1896 with a fortune of almost two hundred million dollars, the equivalent to a mindboggling \$5,015,664,899 in today's currency. Commodore Vanderbilt had built the family fortune as a railroad mogul and his son had managed to quite nearly double his inheritance by the time he died.

George Vanderbilt visited North Carolina and decided he would build himself a country home near Asheville. Biltmore House remains the largest privately owned residence in the United States today.

The scion to the Vanderbilt fortune married Edith Stuyvesant Dresser in 1898; the couple had one daughter, Cornelia. George Vanderbilt died unexpectedly of heart failure on March 6, 1914. Vanderbilt was only fifty-one at the time of his death.

Edith Vanderbilt met and married Peter Goelet Gerry (pronounced GARY). Peter Gerry was the descendant of Elbridge Gerry, a Vice President of the United States and a signatory of the Declaration of Independence. Elbridge Gerry is perhaps best remembered today for being the father of "gerrymandering", the process by which political subdivisions are divided for the purpose of helping a particular political party retain control.

Peter Gerry was born September 18, 1879 (making him six years younger than Edith) and he and his brother Robert were tutored as children by William Mackenzie King, a later Prime Minister of Canada. Gerry attended Harvard and began the practice of law in Rhode Island in 1906.



Senator Peter Gerry of Rhode Island (left) with Senator Josiah W. Bailey of North Carolina

Gerry's first marriage was to Mathilde Townsend who was herself from a wealthy family and prominent in Washington society. The union between Gerry and his first wife ended in divorce in 1925. Peter Gerry's personal appearance coincided with his chosen profession; he was well tailored and as he aged, he looked more and more like the popular conception of a Senator of the United States.

Peter Gerry was less interested in practicing law than politics and when he first became interested in public service, Rhode Island was a predominately Republican state. Gerry was a Democrat and won election to Congress in 1912 when the national Republican Party was torn asunder by the bitter fight between incumbent President William Howard Taft and former President Theodore Roosevelt. Gerry lost his bid for reelection in 1914, largely due to the Republican Party again being united. Gerry decided to seek election to the United States Senate in 1916 against Republican Henry F. Lippitt. Gerry won the election and was reelected in 1922. Senator Gerry was unseated in 1928 by Felix Hebert, a year when the Republican Party was very strong across the country. Gerry tried to make a political comeback in 1930, challenging Rhode Island's other Republican Senator Jesse H. Metcalfe, but was unsuccessful.

Gerry was an urbane and very wealthy man, as was Jesse Metcalfe. Both Metcalfe and Gerry also owned significant interests in newspapers in Providence, Rhode Island and neither man objected to spending freely from his personal funds for their respective campaigns. Gerry proved to be a shrewd politician and employed as his Secretary (today it would be Chief of Staff) James A. Byrn, a clever Irishman who thoroughly understood the rough and tumble of Rhode Island politics. Campaigns in Rhode Island were hardly sedate affairs, nor oftentimes very pretty. Money spent in the right places frequently had the effect of determining the outcome of elections in Rhode Island. Gerry was a Yankee Democrat and his defeat in 1928 was not only due to the Republican tide, but the fact his Republican opponent, Felix Hebert, was of French extraction and there was a large contingent of Rhode Islanders who were of French descent.

Following his defeat by Senator Jesse Metcalfe, Peter Gerry was not done with politics by any means and he kept a careful eye on political developments in Rhode Island through six years of forced exile. The Great Depression, as it did in many other states across the country, helped to transform politics and voting patterns in Rhode Island. Democrats captured the governorship with the election of Theodore Francis Green in 1932. Green, like Gerry, was a very wealthy Yankee Democrat who also employed a politically savvy Irishman as his secretary, but the similarities ended there. The two men would become intraparty rivals and neither much liked the other. Green and Gerry would comprise the top of the Democratic ticket in

1934; Green was seeking reelection as governor while Peter Gerry fought a rematch with Republican Senator Felix Hebert. Both men were elected and Green joined Gerry in the Senate in 1936 when he defeated Senator Jesse H. Metcalfe.

Theodore Francis Green was an avid supporter of President Franklin D. Roosevelt, while Peter Gerry quickly became disillusioned with the New Deal. Green supported Roosevelt's efforts to pack the U. S. Supreme Court while Gerry became a leader in the Senate to defeat FDR's proposal. Theodore Francis Green was sixty-nine years old when he was first elected to the United States Senate and served for twenty-four years, finally retiring when he was ninety-two years old. Green was legendary for his frugality, almost always taking the street car to the Senate, while Peter Gerry employed a full staff to take care of himself and his wife.

Gerry did support much of Roosevelt's foreign policy, but his closest associates inside the Senate were men like Harry F. Byrd of Virginia and Josiah W. Bailey of North Carolina, both of whom were deeply conservative and hostile to much of the New Deal and Franklin Roosevelt personally. Senator Gerry, like many of his contemporaries, was more of a Wilsonian Democrat than a New Deal Democrat.

Not surprisingly, Peter and Edith Gerry were quite active in the social life of the Capitol. Senator and Mrs. Gerry maintained homes in Providence, Rhode Island, Washington, D. C., Asheville, North Carolina, New York City, and an estate in Lake Delaware, New York. Much of Senator's Gerry's

wealth was tied up in real estate and the Gerry family owned considerable commercial property in New York. Edith Vanderbilt Gerry had not inherited the bulk of her first husband's wealth, which had gone to her daughter, Cornelia. Senator and Mrs. Gerry constantly sold off property to meet expenses, as Peter Gerry found it impossible to maintain their lifestyle on a senator's salary.

Senator Gerry was easily reelected in 1940 and continued to support Franklin D. Roosevelt's foreign policy as war loomed all across Europe. Gerry was not a power in the Senate and his interrupted service kept him from attaining a committee chairmanship. Personally, Gerry was courtly and kind to visitors and callers and while he had no children, nieces and nephews still remember him as an imposing man, although not an especially doting uncle. He had been unusually close to his brother Robert during their shared childhood, but over the years the two drifted apart. One of Robert's nephews vividly recalls visiting his grandfather at his estate in Lake Delaware, New York, which adjoined that owned by his Uncle Peter. Robert and his grandson were out shooting and suddenly Senator Gerry appeared out of the woods and loudly complained, causing Robert to mutter under his breath, "I wish you'd shot the son-of-a-bitch!"

Peter Gerry did not seek reelection to the United States Senate in 1946 and while he was sixty-seven years old at the time, many of his colleagues continued running long after seventy. Gerry may have decided not to run due to the fact Rhode Island's much younger and very ambitious Governor

J. Howard McGrath was anxious to go to the Senate. Peter Gerry may have felt he didn't care to go to the expense and effort of another campaign in what would be a very difficult primary campaign. Gerry's retirement may also have had much to do with declining health.

Peter and Edith Gerry retired and continued to divide their time between various homes. Edith Vanderbilt Gerry is still remembered by Gerry family members as a charming and entertaining woman, even after suffering a serious stroke. Peter Gerry began suffering from dementia and died on October 31, 1957 at age seventy-eight. Oddly, he died within a few hours of the brother he had been so close to in his younger days.

Despite having served in Congress for twenty-six years and through some of our country's most harrowing times, Peter G. Gerry is little remembered today, even in Rhode Island. The Providence airport is named for his longtime rival Theodore Francis Green; there is no similar memorial to Peter Gerry. The home Gerry shared with Edith Vanderbilt Gerry in Providence is now a gallery affiliated with the Rhode Island School of Design, a bequest of Edith Gerry.

Senator Gerry's personal and political papers seemed to have disappeared following his death, which makes it even more difficult for historians to consider his career in Congress. Yet, during their time, Peter and Edith Gerry represented one of the ultimate "power couples" in Washington, D. C., as well as life in a different age.

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Boys & Girls Clubs gear up for summer

Cont. from page 1

enrich the lives of children who may not get equal access to educational activities, regardless of income.

Additionally, the organization's new Educational Outcomes Director, Dr. Pauletta Johnson, is designing programs and activities based around Tennessee's school curriculum that will keep kids learning in all areas of the club.

However, this summer won't be all learning and

no play.

"We've been organizing field trips, lining up guest speakers, and planning new activities to make sure kids will have fun at the Club this summer," Jackson added.

Brain Gain incorporates educational lessons into activities that kids enjoy doing over the summer. It will include special interest programs for kids in areas like reading, science, robotics, and art.

To help them prepare for a summer of learning

and fun, more than 300 local Comcast employees and their families and friends volunteered their time last Saturday to improve facilities at the Halls/Powell unit. The project involved building an 1/8 mile walking track at the Club along with cleaning and re-mulching flower beds. Comcast employees worked tirelessly alongside Boys & Girls Club employees and board members to see the project to completion.

"We are grateful that

Comcast has chosen to serve the Boys & Girls Clubs again this year," said Lisa Hurst, the President & CEO of the Boys & Girls Clubs of the Tennessee Valley. "It's extraordinary to see so many dedicated Comcast employees and community members come together

to volunteer. The walking trail project at the Halls/Powell Club will help us teach kids and teens the importance of a healthy, active lifestyle."

If you are interested in enrolling your child in the Boys & Girls Club, please call (865) 232-1116 or go

online to www.bgctnv.org to learn more, or stop by and fill out an application at any of our 14 locations in Knoxville, Blount, Loudon, and North Anderson counties.



On Saturday, April 13, 2013, Boys & Girls Clubs of the Tennessee Valley hosted their 4th Annual "WE CARE EVENT" Food Distribution at the Moses Teen Center in the parking lot, located at 291 Arthur Street, Knoxville. The event was free of charge to anyone who wanted to pick up food. Persons that showed up were able to fill up five to six grocery bags full of non-perishable food. Pictured above are (l-r) Lonnie and Porschia Clark and Kim Ma-deiros.

City Recycling Program Ends Affiliation With Recyclebank

Starting May 1st, the City of Knoxville's curbside recycling program will no longer be affiliated with the Recyclebank rewards program. Nothing else about the household curbside service will change. The move will save the City more than \$90,000 a year.

Any household reward points earned through Recyclebank will remain redeemable through the Recyclebank website.

The decision to discontinue the rewards program came after Recyclebank announced a change in the design of the program. Until now, Recyclebank has monitored the amount of waste recycled by each household and awarded points depending on volume. But the company, based in New York City, announced last month that it is changing to a "community-based rewards" program that would simply take the average of waste collected from all the households on a route

and award points evenly.

"Even before this change, our participation rates were low when compared to the overall costs to the City for the rewards program," said David Brace, the City's Public Service Director. "We expect this change would reduce that participation even further, so working with our contractor we have decided to end our participation in the Recyclebank program."

The City's curbside recycling program is run by contractor Waste Connections of Tennessee, Inc. Waste Connections had a sub-contract with Recyclebank for the rewards program, at a cost of 39 cents per month per household. That currently amounts to \$7,628.01 per month, or \$91,536.12 a year. The savings will be used to begin addressing the existing waiting list for the household curbside program.

From State Representative Harry Brooks

Cont. from page 1

Our Science Alliance Museums will receive grant funds to grow their program, consistent with the greater emphasis on science, technology, engineering, and math. Higher education remains a priority with state dollars. Financial aid scholarship programs benefit from this year's budget. We increased the operational funding for our higher education programs. Also in the budget is funding for equipment replacement and upgrades for our community and technological colleges.

Law, safety, and correction areas experienced changes in funding. We are

improving reimbursement rates for our residential and foster care youth programs. Due to an increase in felony arrest and conviction rates, more jail space is funded. The Tougher Gang Enhancement Sentencing Act requires additional dollars.

Throughout state government we have continued to reduce state personnel positions as well as operational expenses. These reductions result in a smaller than one percent increase in the state budget over last year even with increases in funding for some areas. Tennessee continues to be one of the nation's most fiscally sound state governments.

With the end of the legislative session for this year, this will be my last weekly update until winter when I will resume updates on a regular basis. You may hear from me from time to time before the next session if there is something newsworthy. In the meantime, my Nashville office will be staffed to take calls at 615-741-6879 or 800-449-8366 ext. 44556. I can be reached by email at rep.harry.brooks@capitol.tn.gov or if you would like to receive updates by email you can sign up at <http://www.capitol.tn.gov/lyris/h19s.html>.

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SHRIMP & TOMATO FLATBREAD \$1.99 19.5 OZ. ASSORTED PEANUTS - 2.5 OZ. 3 FOR \$1.00	SOUTHWEST RICE & BEANS W/CHICKEN 89¢ 7 OZ. 1-1.5 OZ. ASSORTED GRAVY MIXES 3 FOR \$1.00	CLUB GRILLER FRIES \$4.99 5 LB. BAG SLICED BACON - 12 OZ. \$1.99
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Colt Buchanan to play for Milligan after standout prep career

By Steve Williams

His first name fits him well. A hard-hitting first baseman and crafty left-handed pitcher, Colt Buchanan has been a horse for Pigeon Forge, again one of the top high school baseball teams in the state. He also loves the outdoors, fishing and hunting. Milligan College's picturesque campus in upper East Tennessee naturally caught his eye, like a hanging curve ball. Colt, short for Colton, will continue his baseball career at Milligan and have the opportunity to be a two-way player like he has been in high school. The four-year starter for Pigeon Forge signed scholarship papers with the Appalachian Athletic Conference school Wednesday, April 24. "Milligan has a beautiful campus," said Buchanan, who also bats from the left side. "Everybody up there was really nice. It felt like home." The 5-foot-11-inch, 195-pounder, who hits in the No. 4 spot in the Tigers' batting order, chose Milligan over Emory & Henry (Va.) College. King College in Bristol also showed interest. "No. 1, Colt is a great kid and comes from a great family," said Chris Gordon, Milligan's pitching coach and recruiting coordinator, after Buchanan became

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You get the batter's viewpoint as Colt Buchanan hurls a pitch this season for Pigeon Forge High. The Milligan College signee also plays first base and is one of the top hitters for the Tigers.

Farragut downs Eagles on Turn Back the Clock Night

By Ken Lay

Farragut High School's baseball team picked up a big non-district win on Turn Back the Clock Night Thursday at John Heatherly Field. The Admirals used stellar pitching, solid defense and timely hitting to defeat Gibbs 6-1 in a contest between two Knox County baseball powerhouses. "It was a big win against a good team," Farragut junior first baseman Chase Chambers said. "They can swing

it."

The Admirals (22-7) beat the Eagles after winning the District 4-AAA regular-season title with a win over William Blount Wednesday. Farragut took a 1-0 lead in the bottom of the second on an RBI single by Alex Schuettler that plated Chambers, who walked earlier in the inning. Admirals starting pitcher Patrick Raby gave up a leadoff

Continue on page 2

Baseball serves as bond for Pressley Twins

By Ken Lay

For years, Nick and Brad Pressley were battery mates on the baseball diamond. Nick and Brad are twins and they spent time playing the game together. The two twins excelled in baseball at Powell High School. After high school in 2008, Nick and Brad took their talents to Lincoln Memorial University. They left for Harrogate together but they didn't finish their college careers together. Nick, a catcher for the Panthers and Railsplitters, red-shirted as a freshman while

Brad pitched for four years at LMU. Nick opened the 2013 season not having his brother by his side on the field. "This year was the first time that Brad and I didn't play [baseball] together," Nick said. "The first practice was really weird. "We always played together. We threw bullpens in the back yard and we always had each other's back. We could always go to each other when we were struggling." Nick found his way on the field while Brad began pursuing a Masters of Business

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Panthers cash in, down Karns 3-2

By Ken Lay

Powell High School's baseball team experienced a wide range of emotions in the bottom of the sixth inning of its victory over rival Karns Tuesday night. When the dust had settled the Panthers had claimed a 3-2 non-district victory over the Beavers at Danny T. Maples Field. The frame started with Powell catcher Tanner Latham's leadoff single. Latham then gave way to courtesy runner Keegan Judd. Judd took second on a sacrifice bunt by Marcus Weaver and advanced to third on a groundout by Dean Kidd. Dalton Long then hit what appeared to be a two-run homer over the left-field fence. The round tripper,

however, didn't stand as the ball was ruled foul. "I thought it was a home run," Panthers coach Jay Scarbro said. But the umpire didn't agree and Long returned to the plate. The Panthers broke a 2-2 tie a short time later when Judd crossed the plate on a wild pitch. For his part, Long doubled after the eventual winning run had scored. For the Beavers (14-14), it was a game of missed opportunities. Karns blew a scoring chance in the top of the first inning. Leadoff hitter and center fielder George Elliot drew a walk to start things and Donovan Butler then reached on a bunt single. Matt Oster

then hit in to a double play. Elliot advanced to third before Long, the Panthers' starting pitcher, got Hagan Kennedy on an inning-ending grounder. While Karns missed its chances, Powell (16-10) cashed in on its opportunities in the bottom of the inning. The Panthers scored a pair of runs with two outs. Hagen Owenby singled and stole second. He scored when Latham reached on an error. Weaver gave Powell a 2-0 lead when he plated Judd (who was running for Latham) with an RBI single. The Beavers threatened again in the second but Long benefited from another double play in

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PHOTO BY DAN ANDREWS.

Powell's Keegan Judd scores the winning run in the Panthers' 3-2 victory over Karns as Beavers' pitcher Chase McCallister looks on Tuesday night at Danny T. Maples Field. Judd came home on a wild pitch in the bottom of the sixth inning.

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Big turnout shows fans' appreciation of new UT coach

Since Butch Jones became University of Tennessee's head football coach last December, everything he touches seems to turn to gold, or in this case, orange.

Even the weather for the Orange and White spring game on April 20 was perfect for football – around 58 degrees with blue skies for the 2 o'clock Saturday afternoon kickoff.

If Derek Dooley was still the head coach, knowing his luck, it would have been a record 90 degrees or pouring down rain.

The turnout of over 61,000 fans, I believe, was their way of saying "thank you" to Jones for being here and wanting to be here, and the changes he has made on and off the field to get the Vols' program headed in the right direction again.

Over 500 former UT players reportedly were here for the game – the result of Jones' efforts to make ex-Vols once again feel welcomed and appreciated.

Jones pointed to the big



By Steve Williams

crowd as another example of Tennessee being "the best place in all of college football."

Butch, you ain't seen nothin' yet. Just wait to you guys starting winning!

There's still a lot of work to be done, obviously, after three straight losing seasons, but Jones has rolled up his sleeves and has said he is committed to being here for a long time.

Since the controversial forceout of longtime head coach Phillip Fulmer in 2008, Jones appears to be a much better fit for the program than the previous two replacements. He's not brash like Lane Kiffin was or as rigid and hard to get along with behind the scenes as Dooley reportedly was.

Jones has been successful in previous coaching stops and now is genuinely humbled to be heading up one of college football's most storied programs. It's been especially good to see Jones' efforts in reestablishing the "family atmosphere" in the Tennessee program,

which was so strong in the Johnny Majors and Fulmer eras, and also reach out to strengthen relations with high school football coaches across the state.

Jones hasn't coached a single game yet on The Hill, but he's building a solid foundation. Some fans even say he resembles a young General Neyland.

POST-GAME QUOTES from Coach Jones that caught my eye:

On the quarterbacks: "It's wide open." That means freshmen Joshua Dobbs and Riley Ferguson will be getting a serious look when they report to Knoxville.

Encouraged by: "Upfront, defensively." That's a bonus, considering the offensive line is supposed to be a team strength. So every time you look at that daunting 2013 schedule, just repeat that old football saying: Games are won and lost on the line of scrimmage.

On must haves: "What we have to find is playmakers . . . We have to force turnovers." Some things never change.

On running back Alden Hill: "A great surprise." Most

UT fans had never heard of this guy until midway through spring practice. Hill is a red-shirt freshman from Alliance, Ohio. A physical runner, the 6-2, 217-pounder was the top ground gainer in the spring game with 101 yards on 18 carries. He also was one of the recipients of the John Stucky Iron Vol Award this spring.

On Corey Vereen: "He's the type of individual we want to recruit . . . He is quick twitch, he is explosive, but now he needs to get bigger." The 6-2, 230-pound freshman linebacker from Winter Garden, Fla., had four first-half sacks of quarterbacks wearing non-contact jerseys and five total tackles.

On the squad overall: "This football team is as eager and as willing as any football team that I have ever coached." We can't ask for anymore.

CODY BLANC, former Knoxville Central High standout, caught a 58-yard touchdown pass from Justin Worley in the second quarter. Blanc (6-3, 202) is a sophomore wide receiver.

Senior kicker/punter

Michael Palardy, who has often been criticized by fans in his Vol career, had a good day, drilling a 52-yard field goal to end the first half. He also booted a 42-yarder in the first quarter and a 36-yarder in the fourth quarter and averaged 42.8 yards on four punts.

ONE CHANGE, PLEASE: The Orange beat the White 95-71. That's a basketball score. This was a football game. Coach Jones, in the future, divide the squad anyway you want to get the most from the scrimmage, and reward points on paper however you see fit, revealing those numbers with the team later on. I think most fans prefer traditional scoring in the spring game. If the ones beat the twos by a score of 49-3, that's okay. Just give us what we can understand. When we look at the scoreboard, we want to see a football score.

COUNTING THE DAYS: It's 124 days until Tennessee kicks off the 2013 season on August 31 against Austin Peay. If Coach Jones continues to work at the pace he has been since he got here, that time will go by fast.



Tylor Carter compares muscles with Tennessee senior defensive lineman Jacques Smith of Ooltewah at UT Fan Appreciation Day before the Orange and White Spring game April 20. Carter is 12 years old and lives in Johnson City. He is the son of Steven Carter of Johnson City and Olivia Morgan of Knoxville. His stepfather, Jay Morgan, took Tylor to the game. "He told his mom they were twin brothers because they both were flexing," said Jay. "She said, 'Honey, you have a long way to go before having arms like that.' Tylor was tickled to death and got to meet Coach Jones and get his autograph, too. He's All-Vol, but it was the first time he's got to go to Neyland Stadium."

Baseball serves as bond for Pressley Twins

Cont. from page 1

Administration Degree in Harrogate.

Nick, who is currently fulfilling his student teaching requirements, had a stellar senior season and led the Railsplitters to a South Atlantic Conference Tournament Championship recently. He hit .330 and scored 43 runs and had 33 runs batted in. He had 17 doubles, three triples and hit a home run in the SAC Championships.

Next stop for Nick and Lincoln Memorial is the NCAA Division II Tournament next month. LMU (26-24) went 13-14 in the SAC regular season before winning the conference tourney.

"We were definitely the underdogs," Nick said. "But it was great to see everybody come together and get that 'W.'"

As for Brad, who will receive his MBA in June, he followed his former team

from afar. "I was proud of Nick and I was proud for all the guys on the team," said Brad, who works as a graduate assistant in LMU's business department. "The team had most of the guys that I played with [last season] and we didn't have that good of a year."

The two brothers, like all brothers, pitchers and catchers, didn't always see eye to eye. But Nick and Brad always trusted each other.

"Our relationship is different than ones that you have with other teammates," Brad said. "We would get into arguments but we could always trust each other."

"I could trust him to do his part and he could trust me to do my job. He always knew what to say to me when he would come out to the mound and calm me down. He knew what to tell me better than the coaches did."

Why not?

The brothers began playing together as children at Powell Levi Field.

Their lives after baseball will likely go in different directions. Nick is planning to teach and coach while Brad looks forward to a career in sports marketing.

"I miss the game and it drives me crazy when I'm not playing," Brad said. "I'm not sure about coaching. I may coach my kid one day and I'll send him to Nick to learn how to hit."

Nick, who maintains a friendship with Powell coach Jay Scarbro, would love to coach at his alma mater someday.

"I would love nothing more than to come back and coach at Powell High School," Nick said. My [former high school teammate Andrew Green [who played at East Tennessee State] and I have talked about it."

Nick and Brad's mother Angela teaches at Powell High. She keeps their friends and former Powell teammates updated on her sons' progress.

"It's nice to have a place to come home to," Brad said. "It's nice to know that people still care about you."

Nick agreed.

"My friends are always asking my mom about me," he said.

The Pressley Brothers may have their differences but both are proud of the Powell Community.

"I couldn't think of a better place to play and grow up in," Nick said. "You always have the community's support."

Brad echoed his brother's sentiments.

"I played baseball and football at Powell and I loved every minute of it," Brad said.

Panthers cash in, down Karns 3-2

Cont. from page 1

the inning.

"I tip my hat to Powell," Karns coach Matt Hurley said. "They made the plays when they had to."

"Both teams battled and both teams competed. Right now, every game we play is to get us ready for the district tournament."

Karns knotted the contest with two runs in the top of the fourth. Oster led off the frame with a double. He would pull the Beavers to within 2-1 when he came home on a wild pitch. Will Harris tied the game with an RBI single.

Both coaches were pleased with the efforts of their respective starting pitchers. Karns sophomore Chase McCallister threw a complete game. He surrendered five hits and a walk. He also had a strikeout.

"He threw well," Hurley

said of McCallister. "He really came through. He pitched his tail off."

Meanwhile, Scarbro said that both Long and reliever Clay Payne (who pitched two innings of scoreless relief en route to picking up a win) were stellar.

"Both of our pitchers threw really well," Scarbro said. "Dalton came in and got us off to a good start."

"Clay [who started as the Panthers' designated hitter] did a great job. One of the hardest things to do is be a position player and play DH and then come in and pitch after you've been sitting on the bench all day."

Payne gave up a single to Aaron Clark, the first hitter he faced. Powell's reliever struck out two and fanned Butler to end the game.

The game might not have counted in the District 3-AAA standings, but

it was a huge victory for the Panthers.

"This was a big win for us," Scarbro said. "Our pitchers did a great job against a good hitting team. Karns is well-coached and I look for them to make a run in the district tournament."

"This was not a district game. We play everybody once and we play in pods. We play Halls twice and Central twice. When our district schedule went from 14 games to 10, I called the [district] coaches and asked if they wanted to play some extra [non-district] games."

Hyde returns to Panthers:

Powell sophomore Koby Hyde returned to the team Tuesday night. Hyde, who was injured in a car accident before the season started, threw the ceremonial first pitch.

Farragut downs Eagles on Turn Back the Clock Night

Cont. from page 1

single to Brad Cottrill before striking out the side to end the first inning. Raby would cruise through the first four innings. He plunked Cottrill with two outs in the third and gave up a single to Taylor McMurray in the fourth. Cottrill was stranded and McMurray was erased on a double play.

"Patrick was pounding the zone and he did a really good job," Farragut coach Matt Buckner said.

Raby gave up one

run, four hits and a walk over six innings. He finished with seven strikeouts before reliever Chris Hutson pitched a flawless seventh inning.

The Admirals added three runs in the fourth as Brett Hagenow had an RBI single and Sam Schultze drove in a run with a groundout. Farragut picked up another run on a Gibbs error.

The Eagles (19-10) scored their lone run in the fifth when a single by Cottrill that scored Trey

Carpenter. Raby escaped further damage when he induced Zach Ogle to rap into a double play.

"Zach hit the ball hard and if he hits it five more feet then we're in a 4-3 ball game," Gibbs coach Geoff Davis said.

Farragut added two more runs in the sixth on a home run by freshman third baseman Duncan Pence.

Davis said that he was pleased with his team's effort.

"It's always neat to play in this game. It's a neat experience," Davis said. "We came out here and faced a quality lineup. That two-run home run was big for them."

"We played pretty well against a quality team."

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Correction: In the April 15 Focus, Andre Doss and Jesse Aaron Byers of the East Tennessee Golden Gloves tournament were misidentified in a caption. The Focus regrets the error.

Colt Buchanan to play for Milligan after standout prep career

Cont. from page 1
the Buffaloes' 11th
signee of the year. "And
his high school coach,
Mike Guinn, consistently
produces players with
a good base knowledge
of the game and players
who have been winners."
Guinn, whose current
squad is 28-2 heading
into tonight's 7 o'clock
regular season finale
at Sevier County, said
Buchanan is "one of our
top pitchers this year
and has been outstanding.
He has command of
three pitches – fastball,
change-up and curve. He
also is excellent defen-
sively at first base and
a solid hitter with gap
power to all fields."
"He's the yes sir, no
sir type, a hard-work-
ing young man who has
gotten better each year."
Said Milligan's Coach
Gordon: "Colt is great
around the bag and a
great contact hitter. I
see him hitting home
runs and even more
doubles. He's a Lyle
Overbay type player."
Overbay, veteran
major leaguer, current-
ly is the New York Yan-
kees' first baseman.
"We're going to allow
Colt to do both (play first
base and pitch)," added

Gordon. "We'll definitely
give him the opportuni-
ty. His immediate impact
will be at first base."
Buchanan admitted,
"I'm probably stronger
as a first baseman, but
I love pitching, too."
Like many boys grow-
ing up, he's had "a life-
long dream to play major
league baseball."
Favorite team
and player?
"Always the New York
Yankees and (first base-
man) Jason Giambi
(who now plays for
the Cleveland Indi-
ans)," he answered.
Buchanan plans to
major in aquatic biolo-
gy, which will lead some-
day to a job of "going out
in the lakes and rivers,
testing pH levels, study-
ing and tagging fish and
their migratory patterns."
"I've been fishing since
I was 3 years old, and
within the last year I've
gotten into hunting water
fowl, ducks and geese."
Colt's focus right now is
on Pigeon Forge baseball.
"The goal of our
entire team is get-
ting to the state and
winning," he said.
The Tigers reached
the state semifinals last
season. In fact, Buchanan



Colt Buchanan, flanked by his parents Trish and Jason Buchanan, signs baseball scholarship papers with Milligan College at Pigeon Forge High School. Also on hand for the signing are, from left, PFHS assistants Tyler Woodruff and Eric Sharpe, head coach Mike Guinn, Coach Chris Gordon of Milligan and Pigeon Forge athletic director Jim Lethco.

came in to pitch in the
season-ending 2-1 loss to
Goodpasture, one of the
pitching highlights of his
prep career despite the
loss. He also has hurled
two no-hitters in previous
seasons for the Tigers.
In 31 innings pitched
this season, Buchan-
an has a 5-1 record,
1.11 ERA, 37 strikeouts

and allowed only three
bases on balls.
Offensively, Buchanan
is probably best known
for his knack of get-
ting on base. In 63 at-
bats, he is hitting .381,
with one home run, two
doubles, one triple, 18
RBI and a slugging per-
centage of .476.
Pigeon Forge will be

trying to make it back
to the state tournament
for the third time in six
seasons under Coach
Guinn when the Dis-
trict 3-AA tourney gets
underway Friday, May
3, with games at Gibbs
and Pigeon Forge.
"We have good senior
leaders," said Guinn,
"and Colt is definitely

one of them."
Buchanan's future
NAIA team also will be
in post-season play this
week, as Milligan com-
petes in the AAC tour-
ney at Hunter Wright
Stadium in Kingsport.

Birchfield stresses positive lessons with Explosion

By Ken Lay
When Joe Birchfield
founded the Knoxville
Explosion softball pro-
gram he wanted to pro-
vide a positive experi-
ence for young play-
ers regardless of talent
level or socio-econ-
omic background.
"We don't focus on
wins and losses," said
Birchfield, who started
the program in 2007.
"We concentrate on
effort, not results."
"I started [coaching] in
men's softball and then
moved to baseball and
then went to girls softball

and I just got tired of
watching coaches go out
and verbally abuse kids.
Some of these coaches
don't have the tools."
Birchfield started the
Explosion Organization,
which now has six teams
and five head coaches,
wanting to make a dif-
ference by making the
game of softball fun.
"We're going to be dif-
ferent," said Birchfield,
who coaches both the
14-U and '00 teams.
"When you ask a girl
why she plays soft-
ball, she tells you that
it's fun. That's the first
thing that she tells you.
"And it's a game. We
know that you're going to

make errors and when
one of our girls makes
an error, we tell them to
flush it and they make
a flushing motion with
their hands. We know
that you're going to
make errors, but what
we don't want is to
make another error."
All of the Knoxville
Explosion head coach-
es belong to the Posi-
tive Coaches Associa-
tion (PCA) and take
an on-line course that
teaches them to coach
in an upbeat manner.
The Explosion coach-
es, who include Birch-
field, Craig Webb ('01),
Brad Young ('02), Scott
Blankenship ('03) and

Shane Alvey (8-U) all
must know the game
and be good to the kids,
according to Birchfield.
"We coach kids but we
don't berate them," Birch-
field said. "We have physi-
cal and mental training in
our program. "Our play-
ers get instruction from
[coaches from the Knox-
ville] Thunder School.
I have the girls go to
Johnny Long [for strength
and conditioning] and
we have a mental con-
ditioning program that
we got from the Navy."
Birchfield also said
that he wants all play-
ers to enjoy softball.
"I have kids who have
parents who are doctors
and lawyers and I also
have kids who are dirt
poor," he said. "I have
some kids who have par-
ents who are in legal
trouble or jail and I have
kids whose parents may
not be in the picture."
No player is turned
away due to finan-
cial hardships.
Birchfield hosts the

Atomic City Baseball Tour-
nament in Oak Ridge to
raise money for the Explo-
sion. The Explosion play-
ers work the tournament,
a fall fundraiser that
raises 90 percent of the
program's money. Other
revenue to run the pro-
gram comes from cor-
porate sponsorships.
All the coach-
es are volunteers.
"One hundred percent
of the money we raise
goes to the kids," Birch-
field said. "The coach-
es don't get paid."
"The girls [players]
are all great girls and
they all hold a special
place in my heart."
The Knoxville Explo-
sion Organization is com-
prised of successful
teams. Softball, however,
is only part of the story.
Each player must
take care of her aca-
demic responsibilities,
behave in school and per-
form community service
during the offseason.
"I'm a stickler for
grades and if a kid gets

in trouble in school, they
have to come and tell me
and I sit them," Birch-
field said. "The girls also
do community service."
"We've adopted the
Smoky Mountain Chil-
dren's Home and most of
our girls buy Christmas
presents for those kids.
Some of our other teams
spend time around Christ-
mas at a vets' home."
Birchfield makes no
bones about the fact
that he doesn't empha-
size winning but the 2013
season has begun for four
of the five teams. Those
squads have already com-
bined to win 100 games.
The Explosion's 14-U
team will begin its season
after the high school
season is completed.
Birchfield said that
all of his older players
have made their respec-
tive middle school and
high school teams.
"We have a 100 per-
cent success rate with
our kids making their
high school or middle
school teams," he said.

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Kim Underwood, a registered nurse with years of experience, currently serves as the parish nurse at Wallace Memorial Baptist Church. Kim shares staggering 2010 statistics from the Centers for Disease Control and Prevention (CDC) in the following paragraphs. "More than 34 million unpaid caregivers provide care to someone age 18 and older who is ill or has a disability [American Association of Retired Persons (AARP), 2008]. Unpaid caregivers provide an estimated 90% of the long-term care [Institute on Medicine (IOM), 2008]. The typical caregiver is a 46-year-old woman with some college experience and provides more than 20 hours of care each week to her mother [National Alliance for Caregiving (NAC), 2004]."

I was intrigued that faith was recognized in the CDC's data. "About 73% of surveyed caregivers said praying helps them cope with caregiving stress, 61% said that they talk with or



By Ralphine Major
ralphine3@yahoo.com

seek advice from friends or relatives, and 44% read about caregiving in books or other materials (NAC, 2004). About 30% said they need help keeping the person they care for safe (NAC, 2004)."

Readers of this column may find themselves among these alarming statistics if they have not already. "Caregivers report having difficulty finding time for one's self (35%), managing emotional and physical stress (29%), and balancing work and family responsibilities (29%) (NAC, 2004). Half (53%) of caregivers who said their health had gotten worse due to caregiving also said the decline in their health has affected their ability to provide care (NAC, 2006). Caregivers said they do not go to the doctor because they put their family's needs first (67% said that is a major reason), or they put the care recipient's needs over their own (57%). More than half (51%) said they do not have time to take care of themselves and almost half (49%) said they are too tired to do so (NAC, 2004)." (www.cdc.gov/aging/caregiving/facts.htm).

Wallace Memorial has invited more than thirty organizations to participate in a "Caring for the Caregivers" resource fair. The agencies will demonstrate their services and products as well as answer questions from attendees. "With a population of parents that are living longer and stretching out their quality years as well as years with not so much quality, our spouses and children (Boomers) are having to step into the "caregiver" role

like no time before," Wallace Memorial's Associate Pastor to Senior Adults, Rev. Kent Williams, said. "We hope to let the community know that we realize this at Wallace, and we want to be a part of improving the quality of life for the aging parent; but, also, we want to improve the quality of the caregiving spouse and/or the caregiving children. There are resources out there that let everyone know they do not need to go at this alone."

On Saturday, May 4, from 10:00 a.m. until 2:00 p.m., Wallace Memorial will host the caregivers fair for senior adults and caregivers of all ages. The speakers, both of whom are well known in the Knoxville area, are scheduled concurrently at 10:30 a.m. and 12:00 noon so attendees may hear each of them. Bob Coyne was the primary caregiver for his wife during her eight-year illness. Since her death, he has dedicated himself to empowering and encouraging caregivers through his seminars. Blake McCoy is CEO of Independent Insurance Consultants. He regularly provides community education sessions on Unraveling the Medicare Mystery, Health, Long-Term Care, Life and Retirement.

The event is free and open to the community. "What Wallace is presenting is probably just the tip of the iceberg as far as resources go. Our desire is to help people get connected to available resources," Rev. Williams added. Wallace Memorial is located at 701 Merchant Drive, Knoxville, Tennessee. For more information call 865-688-4343 or visit www.wmbc.net. Whether you are caring for a spouse, a special needs child, a sibling, or aging parents, this resource fair is for you!

Finding inspiration

Inspiration is defined as "the action or power of moving the intellect or emotions." Most of us acknowledge its effects on our feelings, but we also recognize inspiration during those "AH HA" moments. What's wonderful is inspiration can come from so many different areas.

Many of us find inspiration from celebrities. Sometimes actors or actresses put their support behind a project, and in doing so, they inspire others to join in. Recently, local hero Peyton Manning donated half a million dollars to the Pat Summitt Foundation fighting Alzheimer's. Those of us who have always idolized the former quarterback are more likely to pour money into this foundation because of his act and because the person for whom the organization is named is also an icon around here.

Children often find inspiration in the athletes whom they watch. All it takes is an outstanding performance on the field or court, and a young person will be off in a minute to practice the moves his hero displayed in the latest game. When I was a boy, Pete Rose was my inspiration. "Charlie Hustle" outworked most ball players, many of whom had superior athletic ability. Rose made up for his shortcomings by playing all-out. No, I never emulated his play on the field, but he so inspired me that I tried to instill that same work ethic in players



By Joe Rector

I coached through the years.

Even the seasons offer inspiration. Yes, I love Christmas time, but spring and summer strike perfect chords with me. Waking up on a spring morn-

ing, I lie still and listen to a chorus of birds chirping as they build nests and tend to their young. Summer and its warm weather call me from the bed and into the yard to mow or to the golf course to play a round and enjoy the early morning sun.

In my lifetime, inspiration has been sparked by some wonderful ministers. The first man was Bill Menees, a Methodist minister who served a church where I attended college. Another person is Bob Landry. A Disciples of Christ minister, his sermons were like beautiful prose that painted pictures that forever have remained vivid in my mind. Doug Meister also inspired me. One of the two best friends in my life, he and I talked about and debated theology, and because of his patient and knowledge, I developed a stronger faith. Now, Catherine Nance, minister at Beaver Ridge Methodist Church, inspires me. I never leave a service without her words having moved me and given me the desire to "do better."

Like most folks, my inspiration most often has come from family. In the case of my parents, it wasn't until I became an adult that I understood just how much their actions had guided

what I wanted to accomplish. They valued education, even though Daddy didn't have much, and that inspired me to earn a college degree, as well as my brothers and our wives have. It also reached to our children who have completed their schooling and hold degrees.

My wonderful wife has inspired me for nearly forty years. Her kindness, intelligence, and wisdom have given me the strength to take risks and pursue such loves as the one I have for writing. Amy has also inspired me to work hard so that we can give a portion of our earnings to things important to our lives. Most of all, she's accepted me, warts and all, and that goads me to be as open in my dealings with all others.

Even my children and grandson inspire me. Their love of life and balanced approach to it have caused me to re-evaluate long held beliefs to the point that I now see that many things aren't so important after all. Their smiles and laughter and love make me want to spend more time with them than I have in the past and to get to know them as individuals, not just my "young-uns."

An inspired life is one lived to its fullest. It's important that each of us find it in our work, relationships, or our faith. Without inspiration, living is little more than marking the minutes until we cease to exist. Maybe we should work to be that inspiring force in another's life. It would be a great accomplishment.

Church Happenings

Calvary Baptist Church

Calvary Baptist Church, Heiskel, is putting a community garden on the back of our church lot. We invite anyone interested in helping or working in the garden

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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.
Bus Ministry -
For transportation call 546-0001.

to come on out. Our youth group is still growing and we appreciate all of those young people who attend regularly and participate in the programs. We invite anyone interested in joining our church to come on out on for our Sunday morning Sunday school and church services. We also have bible study on Wednesday evenings. Anyone wishing information about Calvary Baptist Church can call our pastor, Reverend Mike Wankowski at 865 769 2219.

Fountain City United Methodist Church

Church Wide Rummage Sale will be held May 4th - 8:30 a.m. - 2:00 p.m.

Rain or shine. \$3.00 Brown Bag-a-Bargain 12-2. See our ad on D4!

Knoxville Fellowship

Luncheon

The Knoxville Fellowship Luncheon will meet April 30, 2013 at the Golden Corral on Clinton Highway at noon. Wes Melton will be the guest speaker.

Seymour United Methodist Church

Every Tuesday, the Grief Share support group meets at 6:30 p.m.; Chancel Choir practice is also at 6:30 p.m. Exercise classes are also on Tuesdays at 6:30 p.m.

The weekly Divorce Care program will meet on Wed., 5/1/13, at 6 p.m. with this week's topic being, "Kid Care."

The weekly fellowship meal will be held this Wed., 5/1/13, at 5:30 p.m., followed this week at 6:30 p.m. by a worship service or perhaps small groups.

HALLS CHRISTIAN CHURCH

Corner of Hill Road and Fort Sumter Road

Larry Woods, Minister • 922-4210 • www.hallschristian.net

Sunday School - 9:45 a.m. • Morning Worship - 10:45 a.m.

Evening Worship - 6:30 p.m.

Wednesday Bible Study - 6:30 p.m.

Where Christ is Making a Difference in Our Lives and in Our Community

The Shirleys
Singers, Songwriters, Musicians

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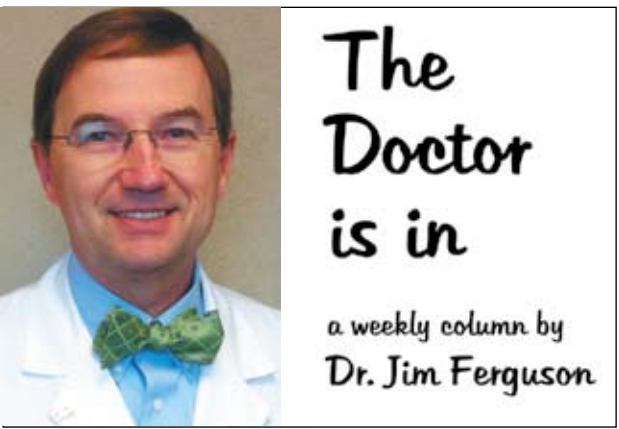
When: Sunday, May 5 at 6:00 p.m.

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

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

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

No Charge, No Tickets, but a Love Offering will be taken. Don't Miss It!



The
Doctor
is in

a weekly column by
Dr. Jim Ferguson

Off the Grid

The lady called my office looking for a doctor who did not use electronic medical records (EMR). I've been in medicine forty years, but this selection criterion was a new one for me. My staff explained that Obama-care mandates that all doctors must use an approved EMR system by January 2014 or face escalating fines intending to force compliance or retirement. She was told that all Summit doctors have converted to electronic records. The lady said thank you, but she did not want her health records to be available to the government or even to be on the protected internal network of Summit (intranet) let alone the internet. The term goblapped is used by the British to describe being figuratively slapped in the face.

These days I find myself frequently goblapped or dumfounded by the news or even events in my medical practice. Generally, I feel I'm fulfilling my destiny (see next week's essay) by practicing medicine, as well as "speaking the truth in love," here in *The Focus*. However, it's a lot harder these days where compliance with regulations is more important than patient care issues and terrorists walk among us. People often blame insurance companies or the government for the problems we face in medicine these days. Actually we citizens are also responsible for the mess. We have chosen security and drive-through medical care over personal responsibility and freedom. We expect everything and want to pay nothing. Medical-care, through

pre-paid insurance, presents the dilemma of use it or lose it. Despite the problems there is still joy in helping people with their medical problems. I used to have a more paternalistic attitude with my patients as I shepherded their care because I cared. I still care, but a wise colleague told me that I could not afford to care more than patients do; wise words for a take-charge guy. It's interesting that the mantra of the ACO (accountable care organization) is again managing patients. The emphasis is limit excessive testing and specialist referral, overuse of the emergency room. The use of care coordinators strive to prevent repeated hospitalization from oversight of details in complex medical patients, often co-managed with numerous specialists. Long ago I figured out that the greatest joy in medicine is not being able to make the arcane diagnosis, or recite the latest research data, but the long term relationship with the people you care for and care about. We do a lot of physical exams these days, though there is scant data on the value of yearly physicals. There are measurable benefits of checking blood pressure and

cholesterol, and scheduling screening tests like mammograms. However, there are intangible benefits with physicals where you renew relationship with your doctor whom you hope will be by your side in a crisis. We do a lot of *wellness exams* these days in the hopes that early detection of problems and lifestyle counseling will make a difference. I frequently see couples on the same day and I have to be careful as I discuss issues with them often together in my office after the examination. As I multitask I've caught myself recording how her prostate felt! Recently, I entered the exam room to find a couple undressing together rather than in adjacent exam rooms. I guess they thought that since they've been undressing together for 50 years this wasn't an issue, but it seemed a bit awkward in my office. Assumptions in medicine can be dangerous. My nurse usually does preliminary interview with patients checking their medications and recording their vital signs. My nurse was interviewing *Mr. and Ms. Jones* together in an exam room. Mr. Jones was asked why he was seeing the doctor that day. He

looked sheepishly at *Mrs. Jones* and my nurse and said he'd rather not say why he was there in front of a woman he didn't know! Though their last names were the same and their appointments were close, they were strangers! One of the most common tests done in a doctor's office is a urinalysis, and a common abnormality is hidden blood in the urine (hematuria). While it is true that many serious diseases like cancer are associated with blood in the urine, the incidence of serious disease is low. The big decision is who should have CT scans with radiation exposure or cystoscopy, an invasive procedure where doctors use a scope to look into the bladder. A recent article in the prestigious Mayo Clinic Proceedings shed some light on this conundrum. They found that most cancers occurred in patients who had visible blood in their urine and were more than 50 years old. Additional risk factors included male sex, smoking and prior exposure to certain industrial chemicals and radiation. Of course, the final decision should be discussed with your doctor, perhaps tempered by the second opinion of a specialist.

I was gob-slapped again this week when one of the four internists in our call group announced his intention to leave hospital practice and turn over the care of his hospitalized patients to others. When I started in private practice thirty-four years ago I was on-call every third night and every third weekend. My two partners and I cared for our patients in three hospitals. I'm not sure I'm strong enough to be on-call again every third night. The "spirit [may be] willing, but the body is weak." Douglas McArthur once said, "Old soldiers don't die, they just fade away." I don't want this perspective applied to this *older doctor*. Even one with a new picture at patient's request.

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.

American Cancer Society Raises Cancer Awareness with Relay For Life

Teams camp overnight to show that cancer never sleeps

The American Cancer Society hosts the Relay For Life of North Knoxville each year to raise awareness about cancer. This year's event will be held on May 3-4 at Tennova North Campus from 6 p.m. -6 a.m. There will be a Zumbathon from 8-10 p.m. The event will also include face painting, photo booth, tethered hot air balloon rides and other family-friendly activities. Grison Ridge will perform at 10:00 p.m. Relay teams will be cooking delicious food for donations. Bring the family for dinner and don't forget a fried Oreo or funnel cake for dessert! Registered community teams-Tennova, Tennessee Cancer Specialists, Halls Walmart, KUB, Team Rascal, Friends

for Hope, Y-12 Federal Credit Union, Yabbie's Crew, Team De-Feeters, Janice's Joggers and First Volunteer Bank. The goal of Relay For Life is to raise awareness about cancer. Teams camp out overnight, each with the goal of keeping one person on the track at all times. Since cancer never sleeps, for one night a year, neither do volunteers, survivors and caregivers. Relay For Life brings together friends, families, businesses, hospitals, schools, churches – in other words, people from all walks of life. Teams seek sponsorship and donations prior to Relay For Life, all with the goal of eliminating cancer. Relay For Life opens as cancer survivors take the first lap. This emotional time sets the stage for the importance of each participant's contribution. A festive atmosphere always develops as participants make new friends and spend time with old



ones. Highlighting the evening is a Luminaria Ceremony of Hope held after dark to honor cancer survivors and to remember loved ones lost to cancer. The luminaria candles line the track and are left burning throughout the night to remind participants of the incredible importance of their contributions. For information about forming a team, making a donation, or volunteering, call 1-800-227-2345 or visit relayforlife.org/northknoxvilleTN.

Prevention, detection tips for the most common type of cancer

(BPT) - One in five Americans will get skin cancer in their lifetime, according to research published in the Journal of the American Medical Association. Melanoma, the most lethal form of skin cancer, has steadily increased over the past three decades - to the rate of one American dying an hour from it, according to the Skin Cancer Foundation. Detecting melanoma when it is most treatable is key to survival. Fortunately, you can take steps to reduce your risk of getting skin cancer, and improve your chances of catching it in its most curable stages.

Preventing skin cancer

While no type of cancer is 100 percent preventable, you can do a lot to minimize your risk of developing skin cancer, including:

- * Always wear sunscreen when you go outside, even during winter months. In summer, use a broad spectrum sunscreen with an SPF of 30 or higher

- * For further sun protection, wear long sleeves and hats outdoors, especially if you'll be in direct sunlight for an extended period of time. Many sportswear and swimwear manufacturers offer long-sleeved garments made from lightweight, breathable materials that will keep you cool and dry while shielding you from the sun
- * Avoid tanning, including tanning beds. Multiple studies have found that indoor tanning increases your risk of melanoma by 75 percent, and the risk grows with every use

Detecting skin cancer

Detecting skin cancer when it is most curable is one of the most important ways to ensure a positive outcome for skin cancer treatment. Your detection efforts should include:

- * Conduct self-checks. Regularly examine your own skin, looking for changes in the appearance of moles. Use a mirror to look at your back, or have a loved one help. Don't rely

Continued on page 2

Mother's Day Mammogram Special

Schedule your screening mammogram on the days listed below and enjoy a massage, hand paraffin dip, chocolate-covered strawberries and other refreshments and a special gift.

May 13, 2013
8:00 a.m. to 4:00 p.m.
Turkey Creek Medical Center
10820 Parkside Drive

Call to schedule your screening mammogram: 545-7771

Tennova.com
1-855-836-6682

Prevention, detection tips for the most common type of cancer

Cont. from page 1

on smartphone technology for diagnosis. Some consumers are using smartphone applications for medical guidance on irregular moles. A recent study conducted by researchers at the University of Pittsburgh found that these apps are not reliable tools, with three out of four applications incorrectly classifying 30 percent or more of melanomas as concerning.

* Visit a dermatologist for an annual skin cancer check. Ask your dermatologist about MelaFind, an FDA-approved diagnostic tool that helps dermatologists catch melanoma when it is most curable.

Non-invasive and painless for patients, MelaFind uses multi-spectral light technology to analyze irregular moles in less than a minute, allowing dermatologists to better determine whether or not to biopsy a mole. In a clinical study, MelaFind had a 98.3 percent find rate for melanoma. To find a dermatologist who is using this breakthrough technology, visit www.melafind.com

Treating skin cancer

If your dermatologist finds skin cancer, it's important to know you have treatment options. Patients whose melanoma is diagnosed when it is most curable have a survival rate of 97 percent, according to the American Cancer Society.



Discuss your options with your doctor, and work in tandem with health care providers to ensure the best possible outcome for any treatment.

While skin cancer is one of the most common types of cancer, it is also the most preventable. Taking steps to reduce your risk, and catch skin problems before they become life threatening, can help your skin stay healthy and cancer-free throughout your lifetime.

Cleaning the right way to remove allergens

(BPT) - When you're done with spring cleaning, you may assume you've eliminated any allergy triggers that were lurking in your home. But the truth is, if you don't clean the right way, you might be making the problem worse.

More than 40 million Americans suffer from allergy problems, and 25 million have asthma. If your cleaning routine doesn't specifically focus on allergen control and removal, you may be only moving dust around, sending allergens and irritating cleaning chemicals into the air which can affect allergy and asthma symptoms. To maximize your cleaning efforts and reduce allergens, consider these simple tips from the asthma and allergy friendly Certification Program, the healthy home initiative of the non-profit Asthma and Allergy Foundation of America (AAFA):

* Use a certified vacuum that has a high efficiency filter with tight seams and seals to prevent particles from leaking out while you vacuum.

* Dusting improperly can actually increase airborne dust particles in your home. Use moist cloths or special dry dusters designed to trap and lock dust from hard surfaces. Use vacuum attachments to remove dust from soft and upholstered surfaces.

* Certain cleaning products can also contribute to airborne irritants, especially if they contain harsh chemicals, strong odors or volatile organic compounds (VOCs). Choose products that contain none of these irritants, but also beware of "green" labels, as some of these solutions may be made with natural allergenic ingredients, such as lemon, coconut or tea-tree oils.

* Whether you have a cat or dog, pet dander is present in most U.S. homes. If it is possible, keep pets out of the bedroom. Your cleaning routine should include frequently washing linens in your bedroom, where cat or dog dander can settle.

* Place certified allergen barrier covers on your mattresses and pillows. Wash your bedding at least once a week in 130 degree or higher hot water to kill dust mites and their eggs.

* Mold, a common allergy trigger, can grow anywhere in your home where moisture is present. Look for cleaning products that help kill and prevent mold from returning.

* If children live in your home, look for certified plush toys. Dust mites, mold and pet dander can accumulate on plush toys over time. Certified toys can be placed in

the freezer for 24 hours, then rinsed in cold water to remove dead mites. Dry completely. Do this monthly.

* Lots of air passes through window areas, and airborne dust and allergens accumulate on all types of window treatments - which are rarely cleaned. In the family room and throughout the home, replace big, heavy linen drapes with more sensible window treatments such as wood blinds or flat screens that are easy to wipe and keep clean.

* If your home uses central air conditioning or heat, replace the filter in the machine regularly, typically every 30 to 90 days. Choose an HVAC filter that has been certified to effectively capture fine airborne particles like pollen, dust and dander.

Keep in mind that while consumers spend nearly \$18 billion annually on asthma and allergy medications, they also spend more than \$20 billion on nonmedical consumer products marketed for people with asthma and allergies such as room air cleaners, bedding, vacuums and more, according to AAFA. While demand for such products continues to grow, there is little regulation governing product claims, the Foundation notes. AAFA's asthma and allergy friendly Certification Program helps consumers evaluate and verify the allergen-reducing effectiveness of a variety of products, from cleaning supplies, air cleaning devices and vacuums to toys, bedding, home improvement products, paints, clothes washers and more. You can learn more at www.AAFA.org/certified.

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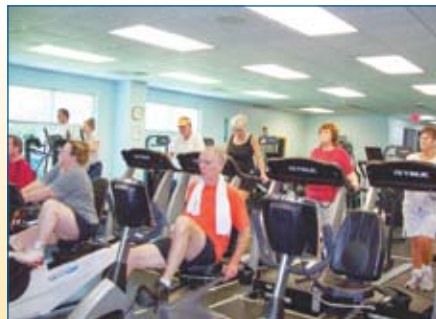
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Making A Difference For Generations

Senior Corps week is May 6 – 10 to align with Older Americans Month. This year the theme for Older Americans month is Unleash the Power of Age and the theme has never been more fitting. Older Americans are productive, active and influential members of society. They share essential talents, wisdom, and life experience with their families, friends, neighbors and community.

Knoxville-Knox County Community Action Committee volunteers are the perfect example. Funded through the Corporation for National and Community Service, Senior Corps offers a network of programs that tap the rich experience, skills and talents of older citizens to meet community challenges. Senior Corps programs include the Foster Grandparent Program (FGP), Senior Companion Program (SCP), and Retired and Senior Volunteer Program (RSVP).

Volunteers in these programs serve children and senior adults in meaningful ways. FGP volunteers work in 33 different locations including Knox County schools, Head Start classes, faith based and pre-school day care centers and in Boys and Girls Clubs of East Tennessee to name just a few. They assist children with reading, writing, social development and leadership skills. Senior Companions currently help 150 isolated homebound and 30 institutionalized individuals with household management, personal

and hospice care, respite for caregivers and provide much needed companionship to older adults. RSVP volunteers work throughout the community in more than 20 non-profit organizations. Some of the more dynamic opportunities include ensuring a healthy future for seniors by delivering mobile meals, providing assisted transportation to seniors and individuals with disabilities, conducting safety checks, planting gardens, and tutoring adults. Currently, Senior Corps offers free blood pressure checks to the community the second Tuesday of each month from 10am to 2pm at the L. T. Ross Building.

Currently, over 600 Senior Corps volunteers provide an astounding 206,231 hours of service in 63 nonprofit agencies assisting more than 5000 individuals in the Knoxville-Knox County Community. Please join the staff at CAC Office on Aging in celebrating the accomplishments



Senior Corps and AmeriCorps Volunteers were honored by City Mayor Madeline Rogero on April 9th at the Mayors Recognition for National Service event at CAC. She was joined by former mayors Victor Ashe and Daniel Brown, and Knox County Mayor Tim Burchett, along with more than a hundred community volunteers. Photography by Jon Gustin

of these volunteers 55+ who make a lasting difference in our community by providing steadfast dedication, time, energy and love to our community! If you are interested in becoming a Senior Corps Volunteer, please call the Office on Aging at 524-2786.

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Evan Beckman, PT, DPT, ATC
Matt Cabbage, PT, DPT, ATC
Julie Williams, MSPT
Adam Ozment, PTA

Hours of Operation:
Monday - Friday 7 a.m. to 7 p.m. • Saturday 8 a.m. to 12 noon

We will be having a Community Appreciation Cookout & Open House on May 10th from 12 noon to 6 p.m. Call for more information!

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Quick Yeast Muffins

1/4 cup warm water
1 pkg dry yeast
1/4 tsp sugar
3/4 cup milk, scalded
3/4 tsp. salt
2 T sugar
2 T butter
1 egg, well beaten
1 3/4 cup unbleached flour

Soften yeast in lukewarm water and 1/4 teaspoon sugar; set aside. In 2-quart pan scald milk (heat slowly until thick skin forms on top) then add salt, 2 tablespoons sugar and butter; cool to lukewarm. Stir yeast mixture and beaten egg into milk mixture; stir well. Add flour and beat until smooth. Fill greased muffin tins half full and let rise in warm place (not hot) until doubled. Bake at 400° for 15 to 20 minutes until golden brown and done. Makes 12 to 18, depending on muffin size. Prepare 2 hours ahead of meal to have fresh muffins on time.

ANNOUNCEMENTS

AARP Driver Safety

May 2013 Classes

For registration information about these and all other AARP Driver Safety Classes, please call Carolyn Rambo 584-9964.

5/1 (1 Day) 8:30 to 5,
Dandridge Senior Ctr., 917
Elliott Ferry Road, Dandridge,

5/2 (1 Day) 9 to 5
Church Street U.M.C., 900
Henley Street, Knoxville

5/4 (1 Day) 9 to 5
Westminster Presbyterian
Church, 6500 Northshore
Drive, Knoxville

5/9 (1 Day) 9 to 5 East
TN Medical Group, 266
Joule Street, Alcoa

5/11 & 5/18 9 to 1 Our
Savior Lutheran Church,
2717 Buffalo Trail, Morristown

5/20 (1 Day) 8:30 to
4:30 South Knox Senior
Center, 6729 Martel Lane,
Knoxville

5/16 & 5/17 12 to 4
Halls Senior Center, 4200
Crippen Road, Knoxville

5/15 & 5/16 12 to 4
O'Conner Senior Center,
611 Winona, Knoxville

5/21 & 5/22 1 to 5
Buckingham Clubhouse,
7303 Manderly Way, Knoxville

5/23 & 5/24 9 to 1 1st
Baptist Church of Seymour,
11621 Chapman Highway,
Seymour

DAR meeting

Bonny Kate Chapter DAR will meet on Wednesday, May 8, 2013, at 11:30 a.m. at The Orangery, 5412 Kingston Pike, Knoxville. After lunch, the annual

memorial service will be held, along with the installation of officers for 2013-2016.

Fountain City - North Knox Republican Club Meeting

The Fountain City - North Knox Republican Club will meet on Tuesday, May 14, at 5:45 for dinner and meeting at 7:00 p.m. at Louis on Old North Broadway. The speaker for the evening will be Charne Knight who is running for District Attorney in 2014. Everyone is welcome to come and join us. For more information you may contact President Michele Carringer at 865-247-5756 or at mwcarringer@yahoo.com

Knox County Health Department Hosts Rabies Vaccination Clinics

The Knox County Health Department and the Knoxville Veterinarian Medical Association will offer rabies vaccinations for only \$10 on Saturdays, May 4 and 11 from 2 to 4:30 p.m. at 34 Knox County Schools.

Please view www.knox-county.org/health/current_news/rabies.php for the locations.

World Friendship Day

World Friendship Day will be celebrated in Knoxville with the Friendship Force club hosting an international dinner on Tuesday, April 30th at 6:30 p.m. at Palisades Clubhouse, 501 Rain Forest Rd. off Gleason Rd. Visitors are invited to join the celebration.

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Inskip UMC 714 Cedar Ln.
Knoxville 37912

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6513 CHAPMAN HWY
WOMENS MINISTRY YARD SALE
8AM-3PM
YOUTH CAR WASH 9AM-2PM
SATURDAY, MAY 4

CHURCH RUMMAGE SALE
Fountain City United Methodist Church
May 4 | 8:30am - 2:00pm
Rain or Shine
\$3.00 Brown Bag-A-Bargain 12-2.

NEIGHBORHOOD SALE
Summer Rose Subdivision
(off Murphy Road)
8am - 2 pm

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