

# Leuthold appointed interim-trustee

**By Tasha Mahurin**  
[tasha@knoxfocus.com](mailto:tasha@knoxfocus.com)

“All I can do is go out there every day, do things the right way, and try to build the trust back up,” Knox County’s newly appointed trustee Craig Leuthold told members of the media after last week’s commission meeting. The former county commissioner was selected to serve as interim-trustee by Knox County Commission last week.

He will fill the seat left vacant by former trustee John J. Duncan III- who

resigned after pleading guilty to official misconduct earlier this month.

“I would like to congratulate Craig Leuthold on his appointment to Knox County trustee,” Knox County Mayor Tim Burchett said. “I look forward to working with him, and will make the Knox County Finance Department available to assist his office in any way necessary.”

In a 6-4 vote, Leuthold received support from Commissioners Richard Briggs, Sam McKenzie, Tony Norman, Jeff Ownby,

Larry Smith, and Dave Wright.

26 people applied for the interim position. Knox County Commissioner Ed Shouse, who was also thought to be strong candidate, withdrew his name for consideration just prior to the vote. Leuthold was selected after three rounds of voting, beating the former CFO of Rush Fitness Centers, Mike Manning, in the fourth round.

“We’re going to work to build trust back,” Leuthold assured commissioners

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PHOTO BY DAN ANDREWS.

*Craig Leuthold took the oath of office from Chancellor John Weaver last Monday. Standing with Leuthold are father, Frank Leuthold, wife, Brenda Leuthold, and son, Craig Leuthold.*

FOCUS

Weekly Poll\*

In your opinion, should the county wide constitutional officers, such as the County Clerk, Register of Deeds, Trustee, Property Assessor, and Law Director be elected by the people or appointed by the county mayor?

ELECTED

83.08%

APPOINTED

16.92%

Survey conducted July 25, 2013.

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

# Telethon to continue benefit’s momentum

**By Tasha Mahurin**  
[tasha@knoxfocus.com](mailto:tasha@knoxfocus.com)

Knox County Mayor Tim Burchett’s office worked with several local TV and radio stations to organize today’s telethon to benefit Mobile Meals.

Knox County Commissioner Mike Hammond and Q100 Today’s Continuous Country teamed up to raise money for the program as well with last week’s benefit concert featuring Cassadee Pope. The event raised \$2500 for Mobile Meals.

At just 23, Cassadee Pope’s unique vocals and powerful performances stole the national spotlight during Season 3 of “The Voice.” Less than a week after her victory on the show, THE VOICE: THE COMPLETE SEASON 3 COLLECTION owned the #1 spot on Billboard’s Heatseekers Albums chart. The young singer/songwriter has already appeared on TODAY, Live! with Kelly & Michael, The Tonight Show With Jay Leno, and performed with Train on New Year’s Eve With Carson Daly.

“Cassadee has been involved in stamping out hunger through her record label, Republic Nashville, and we are very pleased and excited that Cassadee has chosen to extend that work to Knox County by helping to raise money for Mobile Meals,” said Q100 Program Director and Knox County Commissioner Mike Hammond.

Cassadee performed



PHOTO BY DAN ANDREWS.

*Cassadee Pope and Commissioner Mike Hammond.*

the concert at Cotton-Eyed Joe’s in West Knoxville to a large crowd of all ages. Jed Bakri, manager of the Cotton-Eyed Joe was instrumental in coordinating the logistics and getting the Cotton Eyed Joe to donate their facility for the night. For Mr. Bakri it was a special night. Mayor Tim Burchett announced that it was Mr. Barki’s 2 year anniversary as a United States

citizen. Mr. Bakri is very well known in the community for his passionate charity work in the community. In 2011 he won the “Dancing With the Knoxville Stars” globe for most amount of money raised for charity. Cotton Eyed Joe strives to be a good corporate citizen.

Mobile Meals serves noon meals, five days a week and on holidays, to senior citizens in Knoxville

and Knox County who are at least 60 years old, who cannot cook for themselves and have no one to prepare meals for them.

“This concert is a great way to help support the work of Mobile Meals, and it wouldn’t be possible without Commissioner Hammond, Q100 and the Cotton Eyed Joe,” said Mayor Burchett.

The Mobile Meals telethon on July 29 gives the

community the opportunity to help by making a donation that will provide hot meals to homebound seniors. Donations for the Mobile Meals Monday telethon can be made by calling (865) 690-3500 though 6 p.m.

More information about Mobile Meals can be found at <http://www.knoxseniors.org>.

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Lady Vol

trainer offers

perspective

on life

By Joe Rector

If the old adage that “experience is the best teacher” is true, then Jenny Moshak, trainer for the Lady Vol basketball and volleyball teams, is an honor student of athletics. She shares her stories and the lessons learned in her book “Ice ‘n Go” (UT Press, 2013, \$29.95).

The title comes from Moshak, who has given that advice to athletes and people for all areas of life. The words have appeared on her car and motorcycle license plates for years. The content of the book is “upbeat in tone and positive with simple strategies for improving the athletic experience for all, especially kids.” She covers a variety of topics, including social issues, medical

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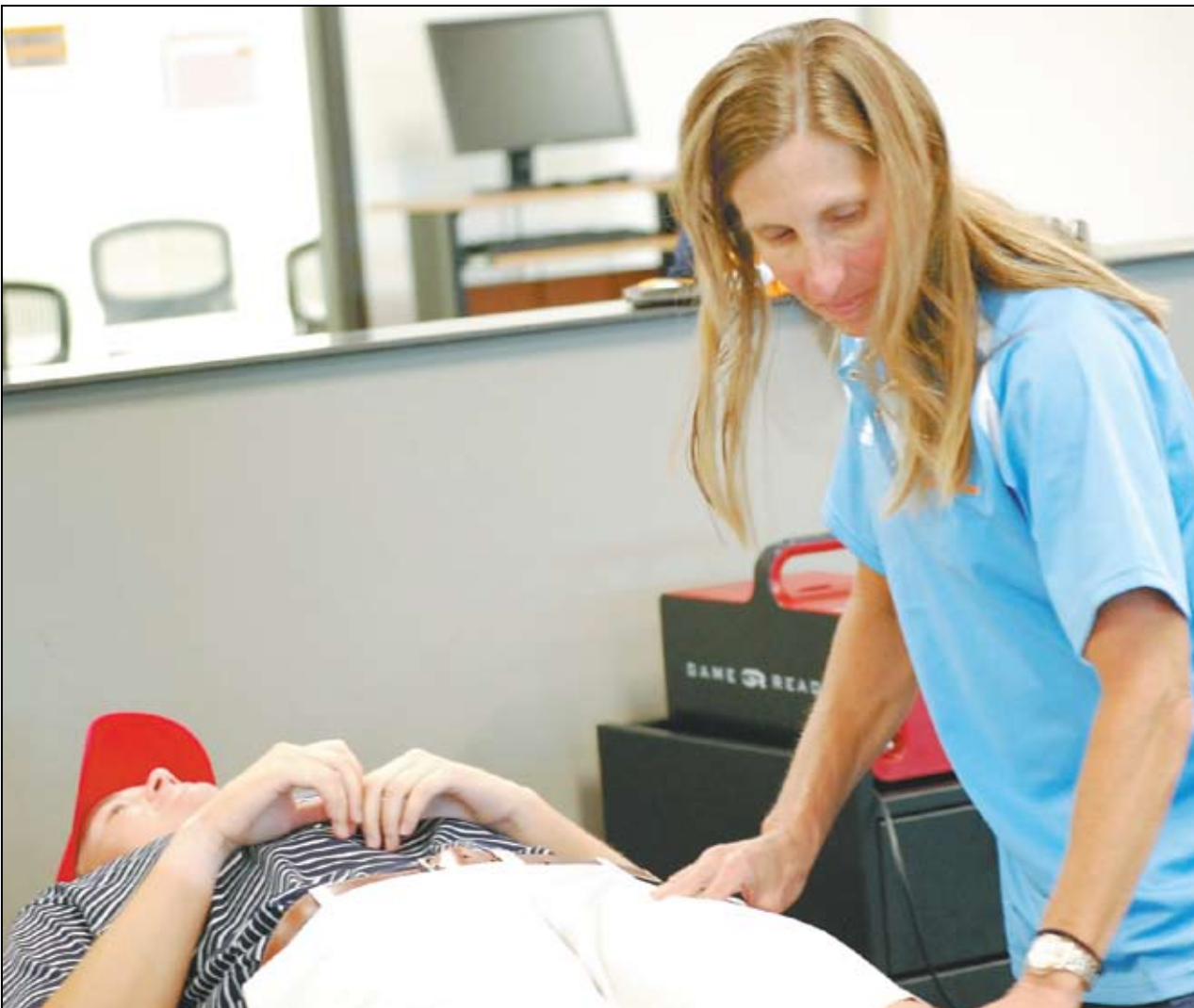
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Jenny Moshak works with professional golfer and UT graduate Erica Popson.

## Lady Vol trainer offers perspective on life

Cont. from page 1

concerns, motivational techniques and gender roles and expectations." Moshak presents three main themes in "Ice 'n Go." One is using a holistic approach to sports and life. She suggests that enjoying the journey to a goal is as important as the goal itself. Third, she presents an independent look at all facets of sports issues.

Jenny Moshak has seen enough to convince her that things need to change for athletes. She says that they go nonstop year-round and that it beats them up. The grind takes a toll on both the body and spirit of the college athlete.

Her recommendations include shortening the season, cross-training, being involved in multiple sports, and

incorporating time to rest.

"The majority of injuries can heal with more down time. For college athletes, playing a sport is more like a job than a joy," she said.

Moshak also stresses that the mind, body, and spirit are important in all areas of life.

"The three must be in balance to promote a well-round life, whether it be in sports, family, or work. When one is ignored, an individual struggles in his efforts."

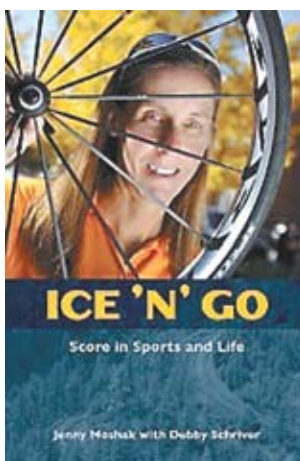
Moshak also discusses youth sports and participation by young athletes, parents, and coaches. She again calls for a cutback of the one-sport player and encourages young people to be involved in several activities which will benefit them in every sport. She also candidly discusses

social issues which all face in the athletic arena and everyday life.

The publication of Ice 'N Go has increased Jenny Moshak's already busy life. Her speaking engagements have more than doubled, and her travels take her from Philadelphia to California. That's on top of her job as the Associate Athletics Director For Sports Medicine, where she works more than 80 hours a week during the season. It's important to her to spread the messages included in Ice 'N Go at every venue.

When a bit of spare time opens, she enjoys cycling and weight training. Those activities are important so that she can stay ahead of the athletes whom she serves.

"The student athletes fuel me and keep me



young," she said.

Jenny Moshak is sure that "Ice 'N Go" has something of value for every person. She enjoys meeting with people and is open for book signings. To schedule one, interested parties can contact University of Tennessee Press Publicist Tom Post at tpost@utk.edu. The book is available through UT Press, Union Avenue Books, Amazon, or the UT Bookstore.

## FOCUS Weekly Poll

In your opinion, should the county wide constitutional officers, such as the County Clerk, Register of Deeds, Trustee, Property Assessor, and Law Director be elected by the people or appointed by the county mayor?

Elected 83.08%

Appointed 16.92%



By Age	Elected	Appointed	Total
18-29	50.00%	50.00%	2
30-49	83.02%	16.98%	53
50-65	78.82%	21.18%	170
65+	85.76%	14.24%	295
Total	83.08% (432)	16.92% (88)	520

### By District

1	85.19%	14.81%	27
2	81.36%	18.64%	59
3	80.77%	19.23%	52
4	78.31%	21.69%	83
5	83.64%	16.36%	55
6	78.95%	21.05%	57
7	90.77%	9.23%	65
8	85.90%	14.10%	78
9	84.09%	15.91%	44
Total	83.08% (432)	16.92% (88)	520

### By Gender

Unknown	83.33%	16.67%	24
Female	83.65%	16.35%	263
Male	82.40%	17.60%	233
Total	83.08% (432)	16.92% (88)	520

Survey conducted July 25, 2013.

The next time you see a woman run to the aid of an injured Lady Vol basketball player, remember that it's Jenny Moshak, who loves her

job, protects the students she serves, and calls for changes in athletics that will benefit those athletes. It's all spelled out in "Ice 'N Go."

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Publisher ..... Steve Hunley  
Editor, Art Director ..... Marianne Dedmon  
editor@knoxfocus.com, design@knoxfocus.com

Office, Classifieds ..... Rose King  
staff@knoxfocus.com

Tasha Mahurin ..... tasha@knoxfocus.com

Dan Andrews ..... andrewsd@knoxfocus.com

Sales ..... sales@knoxfocus.com

Pam Poe ..... phpoe2000@yahoo.com

Bill Wright ..... wrightb@knoxfocus.com

Bethany Cook ..... cookb@knoxfocus.com

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# Knox Countians Favor Elected Offices

This week's *Knoxville Focus* poll asked the question, "In your opinion, should the county wide constitutional offices, such as the County Clerk, Register of Deeds, Trustee, Property Assessor, and Law Director be elected by the people or appointed by the county mayor?"

More than 83% of Knoxvilleians and Knox Countians said they still favor elected offices rather than appointed.

The results were uniform in both the city and county. The greatest support for elected officers was in the Seventh District, with almost 91% supporting elected officeholders. The least support for continuing to elect constitutional officers was in the Fourth District, which is Sequoyah Hills and West Knoxville. Still, more than 78% of those surveyed said they favored electing constitutional officers.

# Publisher's Position Leuthold Right Choice For Trustee



By Steve Hunley,  
Publisher  
publisher@knoxfocus.com

The Knox County Commission made a wise choice in selecting Craig Leuthold to serve as Trustee following the resignation of John J. Duncan, III.

Leuthold has the necessary experience to do a good job for taxpayers in an office of vital importance to our community. A former member of the Knox County Commission, Leuthold worked in the Trustee's office and was most recently Communications Director for the Property Assessor. Leuthold has the necessary knowledge to be effective, run the office efficiently and maximize the returns to the taxpayers. More importantly, Craig Leuthold is absolutely personally honest. Leuthold's personal honesty will help to restore confidence to the

Trustee's office.

Doubtless the Knoxville News-Sentinel and many of the leaders of the political establishment will try and use the opportunity to press for the constitutional offices to be appointed yet again, after having failed to accomplish their goal countless times. The voters have rejected the idea before by referendum and that crowd has never been able to accept the verdict of the people.

This week's *Knoxville Focus* poll shows without a question of a doubt that Knoxvilleians and Knox Countians still like the idea of choosing their

own officials, for better or worse. Substituting the judgment of a select few for that of the people is rarely ever a good idea. Clearly appointing the Superintendent of Schools has not been the panacea many of the self-proclaimed good government folks promised it would be; we have more failing schools now than we did when the superintendent was elected, despite spending more than half a billion dollars per year.

Folks can pick at the process, but it still beats having one person make the choice for all of the people.

# Barefoot Barred

One of the most favorite things about summer to many is the chance to go barefoot. In other areas of the country, we Tennesseans are believed to be shoeless all the time. The fact is that I've never been crazy about going without shoes. Doing so has always caused nothing but troubles.

Oh, I too once loved the freedom of feet not bound by leather or canvas. In summer, Mother always took a pair of scissors to our old Keds to cut the toes from them. That gave enough room for our growing feet to wear them just a little longer. Yet, my toes longed to touch the ground unhampered. Without shoes, I enjoyed going out in the side yard, turning on the hose, and playing in the water to cool down. Jim and I made the ground squishy from our activities.

However, on too many occasions I suffered from going without something covering my feet. Our yard was filled with clover. That meant thousands of flowers from the plant filled the area. With that many blooms always came bunches of bees. It took little time before I'd step on one of them and suffer a sting that sent

me howling to the house for relief. Mother would do her best to calm me while she made paste of baking soda and water. The rest of the summer I wore shoes outside. The joy of "barefooting" disappeared.

As a small child, our family visited grandparents who lived on Louisiana Avenue in Lonsdale. Papaw Rector sat on the front porch like a king. He would drink from a glass and then toss the ice onto the lawn. I wanted to prove how grown up I was by doing the same thing. When I tossed the ice, my grip slipped and the glass went flying and crashed in the yard. Shards of glass lay hidden. Later in the evening, I played in the yard and rammed one of those shards into the middle of my foot. I squaled as Mother used a pair of tweezers to extract the glass from the gash in my foot. I just knew I would need hundreds of stitches. A band aid sufficed, but from that day I made sure to always wear shoes at my grandparents' house.

I quickly learned the importance of shoes for vacation activities in the mountains. We kids would set out on treks to the river and our favorite swimming hole. Going barefooted resulted in bruised soles and mashed toes as we walked on rocks that lined the dry creek bed that led there. One of our favorite things was riding the rapids on our bottoms. We'd sit down feet-first in the river and allow the current to carry us along until unprotected feet rammed into rocks in our paths. When the water became too shallow, we had to walk, and when mossy rocks proved slippery, our feet bashed against them with painful results.

Perhaps I was a slow learner because I continued to go barefooted into my early adult years. Amy and I had been married only a couple of years when we bought a house in south Knoxville. The living room was spacious enough to place a couch, as well as a large, comfortable chair and ottoman. I plopped on that chair to watch the NCAA basketball final four game featuring UNC Charlotte. When a commercial aired, I jumped from the chair to make a bathroom run. On returning, I managed to kick one of the wheels on the ottoman, and when I grabbed my throbbing foot, I discovered that my broken little toe sat at a right angle to my foot. A trip to the ER ended with the toe being taped to its next-door neighbor. For a couple of weeks, the only thing I could wear on the foot was a bedroom slipper.

Since that time, almost 40 years ago, "I don't do barefooted." People make fun of me for always having a pair of shoes or slippers on my feet. It makes no difference to me. I've lived long enough and experienced too much misfortune with my "piggies" to let the comments of others change my mind about shedding the shoes. I'd rather be safe than sorry. My feet will never risk another sting or cut or fracture because they've been left uncovered.



By Joe Rector  
joerector@comcast.net



Rosie's  
World

## Recipes For Body and Soul

Summer is about halfway through and no one wants to stand at a hot stove cooking. I have a healthy recipe for the body and good thoughts for the soul. Enjoy!

Continue on page 4

The community is invited  
to welcome  
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New Principal



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## FOCUS MORE ON Seymour & South Knox

# TKA anticipates another record enrollment

According to enrollment statistics released by The King's Academy this week the academy is on track to experience yet another record enrollment in the 2013-2014 school year. As of July 22, 419 students have completed enrollment commitments to attend classes in the Christian day and boarding school located in Seymour starting August 12. Last year 346 students were registered for the 2012-2013 school year as of July 17, 2012. Director of Enrollment Management Melinda Thornton expressed caution in

interpreting the dramatic increase. While registrations are technically well above last year's pace, she says more people are registering early to preserve their places in our classrooms.

"We don't expect to end up with a cumulative jump of 21%. That would put us over 570, and I don't think we have the classroom space for that many students," says Thornton. "The percentages need to be understood in light of the fact that we are receiving commitments earlier than ever before. Our automated online enrollment system has resulted in earlier,

higher numbers."

The academy's rolling admission system allows new students to be admitted throughout the school year. Last year's cumulative enrollment reached 484, an all-time high for the 133-year-old Baptist-sponsored school.

The academy administration is grateful for the growth, especially during challenging economic times. "We were slipping backwards with our tuition for a couple of years," says Headmaster Walter Grubb. "Costs were rising faster than our tuition rates. This year we

asked parents to bear an increase of about 10%, the highest I can recall. TKA parents responded with a deep sense of commitment to Christian education. I know many are sacrificing to make this opportunity available to their children. We are very thankful for the enthusiastic response, especially at the same time we are engaged in a capital campaign to build new facilities."

Grubb expects students will be using a new 17,500-square-foot academic/athletic complex currently under construction by mid-October. He anticipates

classrooms in the new facility to be full as soon as it opens.

TKA Principal LeRoy Beam juggles faculty and classroom assignments for the shifting enrollment. He says it's like trying to hit a moving target. "We settle on a schedule and then more students show up," says Beam. "This is a great problem to have. We feel very blessed to have these challenges."

Beam says some classes are at the point where no more students can be enrolled. "We do not like to turn anyone away, but we are at capacity in some grade levels."

## Recipes For Body and Soul

Continued from page 3

### Black Bean and Corn Salad

#### (for body)

This bright, simple salad is a great potluck dish, or a great main dish served with tortillas or cornbread.

Ingredients:

1/2 c. balsamic vinaigrette dressing  
1/4 tsp. seasoned pepper  
1/4 tsp. dried cilantro  
1/8 tsp. ground cayenne pepper  
1/4 tsp. ground cumin  
2-15oz. cans black beans, rinsed and drained

2-15.oz. cans whole corn, drained

1/2 c. chopped onion

1/2 c. chopped green onions

1/2 c. red bell pepper, chopped

In a small bowl mix together balsamic vinaigrette, pepper, cilantro, cayenne pepper and cumin. Set dressing aside.

In a large bowl, stir together beans, corn, onions and pepper. Top with dressing. Cover and refrigerate overnight. Toss before serving. Serves six.

#### Nobody (for soul)

If nobody smiled and nobody cared  
And nobody helped us along,  
If every moment looked after itself  
And good things always went to the strong

If nobody cared just a little about you  
And nobody cared about me  
And we stood alone in the battle of life,  
What a dreary old world this would be.

Life is sweet, just because of the friends we have made,

And the things which in common we share  
We want to live on not because of ourselves  
But because of the people who care.

It is doing and giving for somebody else  
On which all of life's splendors depends,  
the joy of this world when you've summed it all up

Is found in the making of friends.

Anonymous.

Send comments to: [rosemerrie@att.net](mailto:rosemerrie@att.net) or call (865)748-4717. Thank you.

## Leuthold appointed interim-trustee

Cont. from page 1

after receiving the appointment.

Although currently an employee of Knox County Property Assessor Phil Ballard, Leuthold has 16 years of experience in the trustee's

office. He was also served two terms as a Knox County commissioner and held the vice chair seat for two of those years. Leuthold holds a B.S. in Business Administration and Finance from the University of Tennessee and is a certified public

administrator.

"I want to let you know that you won't be disappointed," he said. "We're going to start...first thing in the morning and we're going to build the trust back one day at a time. You can't expect to have the trust back overnight

but I can assure you we're going to do things right, we're going to do things transparent, and we're going to do them in the right way."

The Knox County trustee's office is up for election in 2014.



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Wes began his career in the Insurance Business in 1989. Since that time Wes, along with his staff, has been helping provide solutions to Business Owners as well as Individuals, for all of their Insurance needs in an ever changing economy. Wes is one of the Principal Owners of Capital Risk Management Group. Wes was one of the Founding members as well as Past President of the Board of Directors for both the Knoxville and the Tennessee Association of Health Underwriters. Wes has also served on many community boards such as the Boys & Girls Club of North Knoxville, Knoxville JR. Golf Association, Clinch River Home Health, United Way of Knoxville just to name a few. Wes is also a member of the Corryton Masonic Lodge. Wes is a graduate of Union County and went on to attend Hiwassee College on a Baseball Scholarship. Wes along with his wife Cathy and daughter Lexie live in the Gibbs Community of Knox County and are members of Fairview Baptist Church.



# ORNL Federal Credit Union announces cash mob set in Fountain City

**By Tasha Mahurin**  
[Tasha@knoxfocus.com](mailto:Tasha@knoxfocus.com)

As part of an on-going effort to give back to the community, ORNL Federal Credit Union (FCU) has created an innovative new program – *Small Business Counts*. The cash mob- style program is designed to support local merchants in the 16 counties that the credit union serves.

The program was inspired by the recent flash mob trend. A cash mob is a group of people who assemble at a local business to make purchases as a gesture of support for that business as well as the overall community- a number of which have been held locally by Knox County Mayor Tim Burchett.

ORNL Federal Credit Union (FCU) has selected Knoxville Soap, Candle & Gifts, a premier woman-owned gift shop, specializing in locally hand-crafted merchandise from more than 40 local artists, as its first *Small Business Counts* cash mob location. The store has a unique local feel and features a wide range of one-of-a-kind offerings made only in Tennessee from luxury bathing items, custom gift baskets, handmade jewelry, original art, glassware, pottery and more.

“As a small business owner, to open a store is easy but keeping it open is art,” said Jodi Bowlin, owner of Knoxville Soap, Candle & Gifts.

Bowlin, a single mother, purchased the store five years ago after working there for a couple of years. She admits running a small business is challenging and appreciates the opportunity provided by ORNL.

“This is a rare and exciting event for us to showcase everything that we have to offer to a large number of people at one time. I’m grateful for the opportunity and support of the community,” Bowlin added.

Adding to the fun, the first 30 people will receive a \$25 gift card to use on any merchandise within the store, courtesy of ORNL Federal Credit Union.

“At ORNL Federal Credit Union, we believe that small business counts. The concept of a cash mob is one that fits perfectly with our core value of community improvement,” said Chris Johnson, CEO. “There are few better ways to build a community than through the support and advocacy of small business, and I hope this program will encourage people to share in our commitment to the well-being of these merchants and communities.”

For more information about the *Small Business Counts* program or to nominate a local merchant for a cash mob, visit [www.SmallBusinessCounts.com](http://www.SmallBusinessCounts.com). Details of each cash mob will be made available approximately one week in advance of each event.

# Regus opens office center in Knoxville

**By Focus Staff**

Regus, the world’s largest provider of flexible workspaces, recently held a ribbon cutting ceremony to celebrate its new business center in downtown Knoxville. Regus provides entrepreneurs, small- to medium-sized businesses as well as international companies a range of options, including fully equipped offices and virtual offices, as well as, meeting rooms and membership to its drop-in business lounges. Terms are flexible allowing clients to choose the amount of space they use and the length of time they stay.

The concept allows new businesses who require office space to launch without a substantial amount of upfront capital investment or long-term risk.

“Our new center allows businesses to take advantage of opportunities in market without committing to a long-term lease or any upfront capital investment. This is particularly beneficial for the many start-ups and small businesses in the region,” said a representative from the organization.

With over 1,500 locations across the globe, Regus has reached the 1.3 million customer mark and has a presence in 600 cities in 100 countries.

Their new business center is located on the 7th floor of the First Tennessee Plaza building located on Gay Street in downtown Knoxville. Meeting facilities can be booked at this location for approximately \$38.70 per hour, however, half and full day rates are also available. LCD projectors are also available to use for an additional fee, and every center includes free internet access. Catering may also be ordered.

Additionally, Regus has space available on Prosperity Drive in the Cedar Bluff area.

For more information visit [www.regus.com](http://www.regus.com).



PHOTO BY DAN ANDREWS.

*Present at the ribbon cutting are: Tycho Rovers, Regus; Bill Lyons, Deputy to the Mayor; Elizabeth Watson, Regus; Teresa Wilson, Regus; Lisa Coram, Regus; and Alex Kleto, Knoxville Chamber Ambassador.*

# A solution for parking woes

**By Dan Andrews**  
[andrewsd@knoxfocus.com](mailto:andrewsd@knoxfocus.com)

With the recent reports of private parking lots charging up to \$300 to remove car boot locks, we at The Focus have decided to show the readers an alternative. Contrary to popular belief, there is plenty of free and cheap Downtown parking.

City law currently allows private parking lots to charge \$75 per boot on a car parked illegally in a private lot. However, when the law was passed the government never placed a boot limit. So recently parking companies have been booting as many as four tires per car charging unsuspecting drivers as much as \$300.00 for parking for a few short hours.

So, what is the best alternative? The Dwight Kessel Garage, located at 900 State Street, is probably the least utilized garage on nights and weekends. The garage is mainly used by government employees who work 9 a.m. to 5 p.m. After 5 p.m., the garage is usually empty. Virtually all 964 parking spots are empty! This is ironic since three tenths of a mile down the road, the State Street garage, located at 520 State Street, is usually full to capacity on Friday and Saturday nights. In fact, the State Street Garage is full so often, that the City of Knoxville is currently in the process of adding an extra parking level.

An added benefit to the Dwight Kessel Garage is that a sheltered Trolley stop is located immediately next to the garage. The Gay Street Trolley operates Monday through Thursday 7 a.m. -6 p.m. On Friday the Gay Street Trolley operates from 7 a.m. to 10 p.m. On Saturday the Gay Street Trolley operates 9am to 10pm. The Trolley arrives every 10 minutes on weekdays before 6 p.m. and every 15 minutes after 6 p.m. and on Saturday. Most importantly, the Trolley is absolutely FREE!

Possibly the best advice for avoiding a ticket is to plan ahead. Visit <http://knoxparking.com/garages.htm>. and <http://www.cityofknoxville.org/newcomers/parking.asp> for maps and information. Five minutes of reading could save you \$300,



PHOTO BY DAN ANDREWS.

*The often overlooked Dwight Kessel Garage can be a convenient place to park downtown.*

alternative? The Dwight Kessel Garage, located at 900 State Street, is probably the least utilized garage on nights and weekends. The garage is



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- Halls High Graduate



# Backpack Buddy Campaign to Fight Childhood Hunger

### Second Harvest's Food for Kids program to benefit from 2-week fundraiser

Kroger, WBIR TV10, and B97.5 FM join forces with Second Harvest Food Bank of East Tennessee to fight childhood hunger. The campaign, Backpack Buddy Club 10, will run from July 29th through August 10th. The Backpack Buddy Club 10 campaign will support Second

Harvest's Food for Kids program coming this fall. Food for Kids supplies backpacks filled with kid-friendly food to elementary aged children to take home over the weekend. In East Tennessee 238 schools are participating in the Food for Kids program this coming school year - 11,304 children.

Kroger stores will be offering their customers an opportunity to become a Backpack Buddy at all East Tennessee locations. Shoppers may make a donation

of any amount to support the Food for Kids program by tearing off a Backpack Buddy Club 10 card and scanning it at the register.

WBIR TV10 and B97.5 FM will be highlighting stories about the Food for Kids program, the Backpack Buddy promotion and childhood hunger in our community.

"This year more children than ever before are receiving food from the Food for Kids program," said Elaine Streno, Executive

Director of Second Harvest. "We are really excited by the possible impact the Backpack Buddy Club 10 campaign can have on our goal of eliminating hunger for the children of East Tennessee."

If you are interested in supporting Second Harvest of setting up an interview, please call Elaine Streno at 865-850-4284. For more info visit [www.secondharvestetn.org](http://www.secondharvestetn.org).

# A More Personalized Final Sendoff Now Available

Personalization. We experience it almost everywhere in our daily lives - our cell phone ringtones, our wardrobe, sometimes our license plates. We experience it on special days - our birthdays, our weddings and increasingly... our funerals.

The Dignity Memorial® network of funeral, cremation and cemetery service providers is proud to now offer the service of certified celebrants - funeral directors who have been trained and certified to meet the needs of families during their time of loss by providing a funeral service, memorial service or tribute that is personalized and individualized to reflect the personality and lifestyle of the person being remembered. The practice, widely used in New Zealand and Australia, is catching on in the United States.

"We are excited to offer this service for those in our community who do not identify with a particular religion or prefer to incorporate a more individualized approach to life celebrations," said Scot Werkmeister, Wichita area director for the Dignity Memorial network. "A funeral service or tribute planned and performed by a certified celebrant is not cookie-cutter; it's one of a kind."

The Dignity Memorial network now employs certified celebrants in areas of Alabama, Arkansas, California, Colorado, Connecticut, Georgia, Idaho, Indiana, Kansas, Louisiana, Michigan, Mississippi, Missouri, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, Tennessee, Texas, Utah and Washington.

The Dignity Memorial network of more than 1,800 funeral, cremation and cemetery service providers is North America's most trusted resource for funeral and memorialization services. Dignity Memorial providers offer an unmatched combination of products and locations serving families with care, integrity, respect and service excellence. For more information, visit [www.DignityMemorial.com](http://www.DignityMemorial.com).

# UTMC Recognized in U.S. News & World Report's 'America's Best Hospitals' Edition

For the second year in a row, The University of Tennessee Medical Center is recognized in the "America's Best Hospitals" edition of *U.S. News & World Report*. The 2013-2014 report ranks the medical center No. 3 in the state of Tennessee and No. 1 in the Knoxville region, based on its patient care performance and other key factors.

The publication lists 11 specialties at the medical center as high-performing, including:

- Cancer
- Cardiology and Heart Surgery
- Diabetes and Endocrinology
- Ear, Nose and Throat
- Gastroenterology and GI Surgery
- Geriatrics
- Gynecology
- Nephrology
- Orthopedics
- Pulmonology
- Urology

"Our journey to excellence is never ending and it's all about constant improvement to provide the absolute best care possible for our patients," said Joe Landsman, president and

CEO of The University of Tennessee Medical Center. "With our patients in mind, every member of our team works tirelessly to help us continue to advance the services we provide here at The University of Tennessee Medical Center. Recognition of that success through the America's Best Hospitals report is a greatly appreciated affirmation of that hard work."

The rankings from the annual report are based on objective measures such as patient survival and safety data, the adequacy of nurse staffing levels and other data relative to the quality of care provided. U.S. News publishes the Best Hospitals report annually to help guide patients who need a high level of care because they face a particularly difficult surgery or have a challenging condition or added risk because of other health problems or age. The *U.S. News & World Report* "2013-2014 America's Best Hospitals" is available at, <http://health.usnews.com/best-hospitals>, and will appear in print on newsstands and at bookstores beginning August 27.

# Tennessee Gets \$3 Million to Grow Fresh Fruit and Vegetable Program

Some Tennessee students will get an extra dose of fruits and vegetables during the 2013-14 school year. The state has been awarded \$3.3 million in federal funds to provide fresh fruits and vegetables to schools with the highest rates of students participating in free and reduced lunch. The state will allocate funds to 159 schools in 29 districts that applied to take part in this program.

Students at participating schools will receive a fresh fruit or vegetable during the school day, at some point other than a regular meal. The program allows students to sample fresh produce they might not otherwise be able to access. Students could snack on anything from fresh broccoli and peppers to cauliflower and peaches.


"We see students pick up a kiwi or blood orange with wonder," said Sarah White, Tennessee's director of school nutrition. "Those same students then go home and tell their parents about the fresh fruit or vegetable they tried at school. This program not only exposes students to fresh food; it exposes entire families."

Schools will be awarded \$50 per child based on enrollment to provide this produce over the course of the school year. Each school can decide when and where to deliver this produce to students.

The highest concentration of schools receiving money for the Fresh Fruit and Vegetable Program are in Shelby County, where 69 schools will receive a portion of the grant, and Davidson County, where 19 schools will participate. Other participating schools are in districts across the state.

The program is funded through the United States Department of Agriculture and combats childhood obesity by helping children learn healthy eating habits. The Fruits and Vegetable Program began nationally in 2002 with only four states piloting the program, and is now in select schools in all 50 states.

### Welcoming Alan D. Haney, MD to Fountain City Family Physicians



Fountain City Family Physicians is pleased to welcome Dr. Alan Haney to their medical practice. Dr. Haney received his medical degree and completed his Family Medicine residency at the University of Tennessee.


He specializes in family medicine and cares for patients of all ages - from infants to geriatrics.

Dr. Haney and his wife Kristin are natives to Tennessee. When he is not seeing patients, his interests include attending church, wood-working and UT athletics. He especially enjoys spending time with his family.


Dr. Haney participates with most insurance plans and he is currently open to new patients. Appointments can be made by calling (865) 687-1973.

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# Governor Prentice Cooper Chapter V

Pages from the Political Past



By Ray Hill  
rayhill865@gmail.com

Prentice Cooper was barred by state law from seeking yet another term as Tennessee's governor in 1944; there was no Senate seat to contest and he was faced with the prospect of retiring from public office. Cooper clearly wanted to remain in public life and at age 48, he was unmarried and had no children. After having served as governor for six years, the prospect of returning to a small town law practice held little appeal for him.

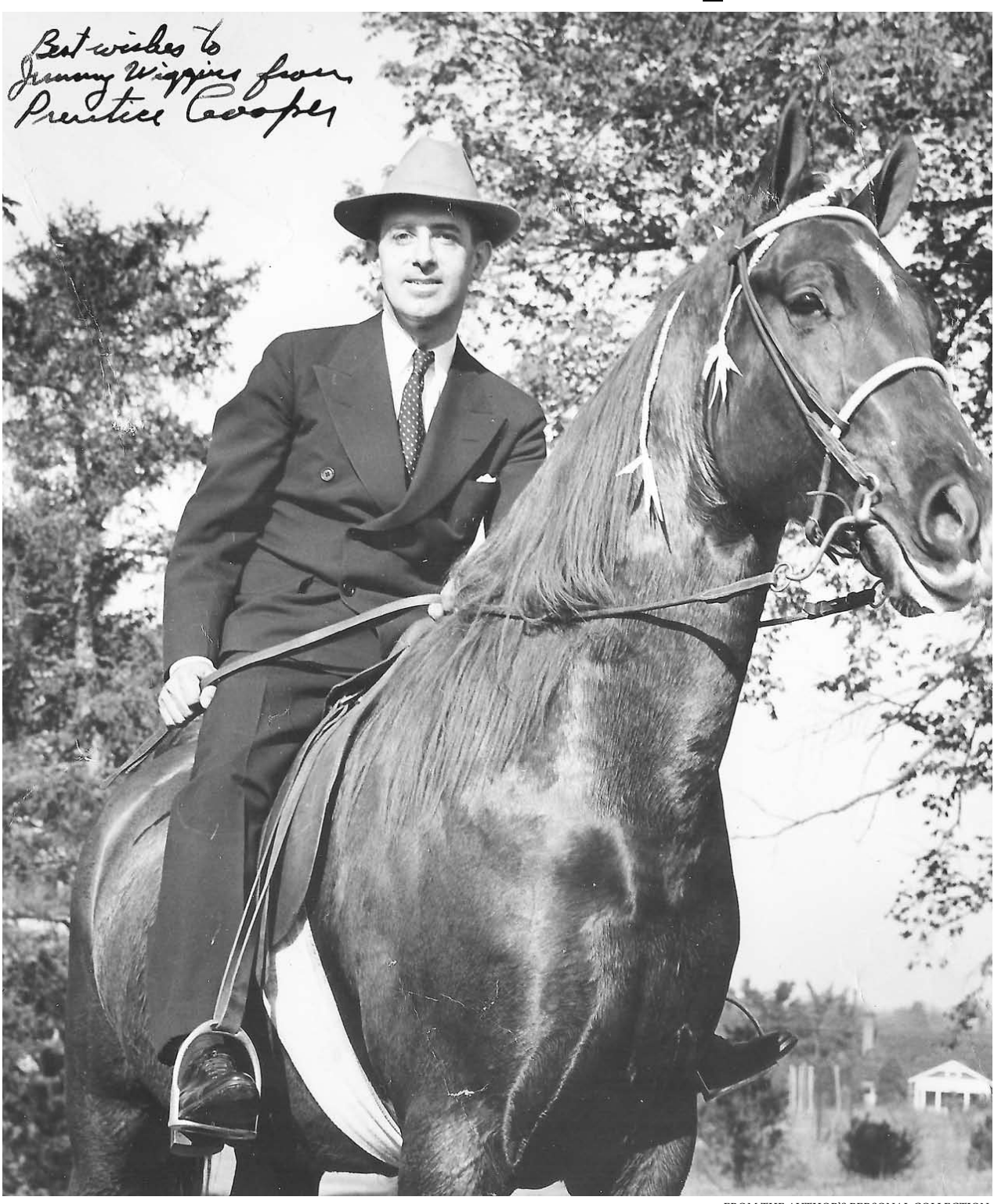
At the 1944 Democratic National Convention, Prentice Cooper was Tennessee's favorite son for the vice presidential nomination. There was a real fight for the vice presidential nomination that year as an ailing Franklin Delano Roosevelt apparently quietly encouraged the campaigns of several potential vice presidents, including that of incumbent Vice President Henry A. Wallace.

Wallace had been FDR's choice to run with him in 1940 when Vice President John Nance Garner, a violent opponent of a third term for any man, had actually opposed Roosevelt for renomination. Garner had gone home to Ulvalde, Texas while many Democrats rebelled at the notion of nominating Henry Wallace for the vice presidency.

Henry Wallace was a peculiar choice for the Democratic vice presidential nomination as he had been, of all things, a Republican for most of his life. He had never been elected so much as constable and possessed little or no political acumen. Wallace brought very little to the ticket in the way of political strength and Speaker of the House William Bankhead desperately wanted the honor of serving as vice president. FDR was shocked and angry when delegates grew so mutinous there was a very real possibility they would refuse to nominate Wallace. Roosevelt issued a statement if Wallace were rejected by the convention, he would refuse the presidential nomination. First Lady Eleanor Roosevelt hurried to Chicago to help nominate Henry Wallace.

The delegates grudgingly nominated Wallace, but the candidate was so roundly booed by delegates that Mrs. Wallace burst into tears.

By 1944, FDR had accepted the fact that Wallace was a liability in his bid for a fourth term. Roosevelt had a fundamental dislike of confrontation as well as a pronounced devious streak. He encouraged Wallace as vice president, while encouraging others to run as well. There were several Democrats running for vice president that year who believed they had FDR's blessing. Roosevelt himself gave



Autographed picture of Governor Prentice Cooper

Henry Wallace a statement saying were he a delegate, the president would vote for Wallace. President Roosevelt also gave Robert Hannegan, the Chairman of the National Democratic Party, a letter stating he would be happy to run with either Missouri Senator Harry Truman or Supreme Court Justice William O. Douglas.

Hannegan was himself from Missouri and quietly promoting the candidacy of Harry Truman, who emerged from the convention as the Democratic nominee for vice president.

Prentice Cooper returned home to the governor's mansion having had the honor of being Tennessee's favorite son for the vice presidency. As Cooper's term as governor drew to a close, Tennessee's powerful senior U. S. Senator Kenneth McKellar took up Cooper's cause. The two were personal friends and McKellar's original support had helped Prentice Cooper win election as governor in 1938.

Senator McKellar importuned President Roosevelt to appoint Prentice Cooper to a post in the Roosevelt administration. McKellar sent several letters proposing Cooper for a variety of appointments. An ill, war-weary and distracted Roosevelt did little more than acknowledge McKellar's letters and the president died within months of his reelection to an unprecedented fourth term.

Senator McKellar had carefully outlined the successes of the Cooper administration in Tennessee and there were many to cite.

When Prentice Cooper took the oath of office a governor of Tennessee, the state debt was more than \$126,000,000, a huge sum at the time. By the time Prentice Cooper

had completed his first term of office, he had trimmed the state budget by some \$21,000,000; by comparison all the governors of Tennessee previously had reduced the state debt by approximately \$6,000,000. Cooper slashed the state payroll by several hundred thousand dollars and the only tax increased during his administration was on alcohol.

Despite being an economy-minded governor, Prentice Cooper managed to actually increase state aid to the elderly and infirm. Cooper increased the number of free textbooks to children in elementary schools and increased funding for public health.

With the advent of World War II, Prentice Cooper's responsibilities as governor increased dramatically. Working closely with Senators K. D. McKellar and Tom Stewart, Cooper helped to attract wartime industries to Tennessee. Fifteen armories were built across the state, including one such facility in the governor's hometown of Shelbyville. With Senator McKellar presiding over the Senate's Appropriations Committee, more than a billion dollars (the equivalent of some \$65 billion in today's dollars) flowed into Tennessee.

Governor Cooper quickly mobilized a State Defense Council even before President Franklin Roosevelt had proclaimed a state of national emergency. Cooper had to oversee the draft registration of some 900,000 Tennesseans and appoint representatives to no less than 132 draft boards across the state.

Harry Truman, the little man from Missouri, succeeded FDR and was soon the recipient of McKellar's letters urging an appropriate appointment for Prentice Cooper. Truman, a former senator

himself, knew the clout McKellar carried in the United States Senate and nominated Cooper to serve as Ambassador to Peru.

It was hardly a top diplomatic post, but McKellar was happy to have secured a position for the former governor. The Senate confirmed Cooper's appointment and the former governor boarded a ship to make the journey to the American Embassy in Lima, Peru. The bachelor Cooper departed with his mother, who would once again serve as his official hostess as she had during her son's gubernatorial administrations.

Prentice Cooper's personality was perhaps not suited to the role of a diplomat and it is hardly surprising that the peppery former governor soon won a reputation for being plain spoken to the point of being blunt. With World War II ended, Cooper's post as Ambassador to Peru was not taxing and there was virtually no controversy with his tenure as America's representative in Peru.

The former governor's mother suffered a serious heart attack while living at the Ambassador's residence and Cooper was naturally worried about her. The best physicians in Peru tended to her, but Cooper quickly brought her back to the United States for treatment. Mrs. Cooper made a full recovery, which greatly relieved her only child.

Prentice Cooper resigned his post as Ambassador to Peru in 1948 and returned to Tennessee. Cooper managed the considerable family holdings and practiced law in Shelbyville. He began courting a lovely young woman named Hortense Powell, who was considerably younger than the former governor. The two were married in 1950 and produced three sons in short order.

The lure of politics was never far from Prentice Cooper in his retirement and he was mentioned as a prospective candidate in 1952 for the United States Senate should incumbent Kenneth McKellar not run. Cooper was again widely discussed as a possible challenger to Senator Estes Kefauver and Governor Frank Clement in 1954.

It was 1958 when the sixty-three year old Prentice Cooper decided the time was right for a political comeback. For the first time since 1944, there would be no incumbent running for governor of Tennessee and telegrams arrived in the editorial offices of newspapers on New Year's Day 1958 announcing Prentice Cooper was again running for governor.

Frank Clement had served six years as governor and was ineligible to run for reelection, but a myriad of candidates were eager to succeed him. Edmund Orgill, Mayor of Memphis, Judge Andrew "Tip" Taylor, and Buford Ellington were all serious candidates for the Democratic nomination for governor. None possessed the stature of Prentice Cooper nor did any have the statewide contacts of the former governor.

For several months, Prentice Cooper stumped Tennessee and appeared frequently on television, which was now an important media outlet. Yet after having campaigned for the gubernatorial nomination for half a year, in June of 1958 Prentice Cooper abruptly withdrew from the gubernatorial race and announced he would instead oppose Senator Albert Gore for renomination.

It was a curious decision. Considering the number of candidates vying for the Democratic nomination for governor, Prentice Cooper would have seemed to be a very strong contender

with an excellent prospect of victory, especially in a crowded field. There were a vocal number of influential citizens in Tennessee who were deeply unhappy with Albert Gore who along with Tennessee's other senator, Estes Kefauver, had refused to sign the Southern Manifesto, proclaiming white supremacy.

Kefauver had survived a bitter reelection campaign in 1954, facing Congressman Pat Sutton who had access to ample funds and lost badly. Segregationists proposed to defeat Gore in the 1958 and Prentice Cooper became the candidate of segregation.

Like Sutton, Prentice Cooper's campaign for the United States Senate did not seem to lack for funds. Campaigning on a slogan as "Your U. S. Senator", Cooper proclaimed he would be a senator for "the Southern way of life."

Gore, on the defensive, explained he had, like many other Southern senators, helped to water down the Civil Rights legislation in Congress to the point where it meant little, save for giving African-Americans the right to vote. Senator Gore declared he was for allowing anyone to have the right to vote.

Cooper's campaign for the Senate, launched only in the last two months before the primary election, fell far short. Once again Cooper lost his home county of Bedford and lost three of the four urban counties. With E. H. Crump dead, Cooper lost Shelby County by almost 18,000 votes; he lost Davidson County by an even greater margin. Cooper did carry Hamilton County by almost 7,000 votes and ran well in some West Tennessee counties, but he amassed only 253,000 votes to 375,000 for Gore.

It is interesting to note just how close the gubernatorial primary was that year; Buford Ellington eked out a win with 213,000 votes, closely followed by Andrew "Tip" Taylor with 204,629 and Edmund Orgill with 204,382. Prentice Cooper lost the Senate race while garnering 40,000 more votes than Buford Ellington who won the Democratic nomination for governor. One wonders if Cooper might not have again known victory had he remained in the governor's race.

Prentice Cooper resumed his business interests and law practice in Shelbyville and he and Mrs. Cooper kept up an interest in all things historical. They enjoyed a happy and contented life, residing in the Victorian mansion that had been the Cooper home for decades.

In the late 1960s Prentice Cooper was suffering from stomach cancer. The former governor went to the Mayo Clinic in hope of making a recovery, but Prentice Cooper died there on May 18, 1969.

Prentice Cooper always maintained the goal of his administration as governor of Tennessee was to deliver "honest and efficient" government to the people. Despite never having been a business executive, Prentice Cooper managed state government in a thoroughly efficient and business-like manner. He kept his word to the people of Tennessee.





PHOTO BY FRANCES HAMILTON OATES

Volunteers with a load of tires and other junk including a drowned Harley Davidson come ashore near Massengill Bridge during the Big Clinch River Cleanup on Saturday, July 20.

## Big Cleanup Scores Big Success

By Frances Oates

Despite thunderstorms that muddied the water and soaked hardworking volunteers on Saturday, July 20, the first-ever Big Clinch River Cleanup was a big success, says Buzz Buffington of Anderson County, who organized the event.

The Clinch River Chapter of Trout Unlimited sponsored the communitywide cleanup. The turnout of volunteers—far more than the chapter had dared to expect—included 78 people and 15 boats.

In spite of the turbidity that limited visibility, volunteers retrieved about 70 tires from the water and collected two pickup truckloads of other trash from the river and its banks. The finale for

Big Cleanup was another boisterous thunderstorm, descending as the last boaters landed in early afternoon.

“One thing we couldn’t control was the weather,” Buffington says. “On the other hand, we met a lot of great people, we didn’t lose anybody”—and a whole lot of trash was removed.

Members of the Clinch River Chapter have been conducting river cleanups since 2000, collecting tons of trash and more than 6,800 tires over the years.

Cooperating in the first Big Cleanup were canoeists, kayakers, anglers and professional fishing guides headed by Mike Bone of Andersonville ([www.theriverjournal.com](http://www.theriverjournal.com)). Reinforcements

also arrived from the Little River and Great Smoky Mountains chapters of Trout Unlimited.

The volunteers hailed not only from nearby communities including Norris, Clinton, Oak Ridge, Lake City, Jacksboro and LaFollette, but also from Knoxville, Loudon, Maynardville, New Market, Memphis and even other states including Mississippi, Texas and South Carolina.

Bingham Tire of Clinton trucked away the tires; Tennessee Valley Authority kept the river level low and provided a boat and volunteers, as did Tennessee Wildlife Resources Agency.

The 3 Rivers Angler fly shop in Knoxville hosted a charity event that publicized the cleanup and

raised money supporting it. Museum of Appalachia supplied a beautiful setting for the kickoff breakfast hosted by Clinch River Chapter.

Alex Taylor and Christopher Steepleton saw to the fabrication of grappling hooks for deep-water tire retrieval, and further help was provided by Little River Outfitters in Townsend, Keep Anderson County Beautiful and the Anderson County Convention and Visitors Bureau.

Buffington has already told participants, “If you all are up for it we’ll do this again next year.” And he’s asking for suggestions to improve the next Big Clinch River Cleanup.

An anti-rain dance might be warranted.

## 40 Americorps members coming to Knoxville, Knox County

Knoxville Mayor Madeline Rogero announced last Friday that the Knoxville-Knox County Community Action Committee has received an AmeriCorps grant from the Corporation for National and Community Service (CNCS).

The grant, in the amount of \$493,964, will support 40 AmeriCorps members who will engage in a variety of programs including removing invasive species and enhancing park lands; building rain gardens; improving waterways; and training residents in disaster preparedness. Members will also recruit and supervise volunteers as well as help local nonprofits develop more effective volunteer management systems.

“Citizen service is an essential part of the solution to many of the challenges facing communities today,” said Mayor Rogero. “These AmeriCorps members will meet pressing local needs and strengthen our City as they develop civic and leadership skills that can last a lifetime. I congratulate CAC for receiving this grant and thank all those who have answered the call to service by joining AmeriCorps.”

In addition to grant dollars, CNCS is setting aside funding to pay for Segal AmeriCorps Education Awards for individuals who will serve in positions funded by these grants. After completing a full term of service, AmeriCorps

members receive an education award of \$5,550 that they can use to pay for college or to pay off student loans.

The current year’s AmeriCorps grant cycle was highly competitive. Demand is also strong from individuals wanting to serve. CNCS received a record-breaking 582,000 AmeriCorps applications in 2011, a dramatic increase from the 360,000 seen in 2009.

The grants advance the priorities of the bipartisan 2009 Serve America Act and focus AmeriCorps resources on six key service areas: disaster services, economic opportunity, education, environmental stewardship, healthy futures, and veterans and military families.

AmeriCorps is a national service program that engages Americans of all ages and backgrounds in service to meet critical needs. Its members serve through thousands of nonprofit and faith-based organizations. Among other activities, AmeriCorps members tutor and mentor youth, expand health services, build affordable housing, run after-school programs, help veterans access employment and other services, respond to disasters, and recruit and train other volunteers. Interested individuals can learn about available opportunities and apply online by visiting [AmeriCorps.gov](http://AmeriCorps.gov).



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# FOCUS

## Prep Preview

### 2013

## Seymour eager to erase memories of 'nightmare season'

By Ken Lay

For the Seymour High School football team, 2012 was a tale of two seasons. It first saw the Eagles open things by winning four consecutive games.

The second chapter saw the Eagles lose six straight and miss the playoffs as the injury bug bit Seymour hard and often.

"The No. 1 thing that we have to do is stay healthy," said Eagles coach Jim Moore, who opens his fifth season as the head man in Seymour. "Last year, we had a nightmare season and we had 27 players miss at least one game."

Depth will again be a concern for the Eagles in 2013, but that's nothing new to Moore or his young team as they are one of the smallest schools that compete in District 2-AAA.

"Depth is always a concern for us," Moore said. "We are one of the smallest schools that plays in this division."

"Last year, we started out 4-0 and then the injuries started."

The injuries were undoubtedly a factor for the Eagles last season but Moore said that that wasn't the only problem in Seymour last season.

"We have to keep working hard to get better. We have to take things one day at a time and one game at a time," he said. "Last year, we didn't do that. Last year, we got caught looking ahead and that cost us a chance to get into the playoffs."

"Hopefully, we learned from that."

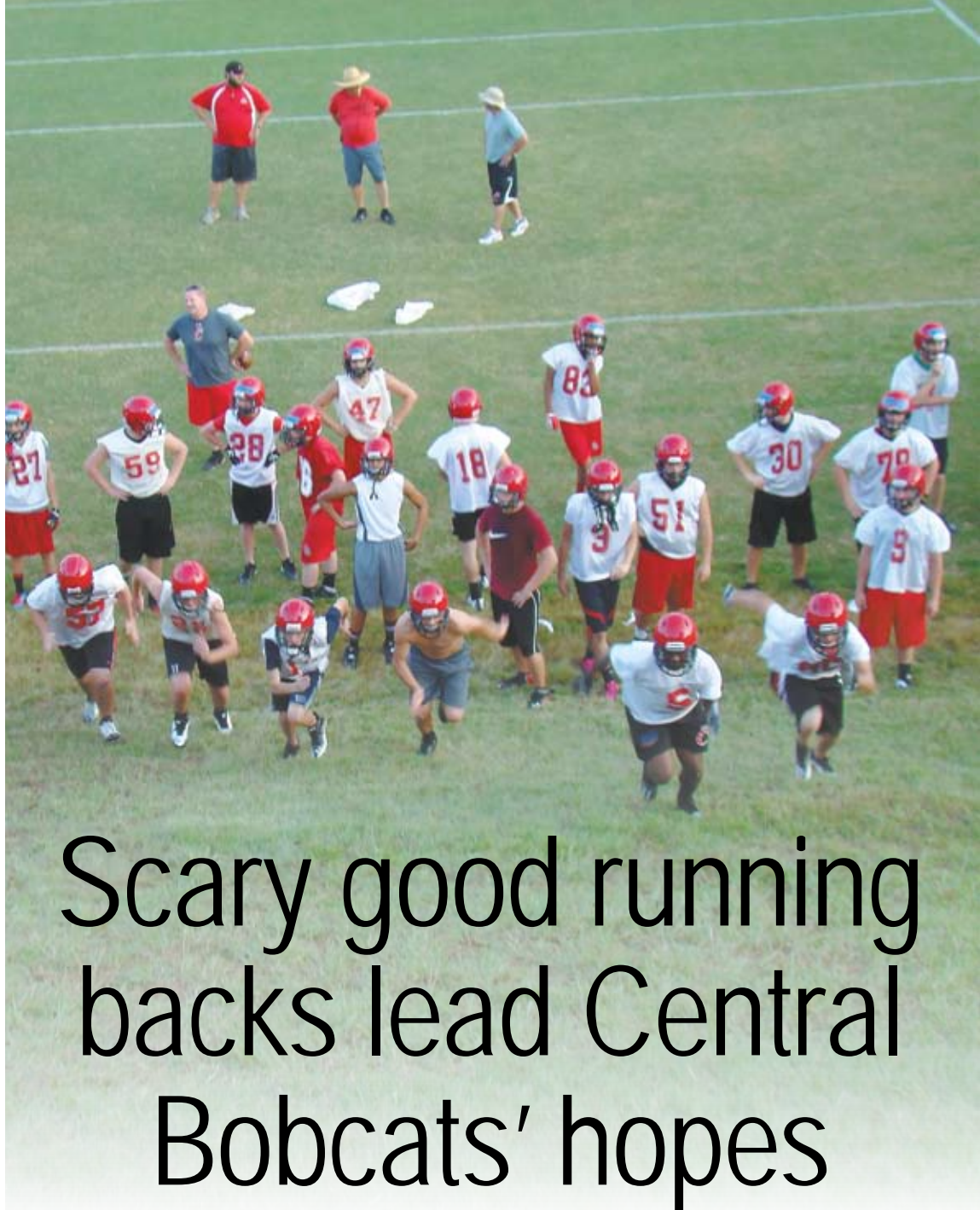
The Eagles, who open their 2013 campaign Thursday, Aug. 23 at Sullivan North and that will present an early test for a young squad that lacks some crucial varsity experience.

"We'll have to grow up fast," Moore said. "We open on a Thursday night at Sullivan North and they're a [Class] 3A school."

"But they were ranked sixth last year and I think their record was 12-1."

Key returners include: Mikel McCarter (senior, tailback/

**Continue on page 2**



## Scary good running backs lead Central Bobcats' hopes

By Steve Williams

If Joe Hassell was a mad scientist trying to build the ultimate running back, his creation at times could be explosive and fast, and at other times powerful and swift or shifty with great vision. He might refer to it as a three-headed monster.

Hassell, however, is Central High School's head football coach, and he has no such thing.

But he does have three running backs who combine to

give him all these qualities.

And Hassell calls JaJuan Stinson, Josh Poplar and Jeremiah Howard "three of the best running backs in the area."

Offensively, the trio will lead the way for the Bobcats, who will try to build on last season's success this fall. Central went 6-4 in 2012 in District 3 (5A) and ended a six-year playoff drought. It seems a first-round loss to Powell just made the 'Cats hungrier.

"Our program is rich in

*Central football players run the hill to wrap up practice Thursday. Physical conditioning is a big part of preseason practice for high school teams. Photo by Steve Williams.*

tradition," said Hassell, who begins his third year at the helm. "We're regaining some of that pride. Last season was a big step for us."

"Our expectation is to make  
**Continue on page 3**

## High school girls soccer season opens with KIL Jamboree

By Ken Lay

The 2013 high school girls season gets underway Saturday, Aug. 3 with the KIL Girls Soccer Jamboree at the US Cellular Soccer Complex.

The 16<sup>th</sup> annual event kicks off the season for many of the area's top teams and is hosted by West High School. The event will feature teams such as the host

Lady Rebels, Class A/AA State runner-up Christian Academy of Knoxville, Class AAA semifinalist Farragut, Hardin Valley Academy, Halls and Central.

Action begins at 8:30 a.m. as Webb faces Alcoa. At 9 a.m., the Lady Bobcats take on Gatlinburg-Pittman and coach Mike Horner's Lady Red Devils tangle with Lenoir City

At 9:30, new South-

Doyle coach Adam Massie makes his debut as his Lady Cherokees play the Anderson County Lady Mavericks. In the other 9:30 match, West Knoxville rivals Catholic and Hardin Valley Academy square off. The Lady Irish will compete in District 4-A/AA this season while the Lady Hawks have moved to District 4-AAA, which features Bearden,

Farragut, West and Lenoir City, which will all be in action on the first Saturday in August.

At 10 a.m. the host Lady Rebels will play Powell and Central will take on Sevier County. At 10:30, Webb faces Oak Ridge and Alcoa plays South-Doyle.

Karns will play CAK and Farragut will take on former District 4-AAA rival Catholic at 11 a.m.

At 11:30, the Lady Bulldogs will renew acquaintances with McMinn County and the Lady Hawks will take on Morristown West. Those matches will be followed by a skills competition.

Action resumes at 1 p.m. with Halls playing Gatlinburg-Pittman and Powell playing Lenoir City in a battle of Panthers.

At 1:30, Oak Ridge

plays West and the Lady Admirals tangle with the Lady Warriors. Both Farragut and CAK made the State Tournament in 2012.

The final matches are slated for 2 p.m. with Karns playing McMinn County and Morristown West taking on the Lady Bulldogs.

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# Webb Spartans Season Preview

By Alex Norman

It's a pretty good time to be associated with the Webb Spartans football program.

The Spartans are coming off a 12-1 season in which they won the Division II-A state championship, their third title in four years and sixteenth in program history.

The question is... can this group make a return trip to Cookeville, and bring another gold football back to West Knoxville?

"Our kids have worked hard to prepare for the 2013 season," said David Meske, who has been the Spartans head coach since 1985, and is also the Webb School Athletic Director.

Webb won't ease into the 2013 schedule. On August 23rd they open the season against perennial state title contender Maryville, the Class 6A runners-up a year ago.

"This game will push us to the limits and make us better down the road," said Meske. "It's exciting for our players to play in a

game such as this one."

It is a familiar road for the Spartans to Blount County. Last season they started off against another area powerhouse, the Alcoa Tornadoes. The Spartans lost a close ballgame, but then went on a 12 game win streak to the state title.

"We feel we are at a level where we can compete with anyone in the area, but at the same time we need to develop more depth," said Meske. "When you are playing 9-10 kids both ways, it's hard to compete with the top level teams."

The Spartans biggest weapon is senior Todd Kelly Jr., one of the top high school prospects in the state of Tennessee.

Kelly is a 4-star prospect according to most of the major recruiting services, and received college scholarship offers from many major Division 1 programs, including Southern Cal, Florida, Georgia, and defending national champion Alabama. He ended the speculation early however,

by verbally committing to Butch Jones and the Tennessee Volunteers last March.

"Todd is happy and because he's happy, I am happy for him," said Meske. "He handled this process very well and kept his head throughout this. He is really working hard for this upcoming season."

Kelly is the Spartans top running back, but is projected to play in the defensive secondary at the next level. Could his Webb teammate Brant Mitchell join him one day at UT?

Mitchell, a junior line-backer, was the defensive MVP in the Division II-A title game last December with 10 tackles, a tackle for loss and a pass breakup. He will be receiving his share of attention from college scouts as well over the next year and a half, and has already picked up a scholarship offer from Tennessee in the Class of 2015. Still, Meske doesn't think this has been, or will be a distraction for Mitchell.



PHOTO BY ALEX NORMAN.

*Spartans hit the field for practise last week.*

"He is also doing well. Like Todd, he understands that working hard each day is important and something that he can control," said Meske. "I am proud of both of their work ethics and how they have prepared."

The Spartans return six offensive starters and nine defensive starters. That list includes linemen Andrew Campbell, Carter Thomas and Gage

Thompson, TE/LB Liam Willoughby, QB/DB Johnny Chun, WR/DB Brock Beeler and Wrinn Alexander, RB/LB/K Robby Strachan, RB/DB Matthew Melton, FB/LB Bennett Harrison, and RB/LB Te'Andre Moore.

So, does this team have the potential to repeat as state champions?

"Our goal is to win every game and be our best at the end of the season," said Meske.

## Beavers, Tipton look to rebound from tough 2012 season

By Ken Lay

Travis Tipton knows that he faces a huge challenge but he says that he's ready to be Karns High School's football coach.

"I'm very excited and this is going to be an opportunity that I'm going to seize," said Tipton, who was recently tapped to lead the Beavers' program after Derek Witt resigned on July 5 to take a teaching job in Jefferson County. "I want to get the community interested in Karns football again."

"We're going to turn some heads because people aren't expecting anything from us, especially with the coaching change coming as late as it did."

Add the coaching change to the fact that the Beavers went 1-9 in 2012 after reaching the playoffs in 2011 and fans have plenty of reasons to expect Karns to struggle in 2013.

Things, however, have changed at Karns High, which has a new administration which includes principal Kim Towe and athletic director Charlie Sheets, who comes over from Central.

"We have a new administration and those people are football people," said Tipton, who has been an assistant with the Beavers for the last six seasons. "They've been really supportive and they want to make sure that we're looking good."

The Beavers play a tough schedule and most of their biggest games are early. They open the 2013 campaign at home on Aug. 23 against West High, a two-time defending Class 5A semifinalist. Karns then hits the road for its next two games. The Beavers travel to Hardin Valley Academy on Aug. 30 to face a geographic rival and former District 3-AAA foe. The Hawks have made the playoffs in each of the last four seasons.

The Beavers then open district play at Powell on Sept. 6 before hosting Central on Sept. 13. The Panthers and Bobcats both reached the Class 5A playoffs last season.

Those first four games will provide a measuring stick for the Beavers and Tipton is hoping to get off to a fast start and put those contests in the win column.

"One of our goals is to get wins early," he said. "Our district is tough but our two non-district opponents are also tough. We open with West at home and then we go to Hardin Valley."

"A lot of our toughest opponents are early in our schedule and we play straight through. Our bye week is the last week of the season and that will be good for us heading into the playoffs."

After hosting the Bobcats, Karns has key road tilts against Anderson County (Sept. 20), Oak Ridge (Oct. 11) and Campbell County to close out the regular season on Oct. 25.

The Beavers' home schedule is much easier. In addition to hosting the Rebels and Central, Karns hosts Clinton (Sept. 27), Halls (Oct. 4) and district newcomer Gibbs on Oct. 17.

Karns has four key returners from the dismal 2012 season including: Blake Bowman (senior, wide receiver/linebacker); Trent Massengill (senior, offensive lineman/defensive tackle); Gerald Faulkenberry (junior, wide receiver/strong safety) and Will Smith (junior, running back/cornerback).

Top newcomers include Derek Parks and his brother Jermerial. The two Powell transfers will look to make an impact. Derek, a senior, will play quarterback and defensive back. His younger brother is a junior who will play wide receiver and free safety.

The Beavers obviously face a number of challenges but Tipton thinks that his young squad will be ready come opening night, thanks largely to team speed and a strong work ethic and a passion for the game.

"This year, we have team speed and a huge team heart," Tipton said. "After practice, our kids are tired, but they're having a blast."

"We have great kids and they're football smart."

Karns has a small but passionate senior class but a key concern for the Beavers will be depth.

"I love my senior class," Tipton said. "We have a smaller senior class, so one of our concerns is [lack of] depth at some key positions."

"We also have a lack of varsity game experience and those two things go hand-in-hand."

## Woods relishes return to normalcy for veteran Hornets

By Ken Lay

As Heath Woods begins his 12<sup>th</sup> season as Carter High School's football coach he's just happy to return to normalcy.

"I'm happy just to get things back to normal," said Woods, who missed most of the 2012 season due to health problems. "I think the thing to do is make sure that you coach smarter and not harder."

"Last year was anything but normal."

Woods returns to the sideline this season with some high hopes for the Hornets, who finished 5-6 last season.

"I think we'd like to make the playoffs and make a big run and I think we'd like to be successful at what we're

doing," he said. "We'd like to win a lot of ballgames."

Carter has a veteran squad with several seniors at key spots.

"Our strength is all the returners that we have back," Woods said. "They've been with us for three years now."

"We're not starting from Square One."

Top returners for the Hornets include: Antonio Brabson (senior, running back/middle linebacker); Tucker Greene (senior, wide receiver/free safety); Hank Black (senior, wide receiver/defensive back); Caleb Collins (senior, center/defensive end); Charles Mitchell (senior, wide receiver/strong safety), T'Amos Atkins (senior, defensive

end/linebacker/ fullback) and Toyshaun Winton (senior, tailback/cornerback/quarterback).

Carter has a newcomer looking to make an early impact in junior Jared Lyness. He plays running back and linebacker.

The Hornets, who open the season against former District 3-AA rival Gibbs in Corryton on Aug. 23, feature a bevy of talented veterans but one position that remains unsettled is the starting quarterback spot. Winton is competing for the position, along with senior Jake Oglesby and junior John Freeman.

Woods and his staff will spend the next couple of weeks deciding who will get the starting nod against

the Eagles in a game that's still important for both squads.

"We have three guys fighting for the spot and right now, they're all dead even," Woods said. "They all bring something good to the table and they all bring something to the table that they need to work on."

As for the season opener at Gibbs, Woods said "I joke with [Eagles] coach [Brad] Conley that we can go 1-9 as long as that win is against Gibbs and he can go 1-9 as long as his win is against Carter."

Woods acknowledges that his team is senior-laden but said that the things that Carter needs to work on are the simple ones

"I think we need to work

on fundamentals," he said. "We need blocking help."

"We need to make sure that we're blocking right and we need to make sure that we need to have a consistent attitude because we have some tough teams in our region. We don't have a lot of depth."

The veteran coach noted that some things are beyond the Hornets' control.

"You can't control how many seniors that you have," Woods said. "This year, we have them but we'll have to rely on hard work and consistency with our attitude."

## Phillips returns home to coach at Austin-East

By Ken Lay

Austin-East has turned to a former Roadrunner to be its next football coach.

The school recently named Jeff Phillips to be its third coach in as many years. Phillips, who played wide receiver and free safety on the Roadrunners' 2001 State Championship team, said that he's excited to be returning home.

"It feels really good to be home," said Phillips a 2003 Austin-East graduate, who replaces Brian Pankey, who returned to his alma mater (Kingston) to become the Yellow Jackets' head coach. "It got the chance to come home and be around my family and do what I love."

"It's a challenge that I'm looking forward to and my wife is pretty much happy to be settled and at home. She knows how much I love football."

After his playing days with the 'Runners, Phillips went to Chattanooga, where he played for the Mocs. He eventually left Tennessee and went on to play for Philadelphia and the Georgia Force of the Arena Football League. He then coached arena football before returning to Austin-East, where he will teach physical education.

He's 28 and hopes to use his age to his advantage.

"It was 10 years ago when I was in these kids' footsteps," Phillips said. "I was trying to go to the next level and I was playing here and I was winning state championships."

"Now, these players don't have to go all the way back to the 80's or early 90's to know about their coach."

The Roadrunners have had a different coach in each of the last three seasons but Phillips said that he's not planning on going anywhere any time soon.

"I want these kids to know that we're here for them as coaches and I want these kids to know that if they work as hard as I do, then we'll be just fine," he said. "I want these kids to know that they can count on us."

Phillips also wants his players to learn how to compete --- both on and off the field.

"I'm very competitive, no matter what the sport," he said. "I'm competitive when I play golf or if I'm playing water polo."

"I'm competitive when I'm playing cards and I want my guys to compete on the field but I also want them to compete in everyday life. I want them to see who can get the better grade. I want them to compete to see who can get the highest score on the ACT and I want them to see who can do more community service."

Away from the field, Phillips likes other sports and spending time with his wife Quineesha and his family.

## Seymour eager to erase memories of 'nightmare season'

**Cont. from page 1**

(linebacker); Tanner Sise (senior, tailback/linebacker); Nick Sexton (senior, quarterback/cornerback); Braxton Dockery (junior, wide receiver/cornerback); Blaze Rooney (junior, wide receiver); J.J. Jerman (junior, kicker/punter); Luke Wade (senior, center/defensive tackle) and Josh

Gibson (senior, offensive guard/defensive tackle).

Top newcomers are: Larry Kennedy (senior, H-Back/free safety); Keeton Summers (senior, wide receiver/cornerback); Casey Church (senior, fullback/linebacker) and Jacob King (senior, wide receiver/linebacker).

Moore said his team

strengths are at the skill positions on both offense and defense. He also said that Jerman's presence in the kicking game is also a plus.

"We have J.J. back and we're happy about that," Moore said.

The Eagles enter the season with a young squad and that will present an

obstacle --- at least early.

Even though his team is youthful, Moore is expecting Seymour to compete.

"I expect us to be competitive in every game," he said. "I expect us to be in every game and have a chance to win it."

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# Scary good running backs lead Central Bobcats' hopes

**Cont. from page 1**

it back to the playoffs, and once you get there, each week is a one-game season.

"I'm really optimistic about our kids and what they can do this year."

With three top-notch running backs at his disposal, are there enough footballs to go around?

"Absolutely," answered Hassell, smiling. "We'll just cut one into thirds, and give them each a piece."

"Having three backs like this is a luxury now, and we hope nothing happens."

That certainly wasn't the case last season.

Poplar suffered a season-ending knee injury in the first preseason scrimmage.

After rushing for 1,100 yards and 11 touchdowns, Stinson suffered a cracked bone in his foot in the opening series of Game 9 against Powell and was sidelined for the remainder of the season, missing the regular season finale against Halls and the playoff rematch against Powell.

Howard took over in Stinson's absence and finished his freshman campaign with 800 yards on the ground.

Stinson's junior campaign included a 427-yard rushing performance against Clinton, which ranks eighth all-time in TSSAA history and best



Central High running backs (left to right) Jeremiah Howard, Josh Poplar and JaJuan Stinson will share the football this season as they lead the Bobcats' strong ground game.

ever among Knoxville prep running backs.

"When you watch film on JaJuan, the word that comes to mind is explosive," said Coach Harrell. "He has 4.4 speed. He's 167 pounds, all muscle."

Poplar enters his senior year a 5-10, 215-pounder. "Josh is more of a power runner with good speed," said Hassell. "One kid is not going to bring him down. If he gets out in the open, he's like a train."

Howard is almost a "combo" of Stinson and Poplar, said the coach. "The word for Jeremiah is vision. He has the ability to see things and make things happen."

In addition to Stinson and Howard, senior receiver Rex Howard (Jeremiah's older brother) is a returning starter on offense, along with senior guard Jonathan Holcombe and junior tackle Ethan Dane (6-2, 300).

Other projected starters on the offensive side of the ball include senior center Peyton Reed, freshman guard Isaac Buell (6-3,

225), senior tackle Scottie Reagan, sophomore quarterback Austin Kirby, junior receiver Cedric Washington and junior tight end Ray Green.

Washington, an All-State safety last year as a sophomore with six interceptions and 184 return yards, and senior tackle Dylan Skiles (5-9, 269) head up the Bobcats' defensive unit. Rex Howard and Stinson return as starting cornerbacks and Holcombe is back at an end post.

Others expected to start defensively include sophomore tackle Alex Norris (5-9, 249), senior end Blake Lawson, junior linebacker D.J. Russell, Green and Poplar at linebacker and sophomore safety Matt Randolph.

"We'll run a 4-3 defense," said Hassell. "One of our strengths is running to the football – attacking the ball carrier and the ball when it's in the air."

Hassell's coaching staff includes Jason West (offensive line), Scott Sexton (wide receivers), Ted Williams (running backs), Eric Turner (defensive line), Aaron Kirby (linebackers) and Roy Stone (defensive backs). Hassell (offense) and Stone (defense) are the coordinators.

Central will host Jefferson County in its season opener August 29.

PHOTOS BY STEVE WILLIAMS



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# WIDNER: Going Wide for Rebounds (Part III)


It was a scrapbook from the sixties. There was nothing fancy on the pages like is seen in today's scrapbooks. But, it had all I needed to see. Bold headlines and pictures clipped from the local newspapers—the Knoxville Journal and Knoxville News Sentinel—captured the action of the Gibbs Eagles' amazing 1964-65 season. Captions labeled senior forward David Widner as a “resourceful Eagle,” a “soaring Eagle,” and “tough on the boards.” One story documented Widner's 28 rebounds in one game.

“As the season moved along, Widner became more confident,” Eagles' Coach Bob Dagley observed. “He found that some of the moves he had been taught actually worked. It looked like he got a lot of pleasure in getting a rebound, giving a head and shoulder fake, and having the defensive players jump. As they were coming down, he would power the ball up, bank it off the backboard, and get fouled and free throws, too. He handled the ball well in that kind of traffic.” Dagley added. In the scrapbook, I saw a picture of the fake shot Widner used so successfully against opponents to help propel the Eagles to a 31-2 season and 3rd in the state. The action shot shows Widner hunched down holding the ball with three defenders hovering over him. I could almost “hear” the roar of the crowd anticipating his next move.

David Widner was one of three Gibbs players—along with teammates Leslie Spitzer and Tommy Everette—on the Knoxville Interscholastic League's (KIL) “A” Division All-Star Team that year.

I think the coach was right when he said that Widner was a key to the team's incredible success.

“David came a long way as a basketball player and as a young man from the first of the 1964-65 season until the last game,” Coach Dagley said. He took the role he was asked to take and played it well. I believe our first loss of the season to Murfreesboro hurt David as much if not more than any of the other players, and he showed it,” Dagley added. The coach seemed to know more about his players than just their ability to dunk, dribble, and score.



David Widner enjoys time with his grandchildren Felicia, Widner, Jonathan and Ashlyn. Photo provided by Tracy Widner Adkins.

I was anxious to learn from David what he remembered most about that special season. (This is No. 14 in the series on the Gibbs Eagles' outstanding '64-65 season. Next week concludes the David Widner story.)

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

# Let the hitting begin!

### High school football teams dress in full pads starting today

Another high school football season is almost upon us.

Three weeks from now, without fail, the summer temperatures will drop and there will be a nip in the air, just in time for opening kickoffs.

Teams have been preparing since the week of July 8, after the Tennessee Secondary Schools Athletic Association's “dead period” ended.

During those first 15 days, there were 7-on-7 contests and conditioning workouts in shorts and T-shirts (no pads). The TSSAA's new mandatory requirement of practicing three days in helmets and shoulder pads before going into full uniform – to get acclimated to the hot weather – was on last week's calendar.

Today (July 29) is the first day teams can practice in full pads.

Let the hitting begin!

Over the next three weeks, teams will scrimmage against each other, and the annual jamborees, much like dress rehearsals, will take place in front of big turnouts. Knoxville teams, along with some area teams, will be playing in the Tennessee Orthopedic Clinic Kickoff Classic at Neyland Stadium on August 15.

Season openers will get underway for many teams the following week, with the first big Friday night of the campaign being August 23.

Beginning with today's issue and continuing the next two weeks,

The Knoxville Focus will be running a series of “outlook” stories on local teams.

Here's some questions that may come up in the preview stories:

Will Christian Academy of Knoxville continue to be a state power without record-setting quarterback Charlie High and Company?

How will the Austin-East Roadrunners fare under youthful new coach Jeff Phillips?

Will Todd Kelly, Jr., Webb School star and University of Tennessee commitment, dominate in the Spartans' secondary?

As we peek ahead to the 2013 season, I've noticed a lot of new, intriguing games on the schedules.

For starters, Fulton, the 2012 Class 4A state champion, will play at Powell, a Class 5A semifinalist last season, in a huge headliner on Thursday, August 22. The Panthers, by the way, are now in Class 6A.

Other opening week attractions, on August 23, will include Bearden at Sevier County, Webb at Maryville, Austin-East at Grace Christian Academy, Chattanooga Notre Dame at Catholic and Williamsburg, Ky., at Halls.

The second week of play also will feature some new matchups – Catholic traveling to Coalfield, Powell visiting CAK, Halls going to Union County, GCA on the road at Kingston and Webb entertaining Chattanooga Baylor.

With Gibbs moving up to Class 5A this season, fans of the Eagles have probably already noticed a lot of new opponents on Gibbs' schedule, including Anderson County, Clinton and Oak Ridge, along with Karns, Powell and Central. An old rival – the Halls Red Devils – returns on the Gibbs'

annual basis back in the 1970s and 1980s and most of the '90s.

Of course, other local showdowns – like Farragut at Bearden, Fulton at A-E and Catholic at Webb – will be played in exciting atmospheres.

The countdown is on.

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# Karns bows in Little League State tourney

Karns' 12-year-old All-Stars got off to a good start in the Tennessee State Little League baseball tournament at Winchester last week but lost in the second round and ended up finishing in fourth place out of 10 teams.

Karns, the District 6 champion, rallied to defeat South Nashville 4-3 in its opening round game on July 20. Karns, however, lost to Spring Hill in a pivotal second round game.

Spring Hill went on to go unbeaten through the double-elimination tourney to reach Saturday's finals. Karns

Meanwhile, Karns, trying to

come out of the losers' bracket, eliminated Morristown 7-3 on Wednesday night but saw its season come to an end with a loss to South Nashville in a rematch between the two teams Thursday.

South Nashville got past Smith County on Friday night to make it to the finals against Spring Hill.

**STATE RUNNER-UP:** Karns' 11-year-old All-Stars battled back in their LL state tourney at Charlotte, defeating Tullahoma and Clarksville in elimination games, but lost to Goodlettsville 6-3 in the finals.

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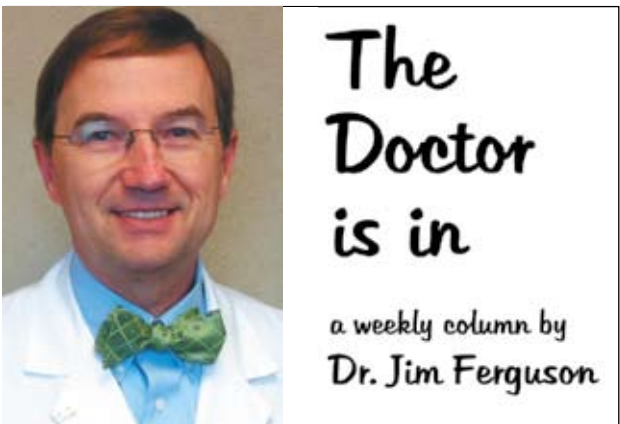
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# The Doctor is in

a weekly column by  
Dr. Jim Ferguson

## Why?

At this time of my life I've learned to ask, "Why?" when confronted by issues or perspectives. This is certainly true of politics, but applies in medicine as well. Our word politics comes from the Greek term polis or city-state. The great statesman, Pericles, of ancient Athens said that the business of the polis is the responsibility of all its citizens. Apathy was unacceptable. These days when I hear our politicians speak, I challenge myself to think beyond what they're saying. I find that asking why comes closer to the truth.

My patient complained of low back pain. Most of us have lived long enough to have suffered, at least temporarily, with this common malady of humanity. Perhaps animals suffer similarly because my daughter

can no longer ride her horse due to a malady of its withers, the upper part of the thoracic spine. I once read that back ache is the price we humans pay for our upright stance. Anthropologists have even posited that standing on our "hind legs" freed our hands for more dexterous work. This aided the development of our forebrain and subsequent rational thought.

Low back pain is more often a significant aggravation than a serious disorder. Not everyone needs an MRI or surgery for a "catch" in their back. However, a back strain can be very painful and sometimes the back muscles cramp-up just like a calf muscle with a charley horse. In those situations a muscle relaxant along with other standard

treatment modalities like NSAIDs (non steroid anti-inflammatory drugs) can be helpful and sometimes worth the risk of extra side effects.

Last week I discussed the potent anti-inflammatory drug class of corticosteroids (prednisone, dexamethasone, and hydrocortisone). NSAIDs are not steroids, but have anti-inflammatory and pain relieving effects that result from a different mechanism of action. Examples of NSAIDs are aspirin, ibuprofen, naproxen and many others, but not Tylenol (acetaminophen). This agent relieves pain by still another mechanism, but does nothing for inflammation. I tell patients that if something is red, hot and swollen such as a twisted ankle, an NSAID works better than Tylenol. However, if something is just stiff and sore, Tylenol works just fine as long as you use enough of the medication. Tylenol's major advantage is that it causes fewer side effects, unless you like to get liquored up every evening! Tylenol and alcohol don't mix well in your liver, but then alcohol and NSAIDs don't mix well in your stomach!

My patient's symptoms had not responded to judicious amounts

of ibuprofen and Tylenol by the time he struggled in to see me. Significant discomfort in the back or elsewhere that doesn't respond to "tincture of time" and over-the counter remedies should be evaluated. As I searched for my patient's diagnosis (the why) he assured me that he hadn't fallen or twisted his back. Fortunately, his legs weren't weak and his pain wasn't like sciatica, a nerve root problem. I gave him a short course of prednisone after routine office X-rays showed no obvious cause for his malady. Unfortunately, his symptoms persisted and a week later – a month after his pain began – we decided to proceed with an MRI.

Many patients want an MRI as a first test. Dr. McCoy of Star Trek fame carried a universal diagnostic tool I'd love to have. He could point his "Tricorder" at an injured spot and then read the results and diagnosis on a screen after only a few moments. Unfortunately for my patients in the early 21st century this is not possible. Though MRIs are safe they are expensive, and some patients have claustrophobia or metal implants from past surgery that make it difficult or impossible to utilize this technology. I

consider an MRI as a prelude to considering surgical treatment in patients who don't respond to conservative management or who have neurologic dysfunction associated with their back pain.

Older folks often have osteoporosis and a simple fall can break hips or a back. Sometimes sore joints lessen the desire to struggle for mobility. As a result older folks develop weakness in their thighs (quadriceps and hamstrings), and getting up or down from a chair can result in a fall. In fact, doctors use the historical data of falling from less than one's height as an indicator of osteoporosis-related fracture. My patient's only strenuous activity was gardening and teeing up his golf ball at his weekly round with his buddies. Furthermore, all his lab work and bone density analysis were fine and the mystery continued.

The human spine contains thirty-three vertebrae including nine fused bones of the sacrum and coccyx or tail bone. The S-shaped spinal column functions like a shock absorber and encases the spinal cord protecting it from injury. Patients sometimes develop osteoporotic compression fractures of their

spinal vertebrae that often results in pain and sometimes a "dowager's hump" over a human's equivalent of a horse's withers.

I called my patient with the MRI results after I had discussed the findings with an endocrinologist, an orthopedist and a radiologist. We've all heard of runners who develop fractures in their feet from pounding the pavement. Who would have thought that a patient can develop the same problem in their sacrum from teeing up a golf ball?

Once upon a time, care was both a noun and a verb. Who will care enough to ask WHY and connect the dots in Obama's future medical care system?

Doctor Ferguson is accepting new patients. His office is next to Fort Sanders Hospital.

For appointments call Keesha at 865-522-0326.

Do you have a question for Dr. Ferguson?  
Please e-mail him at [fergusonj@knoxfocus.com](mailto:fergusonj@knoxfocus.com).

# Healthy Summer Reading

With summer well underway, it's a good time to get a head start on reading ideas.



By Howard Baker, RN BSN

In 2012, unemployment / underemployment continued to be a problem, causing economic uncertainty with the loss of health benefits, and Obama Care seems to create more questions than answers for many Americans. The reading list will not solve unemployment nor answer your questions on healthcare but, I guarantee an eye opening and exciting read from the books listed below. Support your local library by asking if they

have these books available for loan. Every year Library Journal (LJ) publishes a list of the best consumer health books. Highlights from the 2012 list are as follows:

Teresi, Dick. The Undead: Organ Harvesting, The Ice Water Test, Beating-Heart Cadavers—How Medicine Is Blurring the Line Between Life and Death. Pantheon. ISBN 9780375423710. \$26.95; eISBN 9780307907110. Teresi offers a look at the important ethical issues facing modern medicine: What constitutes death? Can a potential organ donor be revived? If so, what kind of life will that person have? (LJ 4/1/12)

Makary, Marty. Unaccountable: What Hospitals Won't Tell You and How Transparency Can Revolutionize Health Care. Bloomsbury, dist. by Macmillan. ISBN

9781608198368. \$28; eISBN 9781608198399. A surgeon explains why providing patients with access to their own health records as well as to the safety records of hospitals and practitioners will improve patient safety and the overall quality of health care. (LJ 8/12)

Piot, Peter. No Time To Lose: A Life in Pursuit of Deadly Viruses. Norton. ISBN 9780393063165. \$27.95; eISBN 9780393084115. With new diseases appearing on a regular basis, the work of physician Piot demonstrates how infections spread and what, if anything, can be done to contain or prevent them. (LJ 6/15/12)

Sacks, Oliver. Hallucinations. Knopf. ISBN 9780307957245. \$26.95; eISBN 9780307957252.

Sacks shows readers how

senses can deceive, using clinical examples from his patients as well as literary and historical descriptions. A fascinating book. (LJ 9/1/12)

Broad, William J. (text) & Bobby Clennell (illus.). The Science of Yoga: The Myths and the Rewards. S. & S. ISBN 9781451641424. \$26; eISBN 9781451641448. Science writer and yoga practitioner Broad looks at the evidence surrounding the practice and explains what's good, what's false, and what can be dangerous about yoga. (LJ 1/12)

Support your local library!

For questions, comments, or suggestions on topics you want to read about please email me at: [howard@howardsbaker.com](mailto:howard@howardsbaker.com)

# 4th Annual Man Ride For Prostate Cancer Awareness

Join Hall of Fame and former UT Head Football Coach Phillip Fulmer for the 4th annual THE MAN RIDE for Prostate Cancer Awareness on Saturday, August 10. Organized by The University of Tennessee Medical Center and Smoky Mountain Harley-Davidson, the motorcycle ride was created to increase awareness of this serious and potentially deadly disease. With kickstands up at 11 a.m., the ride begins and ends at Smoky Mountain Harley-Davidson in Maryville.

"We're so thankful to Coach Fulmer and our friends at Smoky Mountain Harley-Davidson for

lending their time and efforts to THE MAN RIDE," said Greg Ladd, a prostate cancer survivor and chair of THE MAN RIDE. "I know riders will enjoy meeting the coach and seeing the beautiful facilities of Smoky Mountain Harley-Davidson."

For more information or to register for THE MAN RIDE, call (865) 305-6970 or visit [www.utmedicalcenter.org/THEMANRIDE](http://www.utmedicalcenter.org/THEMANRIDE). Pre-registration cost is \$25 for a single rider and \$40 per pair and includes ride, t-shirt and lunch at The Shed. Platinum level pre-registration cost is \$50 for a single rider and \$60 per pair.

## Endorsed by someone who knows a thing or two about accidents.

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# Faith

## Warning Signs Unheeded

On the evening of April 14, 1912, many warnings were ignored by the RMS Titanic that could have prevented this famous disaster. If any one of a dozen things had taken place, Titanic would not have sunk and it would just be a tiny footnote in history.



**By Mark Brackney,**  
Minister of the  
Arlington Church  
of Christ

enough lifeboats for everyone on board. If only the first officer who was on watch in the crow's nest had not lost his binoculars. If only the men in the Marconi room would have heeded the seven separate warnings of ice in the area. In fact, as a radio operator from a nearby ship tried to warn Titanic of the ice field nearby, one of the Titanic's radio operators answered via Morse code: "Shut up; shut up. I am busy." If only they had done lifeboat drills, because a half dozen were half filled. If only the ship California, ten miles away, would have heeded the distress flares. If only it was not a moonless night and absolutely calm. You want breakers at the foot of icebergs because they create foam. If only it was not a blue berg – the coloration of the ice becomes blue

and more difficult to see at night. If only first office Murdoch had not reversed engines and tried to steer away from it. If he just would have hit the berg head on at full speed, the ship would not have sunk because of the water tight compartments. By slowing down, it took longer for the ship to turn and resulted in a huge gash.

If only, if only, if only. But the ship of dreams took down 1,523 souls. This reminds me of the many warnings of the prophets. They pleaded again and again for God's people to repent. The prophet Ezekiel spoke God's words, "I am about to bring a sword against you, and I will destroy your high places. Your altars will be demolished and your incense altars will be smashed; and I will slay your people in front of your idols...and you will know that I am the Lord" (6:3-4, 7). But the people chose to ignore God.

With most of Judah in captivity in Babylon and Jerusalem about to be burned to the ground, God called another prophet, Jeremiah. The city was in chaos. Only the poorest of the poor are left behind. God pleads with those left to repent. If they don't turn, the city will be destroyed. But no one listened. God goes so far to say, "If you can find but one person who deals honestly and seeks the truth, I will forgive this city" (Jeremiah 5:1). God gave so many chances due to His love. But the people squandered their one last chance. God destroyed the city.

Why would God do this? God can't compromise His love and holiness. But even in the midst of destruction and judgment, Ezekiel and Jeremiah continued to call Judah back to God. They foreshadowed the birth of the Messiah who would change the course of history. God

says through the prophets, "I want to live with you and will make a way for you to come back to me." Ezekiel offers words from God of great hope, "For I will take you out of the nations; I will gather you from all the countries and bring you back into your own land. I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. I will give you a new heart and put a new spirit in you; I will remove

from you your heart of stone and give you a heart of flesh. You will live in the land of your forefathers; you will be my people, and I will be your God (36:24-26, 28).

Just like in the days of exiled Judah, people need to hear these words of hope today. God is calling people home to Him, for He wants to be their God. God is eager to forgive and restore lives. Share this message of hope to those in exile around you.

### Come worship with us New Beverly Baptist Church

3320 New Beverly Church Rd.  
Knoxville, TN 37918  
Rev. Eddie Sawyer, Pastor  
www.newbeverly.org  
856-546-0001  
Sunday School 10 a.m.  
Sunday Morning Worship 11:00 a.m.  
Sunday Evening Worship 6:00 p.m.  
Wednesday Evening Prayer 7:00 p.m.  
Wednesday Evening Youth 7:00 p.m.  
Bus Ministry -  
For transportation call 546-0001.

## Church Happenings

### New Beverly Baptist

The Roarks will be singing at New Beverly Baptist Church, located at 3320 New Beverly Road in Knoxville, on Sunday, August 11 at 6 p.m. A love offering will be taken.

### Seymour United Methodist Church

On Saturday, Aug. 3rd, the annual "Calling All Men" gathering will be held at Tennessee Wesleyan College in Athens, TN, beginning at 8 a.m. A second opportunity for this will be the following Saturday, Aug. 10th, at King's University in Bristol, TN – same starting time. Information at website: www.CallingAllMen.net.

Next Sunday, Aug. 4th, being a first Sunday, brings the sacrament of Holy

Communion for both services, plus an opportunity to donate to our local CROSS Ministries, serving Seymour's needs.

For further information, please call the church office at 573-9711 or visit www.seymourumc.org.

If your church is having a special speaker, luncheon, concert or other free event, those items need to be sent in by noon on Thursday each week.

Please email your announcements in paragraph form to staff@knox-focus.com. Items cannot be taken over the phone.

Sales and camps are considered advertisements; please call (865)686-9970 to speak to a sales representative.

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Sunday School - 9:45 a.m. • Morning Worship - 10:45 a.m.  
Evening Worship - 6:30 p.m.

Wednesday Bible Study - 6:30 p.m.

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

### Halls Christian Church's VBS

HCC's VBS "HayDay" is scheduled for the evenings of Friday, August 2nd and Saturday, August 3rd. The evening starts with a meal at 5:45pm and fun activities 6:15 to 9:00 p.m. The closing ceremony will be on Sunday morning, August 4th at 10:45 a.m. with a noon lunch to follow. Call 922-4210.

presenting

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**6 PM**

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## Knoxville Comprehensive Breast Center's MOBILE "DIGITAL" MAMMOGRAPHY COACH



www.wmbc.net

is scheduled to be at

**WALLACE MEMORIAL  
BAPTIST CHURCH**  
**August 10, 2013**  
Beginning at 10:00 a.m.

In conjunction with our  
**Annual Christmas In August Event**



Wallace Memorial is partnering with the Knoxville Comprehensive Breast Center to bring the Mobile Digital Mammography Coach to the women of WMBC and our community. Please call 583-1003 to make an appointment (30 minutes needed). Walk-ups will be accommodated as space allows. WMBC has arranged for financial assistance for those without health insurance. Women with health insurance are asked to bring their insurance card and an ID. (No ID requested for those without insurance).

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ANTIQUES & COLLECTIBLES

# How to spot a fake or reproduction

This week I wish talk about how to tell if an item is an original or a reproduction.

Reproductions are made to be just like an original and are readily found in every department



By Carl Sloan

store. Just about everything has been reproduced at one time or another, which is fine as long as you know it as such and it is being presented as a copy.

These reproductions are usually made to fulfill the desire to own a certain style that is hard to find or too expensive. I think of Fiesta Ware, jukeboxes, decorative items, clothing, art, and toys just to name a few of the many items that are reintroduced to make hard to find and desirable merchandise available at an affordable price point.

Fakes, on the other hand, are usually presented and sold as the real deal. Fakes are just that and while not in themselves malicious, it is the way unsuspecting buyers are tricked into thinking they are real.

It's easy to spot these types of items if you just know a few basics. Those that I have mentored over the years will tell you that the very first thing that I teach is about patina. This is key to understanding if an item is really old or just made to look old. Most everything gains patina from age, be it paper, brass, art, furniture

and you name it. The history is in the aging process. The truth is it can only be faked to a degree and you need only three things to decide if an item is real or a

fake; your eyes, your nose and your touch. With your eyes look closely to see how deep this patina goes. Let's take brass or a metal for an example. Over time metals will gain a coating that causes it to age. Lead items such as a bullet may turn white, while copper and brass will turn a chocolate color or even have a blue hue. Wooden items will absorb dirt and grime into their surface, paper items will turn brown from the acid and become fragile.

Rust can be just superficial on iron objects and not very deep nor general. The feel should be smooth and not gritty on painted objects. Examine wood items closely to determine if they are old or new. The area where joints meet should not look new and clean. Use magnification to look for signs of gaps in colors where things come together. Phillip head screws are modern.

I recall several years ago an individual brought me what looked like an authentic civil war artillery sword to assess. Upon first look I have to admit I was overwhelmed and excited with such a rare item that

appeared to be the real deal. Every detail was what I was looking for yet the patina on the blade seemed too uniformed. Naturally aged items are generally not consistent such as I was seeing. So then with a 10X eye loop magnification, I started to discover evidence of an applied patina on new metal. Still it was very good. Finally I started closely examining the scabbard and though it looked great with the naked eye I discovered the threads in the stitching were made from nylon. This was a clever fake. He admitted he had purchased it for \$55.00 and thought he had gotten a great find to take and sell for big money. Many times these types of items are imports made with cheap labor. Items are even produced with old materials to include furniture, woodworks as well as sculpture and metals yet as I say, "You can't fake a real patina that takes many years to produce naturally".

As always I am happy to answer questions about your items whether you may be considering selling or just need a straight answer. With over thirty-five years of experience in antiques, fine arts and collectibles, I love to be of service to my community. For a no cost consultation, leave a message with Greg Lawson at The Fountain City Auction, (865)604-3468 and ask for Carl Sloan to return your call.

## UT is recruiting 9- to 10-year-old children and their parents for iCook 4-H Program

The kitchen is a great place for parents and kids to get together, and the result can be tasty food and fun. If this sounds like a good idea, Tennessee 4-H and the Nutrition Department at the University of Tennessee would like to hear from you.

The two groups are starting the iCook 4-H program – a national research project focused on improving culinary skills for parents and children, and increasing family meals and physical activity for children ages 9 to 10 years.

The goal is to recruit 100 family pairs from Knox and surrounding counties to take part. The families will complete surveys, and kids will have physical measurements taken four times over the next two years.

Interested families should call 865-974-2855 or email [icook4h@utk.edu](mailto:icook4h@utk.edu).

Families can also get more information at <http://www.iCook4H.com>.

"The kids learn so much about cooking and really start to plan and eat healthy meals with their parents," says Sarah Colby, an assistant professor in UT's Department of Nutrition and coordinator of iCook 4-H. "Of course we are all concerned about childhood obesity in Tennessee, but this is not just about obesity. We don't focus on weight

at all. We want to help families enjoy food, cooking, physical activity and being together. Having a healthy weight is something that can come from healthy living," Colby says.

"We want parents and their kids to be better connected," says Amber Donaldson, a UT graduate student in nutrition who is working with iCook 4-H. "Lots of times families find it difficult to eat together because they're so busy. We want to help them reduce those time barriers."

Participating children and adults should be free of any food allergies or activity-related restrictions. The program will combine a diet that includes a balance of fruits, vegetables, whole grains, meat and dairy. Families also need a home computer with internet access, but children do not have to be 4-H members to join.

Children will have their height, weight and waist measured, and some youngsters will be asked to wear a physical activity monitor for a week. Students with UT's Department of Nutrition will be in charge of the surveys and taking the measurements. Half of the family pairs recruited will have six, two-hour long classes every other week during the fall

from August to November, taught by UT Nutrition staff and students.

"It's great that we get to see up close what families face, and how we can help them," says Kelsey Shanklin, a UT graduate student who plans a career in nutrition education. "As students, we really learn what reality is like by doing this study."

"One of our four H's is health, and we want to see children who are healthy," says Justin Crowe with Tennessee 4-H and UT Extension. "We would encourage families to take part in this great program and take advantage of a wonderful opportunity to become healthier and spend time together."

Families will receive up to \$60 for being in the cooking program and \$80 for completing the four assessments.

Tennessee is one of five states participating in iCook 4-H. The others are Maine, Nebraska, South Dakota and West Virginia. The USDA is providing a grant for this program.

4-H is the youth development program for UT Extension. 4-H teaches leadership, citizenship and service learning to more than 194,500 youth in grades four through 12.

## Johnnie Grace Braden celebrates 100 years

If you asked Fountain City resident Lyn Oakley about her paternal grandmother, she would tell you that her grandmother, Johnnie Grace Braden, is one of the most important people who shaped her life. Lyn will tell you that she and her grandmother spend one of her favorite days of the year at Thanksgiving just talking and cooking all day. What she may or may not tell you is that her very active and alert grandmother turned 100 years old on July 17. With the help of Lyn's father, who lives next door to his mom in Clinton, Johnnie still lives alone. She still receives guests and family into her home and still goes with a friend just about anywhere in the community that she wants to go.

Johnnie Grace Sharp was born at home in 1913 in Andersonville, Tennessee, the third of eight children. Her father was a mail carrier and her mother was a stay-at-home mom. Hers was a very normal and happy childhood, Johnnie says. It consisted of living a rather rural style of life: The kids made mudpies in their "playhouses," played games like "Annie Over," shot marbles and jumped rope. They also had their chores. The family raised its own vegetables and meat. They went to church on Sunday mornings and invited the minister over for Sunday lunch once a month.

Education was important

to Johnnie's family. Lyn says that her grandmother always taught that it was a way to insure that you could always take care of yourself—something no one could ever take away. An enjoyable part of Johnnie's high school years are the times she spent playing on the high school basketball team. As she looks at a picture of her 1929 team, Johnnie laughs: "One of our girls really objected to the bloomers we had to wear as part of our uniforms." The principal had to convince the girl that "everybody likes bloomers."

Johnnie's father made sure that all of his eight children had college or other training after high school. It was during Johnnie's first year at Carson-Newman College right after the Depression that Johnnie decided to become a teacher. Her first job after college was in a one-room schoolhouse: Braden Flats, in Anderson County. Part of the pay was room and board in a local family's home Sunday nights through Fridays (Johnnie found an extra bonus at one of those homes: One of the sons who brought her home from school on Friday nights, Joe Braden, later became her husband ). There were usually around 40 students in the one big room, grades 1-6. A bench at the front was where each grade was called up to be taught (sometimes one grade might be only 1-3 students).



Johnnie fondly remembers the home visits she made during the year: "Support from students' families was wonderful!" Johnnie taught until 1974.

After 100 years, Johnnie Braden can conjure up memories of the hard times like war, illnesses and deaths of all but one of her siblings and many other loved ones. Mostly, though, Johnnie concentrates on the positive. She remembers her wedding day, the joy of having a son, the fun she still has with her grandchildren and great-grandchildren. Lyn will tell you that Johnnie is a spiritual person, remembering that her grandmother took her to church every Sunday morning when she was a little girl. This was after they had a "fun" Saturday night sleep-over, including Lyn's back rub from Johnnie while they both watched "Love Boat" on television.

When asked what Johnnie thinks might attribute to her 100 years, she smiles and talks about adventure in finding new places to go and having a good attitude. "You've just got to get out and go," she says. "You've got to have things to look forward to."

Our Focus is on  
His Every Tomorrow

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## 7-Up Fruit Salad

2 pkgs. Lemon Jell-o (dissolved in 2 c hot water)  
2 c 7-Up  
1 (no. 2) can pineapple, drained  
1 c miniature marshmallows  
2 lg bananas

When Jell-o is partially set, add rest of ingredients and pour into 9 x 12-inch pan.

Topping:

½ c sugar  
2 T flour  
1 c pineapple juice  
1 egg, beaten  
2 T butter or margarine  
1 c cream, whipped

Combine sugar and flour; stir in juice and egg. Cook, stirring constantly. Add butter and cool. Fold in whipped cream and spread over Jell-o.

## Cranberry Salad

1 pkg raspberry Jell-o  
½ lb cranberries  
1 orange  
1 apple  
1 c sugar  
¼ tsp salt  
Nuts

Prepare Jell-O according to package directions. Grind all cranberries, apple, orange and nuts then add to Jell-O. Let set. Double Batch: Use 3 cups water in Jell-O. Add small amount of finely ground orange peel (optional).

## Heavenly Salad

¼ lb marshmallows (16)  
1 cup milk  
1 cup chopped almonds, blanched  
1 cup chopped walnuts  
1 cup maraschino cherries  
1 cup whipped cream

Dissolve marshmallows in milk using a double boiler. Add nuts and cherries then fold in whipped cream. Freeze until mushy and then beat well. Freeze until firm.



## McCluskeys Celebrate 60 Years

Jim and Lib (Peters) McCluskey of Knoxville, will celebrate their 60th wedding anniversary with an open reception given by their children and grandchildren at Wallace Memorial Baptist Church Atrium, 701 Merchants Road, Knoxville, from 2 p.m. to 4 p.m. on August 3, 2013. Everyone is Welcome.

They were married August 2, 1953 at Oakwood Baptist Church, Knoxville.

Jim was pastor at Wallace Memorial Baptist Church for 37 years and is currently interim pastor at First Baptist Church, Rockwood, TN. He and Lib are also hosts with Knoxville Tours, leading trips throughout the United States and abroad.

They have two daughters, Ann Vandergriff and Jan Cole, two sons, Jay McCluskey and Tom McCluskey, nine grandchildren, and one great-grandson.

# CLASSIFIEDS

### LOST

LOST CANON CAMERA IN S. KNOX. SENTIMENTAL PHOTOS. REWARD 207-6978

### NEIGHBORHOOD SALES

RUMMAGE SALE - AUGUST 8 & 9, 9AM-4PM, RUTHERFORD MEMORIAL UNITED METHODIST CHURCH, 7815 CORRYTON TOAD, CORRYTON.

SAT 8/3 7AM-1PM. MANY QUALITY ITEMS. 1807 WESTCHESTER DR. CEDAR LANE TO MONTROSE RD. FOLLOW SIGNS

### EMPLOYMENT

#### HELP WANTED

Need Experienced RN for Hospice and Palliative program knowledgeable about end-of-life-care. Strong leadership and self-starting skills. Responsibilities include: on-call and visits to patient homes and facilities. Competitive salary and benefits. Apply to P.O. Box 14520, Knoxville TN 37914 or on-line at www.smokyhnc.com.

### FOR SALE

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WINDOWS 7 DISK - \$20, MICROSOFT OFFICE 7 DISK \$20. CALL JAMES 237-6993

DELL LAPTOPS FOR SALE \$150. INCLUDES WINDOWS XP, MICROSOFT OFFICE & VIRUS PROTECTION. JAMES 237-6993

DELL COMPUTER \$125 CALL JAMES 237-6993 OR 230-8788. DELL COMPUTERS COME WITH FLAT SCREEN MONITOR, KEYBOARD, MOUSE, WINDOWS XP & MICROSOFT WORD

### REAL ESTATE FOR RENT

FOUNTAIN CITY N. KNOXVILLE 1 & 2 BDRM APARTMENTS, FROM \$375. + WWW. KNOXAPARTMENTS.NET CALL TENANT'S CHOICE<sup>SM</sup> (865) 637-9118

### REAL ESTATE FOR RENT

\*\*\* MOVE IN SPECIAL \*\*\* FOR THIS MONTH IS \$475 SOUTH KNOXVILLE / UT / DOWNTOWN AREA \*2BR APTS\* 865-573-1000

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#### FOR LEASE OR RENT

in the Gibbs Community on Tazewell Pike: Lower level of Gibbs Ruritan Building. 3,100 square feet with Heat and A/C Available immediately. Contact Eddie Jones 789-4681

### REAL ESTATE FOR SALE

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# SERVICE DIRECTORY

### CERAMIC TILE INSTALLATION

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### CLEANING

SEEKING HOUSECLEANING JOBS IN NE KNOXVILLE. EXPERIENCED. REFERENCES AVAILABLE. 865-377-4648

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### STUMP REMOVAL

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### SWIM LESSONS

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Call 686-9970 to place your Classified or Service Directory ad