

Award Winning Artist Brings Music With A Message

In April he stood onstage at the 2011 Dove Awards at the historic Fox Theater in Atlanta to receive Song of The Year honors for “Sometimes I Cry.” He’s performed at Carnegie Hall, became a favorite with audiences at Nashville’s Grand Ole Opry, was honored to sing for the Rev. Billy Graham’s Farewell Crusade in New York City, and appeared regularly on the ever-popular Gaither Homecoming Series videos. His distinctive voice has echoed in churches great and small in America and throughout the world.

Russ Woolard, President of New Destiny Productions, said, “Jason Crabb will bring his ministry inspired music with a message to Knoxville on Saturday evening, June 8 at 7 p.m.”

Jason Crabb has emerged as the face of Southern Gospel Music to long-time listeners as well as to the legion of new generation fans he’s helped bring into the fold. He has transitioned seamlessly from his full-time role as the power-house lead vocalist for The Crabb Family to launching a solo career that has already literally proven to be without borders. Today at 34, with Grammy® and multiple Dove Awards to his credit, Jason Crabb wears success as singer, songwriter, musician, producer, and best-selling author all with equal humility in the knowledge that God has called him to the mission of reaching people.

Jason is the son of one of the southern gospel genres most prolific writers, Gerald Crabb, who has crafted more than two dozen #1 songs that have topped the southern gospel charts, Jason learned early the incomparable value of an authentic ministry heart set to music. Amazingly as gifted to preach as he is to sing, the combination brings a spiritual impact to his concerts that is both powerful and memorable long after the last notes have faded.

“People everywhere are hurting,” he noted in a recent interview. “Their backs are against the wall. They’ve lost their jobs, their 401Ks and the big corporations in many

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Shine Brighter

Making the Sunsphere Iconic

By Dan Andrews
andrewsd@knoxfocus.com

“I have fear. You got to have a pretty healthy respect for what you’re doing. Our top three priorities on this job are safety, safety, and safety,” stated Rex Richardson.

For Rex and his crew from Apex Window Cleaning, safety isn’t a catchphrase, it is a mode of operation. Mr. Richardson is one of the workers who clean the Sunsphere windows. With its unique shape and complex structure, the only way to effectively clean the windows is to repel via rope from the top of the globe.

It is slightly after 8:00 a.m., and Mr. Richardson has just repelled down the side of the Sunsphere. He approaches me in a calm and pleasant manner, and we begin to discuss in detail what is involved in cleaning the Sunsphere.

Maintaining the Sunsphere presents

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FOCUS Weekly Poll*

In your opinion, should employers have the right to fire employees for having firearms in their vehicles if it is against company policy even if an employee has a valid carry permit?

YES 46.90%

NO 53.10%

Survey conducted May 30, 2013.

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

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At 100, Gibbs brings Past, Present, and Future Together



PHOTOS BY DAN ANDREWS.

Above, the assembly recites the Pledge of Allegiance at the Gibbs High School 100 Year celebration.

By Ralphine Major

On Friday evening, May 24, 2013, former graduates from as far back as 1930 gathered at Gibbs High School to celebrate the school’s 100th Anniversary. There were plenty of hellos, handshakes, and hugs as guests toured the school. Many of us got to see for the first time the blend of the new school with the old. “New” is nice; but for many of our classes, the new holds no memories. It is the brick and mortar of the “old” that we remember. A walk down the hallways—which seemed a bit smaller—opened up a treasure-trove of memories.

The celebration took place in the new gym, starting with the entry of the Color Guard. Master of Ceremonies was Gibbs graduate of 1983 Richie Beeler. Distinguished guests included Knox County Mayor Tim Burchett, Knox County School Superintendent Dr. Jim McIntyre, 6th District State Senator Becky Duncan Massey, 19th District State Representative Harry Brooks, 8th District Knox County Commissioner Dave Wright, Commissioner-at-Large Ed Shouse, 8th District Knox County School Board Representative Mike McMillan, and Mr. Bob Mainord of the Taylor Publishing Company. The Gibbs Alumni Choir performed several selections, including the beautiful “Battle Hymn of the Republic.”

Special graduates at the ceremony were

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Focus on the Law

Depression and Social Security Disability

According to the National Institute of Health, 9.5% of the U.S. adult population suffers from mood disorders in any given year with 45% of these cases being classified as severe.



By Sharon Frankenberg,
Attorney at Law

A mood disorder refers to a mental disorder "in which the underlying problem primarily affects a person's emotional state (their mood)." Women are 50% more likely than men to experience a mood disorder over their lifetime. The average age of onset is 30 years old. Depression and bipolar disorder (manic-depressive illness) are both mood disorders with depression being much more common.

All of us have days where we are sad or not feeling up to snuff. These feelings usually pass in a day or two. When they linger and resist all attempts to improve your mood, you may be suffering a more serious illness. Depression makes all activities of living and working difficult. "A severely depressed person finds it difficult to leave home, to be with other people, to deal with ordinary stresses, to carry on friendly and business relationships, and to concentrate." Hall, Social Security Disability Practice, p. 440. This person may "decompensate" and be unable to function at all under stress. Depression can be a fatal illness since suffers may commit suicide.

The medical guidelines for winning an award of Social Security benefits based upon affective or mood disorders require a medically documented history of chronic affective disorder of at least two year's duration that has caused more than a minimal limitation of ability to do basic work activities, with symptoms or signs currently attenuated by medication or psychosocial support, and one of the following:

- Repeated episodes of decompensation, each of extended duration; or
- A residual disease process that has resulted in such marginal adjustment that even a minimal increase in mental demands or change in the environment would be predicted to cause the individual to decompensate; or
- Current living history of one or more years' inability to function outside a highly supportive living arrangement, with an indication of continued need for such an arrangement.

Alternatively, the required level of severity can be met with a medically documented persistence of depressive syndrome, manic syndrome or bipolar syndrome. This syndrome must result in at least two of the following:

- Marked restriction of activities of daily living; or
- Marked difficulties in maintaining social functioning; or
- Marked difficulties in maintain concentration, persistence, or pace; or
- Repeated episodes of decompensation, each of extended duration.

Contact a physician to get help treating your depression. Medication and psychotherapy can be very helpful in treating depression. If you are thinking of harming yourself, contact the national suicide prevention hotline toll-free, 24 hours a day at 1-800-273-TALK to speak with a counselor. If you are unable to work due to your depression, contact an attorney to get advice and assistance with filing a claim for Social Security Disability benefits.

Call Mullins

I topped Black Oak Ridge in my Chevrolet Malibu.



By Ralphine Major
ralphine3@yahoo.com

Just ahead lay a beautiful valley of church steeples, businesses, towering trees, and ridges. My destination was Halls High School, my mother's alma mater. There was a freedom in leaving my world of college classes in the spring of 1976. It was a sense of freedom much like I had experienced four years before.

For many years, the school calendar designated June, July, and August for summer vacation so students could help plant and harvest cash crops in this agricultural area. With that same calendar in place, our ninety-nine Gibbs High School seniors gathered on June 5, 1972 at Central Baptist Church of Fountain City. Diplomas were handed out by Roy Mullins, a Gibbs graduate and Gibbs High School Assistant Principal. But, he was not the first Mullins I knew. It was Joyce, his wife.

Mrs. Mullins came to Gibbs as a first-grade teacher—my brother's. I was a rising fourth grader and Sue Cardwell, one of the twins, was my teacher. She was the first young teacher I had. That is what I noticed about Mrs. Mullins. She was young, and I thought she was pretty. Through my fourth-grader eyes, she looked like a life-size Barbie doll. I learned that her husband was a teacher in the high school at the other end of the building. They were the first couple I knew who were both teachers.

Six years later I was in Mr. Mullins' chemistry class, a sophomore among juniors and seniors. By the time I was finishing college, Mullins had become principal at Halls High School. I needed to find a school nearby for my student teaching because gas was thirty-something cents a gallon! My father's advice to me: "Call Mullins." That came as no surprise. Our parents always held our teachers in high esteem, and the Mullins name was special. I remember a time at the K-Mart on Broadway, our father noticed Mr. Mullins loading bicycles for their young sons. He was eager to help him, and Mr. Mullins was too kind to refuse the offer.

I heeded my father's advice, called Mullins, and was soon headed to Halls. The Vocational Office Education (VOE) teachers, Jean Chappell and Wanda Fowler, treated

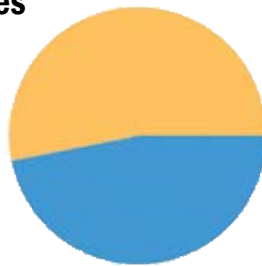
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FOCUS Weekly Poll

In your opinion, should employers have the right to fire employees for having firearms in their vehicles if it is against company policy even if an employee has a valid carry permit?

Yes 46.90%

No 53.10%



By Age	Yes	No	Total
18-29	66.67%	33.33%	3
30-49	48.15%	51.85%	27
50-65	44.78%	55.22%	134
65+	48.00%	52.00%	175
Total	46.90% (159)	53.10% (180)	339

By District	Yes	No	Total
1	55.00%	45.00%	20
2	46.67%	53.33%	45
3	48.57%	51.43%	35
4	62.75%	37.25%	51
5	44.83%	55.17%	29
6	50.00%	50.00%	38
7	27.78%	72.22%	36
8	45.45%	54.55%	44
9	39.02%	60.98%	41
Total	46.90% (159)	53.10% (180)	339

By Gender	Yes	No	Total
Unknown	36.36%	63.64%	11
Female	49.14%	50.86%	175
Male	45.10%	54.90%	153
Total	46.90% (159)	53.10% (180)	339

Survey conducted May 30, 2013.

Whose right is it

I don't know about any other Tennesseans, but I, for one, feel so much safer knowing that our state officials are taking care of us. If you don't believe they are, just check out State Senator Frank Niceley's "fatherly" leadership.



By Joe Rector

Niceley's proposal would remove the arduous task of choosing Democratic and Republican candidates for the U.S. Senate from you and me and place the task in much more capable hands, caucuses in the state legislature. Oh, you didn't realize that this was such a terrible burden? Well, Niceley seems to think that we aren't up to the challenge. A poll showed that 93% of those asked opposed the bill, but our senator said that 92% of us didn't know that

until early in the 1900's that's the way things were done.

This poll states that "we need a little history lesson," and that his proposal is a way to get the federal government under control. How's that going to happen? According to him, if enough small red state legislatures could choose the candidates, "they could effectively control the U.S. Senate and through that "get Washington under control." I'm interested in who "they" is.

What seems clear to me is that Niceley's bill (SB471) is nothing more than a brazen attempt to usurp the right to vote from all of us in Tennessee. This man suggests such a thing is okay because too many of us are not only ignorant but

also apathetic. I can agree that the numbers of folks voting is low, but when the choices offered include people like Niceley, there's not much reason to get out of the chair to choose.

I am not apathetic and resent Niceley's suggestion that I'm ignorant. No, I don't see eye-to-eye with the man, but that doesn't mean I lack the capacity to choose a person to support as senator. I've seen the workings of our state legislature and sure don't want them speaking for me as far as candidates for either party. By the way, what if an Independent candidate wants to run? How does he or she get on the ballot?

Our state "leaders" have often decided that we should not have the right to choose persons for leadership positions. For example, Tennesseans want a return to an elected school superintendent. However, the state legislature refuses to allow the change. Some leaders have said that appointed superintendents take the politics out of education. So, the selection process is left to school boards, and I'm pretty sure those individuals sit at the pleasure the districts that elect them. The result is that a leader of the school system answers to a

handful of people instead of the public that he or she serves. Of course, we voters would have to decide on a person who lives in the area and is familiar with the "politics" of the area and the system instead of bringing in someone from far away who has no stake in educational system. I suppose the legislature thinks we voters aren't as smart as some search firm that gets a wad of cash to find superintendent candidates.

Few of us are happy with our leaders. Their partisanship leads to fights, anger, and the dreaded "gridlock." Frank Niceley might think he and his cohorts are better equipped to choose the "right" candidates, but I'm SURE the intent of the founding fathers was to give the right to choose leaders to the people, not the chosen few. Perhaps we can figure a way to choose a better candidate than someone who wants gerrymandered control of elections. I, for one, am disgusted with any person who thinks of himself as being above citizens who are ignorant and apathetic. Of course, Niceley might be right that voters aren't too smart; they voted him in, didn't they?

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Shine Brighter

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many unique challenges. The most complex of them is cleaning the windows. Due to the shape of the structure, the glass must be hand cleaned (no robotic devices) and must be performed in the morning hours as the temperature of the glass can reach as high as 160 degrees.

When repelling off the top of the Sunsphere, a window cleaning technician must lay their entire body on top of the window at the highest floors due to the window curvature. However, once a technician gets to the fifth floor, they are then able to clean the windows in a normal, upright position. Since the windows get so hot and due to the amount of direct body contact required to clean them, the cleaning operations must be done in the morning at the first glimmer of sunlight.

The total operation takes

approximately five days to complete. Currently, only the top half of the Sunsphere gets cleaned. The bottom half does not get cleaned because the location where the rope would be tethered on the bottom had to be closed due to pigeons flying into the opening and wreaking havoc. According to Mr. Richardson, the Public Building Authority, which maintains the Sunsphere, is actively working on a solution to this situation. It would take approximately two weeks to clean the bottom part of the Sunsphere globe in addition to the five days to clean the top. In past years, the Sunsphere was cleaned twice a year. However, due to budget constraints it is now only cleaned once a year.

Cleaning the Sunsphere windows is a major project, but it is not the only major project that the PBA has undertaken. The Public

Building Authority appears to be on a crusade to magnify the potential of the Sunsphere- as both a tourist location and as a place for locals to enjoy. The PBA has implemented a host of new innovations, upgrades, and other actions with the assistance of former City of Knoxville Chief Operations Officer Eddie Mannis. The most noticeable change is the bright lighting that now illuminates the shaft of the Sunsphere at night.

PBA CEO Dale Smith explained the changes: "We replaced the former incandescent lighting (which was not functioning well or bright enough) with LED lighting. We went with a higher lumen level than what is in the rest of the park to highlight the Sunsphere, as well as to address the safety concerns that you and a couple of others had expressed. The LED lighting is much more energy efficient and is cheaper to

maintain, since the bulbs last much longer."

Another major upgrade at the Sunsphere involves the elevators. Heating and cooling have been installed, as well as plush carpeting. The flooring on the observation deck has been upgraded. New signage has been put in place to highlight both the tourist opportunities and business resources available to people entering the Sunsphere. The new signs highlight the popular Icon restaurant and lounge located on the 5th floor. Many tourists were unaware of the restaurant- which has incredible views and a fairly priced menu.

The Sunsphere has become the iconic symbol of Knoxville. A brighter, cleaner, shinier, and more vibrant Sunsphere reflects and echoes the progress being made throughout the City- as the future of the City of Knoxville shines brighter, so does the Sunsphere.

That 'Green' Thing



Rosie's World

"Checking out at the store, the young clerk suggested to the older woman that she should bring her own shopping bags as Plastic bags weren't good for the environment.

The woman apologized and explained, "We didn't have the 'green' thing back in my earlier days." The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations." She was right. Our generation didn't have the green thing in our day. Back then we returned milk bottles, beer bottles, and soda bottles to the store. The store sent them back to the plant to be washed, sterilized, and refilled, so they could use the same bottles over and over. They were truly recycled. We didn't have the green thing in our day. Grocery stores bagged our groceries in brown paper bags that we used for numerous things, most memorable besides household garbage bags, was the use of brown paper bags for book covers. This was to ensure that public property (the books provided for our use by the school) was not defaced by our scribbling. Then we were able to personalize our books on the brown paper bags. Too bad we didn't have the green thing back then.

We walked up stairs because we didn't have an escalator in every store

and other buildings. We walked to the grocery store and didn't climb into a 300 horsepower machine to go two blocks.

Back then we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on the line, not in an energy-grabbing machine burning up 220 watts. Wind and solar power dried our clothes in those early days. Kids got hand-me-downs from brothers and sisters, not always brand new clothing. We had one TV or radio in the household, not in every room. The TV screen was the size of a small handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen back then we blended and stirred by hand because we didn't have electric appliances to do everything for us. When we packaged an item to send in the mail we used wadded up old newspapers, not styrofoam or plastic bubble wrap.

This article was sent to me by a friend over the internet. Some of it is a little far-fetched but most of it is bordering on the truth. I know, because I lived back in those days and I get "hot under the collar" when I hear people say today that we weren't thinking of the future generation. What will generations fifty years from now say about them? Think about it.

I have no special talents, I am only passionately curious. Albert Einstein

Send comments to: rosemerrie@att.net. Thank you.

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cases are shutting down. We're all human and we all struggle. A song like 'Sometimes I Cry' has had an amazing connection with people during these hard times. They need to hear it—to be reminded that it's OK to be honest about where they are. Everyone walks through the fire of adversity, but whatever the experiences—joys or sorrows—our amazing God can use every bit of your life to produce the most unexpected results."

An Evening With Jason Crabb, presented by New Destiny Productions, will be held Saturday evening, June 8, at Black Oak Heights Baptist Church, 405 Black Oak Drive, Knoxville TN 37912. Doors open at 6 p.m. Concert begins at 7 p.m. Tickets begin at \$16.00 and are available at area Life Way and Cedar Springs Christian stores, Maryville-Alcoa Christian Shops, or call 1-800-965-9324 or www.itickets.com.



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FOCUS MORE ON Seymour & South Knox

South Knox Walgreens Hosts Senior Appreciation Picnic

Store provides free health screenings to all seniors, local vendor information and free food

WHAT: Walgreens in Knoxville, located at 4001 Chapman Highway, will host a senior appreciation picnic as part of the Walgreens Way to Well with AARP commitment. Attendees of the picnic will receive free blood pressure, blood glucose and body composition screenings, among other health tests from 10 a.m. until 2 p.m. on Friday, June 7. The event will also provide free food to those who register for the tests and 10 to 15 local vendors will be on-site to answer questions about various products and services for seniors.

WHEN: 10 a.m. until 2 p.m. on Friday, June 7.

WHERE: Walgreens, located at 4001 Chapman Highway, at the corner of Chapman Highway & Moody Avenue in Knoxville.

WHO: Seniors from the community participating in free health screenings and learning information to help them get, stay and live well. Walgreens employees will be serving food and will also have a booth to hand out Medicare Part D information. Local vendors such as Avon, Berry's Funeral Home, Tennova Healthcare, O'Connor Senior Center, Alzheimer's Tennessee, Benchmark Chiropractic, The Arthritis Foundation, AARP, Carter Senior Center, South Knox Senior Center, CAC of Knoxville and Solwis Health Center will be on-site to answer questions and hand out information about the services offered.

PUBLIC NOTICE:

**Knoxville Regional
Transportation Planning
Organization -
Technical Committee
Meeting, June 11, 2013.**

The Knoxville Regional Transportation Planning Organization (TPO) Technical Committee will meet on Tuesday, June 11, at 9 a.m. in the Small Assembly Room of the City/County Building, 400 Main Street, Knoxville, TN.

Topics to be considered: Amendments to the 2011-2014 Transportation Improvement Program, Draft 2014-2017 Transportation Improvement Program, Transit Issues; and other business.

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



Commissioner Dave Wright with revered Gibbs teacher Mabel Acuff and her daughter-in-law Ann.

At 100, Gibbs brings Past, Present, and Future Together

Continued from page 1

Pauline Zachary Julian, 103 years old, and Mabel Wolfe Acuff, 100 years old. Speakers for the event included basketball great Archie Johnson (1962) representing the past; Principal Lynn Hill (1978) representing the present; and Elizabeth Longmire (Gibbs sophomore class president)

representing the future.

Throughout the school complex were photos and memorabilia showing the history of Gibbs High School. Gibbs graduate of the '90's, J. J. Spears, collected and organized the historical displays. He maintains a website for Gibbs sports teams through Spears Media.

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Call Mullins

Continued from page 2

me like one of them; and that is the best feeling in the world. I met long-time office employee Ruth Haynes, who my mother knew from her school days.

Today, most graduations are held at Thompson-Boling Arena, streamed online, captured by smart phones and digital cameras, and shared through the internet. These terms would have seemed like foreign

language in 1972. It is daunting how fast time flies. At my 40th reunion last year, we were—in an instant—classmates again. Yet, our class has lived out most of our working years, many have become parents, and some—grandparents. Dreams may be fulfilled and some may be dashed. But, wherever we go and whatever we do, may we always know that there is Joy in Jesus; and He is the greatest teacher of all time.

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Outstanding Teachers Honored



Knoxville Rotary Outstanding Teachers are Wanda Lacey and Karen Binger.

On May 21, the Rotary Club of Knoxville honored Outstanding Teachers of the Year Karen Binger, a fifth-grade teacher at Blue Grass Elementary, and Wanda Lacey, the AP Calculus BC teacher at the Farragut High School.

Each winner received a \$500 check along with a \$250 gift certificate to A&W Office Supply.

Mrs. Binger's experience includes teaching for more than 20 years in an all-Hispanic school in a poverty-

stricken section of East Los Angeles, California.

Mrs. Lacey has taught AP Calculus AB since 2007. In that time she has taught 291 students, 283 of whom (97.25%) have received college credit in calculus. Of those, 256 (88.97%) received two semesters of college credit. In 2012, 26 of her students earned a 5 on the Calculus AB AP test. Eight earned a 4. Seven earned a 3 (all receiving college credit), and one earned a 2.

Unwanted medications collection event on June 8

Anyone wishing to get rid of expired or unused medication can bring it for safe disposal to a collection event on Saturday, June 8th. The event will be held from 9 a.m. to 1 p.m. at Covenant Senior Health at Fort Sanders West (220 Fort Sanders West Blvd., Building 2).

Besides unwanted and outdated prescriptions and over-the-counter medicines, residents can also dispose of used mercury thermometers. Members of the Knoxville Medication Collection Program will be on hand. The empty plastic containers for the medicines will be recycled if left with the event organizers. A free digital thermometer will be given in exchange for every mercury thermometer turned in while supplies last. More information can be found at <http://www.medicationcollection.org/>.

The event is sponsored by: The Knoxville Police Department, City and County Solid Waste Offices, the Tennessee Department of Environment and Conservation, Covenant Senior Health, UT Academy of Student Pharmacists, WUOT, Hallsdale-Powell Utility District, the Metropolitan Drug Commission, KUB, WBIR Channel 10, Fort Sanders, and the Knox County Health Department

If you can't make it to the collection event, old or unused medicines can be brought at any time to the Knoxville Police Department Safety Building at 800 Howard Baker Jr. Ave. The Safety Building is open 24 hours a day, seven days a week.

East Tennessee PBS hosts VIP Reception for Antiques Roadshow

Supporters of East Tennessee PBS and Antiques Roadshow are invited to attend a special VIP reception on Thursday, July 11, from 5:30-7:30 p.m., at the McClung Museum of Natural History and Culture, 1327 Circle Park Drive on the University of Tennessee campus.

The event, which supports East Tennessee PBS and celebrates the first-ever arrival of Antiques Roadshow in Knoxville on July 13, begins with a short video presentation by Antiques Roadshow and a Q&A with the show's host Mark L. Walberg and Executive Producer Marsha Bemko.

Guest will enjoy appetizers prepared by Chef Garrett Scanlan, host of East Tennessee PBS's original production, A Fork in the Road with Chef Garrett, as well as local craft beer from Saw Works Brewing Company.

Tickets are \$125 per person or \$225 per couple. A portion of the ticket price is a tax-deductible donation to East Tennessee PBS, a non-profit organization providing educational and arts programming to approximately 925,000 households in East Tennessee, southern Kentucky, southeastern Virginia and western North Carolina.

Support for this special event comes from:

- All Occasions Party Rentals
- Saw Works Brewing Company
- Knoxville Beverage Company

To RSVP to this event and get tickets to the VIP Reception on July 11 and/or Antiques Roadshow at the Knoxville Convention Center on July 13, please contact Judy Cutaia at jcutaia@EastTennesseePBS.org or call (865) 595-0220.



Governor Bill Haslam visited Knoxville last week to swear in Deborah C. Stevens, whom he recently appointed a judge in Knox County Circuit Court. Stevens was appointed to replace retired Knox County Circuit Court Judge Wheeler Rosenbalm. The oath of office was administered by Juvenile Court Judge Tim Irwin. Stevens was previously president and managing shareholder at Lewis, King, Krieg & Waldrop in Knoxville. She is a 1980 graduate of the University of Tennessee College of Law and will be the first female Circuit Court Judge in Knox County.

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Wednesday: Favorite Sports Team Night
Serve Neighbors (Genesis 24:1-27)

Thursday: Crazy Hair Night
Serve Community (Judges 6:1-16 & 7:9-21)
Serve Jesus (Acts 27 & 28)

Friday: Commencement - Everyone Welcome!

New Beverly Baptist Church

3320 New Beverly Church Road, Knoxville, TN 37918

HKRG, roller derby growing in K-Town

By Ken Lay

It's not a sport played by pampered millionaire athletes and its fan base is loyal and its skaters are as passionate as any athletes.

And that's the appeal of roller derby --- a rapidly growing sport in East Tennessee. Knoxville's roller derby league (featuring the Hard Knox Brawlers and the Hard Knox Rollergirls All-Stars) arrived in 2006. Its following has continued to grow every year.

The women's league is a 501(c) 3 non-profit organization and the skaters aren't paid. The referees, track crew, announcers and other officials are also volunteers.

"We chase the game," said six-year roller derby veteran Valerie Indihar, aka

Sadie Hellcat. "We pay to play the game."

Indihar arrived in Knoxville about six months ago. She's a nurse and spent the first five years of her career in Charlotte, NC.

She said that she's a natural for roller derby.

"I grew up skating and as a kid, I speed skated and I would knock the other kids out of the way to win," Indihar said. "If you could win a hot dog or a coke, I was there."

"I was always the fat kid who didn't want to lose a hot dog or a coke."

Indihar, 43, was likely competing in roller derby before she even knew what it was and now she blocks for the Hard Knox Rollergirls' jammers.

One such jammer is Anna Jo Auerbach, also known as

Evil Lucia. Auerbach has played for the Rollergirls for the last three seasons.

She came to Knoxville to attend graduate school at the University of Tennessee and joined the team.

"It was a full-contact team sport on wheels and that was all that I needed to know," said Auerbach, who recently celebrated her 34th birthday. "I grew up skating and I came here to go to grad school and they had a [roller derby] league."

Roller derby is only a part of her busy life. Auerbach is still enrolled in graduate school, where she's pursuing a degree in ecology and evolutionary biology. She also works as a teacher's assistant at UT. She's also married. Her husband, Jeremy, attends the bouts. She hails from Georgia

but is looking to make a permanent home in Knoxville. "I love it here," she said. "You have everything you need. It's a small big city."

East Tennessee has its rabid sports fans. UT football is king and the Ice Bears, Smokies and Lady Vols basketball team each have their following.

But perhaps no fan base is more loyal than the one that belongs to the Hard Knox Rollergirls.

"I've never seen anything like it," Auerbach said. "When we go on the road, our fans travel."

"We have a loyal following."

As the years pass, players come and go but one player has been with the Hard Knox Rollergirls since roller derby came to Knoxville.

Paradise Kirkland, aka

Battle Ready Betty has been with the Rollergirls since their inception.

"It's a great sport," said Kirkland, who was first exposed to the sport as a child in Southern California. "I lived in San Diego and I saw roller derby on TV and I loved the sport."

"I joined [the Hard Knox Rollergirls] after I was at a recruiting event at the Electric Ballroom. I've been addicted to the game. In roller derby, I can be myself and not have to apologize."

Roller derby is a sport that makes no apologies. The Hard Knox Rollergirls are rough on the track. Off the skating surface, the athletes are anything but mean.

"We're just normal people," Indihar said. "We're good athletes. We're

cute and we smell good."

"But we all have jobs and roller derby is like a second job even though we don't get paid. Since I've gotten older, I don't just want to sit around on the couch. I'm not going to let the young kids beat me."

Kirkland, an insurance agent by day, said the sport is more than just a game.

"Being in roller derby has made me a better person," she said. "It has made me more patient."

The game is a family affair for her. She and her husband, who once volunteered in the league, have a 12-year old son, Kyler.

"My husband is glad that he has a woman who can take care of herself and my son is my biggest fan."

East Tennessee Historical Society to participate in Blue Star Museums

The East Tennessee Historical Society (ETHS) announced the launch of Blue Star Museums, a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and a record-breaking 2,000 museums across America to offer free admission to the nation's active duty military personnel including National Guard and Reserve and their families from Memorial Day through Labor Day 2013. Leadership support has been provided by MetLife Foundation through Blue Star Families. The program provides families an opportunity to enjoy the nation's cultural heritage and learn more about their new communities after completing a military move. The complete list of participating museums is available at www.arts.gov/bluestarmuseums.

"Blue Star Museums is a collaboration between the arts and military communities," said NEA Acting Chairman Joan Shigekawa. "Our work with Blue Star Families and with more than 2,000 museums ensures that we can reach out to military families and thank them for their service and sacrifice."

"Blue Star Museums is something that service members and their families look forward to every year and we are thrilled with the continued growth of the program," said Blue Star Families CEO Kathy Roth-Douquet. "Through this distinctive collaboration between Blue Star Families, the National Endowment for the Arts and more than 2,000 museums across the United States, service

members and their families can connect with our national treasures with this unparalleled opportunity to visit some of the country's finest museums for free."

This year, more than 2,000 (and counting) museums in all 50 states, the District of Columbia, Puerto Rico, and American Samoa are taking part in the initiative, including more than 450 new museums this year. Museums are welcome to join Blue Star Museums throughout the summer. The effort to recruit museums has involved partnerships with the American Alliance of Museums, the Association of Art Museum Directors, the Association of Children's Museums, the American Association of State and Local History, and the Association of Science-Technology Centers. This year's Blue Star Museums represent not just fine arts museums, but also science museums, history museums, nature centers, and 75 children's museums. Among this year's new participants are the J. Paul Getty Museum in Los Angeles, California, Grand Traverse Lighthouse Museum in Northport, Michigan, the Totem Heritage Center in Ketchikan, Alaska, and the World Museum of Mining

in Butte, Montana.

Blue Star Museums is a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and more than 2,000 museums across America. The program runs from Memorial Day, May 27, 2013 through Labor Day, September 2, 2013.

The free admission program is available to any bearer of a Geneva Convention common access card (CAC), a DD Form 1173 ID card, or a DD Form 1173-1 ID card, which includes active duty U.S. military - Army, Navy, Air Force, Marines, Coast Guard, as well as members of the National Guard and Reserve, U.S. Public Health Service Commissioned Corps, NOAA Commissioned Corps - and up to five family members. Please see the chart of the acceptable IDs (PDF). Some special or limited-time museum exhibits may not be included in this free admission program. For questions on particular exhibits or museums, please contact the museum directly. To find out which museums are participating, visit www.arts.gov/bluestarmuseums. The site includes a list of participating museums and a map to help with visit planning.

Alexander Unveils Four Principles for Clean, Cheap, Reliable Energy

U.S. Senator Lamar Alexander (R-Tenn.) outlined in a speech today "four grand principles" he said can "help the United States end an obsession with taxpayer subsidies and strategies for expensive energy and instead focus on doubling research and allowing marketplace solutions to create an abundance of clean, cheap, reliable energy."

The senator said that Germany's example of combining a cap-and-trade system to make carbon emissions more expensive with subsidies for wind and solar power had created "an energy policy mess that discourages job growth." He said the United States "has a better energy policy than we're given credit for because we rely on government-sponsored research, private property, access to capital, entrepreneurship and the advantages of a huge marketplace."

Alexander laid out these four grand principles he



Sen. Lamar Alexander

said should guide America's future energy policy:

1. Cheaper, not more expensive, energy
2. Clean, not just renewable, energy
3. Research and development, not government mandates
4. Free market, not government picking "winners and losers"

The senator presented his four grand principles five years after an address here in which he challenged the country to take on seven "grand challenges," which he termed "mini-Manhattan projects" that would tackle hurdles to energy independence in the same way the Manhattan Project sought to develop nuclear weapons before the Germans in World War II.

He said that five years ago some quarreled with his goal of "independence" but that "this was and is a good goal in the sense that the United States cannot be held hostage by any

other country because of our need for energy."

"Today, I want to suggest four grand principles to help us chart a competitive energy future for the next five years," Alexander said. "Even as other parts of the world grow rapidly, the United States still uses about 20 percent of the world's energy, and the Energy Information Administration estimates U.S. energy demand will increase more than 10 percent by 2040. Perhaps by focusing on these four grand principles, we can capitalize on the progress we've made and put ourselves firmly on the path toward cheap, clean, reliable energy."

Alexander delivered his speech at the Tennessee Valley Corridor Summit at the Y-12 National Security Complex's New Hope Center at Oak Ridge. The senator discussed progress made on his seven grand challenges by Oak Ridge, ARPA-E and others, and described ongoing

Continue on page 4

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The 1938 Senate Primary in Tennessee, II

Pages from
the Political
Past



By Ray Hill

rayhill865@gmail.com

The unexpected death of Senator Nathan L. Bachman had plunged Tennessee politics into turmoil. The responsibility for filling the vacancy caused by Senator Bachman's death fell to Governor Gordon Browning. The pressure on Browning very quickly became intense and the governor found himself besieged by prospective candidates and their supporters. Browning was even summoned to the White House by the most important Democrat of them all, Franklin Delano Roosevelt. FDR was profoundly interested in the senatorial appointment for two reasons; first, he wanted to be sure Browning would appoint someone who would support his plan to enlarge the United States Supreme Court. Second, Roosevelt did not want to see Secretary of State Cordell Hull leave the Cabinet.

The substance of the conference between President Roosevelt and Governor Browning has never been revealed, but FDR later confessed he did not tell Browning whom to appoint, but rather whom not to appoint. Browning also had a meeting with Secretary of State Cordell Hull on April 28, 1937 and once again the normally talkative governor had nothing to say to waiting reporters.

Browning, feeling harassed, cancelled his schedule in Washington, D. C. and hurried back to Tennessee. Governor Browning stopped in Knoxville for a speaking engagement and found himself held hostage by the supporters of yet another prospective senator, A. Mitchell Long. Originally from Giles County, Long was a prominent Knoxville attorney and Chairman of the Democratic State Committee. Long had been a strong supporter of Browning's 1936 gubernatorial campaign and his admirers pressed the weary governor to appoint their favorite to the Senate. By the time Browning escaped Long and his friends and returned to Nashville, he discovered former Governor A. H. Roberts had made formal application for the senatorial appointment. TIME magazine concluded, "Senator Bachman's sudden taking off was mourned by no one more than Governor Gordon Browning."

For days after Nathan Bachman's death, speculation continued to swirl about the possible candidates for the appointment. Governor Browning finally simply refused to publicly



FROM THE AUTHOR'S PERSONAL COLLECTION.

Governor Gordon Browning (left) and Senator George L. Berry (right).

discuss the appointment further. Candidates continued to come and go, ranging from the potentially strong to utterly delusional. Third District Congressman Sam D. McReynolds, Fourth District Congressman John Ridley Mitchell, former Governor Roberts, George L. Berry, and Lewis S. Pope all received constant attention from the newspapers as candidates for the appointment.

Both McReynolds and Mitchell were highly popular inside their respective districts and could draw on considerable political skills and a strong base from which to launch a bid to hold the seat in the next election. A. H. Roberts had only served one two-year term before being defeated for reelection in 1920 by Republican Alf A. Taylor. Lewis Pope had run three times for governor and had made an especially strong showing in 1932 when he had won 72 of Tennessee's 95 counties and carried 7 out of 9 Congressional districts, only to narrowly lose the nomination to Hill McAlister. Pope still carried the stigma of having bolted the Democratic Party not once, but twice and had allied himself with the Republicans in 1934. Pope was loathed by E. H. Crump, leader of the Shelby County political organization, and Crump had strongly supported Browning in 1936.

George L. Berry had been quite prominent in

Tennessee politics for decades, but had never been elected to any office. Berry had held a few minor posts in the Roosevelt administration and was the long-time President of the International Printing and Pressmen's Union, based near Rogersville, Tennessee. Berry, along with several other labor leaders, had raised significant amounts of cash for Franklin Roosevelt's smashing 1936 reelection campaign. Aside from being a labor leader, which was not a particular political asset in Tennessee, Berry also had the handicap of coming from predominantly Republican East Tennessee.

Still, George L. Berry was a very ambitious man and he desperately wanted the senatorial appointment. Throughout the thirteen days following Senator Nathan Bachman's death and prior to Governor Browning making a formal appointment, Berry tried hard to convey the impression he had the personal support of President Roosevelt.

Berry went so far as to issue a public statement shortly before Gordon Browning made an appointment to the Senate, denying President Roosevelt was opposed to his being appointed to Bachman's seat. Berry said any report that FDR was opposed to his appointment to the United States Senate was "unfounded and absolutely untrue."

Claiming that the rumor of Roosevelt being opposed to him had received wide circulation, Berry intimated it had originated in Knox County and he blamed the supporters of other candidates for spreading it. Berry said he had spoken to President Roosevelt's secretary over "the long distance telephone" and had been

assured of having FDR's support for the senatorial appointment. Berry was careful to say he had not spoken to Roosevelt personally, as the president was vacationing, fishing off the coast of Galveston, Texas. Berry claimed, "President Roosevelt recommended my appointment during a recent conference with Governor Browning in Washington and the President has assured me repeatedly that he is supporting me for the appointment."

In the same interview, Berry seemed to contradict himself when he said, "But I am quite certain the President has not indicated who he wishes to be appointed." Yet the headline of the story read, "President Backs Berry".

Newspapers all across the state issued editorials opining upon the appointment and the various candidates. The Knoxville News-Sentinel came out against the appointment of local favorite son Mitchell Long, noting Long had no experience in national affairs as well as being the attorney for a private power company unfriendly to the Tennessee Valley Authority. In the same editorial, the Sentinel had kind things to say about George L. Berry, contrasting Berry's experience in national affairs and support for President Roosevelt and the New Deal with that of Mitchell Long.

On May 6, 1937, Governor Gordon Browning assured reporters he was "quite sure" he would make an appointment to the vacant Senate seat "sometime this week". Despite indicating an appointment was imminent, Browning claimed he could not say whether he knew just whom he would appoint. Governor Browning ended the speculation by announcing from the Executive Mansion that

same night his appointment of George L. Berry to the United States Senate.

The fifty-three year old Berry was in Louisville attending the Kentucky Derby when his appointment was announced. Berry's hotel suite was soon overrun with friends and admirers congratulating him on his appointment to the Senate. Reporters had no trouble locating the delighted Berry who said he had accepted the senatorial appointment "solely on the grounds of my ambition to help the president in all his efforts to rehabilitate and stabilize our economic structure and too, in order that I may be helpful to Governor Browning in his great fight to readjust the administrative and financial situation in Tennessee."

Berry was naturally quizzed about his attitude towards President Roosevelt's attempt to enlarge the U. S. Supreme Court. Berry replied, "Weeks ago I committed myself to the president's program and I propose to help in all other matters, the outgrowth of his leadership."

George L. Berry's first act as Tennessee's new United States senator was hiring F. L. Browning as his Secretary or Chief of Staff. F. L. Browning was Governor Gordon Browning's older brother as well as his closest personal political advisor. Berry entrained for Washington with F. L. Browning to take the oath office. For better or worse, Gordon Browning was closely and irrevocably politically tied to his appointee.

The United States Senate was the culmination of George L. Berry's political dreams and aspirations and it was admittedly the crowning achievement of a busy and productive life that had started under the most grim and trying of

circumstances. The son of a Deputy U. S. Marshal who had been killed in the line of duty, the orphaned George Berry had been sent to live with an aunt in Iowa. The eight-year old Berry found that he did not like living with his aunt and ran away. He barely managed to scrape out a living and endured severe hunger and want until he began working as a "printer's devil" assistant. Having been unable to read or write until the age of sixteen, Berry became exceptionally proficient in the use of both the written and spoken word. By 1907 Berry was President of the International Printing and Pressmen's Union, despite the fact he was only twenty-five years of age.

George L. Berry did not surrender his office as head of the Pressmen's Union when appointed to the U. S. Senate and would in fact remain president until his death in 1948. Berry saw nothing wrong with occupying a job that had taken up virtually all of his time while serving as a member of the United States Senate.

Berry's appointment proved not to be especially good politics for his patron, Gordon Browning. Throughout much of 1937 Berry was engaged in a heated dispute with the Tennessee Valley Authority over his ownership of mineral rights and leases he owned, which had been inundated with water from the creation of Norris Dam. Senator Berry and his associates claimed the mineral rights, leases and marble deposits flooded by TVA waters might be worth as much as \$3 billion, a truly astronomical sum at the time.

TVA not only rejected Berry's claim of financial harm, but the Chairman of the Tennessee Valley Authority Board thought Berry's claim so preposterous as to warrant criminal prosecution. Senator Berry's feud with the Tennessee Valley Authority lingered in headlines for most of the year and the only thing more popular than the TVA with Tennessee Democrats was perhaps Franklin D. Roosevelt.

During one hearing in Knoxville, a TVA attorney snapped the leases owned by George L. Berry "are not worth the paper they were written on." Berry apparently lost his temper during the same hearing and stated he had been robbed by the Tennessee Valley Authority. Berry said he was "not accustomed" to people coming into his home to rob him and the TVA had "confiscated my property."

Berry's rise from the depths of hunger and poverty was complete by the time he was appointed to the U. S. Senate. He owned the largest farm in the south-east, comprising some 30,000 acres of prime farmland. Berry was the largest stockholder in one bank and the director of another and owned a newspaper in Rogersville. Berry also owned a company, which specialized in printing multi-color labels for cigarettes and other products, as well as playing cards. George L. Berry had accumulated a small fortune since becoming the President of the Pressmen's Union and it was Berry's pursuit of wealth that would hamper his ability to remain in the United States Senate.

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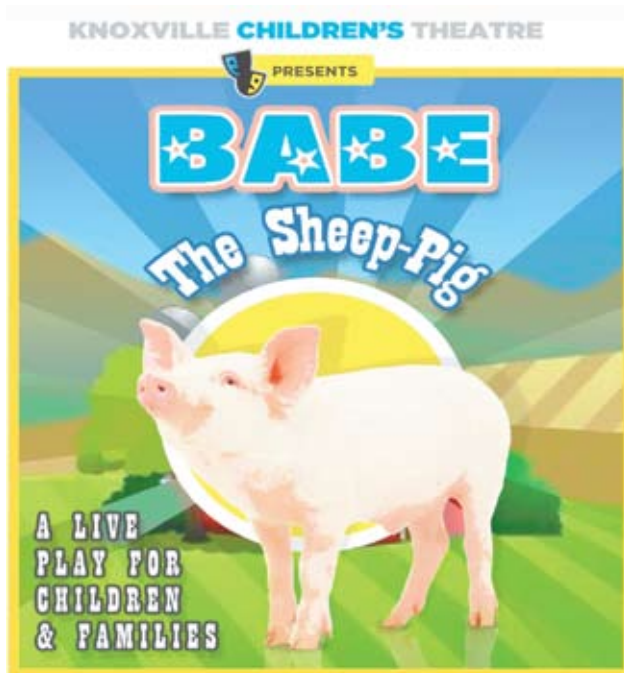
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Children's Theatre presents 'Babe The Sheep Pig'

Knoxville Children's Theatre will present a live stage version of the heartwarming 1983 book "The Sheep-Pig" for children and families from June 7 through June 22. Children (and adults) all over the world have identified with Babe, who must find his way in a complicated world, represented by Farmer Hoggett's busy farm. This book was the also the basis of the 1995 film Babe, which was nominated for seven Academy Awards.

Like many young pigs, Babe has been separated from his parents and finds himself at Farmer Hoggett's property, where the farm is abuzz with activity. There are sheep, roosters, dogs, turkeys, cats, and other animals around, and all of them seem to have a job, or "purpose" as Babe puts it. Except Babe himself. Farmer Hoggett's wife, however, has a "purpose" in mind for Babe: Christmas dinner! Babe wants to fit in on the farm, but he also wants to achieve a better destiny for himself. With the help of a motherly sheep-dog named Fly, Babe may just achieve his goal of finding a new "purpose." As the Grand Champion Sheep Dog Trials grow nearer, Babe dreams of being something no animal has ever been: a Sheep-Pig. Babe's hard work and spirit of cooperation have touched readers' hearts around the world, having been translated



into over fifteen languages and adapted into an Oscar-winning film. Babe, The Sheep-Pig is a perfect play to open our new theatre, thanks to the heartfelt direction of Caroline King and the animal-inspired choreography by Jennie Cunic.

The play is performed by 18 talented young actors, from ages 6 to 14. Derrick Washington, Jr. will play the title role of Babe. Recently, Derrick has entertained KCT audiences as Clarence The Angel in "It's A Wonderful Life!" and multiple roles in "The Legend of Sleepy Hollow." His surrogate mother, Fly the Sheepdog, is played by Kayla June Nobbe, last seen at KCT as Clementine the Kind in "Sleeping Beauty." The Hoggetts will be played by Minnie Harrigan and Wheeler Moon. Eight other

veteran performers join them: Catherine Blevins, Callie Dowd, Caroline Dyer, Caroline Hunse, Bethany Moon, Zoe Risley, Lydia Steimer, and Brandon Wilhoit. Six actors are making their KCT debuts: Eason Bullard, Campbell Ella, Max Harper, Anna Heneise, Saiya Palmer, and Isabelle Paultre. The play is directed by Caroline King. Jennie Cunic is the Assistant Director, and also will serve as Choreographer and Assistant Costume Designer. Wade Austin provides the scenic design, and Amie Dyer will also assist with costumes. The play's stage manager is A. J. Tierney.

For more information on reservations and show times, please call (865) 599-5284 or e-mail tickets@childrenstheatreknoxville.com.

UT School of Music To Host Percussion Workshop for High School Students, Educators

High school students who play drums and other percussion instruments will have a special opportunity to develop their skills this summer. The 1st Annual UT Summer Percussion Institute (UTSPI), a week-long workshop for high school students, will take place July 7-14 at the University of Tennessee Knoxville campus.

Students will participate in daily hands-on clinics, master classes, ensemble rehearsals, and perfor-

mances alongside percussion professionals. Instruction will be given in concert-orchestral percussion, mallet instruments, drum set, jazz & improvisation, steel band, ethnic instruments, percussion ensemble, and more.

The seminar will be taught by an esteemed faculty of professional percussionists including its founder and director, Dr. Andrew M. Bliss, Director of Percussion Studies at the UT School of Music in Knoxville.

"We are excited to offer the UT Summer Percussion Institute to high school students and teachers in Tennessee and elsewhere," says Dr. Bliss. "UTSPI is unique because students have the opportunity to regularly perform with top percussionists while studying all areas of percussion performance."

The other distinguished percussionist faculty are Keith Brown, UT Jazz faculty; Erin Walker, University of Kentucky World



UT PERCUSSION INSTITUTE

Music faculty; Casey Cangelosi, Percussion Solo Artist; Josh Jennings, Afro-Cuban/Brazilian Percussion Specialist; and Matt Weyer, Directors' Workshop Coordinator for Contemporary Percussion Concepts.

According to Bliss, "One caveat for high school teachers is the two-day concurrent Director's

Workshop, which counts toward professional development credits, and includes an option to attend the students' master classes, rehearsals and performances too."

The UTSPI will be held at the Alumni Memorial Building located at 1408 Middle Drive, Knoxville, TN 37996 and is open to high school students of all backgrounds and skill sets. No audition is required for acceptance. Registration and tuition are required. Limited scholarships are available.

For more information or to register online, visit www.music.utk.edu/UTSPI. For additional help, call (865)-974-4882 or (423)-863-2470.

The University of Tennessee School of Music sponsors over 200 concerts every school year, and all are free unless otherwise noted. For more information about UT music events, visit the UT music website at www.music.utk.edu/events.

Alexander Unveils Four Principles for Clean, Cheap, Reliable Energy

Cont. from page 2

challenges in American energy policy. Alexander is the Ranking Member, or lead Republican, on the Senate Appropriations Subcommittee on Energy

and Water Development, and a member of the Senate Energy and Natural Resources Committee.

With "charting a competitive energy future" in mind, he laid out his four principles, with topics

ranging from the perils of cap-and-trade legislation to the merits of America's natural gas boom as a model for the future that was ignited by government-supported research and development.



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Feaster wins another state championship

By Ken Lay

MURFREESBORO--- Anna Catharine Feaster has won another state tennis championship.

The Webb School junior pulled off a three-peat on Friday, May 24 when she outlasted University School of Jackson's Francesca Eluhu 7-6 (6-2), 6-4 in the Division II-A girls singles title match at Old Fort

Park.

It was Feaster's third consecutive State Title. She advanced to the championship match with a 6-1, 6-0 semifinal victory over Evangelical Christian School's Meg Mattis.

Feaster won her quarterfinal match in straight sets over Anastasia Perin of Lousanne. Feaster didn't lose a game in the quarter

finals.

The Lady Spartans had two doubles teams make the state tourney. Both lost to the eventual doubles State Champions. Diana Grandas and Divya Agarwal were eliminated in the quarterfinals by Libby Heflin and Claire Sullivan, of St. George's, 6-1, 6-3.

Heflin and Sullivan went on to defeat Niki Rollhauser

and Kathryn Evans 6-1, 6-4 in the championship match.

In Division II-A boys doubles: The Spartans had two teams qualify for the state tournament. Both reached the semifinals. Gabi Dagotto and Rajeev Jadhav won their quarterfinal match before falling in the semis to University School of Jackson's J.R. Markos

and George Markos, won eventually won the state championship by beating their USJ teammates Graham Taylor and Harrison Norton.

Taylor and Norton eliminated Webb's tandem of Connor Cox and Preston Yoon 6-3, 7-5 in the other semifinal.

In Division II-A boys singles: Webb's Lorenzo

Rollhauser won a pair of matches and reached the finals where he was eliminated by St. George's Marshall Sullivan in three sets, 6-4, 2-6, 6-3. He defeated Cade Reasons (Jackson Christian) in the quarterfinals and downed St. George's Albert Vacheron in the semis.

Spartans' eighth grader

Continue on page 2

A YEAR TO REMEMBER Versatile Troutman made his mark at Austin-East



Dennis Troutman bought a new bicycle recently, which he is using to get around to summer school classes at UT-Knoxville. He'll be taking it with him when he starts attending UT-Chattanooga this fall. Troutman said he also enjoys riding on the Riverside greenway trails in East Knoxville. Bicycling is just another extension of the Austin-East High graduate's athletic versatility.

By Steve Williams

Dennis Troutman's athletic resume was so impressive this past school year, Austin-East High School changed tradition and named him its overall Athlete of the Year, said athletic director Alvin Armstead. In past years, A-E has selected both male and

female athletes of the year.

Troutman lettered in five sports, which is almost unheard of in this day and age of the specialized athlete.

Being at a smaller school, enrollment-wise, in Knox County contributed to his feat. Like he said, "everybody at the school does something," from those who played chess to

the many in A-E's large dance company.

Troutman did a lot – football, wrestling, basketball, baseball and track and field – and stood out, plus was a team captain in all but basketball.

Why five sports?

"It kept me busy," answered Troutman

Continue on page 3

Local multi-event medalists steal show in boys track

By Ken Lay

MURFREESBORO--- Xavier Hawkins did all he could to help Fulton High's track team nail down fourth place at the Class A/AA Boys State Championship recently.

Hawkins led the Falcons to the 4x200 state relay title. He and his teammates posted a time 1:00.2814.

The junior sprinter also had second-place finishes in both the 100 and 200-meter dash. He completed the 100 in 10.65 seconds and finished the 200 with a time of 21.94 seconds.

He was also a member of Fulton's 4x100 team which claimed third place.

Martin Luther King was the Class A/AA team champion with 60 points. Lipscomb Academy finished second (40), followed by Chattanooga School for the Arts and Sciences (38) and the Falcons (32).

Meanwhile, Austin-East, which finished in a three-way tie for seventh at the meet which was held May 21-24 at Middle Tennessee State University, had some stellar performances on the state's biggest stage.

Chris Gholston, of the Roadrunners, finished second in the 400-meter run (49.96). Austin-East's Devin Williams was a multi-event medalist, placing fifth in the 200-meter dash (22.22) and seventh in the 100-meters with a

Continue on page 2



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Local multi-event medalists steal show in boys track

Cont. from page 1

The Roadrunners also posted a fourth-place finish in the 4x100 relay (43.36 seconds).

Christian Academy of Knoxville medaled in two relay events. The Warriors finished third in 4x400 (3:29.18) and sixsixth in the 4x800 with a time of (8:35.38).

In Class AAA: West High finished sixth in the team standings and was the only area team to crack the Top-10.

White Station claimed the team championship with 52 points. Oakland claimed second (48), followed by Independence (42), Brentwood (39), Centennial (36.5) and the Rebels (31).

West High's Lionel Morris finished second in the 100-meter dash (10.72) and placed third in the 200 (22.11 seconds). Jackson Schmid of the Rebels finished seventh in the 1,600-meter run (4:25.51).

The Rebels' 4x100 relay team came in third (42.46 seconds) Farragut placed sixsixth in that event (42.67).

Hardin Valley Academy's distance specialist Aaron Templeton finished second in the 1600 with a

time of 4 minutes, 20.05 seconds). He took third in the 3,200 (9:09.69). The Hawks 4x800 relay team finished seventh in the state with a time 8:10.57.

Karns had three medalists in the meet as Nathan Rivera finished seventh in the 110-meter hurdles (15.4 seconds). Cody Graves took eighth in the 400 with a time of 50.42 seconds and Hunter Goforth finished eighth in the long jump with a mark of 21 feet, 9 inches.

Bearden also had a big day as Hank Mary and Jackson Elmore tied for the runner-up spot in the pole vault. Both Bulldogs cleared 14-6. The school's 4x800 relay team finished fourth (8:06.13).

Bearden's Chase Hilton came in sixth in the 800-meter run (1:57.59) and Bryan Fitzsimmons finished eighth in the 3,200 with a time of 9:35.38.

Meanwhile, Halls freshman shot putter Cole Patterson wasn't intimidated by the bright lights. He earned a medal for the Red Devils by finishing third with a throw of 52 feet, 2 ¼ inches.

In Division II: Webb's 4x800 relay team finished seventh (8:23.62).

Local athletes shine at girls track meet

By Ken Lay

MURFREESBORO--- Several area athletes put up stellar showings at the TSSAA Girls Track and Field Championships recently at Middle Tennessee State University.

The State Championships were held May 22-24.

Hardin Valley Academy sophomore Tamia Crockett came home from the Class AAA Meet with a pair of titles.

Crockett, who also plays basketball for the Lady Hawks, won the shot put and the discus. She won the shot put with a mark of 38 feet, 9 inches. Her throw in the discus covered 125 feet, 4 inches for the 2012 State Champions.

Hardin Valley's Emma Mashburn finished second in the 1,600-meter run with a time of 5:06.62. The Lady Hawks finished fourth in 2013. HVA was the top area team in the Class AAA girls competition. The Lady Hawks finished third in the 4x800 relay (9:46.24).

The West High Lady Rebels, who finished 13th in the team standings, had some stellar individual efforts. Shantyra Delaney finished second in the 100-meter hurdles (14.35 seconds). Melinda Russell finished fourth in the discus (116-4) and Kathryn Pickle finished seventh in the 300-meter hurdles (47.36).

The Lady Rebels also had success in the relay races. West was sixth in the 4x100 (50.03 seconds) and seventh in the 4x400 (4:03.66).

In the Class A/AA girls championships: Austin East, Christian Academy of Knoxville and Gibbs each had multiple event medalists. The Lady Roadrunners finished second in the team

standings. The Lady Warriors were seventh and the Lady Eagles set a school record at the State Meet.

Austin-East's Shenora Rogers won the shot put (37-11 ½) and claimed second in the discus (105-10).

Caroline Hinch took second in the 400-meter run (50.29 seconds) and fourth in the long jump (17-11). Meanwhile, Lady Roadrunners' sprinter Lexus Hall took second in the 200-meter dash (25.52) and third in the 100 with a time of 12.45 seconds. Austin-East was fourth in the 4x100 relay (50.09) and sixth in the 4x200 (1:48).

Meanwhile, CAK's Sarah Masters was fourth in the 400 (1:00.84). The Lady Warriors won the 4x800 relay (10:01.27) and took second in the 4x400 relay (4:07.49).

Gibbs High's Kelsey DeLapp set a school record in the triple jump. She finished second in the event with a leap of 36-3. She was also second in the pole vault (10-0).

In Division II: The Webb Lady Spartans finished ninth in the team standings.

Webb freshman Madeline Christian finished third in the 800-meter run (2:21.83). Sophomore Peighton Meske was third in the 3,200 (11:32.77) and fourth in 1,600 with a time of 5:09.46).

Claire Bonnyman finished fifth in the pole vault (9-6) and Madison Read took sixth in the 800-meter run (2:24.86).

Webb's 4x200 and 4x400 relay teams each finished sixth, The Lady Spartans were seventh in the 4x100 (51.06 seconds).



CAK celebrates another state championship

Back to Back! CAK wins second straight soccer title

By Alex Norman

They've made winning boys' soccer championships a regular experience at Christian Academy of Knoxville.

On Friday, May 24th, the Warriors won their second straight Division I Class A-AA title, with a 2-1 victory over Kingsbury. CAK downed Kingsbury for the 2012 championship as well.

"It means a lot for the boys," said CAK head coach Kurt Backstrom. "We've got a lot of young people that continue to achieve great things. And the seniors that have been here four years deserve this. We've prepared all season."

Backstrom, the long-time Farragut assistant coach, has now won his second championship in his second season running the show at CAK (23-3).

Before the game Backstrom said that win or lose, his team was going to learn a valuable lesson. It might have been how to work through adversity.

Senior forward Ryan Creel, the teams' best offensive player, earned a red card in CAK's semifinal victory over White House. That made him ineligible to play in the title game.

Last year Creel earned a red card in the state title game as well.

This season Kingsbury entered the game with an 11-11 record, but that certainly wasn't indicative of how the Falcons had been playing in recent weeks. Kingsbury was on a seven game win streak, and with ten seniors on the roster, they had the experience to win the first state championship in school history.

The Warriors had a few chances in the first half, but had trouble getting anything past Falcons goalkeeper

Rigoberto Navarro. Finally, in the 32nd minute, the CAK pressure earned a corner kick. Wade Crutchfield sent it towards the center of the box, where sophomore Stephen Pardue got his head on the soccer ball.

It took once bounce, and snuck just inside the post, and CAK had a 1-0 lead.

The game turned shortly thereafter, when Kingsbury senior forward Aro Nebk was given a red card for abusive language. That forced the Falcons to play with only 10 men for the remainder of the game.

In the second half, CAK's Jon Creel found senior Stevie Thompson on the move in the Kingsbury end of the field. Thompson sent the ball forward, made one defender miss, and then buried the opportunity, beating Navarro. With under 25 minutes to go, the Warriors had a 2-0 lead.

A two goal advantage against a short-handed team had their fans feeling good. But in the 73rd minute, the Warriors defense let up just a bit. Jose Marquez beat CAK keeper Ryan Alberts, and the Falcons had life, trailing 2-1.

But there wasn't enough time left on the clock for Kingsbury. CAK held on for yet another state championship.

"Kingsbury is a very good team," said Backstrom. "I'm proud of our guys and pleased with the outcome."

The scary thought for the rest of the state rests in the fact that the CAK roster is very young. Many of the players that received significant playing time in this tournament will be back again in 2014.

It wouldn't be a surprise to see this team back in Murfreesboro next May.

Rocky Top League moves to CAK

By Ken Lay

After six hot summers at Bearden High School the Pilot Rocky Top Basketball League will have a new home in 2014.

The summer basketball league, which features players from the University of Tennessee, will contest its games at Christian Academy of Knoxville this year. CAK's gymnasium is smaller but it also has air conditioning.

"There will definitely be air conditioning and that's the biggest reason that we decided to move," league commissioner Andre Whitehead said. "It's always been hot [at

Bearden] but last year, it was hotter than it has ever been.

"CAK is a smaller venue, but we'll have to make do."

The season opens on June 17 and Whitehead said that most faces will be familiar to local basketball fans.

"We'll have the UT players as well as all of the new recruits," he said. "And, we'll also have some other area talent.

"Most of the old guys will be back."

Other players in the Pilot Rocky Top League improve former Volunteers and other former college players and some professionals.

The league will have its draft on June 12 and that will likely be held at Ray's ESG. The restaurant has hosted the draft in recent seasons.

"I haven't heard back from them [Ray's] yet, but I'm pretty sure that that's where our draft will be," Whitehead said.

Whitehead said the departure from Bearden is bitter-sweet.

"I'll miss Bearden because I have a good relationship with [Bearden boys basketball] coach [Mark] Blevins but sometimes, it's just time for a face-lift, time for a change," Whitehead said.

Feaster wins another state championship

Cont. from page 1

Thomas Loaiza made the state tournament and lost in the quarterfinals to Evangelical Christian's Nick Wiseman 6-1, 6-3.

In Class A/AA girls doubles: Christian Academy of Knoxville's Leighton Porter and Lauren Valeriano reached the championship match before falling to Unicoi County's Nela Holkova and Mallory Jackson 6-0, 6-3. The Lady Warriors' duo downed Goodpasture's Daisy Wyatt and Laine Phillips in a three-set quarterfinal match. Porter

and Valeriano, an eighth grader, won 7-5, 6-2 over Page's Makenna Hart and Brenna Minyard.

In boys doubles, CAK's tandem of Ethan Fussell (an eighth grader) and senior Franklin Murchison were eliminated in the quarterfinals. The Warriors' duo lost to Middle Tennessee Christian's tandem of Kip Kahler and Mark Claiborne 7-5, 4-6, 6-3.

Meanwhile, CAK freshman Koi Royal made the state tournament and lost in the quarterfinals to Mason Gear, of

Murfreesboro Central, 6-3, 4-6, 7-5.

In Class AAA: Bearden's freshman doubles team of Griffin Davis and Charlie Adams reached the championship match. The Bulldogs' duo fell to Brentwood's Will Jayne and Michael Arguello 6-3, 6-2. Davis and Adams defeated Blair Godsey and Braden White (Hendersonville) 6-1, 6-4 in the quarterfinal. The Bearden pair beat Oakland's Charley Myers and

Mitch Burnham, 6-1, 6-1.

In boys singles, West High's Connor Armfield was ousted in the quarterfinals. He dropped a tough three-set match to Tennessee High's Matt Hensen 6-4, 1-6, 7-6 (9-7).

In girls doubles, West High's tandem of Brenna Armfield and Margeaux Armfield qualified but lost in the quarterfinals to Science Hill's Katie Deal and Hope Forbush 6-1, 6-2.

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HIGH SCHOOL ATHLETES OF THE YEAR

The Knoxville Focus this week spotlights Athletes of the Year from the following schools: Austin-East, Carter, Fulton and L&N STEM Academy. The honorees and their information were provided by each school's athletic director.

MALE ATHLETES OF THE YEAR

DENNIS TROUTMAN

Austin-East
Senior

Lettered in: Baseball, Football, Track and Field, Basketball and Wrestling.

Honors and awards: Captain in all sports except basketball. Two-time All-KIL and All-District honoree in football. State qualifier in wrestling. Recipient of 2012-13 Eddie Courtney Courage Award.

DEAN TAYLOR

Fulton
Senior

Lettered in: Football (OLB-TE).

Honors and awards: All-State, All-KIL, All-District 3-AA, Tennessee All-Stars.

Statistics: Receiving – 15 catches, 278 yards, 5 touchdowns. Defense – 56 tackles, 12 tackles for loss, 5 sacks, 1 interception.

Notes or quotes: Dean had a 23-yard touchdown catch in Falcons' 39-14 Class AA state championship win over Covington.

JAKE MENDENHALL

Carter
Senior

Lettered in: Golf.

Honors and awards: TSSAA state tourney qualifier, Region 2 Champion, District 3 Runner-up.

Notes or quotes: "I am so proud of Jake's accomplishments. From his freshman year to his senior year, Jake has grown and matured as much or more than any golfer I have ever coached at Carter High School. I am certain that he will continue to improve and be a great asset to the Tusculum College golf program as well as a fine young man." – Coach Rudolph.

DAGON USELTON

L&N Stem Academy
Sophomore

Lettered in: Cross Country and Track.

Honors and awards: State qualifier in cross country. School record holder in 3200 meters, 2000-meter steeplechase, 4x400 and 4x800-meter relay teams. Sectional qualifier in 2013 in both 3200-meter run and 4x800 relay. School's first individual to score in sectional meet.

Notes or quotes: "Good example and leader for practice and meets." – Athletic Director Jason Webster.

FEMALE ATHLETES OF THE YEAR

ABBEY BOILING

Carter
Senior

Lettered in: Softball and Basketball.

Honors and awards: All-State 2012 and All-District 2012 and 2010 in softball (2013 awards pending). Two-time All-District and four varsity letters in basketball. Four Careacter Star Athlete Awards.

Statistics: Softball (2012) – .533 batting average, 3 triples, 45 runs, 28 stolen bases.

Academics: 3.25 GPA.

Notes or quotes: "Abbey is a great player to watch. She slaps from the left side and is extremely fast. She continuously works to develop her game and loves to play the game. She is a leader on our team who has great abilities and speed. She takes great pride in her lead off role and it shows through her batting average. She is a great outfielder who covers ground very quickly and can play any OF position. She leads the team in steals and has a desire to play softball in college." – Coach Cupp.

HANNAH KEARNS

L&N Stem Academy
Freshman

Lettered in: Track and Field.

Honors and awards: School record holder in Discus, 4x100, 4x200 and 4x400-meter relay teams.

Notes or quotes: "Unassuming leadership and unselfish example displayed was an immensely powerful influence on the development and expectations of our girls team." – Athletic Director Jason Webster.

JAYDA JOHNSON

Fulton
Senior

Lettered in: Basketball.

Honors and awards: All-State, All-KIL, All-District 3-AA.

Notes or quotes: Tennessee State signee.

The Knoxville Focus next week (June 10) will spotlight the Athletes of the Year submitted from Christian Academy of Knoxville, Grace Christian Academy, Knoxville Catholic and Webb School.

--STEVE WILLIAMS

A YEAR TO REMEMBER

Versatile Troutman made his mark at Austin-East

Cont. from page 1

with a smile, "and I love sports. It was something to do that nobody else did. I don't know if anyone else has ever played that many sports at Austin-East in one year."

Throw in his Advanced Placement classes, an internship at Knoxville Orthopedic Clinic the first semester and a job working at Buddy's barbecue restaurant on Magnolia during wrestling and basketball season, and Troutman's busy year was even more remarkable.

"It was kind of hard, but I did it," he said, looking back during a break between summer school classes at the University of Tennessee in Knoxville last week.

Time management was a key. "I didn't have my time managed my sophomore and junior year," he said.

Officially, he is Dennis Troutman III, named after his father and grandfather, who both played at Austin-East. Many, including his mother, Shetara Troutman, and 12-year-old brother, JaKobi, call him "Tre."

Prior to his senior year, Tre tragically lost his dad, who passed away on July 23, 2012, following a heart attack and complications. He was 40.

After football season,

Troutman was presented the Eddie Courtney Courage Award for how he had overcome the loss of his father.

"He was known mostly for football," said Tre. "He did wrestle and play baseball."

Tre said his dad, who went by the name Jabbar, was an outside linebacker at Middle Tennessee State University, where he played until suffering an ankle injury his junior year.

"He didn't really want to go to class and stuff," said Tre, "so he pushed me to go to school harder. And now I'm here in summer school."

This fall, Troutman will start attending UT-Chatanooga, where he plans to walk on in wrestling. He plans to major in athletic training or nutrition, then do post-graduate work in the field of physical therapy.

"I might be Doctor Troutman one day," he said, again smiling.

When asked what his favorite sport is, Tre answered, "It's gotta be between wrestling and football." He spent more time wrestling (three years) than playing basketball at A-E, because "wrestling got you better prepared for football," he said.

A 5-11, 250-pounder,

Troutman played mainly center and defensive tackle last fall as he earned All-District 3-AA honors for the second time. The Roadrunners (3-7) didn't make the playoffs, but Troutman recalled a couple of special individual moments.

"I had a blocked punt return for a touchdown against Brainerd, the only touchdown of my life," he said.

"I also got the ball back for us against Pigeon Forge. They were in victory formation, and I smacked the ball out of their center's hands. We went down and scored and won the game. They still can't stand me in Pigeon Forge."

"Everybody said I was offside, but he moved the ball. I watched the video. He moved it."

Troutman said his most satisfying individual accomplishment of the year was "going to state in wrestling." He also takes pride in "sticking with baseball the whole year because we didn't win any games."

Troutman pitched, played first or third base and hit fourth in the batting order.

Competing in the 285-pound heavyweight class, Tre finished fourth in the region wrestling tourney after "I poked myself in the eye going to pin the

guy. I would have had third place. That was my bloop of the year."

Troutman said he was attempting to put his opponent in a "half-nelson" when he accidentally poked his eye.

Tre joined up with the A-E basketball team after wrestling season ended. A power forward, he was utilized mainly for rebounding. "I thought we would go to state in basketball, but we lost to Gibbs."

In his first year in track and field, Troutman took second place in the shot put in the KIL.

Outside of athletics, Armstead noted Troutman was a member of the 100 Black Men of Greater Knoxville and the Academic Enrichment Club, an AVID student, an Austin-East Ambassador, in Upward Bound, a Just Lead Counselor through Emerald Youth Foundation and a volunteer at Sarah Moore Greene Elementary School.

"Dennis is one of the best all-around students you will ever meet," added the A-E athletic director. "Every adult in this school thinks he is the greatest kid . . ."

Such praise is rare, noted Armstead.

So is being a five-sport letterman.

Local soccer players named to district team

By Ken Lay

Farragut High School's soccer team recently concluded a magical 2014 campaign and the Admirals had seven players earn First Team All-District 4-AAA honors recently.

Farragut senior goalkeeper Gus Green, a first-year soccer player, was named the league's Goalkeeper of the Year by the district's coaches. He had five shutouts in the District 4-AAA Tournament, Region 2-AAA Tournament and Sectional round of the playoffs.

He combined with freshman Eli Lewis to beat Catholic 1-0 in the championship game of the district tournament. Green left that match last month after sustaining an injury.

He returned to action in the regional semifinals and blanked District 3-AAA runner-up Oak Ridge. Green also had a clean sheet against region title match against Maryville in a 2-0 victory that avenged a regular-season loss.

Green, a former football and lacrosse player for the Admirals, shut out Kingsport Dobyns-Bennett in the Sectionals and made some crucial saves that helped Farragut reach the Class AAA State Tournament for the first time since 2010.

"That was insane," Green said after keeping the Indians off the scoreboard in the substate match.

Green had two wins in the State Tournament before the Admirals fell 3-1 to Franklin in the championship game in Murfreesboro.

While Green and the Admirals' defense kept

opponents in check, Farragut had a potent offense led by junior Marvin Mendy, who was named Forward of the Year. Tyler Klarner was named Defender of the Year.

All of those Farragut players received first-team honors. Other Admirals named to the first team included: Ryan Coughenour, Emilio Moore, Fletcher Ekern and Justin Lomax.

Bearden, which suffered through a rebuilding campaign in 2013, had Jameson Elmore, Rhys Fielder and Brent Seltzer received first-team honors.

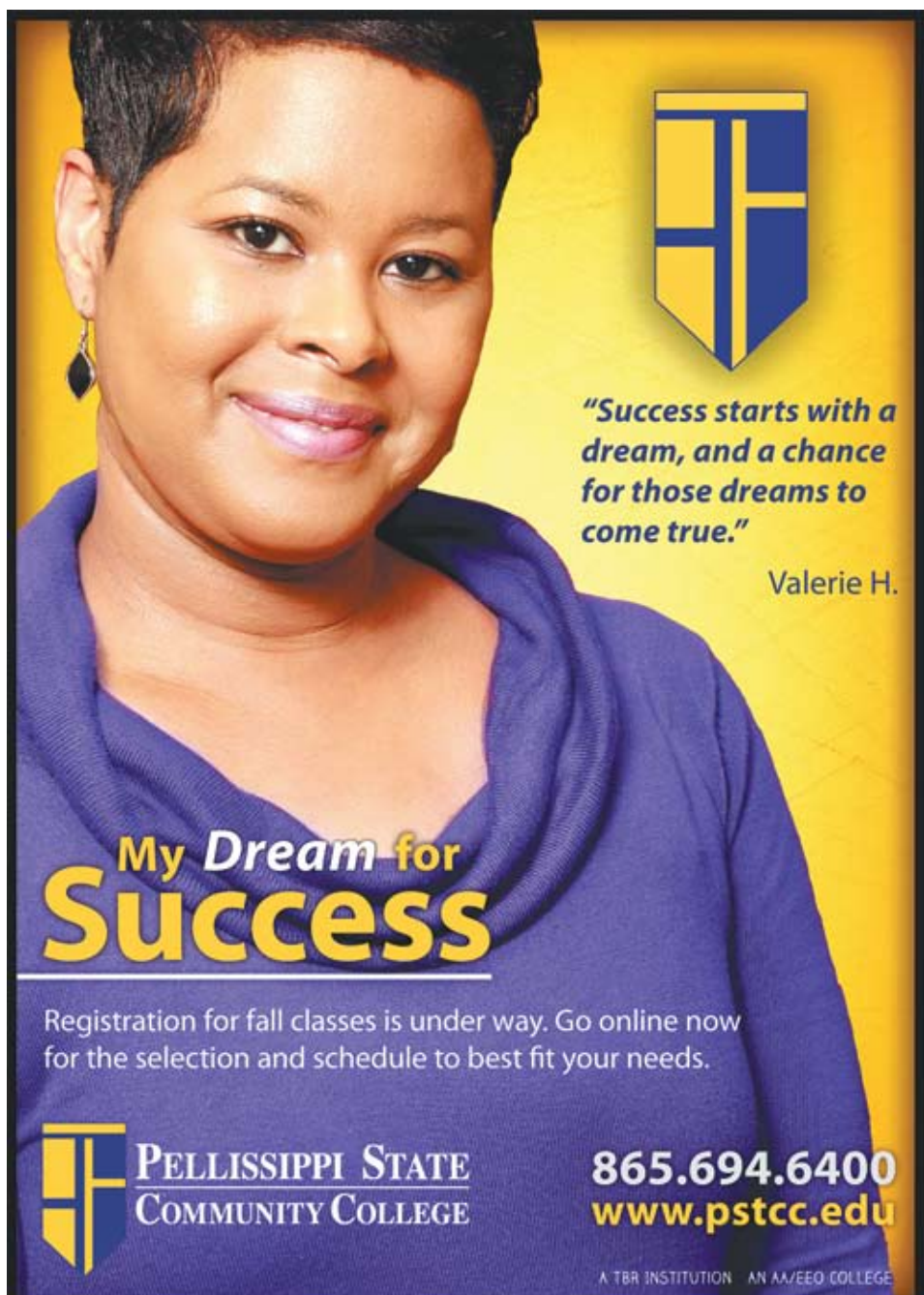
Ben Sanders and Suddy Hutchins (Catholic) were named to the first team after leading the Irish to a runner-up finish in the district tournament.

West High's Garrett Durbin, Graham Wall and

Avery Wang were named to the first team.

Six area players were named to the second team. Farragut had two selections including Kai Miettinen and Ethan Snow. West also had two second-teamers in Keaton Kaye and Chris Soto.

Bearden's Hayden Wells and Catholic's Gabe Saviedra were also named to the second team.



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Hillcrest Missionary Baptist Church "Wee Believers" 2013 spring Sunday school service project was a food drive for the Love Kitchen. Much emphasis was made to the class on Miss Ellen and Miss Helen's motto "Everybody is God's Somebody!" The "Wee Believers" took their donation of over 1,000 cans of food to the Love Kitchen on May 23. The group expressed gratitude to the sisters for all they do in providing meals for the less fortunate in our community. The acts of graciousness and generosity of Miss Helen and Miss Ellen are wonderful examples to all of us at Hillcrest Missionary Baptist Church and they have stolen our hearts. Hopefully, the "Wee Believers" food drive will impact upon them the true spirit of a giving heart for many years to come. The mission of the "Wee Believers" mirrors Miss Helen and Miss Ellen's ministry in knowing God is using them to be the answer to other peoples' prayers, being an encouragement and hope to those who are overwhelmed, striving and yes, hungry. We hope as a church we can always follow their lead of God's grace, love and obedience.

Church Happenings

Glenwood Baptist Church

Glenwood Baptist Church of Powell, 7212 Central Ave. Pike, is accepting appointments for the John 5 Food Pantry. Phone 938-2611 or leave a message.

Seymour United Methodist Church

The "Soul Sisters" ladies fellowship and service group is scheduled to meet every 1st Tuesday evening

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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.

of the month. This Tuesday, June 4, is such a meeting, but the plan and details are not yet available. Contact Patricia Huntley or Gail Hyfantis.

Tuesday, June 4th, also finds the 2013 Confirmation Class members taking a day-trip to the Lake Junaluska Retreat Center in North Carolina near Waynesville. Contact Rev. Darren Kitts for details.

The weekly fellowship meals on Wednesday evenings are not being held during the months of June and July, but they will resume in August.

Friday, June 7th, brings the next "Scrapbooking" fellowship and ministry gathering in the Fellowship Hall at 9 a.m. Contact person is Janelle McBride.

On Saturday, June 8th, there is a "Marriage Ministry" scheduled from 5 - 8 p.m. in the Fellowship Hall. This is a "guys

& gals" couples night out with meal and a scavenger hunt planned. Contact Rebekah Hill for RSVP and further details or see the article in the church's May newsletter.

Next Sunday, June 9th, the Holston Annual Conference opens at the Lake Junaluska Retreat Center near Waynesville, NC.

Looking ahead, the Older Adult Council is planning a trip to the Smokies Baseball Stadium for a picnic and the game on Friday, June 28. Tickets just \$11, but space is limited, so get signed up at table in hall-way every Sunday morning or contact Harry Switzer for further information.

Seymour UMC is located at the corner of Chapman Hwy and Simmons Rd., just one block north of the Boyd's Creek & Rt. 411 intersection with Chapman Hwy.

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Wednesday Bible Study - 6:30 p.m.

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A Love Story

When deciding on a movie to watch, two options come to mind: a guy movie or a chick flick. The choice on the movie often depends if my wife is watching with me as I tend to lean toward the action / adventure genre. However, as I have gotten older, I have appreciated the movies with a good love story. I hate to admit it, but lately my eyes start getting watery without much encouragement.

The story of Ruth is one of the great love stories in the Bible. This book was written during the period of the judges. You have a married couple, Elimelech and Naomi, who move from Bethlehem to Moab due to famine. Moab is an enemy nation to Israel. They are descendants of Abraham's nephew, Lot. Not long after arrival in Moab, Elimelech dies. Naomi's two sons marry Moabite women and then ten years later her two sons die. Life is not going well for Naomi, to say the least. She, who was once joyous about life, is now bitter.

Naomi has no reason to remain in Bethlehem so she heads back home to Bethlehem. Naomi tells her daughters-in-law to return to their homes and find new husbands. It is an emotional scene as the women weep and say good-bye. One of the women stays in Moab, Orpah. But Ruth gives these oft recited words of devotion at marriage ceremonies: Don't urge me to leave you or turn back from you. Where



By Mark Brackney,
Minister of the
Arlington Church
of Christ

you go I will go, and where you stay I will stay. Your people will be my people and your God my God. Where you die I will die, and there I will be buried" (Ruth 1:16-17).

Life would be difficult for both these women, one a foreigner from an enemy nation and the other an old widow. Yet now Ruth pledges to follow the God of Naomi and turn from the idolatrous god she grew up worshipping in Moab, Chemosh. This was also amazing in that Naomi's life was filled with heartache and she blamed God for her misfortune. Naomi warns Ruth and old friends in Bethlehem that God has turned against her (Ruth 1:21), yet Ruth still wants to be with her mother-in-law.

It is here that the story turns. Ruth find herself gleaning in the fields of a wealthy farmer, something the poor were allowed to do. She ended up in the field of a distant relative, Boaz. He showers her with kindness and the two fall in love. Naomi becomes the matchmaker in the story and tells Ruth to take a bath, put on perfume

and dress her best for a night straight out of Cinderella. Ruth conveys to Boaz in dramatic fashion her interest in marriage. Ruth literally asks Boaz to become God's wing of protection and provision over her and Naomi. Boaz doesn't miss the cue and a marriage is soon taking place.

Why would Boaz reach out to an outsider in a closed community? It turns out that Boaz's mother is Rahab, the prostitute that was rescued in Jericho (Mt. 1:5). Naomi thought God had given up on her, yet God never abandoned her or Ruth. Boaz and Ruth had a son, Obed. Obed had a son, Jesse. Jesse had a son, David. Twenty-eight generations later, Jesus is born in Bethlehem, a direct descendant of Boaz and Ruth. As Boaz was a guardian-redeemer of Naomi and Ruth (Ruth 4:14), Jesus is the ultimate Guardian-Redeemer. God's rescue of a pagan Moabite woman shows that God's salvation will be for all people. Remember that if you are in a season of hopelessness and bitterness, God has not abandoned you. Align your life to His and wait patiently for God's plan for your life to unfold.

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The
Doctor
is *at the beach*
a weekly column by
Dr. Jim Ferguson

Rhythms of Life

Ethnicity has little to do with rhythm because my grandson Noah has it. We don't know where he got it because my son-in-law doesn't dance. Perhaps it's some recessive or ancestral gene that courses through Noah's blood and allows him to move like no white man I've ever seen.

Sitting on the beach watching and hearing the ocean's waves makes me think about the rhythms of life. Our bodies operate with a daily (diurnal) rhythm defined by the sun. Light rays stimulate not only our retinas, but also the pineal gland which produces melatonin that influences our sleep cycle. When we travel across multiple time zones our bodies have trouble adjusting, producing "jet-lag" because our pineal gland's

melatonin production
is out of synch.

“Where do waves come from?” I asked Mr. Google, as I sat watching and listening to the crashing Atlantic surf. Lots of things interest me, and the same inquisitive perspective led the ancient Greeks to scientific study of the world around them. They called this desire to know things, *gnosis*, the root word for knowledge. I believe if you ever lose your inquisitiveness you will rapidly become obsolete. I tell patients to beware of the doctor who implies that he’s always right, because it often means he’s closed his mind to further learning and will soon be dangerous, if he isn’t already.

Waves are largely created by the wind. When the sun heats the air it rises and cooler air blows in to fill the relative

void. As the air moves across the water it causes a dragging force along the surface pulling the water upward. The result is a rolling tsunami-like swale. Stronger winds over greater distances produce bigger waves which ultimately encounter the beach. The water at the bottom of a wave is slowed by the rising shore causing the wave to topple over in a crash of surf.

We live in a world of sound which we take for granted until it dissipates or is lost. Many of my patients become increasingly isolated as they lose their hearing and can even mistakenly appear dull. The sound of surf occurs when ocean wave energy is changed into sound waves that move through the air and are channeled into the ear canal. At the end of the canal is the ear drum which is moved backwards and forwards by sound waves. This movement, in turn, causes the three conductive bones of the middle ear to function like a piston and pump another drum-like apparatus on the cochlea. It is the resulting movement of fluid waves in this hearing organ that stimulates nerve signals which race to the brain where they are interpreted

as crashing surf.

A Philosopher named George Berkeley once said that a tree falling in the forest makes no sound. What he meant was sound is interpretive. There may be sound energy produced when a tree crashes to the forest floor, but if no one is there to hear the crash, there's no sound. Hmm, I'll leave that to your reflection and return to practicality.

Sounds come intermittently and rhythmically. They also come at different energies and frequencies. A man's voice is deeper because testosterone elongates his larynx producing his Adam's apple. The longer vocal chords produce a deeper voice. No one can deny that teenage girls produce a piecing high frequency sound.

Sounds also come to us as intensity or loudness. I read that crashing waves can produce sound energy measured at 70 decibels (dB) and is comparable to automobile traffic. A faint sound like rustling leaves registers 20 dBs whereas a quiet library is 30-40 dBs. Human conversation occurs in the 50-60 dB range. The Seinfeld sitcom once spoofed people who talk so softly as to be misheard. That's

not the same as the inarticulate mumble of your teenage son or when my wife says I didn't listen; the latter is due to the Y chromosome. Lawn mowers produce damaging 90 dB sound energy. I learned that sporting events like Vol football registers 110 dBs and are comparable to 120 dBs of rock concerts and jet planes. Guns, fireworks and jack hammers produce 130-140dBs and obviously require hearing protection, even though ear plugs and ear muffs only decrease sound energy about 30 dBs.

There's something primordial about the relentless waves on the beach. They make me think of other rhythms of life. I don't often think about breathing. The non-conscious area of my brain is tasked to control respiration, heartbeat, blood pressure and even digestive processes. In fact, these processes work best when the conscious brain leaves them alone. I often see patients who sense "breathlessness" when their anxiety spills over into their subconscious systems.

Most of us have lain awake at night and been unable to sleep. Who hasn't worried about something and tried to "force" sleep onto the

system designed to induce sleep, if we'd just leave it alone? Sometimes I find it helpful to listen to my rhythmic breathing in the middle of the night. Like ocean waves, this primordial rhythm of life seems to be a better distraction than counting sheep.

I'll stop my beach musings and leave you with two additional rhythms to consider. The first comes from my Master through Eugene Peterson's translation, *The Message*. Jesus said, "Come away with me and you'll recover your life...Learn the unforced rhythms of Grace" (Matthew 11:28-30). The second comes from *The Prophet* by Khalil Gibran who wrote, "And what is it to cease breathing, but to free the breath from its restless tides, that it may rise and expand and seek God unencumbered?"

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***Do you have a question for
Dr. Ferguson?
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fergusonj@knoxfocus.com.***

UTMC healthy living kitchen offers farmer's market cooking class

"The Farmer's Market Cooking Class" will be the focus of the Healthy Living Kitchen team's next class. The class is scheduled for Wednesday, June 5 at noon in the Healthy Living Kitchen at The University of Tennessee Medical Center Heart Lung Vascular Institute.

“Diets rich in plant-based foods (fruits, vegetables and whole-grains) reduce the risk for heart disease, diabetes and some cancers,” said Jane Kelly, RN, CWPC, nurse specialist and lifestyle counselor for the Healthy Living Kitchen team. “This class will teach you how to incorporate plant

based foods in your menu and provide helpful tips on shopping for local produce and at farmer's markets."

UT Medical Center's Healthy Living Kitchen is located in Suite E-170 at the medical center's Heart Lung Vascular Institute. Cost of this special cooking class is \$20 and includes nutrition advice, meal and materials. Call (865) 305-6970 or go online at www.utmedical-center.org/healthylivingkitchen to register for the class

The mission of The University of Tennessee Medical Center, the region's only hospital to achieve status as

a Magnet® recognized organization, is to serve through healing, education and discovery. UT Medical Center, a 581-bed, not-for-profit academic medical center, serves as a referral center for Eastern Tennessee, Southeast Kentucky and Western North Carolina. The medical center, the region's only Level I Trauma Center, is one of the largest employers in Knoxville. For more information about The University of Tennessee Medical Center, visit online at www.utmedicalcenter.org.

UT Medical Center seeks patients for colon cancer clinical trial

The University of Tennessee Medical Center is seeking patients for a new study aimed at improving the quality of life for those with advanced colon cancer. The clinical trial is for patients with metastatic colon cancer who have experienced unintentional weight loss in the past six months. It involves a medication that may slow disease progression and prolong life while reversing muscle loss.

This type of weight loss for those facing progressive metastatic disease is called cachexia,

an irreversible loss of lean body tissue. The purpose of the study is to determine if the drug being examined can help regain the weight and extend life or increase overall survival.

Interested candidates are encouraged to call the Clinical Trials office of the Cancer Institute at UT Medical Center at (865) 305-5483 to determine eligibility for this Phase III clinical trial. UT Medical Center is one of 60 sites, 30 in the United States and 30 throughout the world, participating in the study.

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House to Home

Fontinalis honors Dr. Tumblin

Fontinalis Club recently presented their 2nd annual Honor Award to an outstanding journalist in the community.

Dr. Jim Tumblin, a Fountain City retired Optometrist and historian, enjoys writing and keeping the history of Fountain City alive for us and for our ancestors. His accomplishments are many and varied. He writes a monthly newspaper column called "Facts, Myths, and Mysteries." and has written and conducted the "Walking Tour of Fountain City." In addition, he wrote "Fountain Head Railway," (The Dummy Line) and the Central High School "A Century of Pride and Tradition- 1906-2006." He also Co-authored "Images/Fountain City."

Dr. Tumblin is a member of the East Tennessee Historical Society, a charter member of the Civil War Round Table Society, a board member of Fountain City Town Hall, and a member of the Fountain City Business and Professional Association.

Submitted by: Carol Pettit, -Publicity Chairperson.



Presenting the award to Dr. Tumblin is Betty Ann Smith.



DUVCW place a wreath. The Lucinda Heatherly Tent No. 3 of the Daughters of Union Veterans of the Civil War observed Memorial Day by placing a wreath at the Monument in Knoxville's National Cemetery. First step from left, Emily Akins, Kyle Wright, Ruth Heizer, Natasha Cass, and Allisyn Cass. Second step from left, Becky Jolly, president; and Katelyn Cass. Third step from left, Jeanie Watts, Tammie Burroughs and Joyce Condry.

ANTIQUES & COLLECTIBLES

The Great Recycle

First of all, a big shout out to all of you gracious folks who have invited me to your homes. It's truly been a pleasure meeting and helping you understand your antiques and collectible

items and, many times, assisting you in brokering them for good results. I am always happy to hear from you whether you want to sell an item or just need help to identify it I charge nothing to assist where I can. Secondly, I don't purchase anything myself, as I feel it is a conflict of interest. Even if you do not wish to sell. I can keep everyone honest by giving you a fair



By Carl Sloan

assessment. My purpose and goal is to help my neighbor- the same as family.

This week I wish to touch again on the current market concerning antiques, fine art, and collectibles to help give you an insight. The good news is that the market is quite strong and indicates stability and growth, as well as, an interest in owning and collecting. This being said, the things that were sought after in the past many times have little value and interest today. This is due to a generational shift and the fact that the baby

boomers, 1949 - 1959, are leaving or have left the market. This has created a large influx in the market. Precious Moments have all gone to Heaven, Beanie Babies are all grown up, Cabbage Patch Kid's are now grandparents. Artist signed prints, collectible china, and club items, though beautiful, have lost nearly total value. When I visit homes I regret having to point this out. Yet, most of the time, I do find items hot on the market today. Often, the owner has no clue of the item's worth.

Times have changed, and you really have to be in touch. Many items are selling at all time highs and are easy to overlook. For example, last Saturday we had a set of six different

duck calls (purchased at a flea market) bring nearly \$300, silver flatware set went for \$2,300, a vintage child's toy Singer sewing machine fetched \$275.

Folks, it may take me a week or more to get to you, but before you have an estate sale, tag sale, or family distribution I am here to help give you assessments at no cost to you whatsoever -other than perhaps a glass of sweet tea and good company. Simply call Greg Lawson, owner of Fountain City Auction and ask for a return call from Carl Sloan.

Throw nothing away, you might end up throwing out treasure! (865)604-3468.

ANNOUNCEMENTS

Captain W.Y.C. Hannum Daughters of Confederacy meeting

The Captain W. Y. C. Hannum Chapter #1881, United Daughters of the Confederacy will meet at the Green Meadow Country Club in Alcoa on

Saturday, June 22nd, at 10:30 a.m. Business Session will begin at 11:00 followed by lunch. The program topic "Fabrics and Designs of War Between the States Clothing" and will be presented by the Terry Ayers. Visitors are welcome to attend.

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

Fountain City / North Knox Republican Club meeting

The Fountain City / North Knox Republican Club will not be meeting for the month of June. The July meeting will be on Saturday, July 20 at Fountain City Park from 10-1 for a picnic.

Tri-County Lions Club

A Pancake Dinner will be held 4-7 p.m. Monday, June 10 at Connie's

Kitchen, 10231 Chapman Hwy, Seymour. Tickets are \$5, pre-ordered or at door. Proceeds will go toward the purchase of a special camera for use with young children to help identify eyesight problems early. Door prizes will be given

Wilderness hikes

Join Legacy Parks and Outdoor Knoxville for a series of guided summer hikes led by Covenant Health fitness expert Missy Kane. All hikes will be on local trails, with many on Knoxville's new Urban Wilderness trail system.

The cost is \$35 for the series of 8 hikes, or \$10 for each individual hike. Participants who sign up for the entire series receive a t-shirt and an Urban Wilderness pocket map. Thompson Cancer Survival Center will also share information for sun safety.

The hikes are planned for Wednesday mornings in June and July. To register, click "Events" at OutdoorKnoxville.com or call (865) 541-4500.

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CLASSIFIEDS



Cream Cheese Pound Cake

1 (8 ounce) package cream cheese
1 1/2 cups butter
3 cups white sugar
6 eggs
3 cups all-purpose flour
1 teaspoon vanilla extract

Preheat oven to 325 degrees F (160 degrees C) grease and flour a 10 inch tube pan.

In a large bowl, cream butter and cream cheese until smooth. Add sugar gradually and beat until fluffy.

Add eggs two at a time, beating well with each addition. Add the flour all at once and mix in. Add vanilla.

Pour into a 10 inch tube pan. Bake at 325 degrees F (160 degrees C) for 1 hour and 20 minutes. Check for doneness at 1 hour. A toothpick inserted into center of cake will come out clean. second casserole, uncovered, at 350° for 20-25 minutes or until heated through.

Carrot-Granola Muffins

1 ¼ cups all-purpose flour
2 tsp baking powder
½ tsp baking soda
½ tsp ground all spice
1 ½ cups low-fat granola cereal
¾ cup brown sugar-firmly packed
1 cup low-fat butter milk
2 egg whites
2 Tbsp olive oil
1 cup carrots – grated

Heat oven to 400 degrees. Spray 12 (2 ½ “) muffin cups with vegetable cooking spray. Stir flour, baking powder, baking soda and all spice until blended and set aside. Mix cereal, brown sugar, and butter milk in large bowl. Let stand for 5 minutes for granola to soften. Stir in egg whites, oil and carrots. Stir in flour mixture just until blended. Spoon batter evenly to top of prepared muffin cups. Bake 20 minutes or until slightly browned. Makes 12 muffins.

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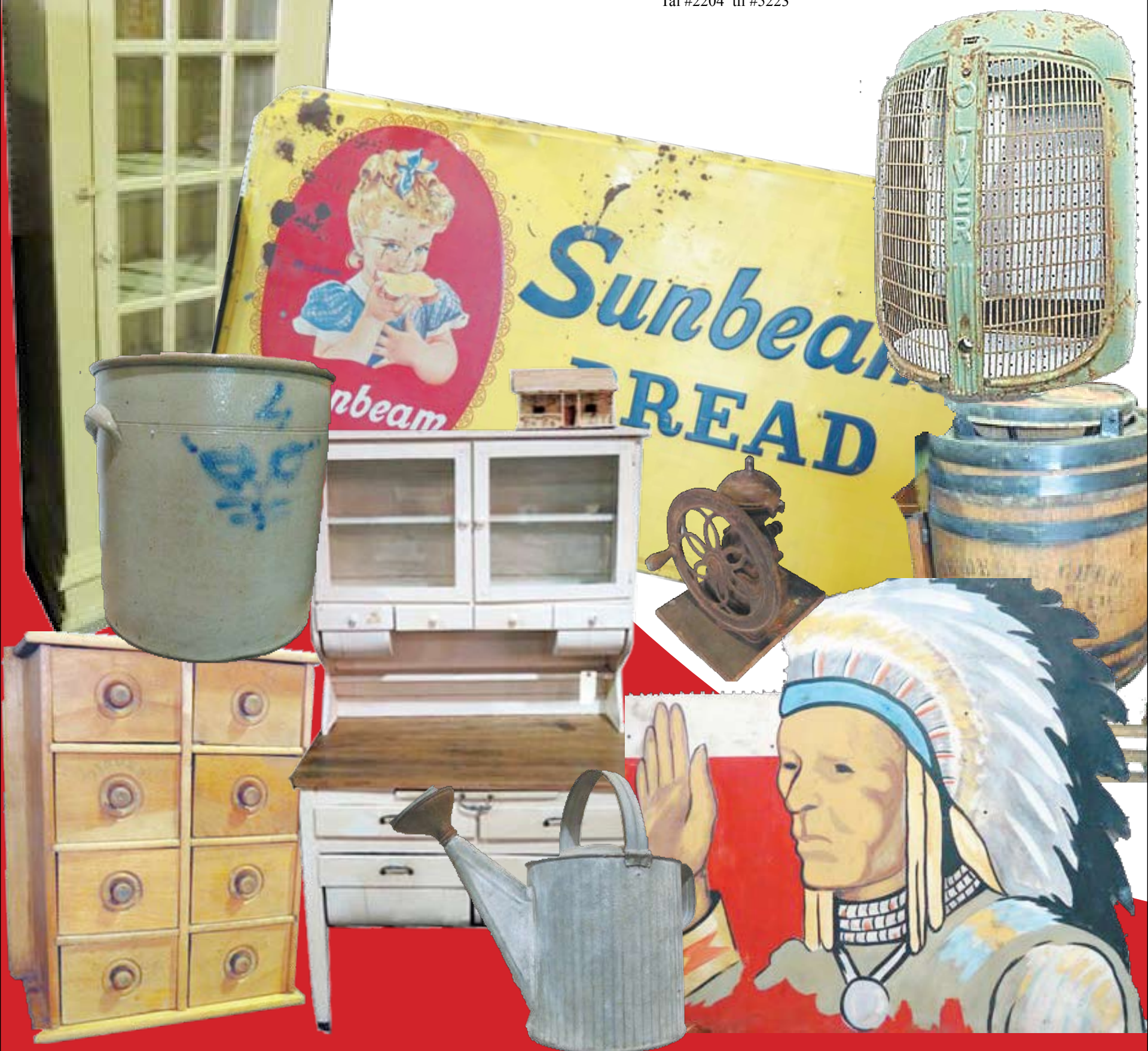
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