



Huge Turnout for Alvin Frye



PHOTO BY DAN ANDREWS

Keys in hand, party organizer Cynthia Reeves ushers in local legend Alvin Frye to his surprise birthday party held at the Fountain City Lions Club building last Friday night.

Surprise Birthday Party for Fountain City Leader Draws 100s

By Mike Steely
steelym@knoxfocus.com

It's a surprise!
That's what the secret invitation successfully noted, bringing the Fountain City neighborhood together Friday night to salute and celebrate Alvin Frye on his 90th

birthday. Frye is the well known operator of the Exxon Station at 5306 North Broadway, a civic leader, and a Navy Veteran.

The party was a genuine surprise, which amazed even the hundred or so folks present who thought that someone must have told Mr. Frye.

"The response has been really great," said Cynthia Reeves, of U. S. Bank, who coordinated the event. "The hardest part has been

keeping it a secret."

The party was held in the Fountain City Lions Club building, which presented a unique challenge to the organizers as Frye, longtime member of the Club, is often the person contacted for booking parties and events there.

With the gathering of well-wishers growing, Mrs. Reeves had a plan. A few minutes later she called the Lion's Club, telling Frye that she couldn't open the building. The

lights were switched off and soon Mr. Frye came inside to a rousing "Happy Birthday" song.

"She told me she couldn't get the door open!" he exclaimed. Mrs. Reeves said he had helped her so many times in the past that she knew he'd come to assist her.

Frye, a veteran of World War II and stateside during Korea, is a Fountain City and Knox County leader and has been married

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FOCUS Weekly Poll*

In your opinion,
should meetings
of the University
of Tennessee
Athletics Board be
open to the public?

YES 72.21%
NO 27.79%

Survey conducted
January 23, 2014.

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

School Board reviews Teacher Survey

By Mike Steely
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"I've asked the working group to continue working with me for the rest of the year," Knox County School Superintendent James McIntyre, Jr. told a full house Tuesday. He said he hopes the working group would become permanent.

Many of those attending the Board of Education meeting were members of that "working group," chosen by BOE Chair Lynne Fugate and the superintendent. Fugate said she asked Tonya Coats, president of the Knox County Education Association, to contribute names. The group was selected following massive teacher protests about teaching standards, assessments and evaluations.

McIntyre said he considered the teacher survey and the group's recommendations and announced some changes. He said some testing can be eliminated, that writing assessments will only be needed for grades 5, 8, and 11, and "Discovery Assessments" can be decided by teachers in Professional Learning Groups. He also said that in future years, not this year, teachers may choose to have one announced and one unannounced classroom observations and that principals can specify a month when observations would be made in their schools for this year only.

McIntyre also said that students in kindergarten through 2nd grade will not be required to assess their

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'Revolt' term debated by Commission

By Mike Steely
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A discussion of a non-discussion highlighted the work session of the Knox County Commission last week. Commission Chair Tony Norman had placed an item on the agenda which read "Discussion regarding the teacher revolt and Superintendent's contract." At the beginning of the meeting he postponed the item until the regular meeting but Sam McKenzie would not let the wording of the agenda rest.

He called the use of the word "revolt" problematic and inflammatory, adding that it would "tend to incite."

The commission has hesitated to discuss the current teacher protest of teaching standards and evaluations, waiting for the School Board to speak on the subject, which took place that same afternoon across the street at the Andrew Johnson building. Some of the School Board members had also mentioned the phrasing on the commission's agenda.

Some of the other commissioners chimed in with

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ACB Thrift Store helping community

By Ralphine Major

It was the first purchase I made at the store many years ago. A friend who always dressed like a model told me she shopped there. I went in only to browse, but came out with a lovely name-brand evening dress that looked like new. No one would ever guess it came from a thrift store run by the American Council of the Blind (ACB).

A national organization, ACB has been in Knoxville since the sixties. Originally located on Henley Street, the store had to move for the 1982 World's Fair. North Central Street became home to ACB for several years until it moved to Clinton Highway beside Northern Tool & Equipment Company. For the last three years, ACB has been located in the Clinton Plaza Shopping Center which is anchored by tenants Food City and Family Dollar. ACB is located in the middle near ACE Hardware. Patrons may enter from Clinton Highway or from Merchants Drive across from Wallace Memorial Baptist Church. Ample parking is available.

Upon entering, customers may be misled to thinking they are at



PHOTO BY RALPHINE MAJOR

A display in ACB Thrift Store

a retail store. The seasonal display of apparel and merchandise is awesome and captures your attention as soon as you step inside. Whether it is Christmas, Valentine's day, proms or weddings, the creative corner at the entrance is an eye catcher. The store manager and his staff stock the merchandise so items are neat, clean, and easy to see. A brochure on the counter includes a wealth of information about this service organization. "ACB Thrift Stores assist the community through recycling of your gently used merchandise; creating jobs at our locations; awarding scholarships to visually impaired college students; advocating to

improve services to the millions of older Americans who lose their sight; and working to make our communities more accessible to people who are blind." "100% of the profits of our thrift stores go to support these efforts."

The organization does much more. "ACB provides information to blind and visually impaired people via the Braille Forum, a bi-monthly publication delivered free of charge to its members; operates ACB Radio; works internationally to improve the lives and rights of the blind in lesser developed countries; and has a toll-free hotline designed to help anyone learn about equipment and programs that can help them cope better

with vision loss as well as receive job listings and legislative information." To learn more about ACB and the invaluable work it does, call the toll-free number at 1-800-424-8666, visit their website at www.acb.org, or go to www.acbradio.org.

ACB can accept gently used clothing and shoes for any member of the family; hats, handbags, and jewelry; sellable household items; working small appliances; gently worn furniture; working electrical appliances; books; antiques and collectibles; and drivable automobiles. Donations may be dropped off at the store at 5032 Clinton Highway or for a donation

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Focus on the Law

Guardianship

Guardianship is governed by Title 34 of the Tennessee Code Annotated as well as by multiple court decisions interpreting the same. A guardian is a person appointed by the court to provide supervision, protection and assistance over the person and/or property of a minor. A conservator is a person appointed by the court to provide supervision, protection and assistance over the person and/or property of a disabled person. Both guardians and conservators are called fiduciaries because the law requires them to perform certain duties to benefit the person they are responsible to supervise, protect and assist. Parents are referred to as the “natural” guardians of their minor children because this relationship is created by nature and not created by a court. Parents of minor children, according to state law, “are equally and



By Sharon Frankenberg,
Attorney at Law

jointly charged with their care, nurture, welfare, education and support” and also with the care, management and expenditure of their estates.”

This responsibility continues as to each child until the child graduates from high school or the class of which the child is a member when the child reaches eighteen years of age graduates, whichever occurs first. If either parent dies or is incapable of acting, the guardianship of each minor child normally goes to the other parent.

Each parent has equal powers, rights and duties with respect to the custody of their minor children and control of the services and earnings of each minor child. Without requiring court approval, parents may expend so much of the net income of each minor child as is necessary for the care, maintenance and education of each child. If

a court appointed guardian holds funds for a child, state law says that those funds are not to be expended to relieve or minimize the obligation of the parents to support their minor child.

If the parents of a minor child are divorced, the court may award guardianship of the property of a minor child to the parent who, in the court’s judgment, would best serve the welfare of the minor child and that child’s estate. The guardian appointed by the court need not be the parent with legal custody of that child. The custodial decree of the divorce court does not affect the appointment of a parent as legal guardian.

If a third party holds money or property belonging to a minor child that does not exceed \$20,000 in value, any person may petition the court for an order of distribution. If the court determines it is in the best interests of the child, the court may order any person holding such property to deliver all or part of

that property to the child’s natural guardian or guardians without requiring that a fiduciary be appointed. This allows for easier distribution in situations like automobile accidents so that an insurance company can pay modest damages owed to a minor child without the court having to create a legal guardianship. The court may still require a guardian ad litem be appointed to investigate the particular facts of the situation. The guardian ad litem is almost always a lawyer who is qualified under statute to report to the court and recommend action to be taken regarding litigation that has been filed. If the property exceeds \$20,000 in value, a guardianship will need to be set up for the child by the court. You should consult an attorney for assistance and advice with your individual situation. *Sharon Frankenberg is an experienced attorney licensed in Tennessee since 1988. Her office number in Knoxville is (865)539-2100.*

Snow Be-Gone Days



Rosie's
World

I am thoroughly convinced the weatherman is teasing me unmercifully--about the weather. Every few days he prints in the paper or elaborates on TV, with a smile on his face, SNOW! Only he forgets to add that everyone surrounding Knoxville will get snow, we only get a “dusting”. Kentucky will get maybe a foot, a lot of states, especially in the Northeast, will get tons of it, even Atlanta will be covered sometimes while we can count the snowflakes on our lawns.

I would be a wealthy woman if I had a nickel for the many times I was stuck in the snow up North. (A bit of exaggeration here). I had farmers come with their tractors and pull me out of snow drifts. I landed crossways on a bridge once due to snow and many a time I was forced to drive in the snow to the store to buy bread and milk. Of course, here in the south, just mention the word “snow” and everyone rushes to the

store.

When I first moved here in 1979, on a cold, gray November, the kids came off the school bus. “What are you doing home?” I asked. “There were snow flurries, so they sent us home.” I was flabbergasted. Sending them home because of some snow flurries? Later, I talked to a neighbor who informed me they did that for the children’s safety, especially those who rode school buses. But, how many flurries does it take to make it snowstorm, anyway? I soon learned to expect the kids home when there was a flurry. I thought to myself, can’t they put salt on the roads, put chains on the tires, get ready for the onslaught of a good snowstorm?

I know in years past there have been many snowstorms here in Knoxville, people have told me so, plus I went through two or three of them myself. One in 1993, which was called a “blizzard” and one on Valentine’s Day, I forget the year, and ten inches in April one year. (which was not the same as coming in the winter months). My niece from Florida came to

visit me with her two-year-old daughter. Imagine their surprise when the little one saw the white world the next day. I teased her and said I ordered it just for her, she had never seen snow. But those happenings are few and far between now-a-days.

As in all aspects of daily life there’s always a down side. Snowstorms are miserable to those who have to go out in them, such as medical personnel, road crews, fire fighters, and linemen who bring electricity back into our homes, just anyone who has to go and help someone in an emergency. There is a bright side, however, the snow melts away rather quickly down here. Up North it can last for days due to the wind chill and very low temperatures. That is when “cabin fever” develops and one wishes for warmer temperatures. But, all in all, my favorite song is, “LET IT SNOW! LET IT SNOW! LET IT SNOW!”

Thought for the day: I’m not afraid of storms for I am learning how to sail my ship. Louisa Mae Alcott

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

ACB Thrift Store helping community

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pickup, call ACB at 865-688-5884. Donations are tax deductible. Go by the American Council of the Blind Thrift Store soon and check out the great buys. Just look for the dark blue

‘Revolt’ term debated by Commission

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some comments, although the discussion was officially postponed. Richard Briggs mentioned he wished “someone could give us a briefing on what is federal, state and local mandates.” Speaking about the power the commission has over the school board and the superintendent, he said, “There are some things we can do and some things we can’t.”

Mike Brown said that a discussion could “bring out facts that the public needs to know” and added, “This is the place to have that discussion.”

Norman commended that the commission’s approval of Superintendent James McIntyre’s contract extension came and passed “as

a consent item.” “We had no opportunity to discuss it,” he said. “‘Revolt’ is a strong word,” he said, adding, “I could have used ‘uprising.’” “What the teachers have been doing is historic,” Norman said.

Consent items are those items on the agenda that the agenda committee and chairman have placed in a meeting’s agenda. McKenzie said any commissioner can suggest a consent item and “pull it back.” In fact many of the items on last week’s work session were consent items and passed without public debate, going on to the next regular meeting agenda. “Many items involving the School Board have come as consent items,” McKenzie said.

a purchase at ACB, you are actually helping someone who cannot see. ACB—it’s not just a store, it is a store that changes lives!

In other action, the commissioners heard that county tax revenue is down slightly over projections but may be made up in property taxes. They also heard from the new internal auditor and asked her to look into the possibility of using one audit system, instead of the two currently in place.

Commissioner Mike Hammond informed commission that \$3 million for broadband internet service to rural areas is available to Tennessee and Knox County should apply through the state. He said “It would help us with 911.”

Commissioner David Wright told his fellow commissioners that the former trash convenient lot on Tazewell Pike was sold for a bid of \$17,000.

FOCUS Weekly Poll

In your opinion, should meetings of the University of Tennessee Athletics Board be open to the public?

Yes 72.21%
No 27.79%



| By Age | Elected | Appointed | Total |
|--------------|---------------------|---------------------|------------|
| 18-29 | 66.67% | 33.33% | 3 |
| 30-49 | 84.62% | 15.38% | 39 |
| 50-65 | 67.61% | 32.39% | 142 |
| 65+ | 73.00% | 27.00% | 237 |
| Total | 72.21% (304) | 27.79% (117) | 421 |

| By District | Elected | Appointed | Total |
|--------------|---------------------|---------------------|------------|
| 1 | 72.00% | 28.00% | 25 |
| 2 | 64.15% | 35.85% | 53 |
| 3 | 77.08% | 22.92% | 48 |
| 4 | 68.66% | 31.34% | 67 |
| 5 | 60.00% | 40.00% | 40 |
| 6 | 79.59% | 20.41% | 49 |
| 7 | 76.09% | 23.91% | 46 |
| 8 | 71.43% | 28.57% | 49 |
| 9 | 81.82% | 18.18% | 44 |
| Total | 72.21% (304) | 27.79% (117) | 421 |

| By Gender | Elected | Appointed | Total |
|--------------|---------------------|---------------------|------------|
| Unknown | 72.73% | 27.27% | 22 |
| Female | 71.90% | 28.10% | 210 |
| Male | 72.49% | 27.51% | 189 |
| Total | 72.21% (304) | 27.79% (117) | 421 |

Survey conducted January 23, 2014.

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Women of all ages who enjoy singing are invited to participate in a Global Open House event.

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Teacher Survey Results: High School Teachers

By Mike Steely
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During the last two weeks, The Focus has published the results of the recent Teacher Survey of Elementary and Middle Schools Teachers. This week we look at the response from High School Teachers.

Last week, the Board of Education publicly discussed the survey, but not the individual questions or replies. There may be a discussion next week by the County Commission of the survey and the contract extension of the superintendent.

The survey results of the high school teachers are somewhat different than the elementary school and middle school teacher surveys.

We've combined the percentages in two groups, those who disagree or strongly disagree and those who agree or strongly agree. Most of the question responses fell into those groups.

71% of the high school teachers disagreed with having two unannounced

classroom observation.

57% agreed with one announced and one unannounced observations.

51% agreed with a balanced calendar for schools.

Almost half, 49.5%, disagreed with the system taking part in the PARCC testing and 59.3% disagreed with participation in the writing assessments for optional grades.

63% disagreed with the survey statement: "teachers in my school/district have the opportunity to provide input regarding the district's strategic direction."

Almost 65% felt that teachers are NOT trusted to make sound professional decisions.

Almost 60% of the high school teachers disagreed with teachers having autonomy to make decisions about instruction.

70% agreed that their schools were good places to work and learn but more than 45% disagreed that with the survey statement: "Overall, my district is a good place to work and learn."

School Board reviews Teacher Survey



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teachers, but that "feedback from high schools, middle schools, can be useful."

A flier from a group of parents and teachers presented to each elected educator at the beginning of the meeting questioned how the teacher survey was prepared, how many teachers did not respond, and why the minutes of the working group were not sent out for several weeks.

Four members of the working group spoke to the board. It was also noted that 167 pages of comments from the teacher survey were mentioned by board member Indya Kincannon who added, "The level of frustration and stress is very wide spread."

"We've made some mistakes, so have the teachers, and so has the principal," she said, adding

"Ultimately they make us stronger."

She suggested that the findings of the survey and the input of the working group be forwarded to the state and to the governor.

Board member Gloria Deathridge said that principals are being pulled out of their schools too often for meetings and one principal present agreed, but said that the meetings were useful.

The board also discussed a possible pay increase for teachers next year and noted that decisions based on the survey and working group's report were the responsibility of the superintendent and not the board.

With the survey finally discussed in public by the school board, it may also see a discussion now before County Commission.

Knox County Schools 2013 Teacher Survey - Preliminary Results

| HIGH SCHOOL TEACHER SURVEY RESULTS | Strongly Disagree | Disagree | Neutral | Agree | Strongly Agree |
|--|-------------------|----------|---------|-------|----------------|
| I think all professionally licensed teachers in TEAM schools should have both state-required classroom observations be unannounced. | 43.0% | 28.3% | 16.0% | 8.8% | 3.8% |
| I think all professionally licensed teachers in TEAM schools should have 1 announced and 1 unannounced classroom observation for their 2 state-required observations. | 9.3% | 12.2% | 20.6% | 36.5% | 21.3% |
| I think all teachers with Level 5 summative evaluation scores from the prior year should have the state-required observation protocol reduced from 2 formal observations per year (covering 2 domains per observation) to 1 unannounced formal observation | 10.6% | 14.6% | 22.9% | 33.6% | 18.3% |
| I think the district should transition to a balanced calendar for all schools. | 21.1% | 14.1% | 13.9% | 24.2% | 26.8% |
| I think the district should participate in PARCC field testing. | 27.2% | 22.3% | 23.6% | 20.1% | 6.8% |
| I think the district should participate in the writing assessment for the optional grades. | 32.8% | 26.5% | 21.3% | 15.9% | 3.5% |
| This is the way PLCs function at my school. | 9.5% | 14.7% | 15.2% | 43.3% | 17.3% |
| My PLC enhances my instructional practice. | 17.8% | 19.9% | 22.8% | 31.7% | 7.8% |
| I think Common Core State Standards will benefit instructional practice and student learning. | 19.2% | 23.3% | 26.6% | 25.4% | 5.5% |
| Teachers in my school/district have the opportunity to provide input regarding the district's strategic direction. | 31.3% | 32.0% | 20.3% | 15.2% | 1.3% |
| Teachers in my school/district are trusted to make sound professional decisions about instruction. | 33.4% | 31.3% | 12.6% | 19.8% | 2.8% |
| Teachers in my school/district are recognized as educational experts. | 34.0% | 31.4% | 16.7% | 15.5% | 2.5% |
| Teachers in my school/district are encouraged to participate in school, district, and/or state leadership roles. | 13.0% | 16.7% | 30.5% | 35.0% | 4.8% |
| Teachers in my school/district have autonomy to make decisions about instructional delivery (i.e. pacing, materials and pedagogy). | 26.9% | 32.9% | 16.2% | 22.2% | 1.8% |
| Overall, my school is a good place to work and learn. | 3.2% | 5.5% | 12.1% | 45.7% | 33.5% |
| Overall, my district is a good place to work and learn. | 17.3% | 28.5% | 23.8% | 26.4% | 3.9% |

Finding Houk at The Old Gray

Winter is a good time to get out and explore locally and no matter how long you've lived in Knoxville there are certainly places you haven't visited or visited recently with new surprises. Sometimes researching or exploring is the reward in itself.

Take the Old Gray Cemetery just off Broadway near downtown. A walk through the old burial ground is a trek through our area's history.

Before the Battle of Knoxville, here was an East Tennessean who found his regiment in dire straits up in London, Kentucky.

Col. Leonidas Houk had taken his 3rd Tennessee Volunteer Infantry on a supply mission to support the short-lived Union occupation of Cumberland Gap when he was attacked by Confederate forces under Col. John Scott. The fierce battle saw Houk lose 111 of his men and much of his supplies, including hospital wagons. The skirmish forced Houk to decide between surrendering or retreating.

With 140 men, Houk pulled back and took back roads and paths back to the security of the historic gap, but it took him five days to get there

A Day Away



By Mike Steely

as he dodged Confederates who were part of Gen. Kirby-Smith's invading force. Once in the gap, Houk's regiment had to turn around a few weeks later and follow Union forces fleeing into Ohio. It would be another year before the Union forces took Knoxville and Cumberland Gap and then occupied East Tennessee for the remainder of the Civil War.

Houk had been a Knoxville attorney prior to the war. He was a supporter of staying in the Union and a delegate to the East Tennessee Convention which wanted to declare our region a separate state. He was born near Boyd's Creek in Sevier County, apprenticed as a cabinet maker, and set up a shop in Clinton as a young man. He was self educated and became interested in studying law after a court case involving him and, in 1859, was admitted to the bar.

In April, 1863, because of poor health, Houk retired his commission but continued to support the North in the struggle. In 1869 Houk moved to Knoxville and founded, with Henry Gibson, a very successful law firm. Nine years later Houk was elected to Congress and served seven

consecutive terms. During his Knoxville years, Houk became very active in Republican politics and formed associations that controlled much of the area politically. His son succeeded him in Congress.

Houk's grave is near a wall in the Old Gray Cemetery. The graveyard contains burials of both Union and Confederate soldiers from the Knoxville area and is next to the National (Union) Cemetery.

The surprise of the Houk grave is that he died pre-maturely. Local folklore says that the old gentleman wrongfully drank a bottle of arsenic while visiting the DePue drug store and died the next day.

Another surprise not often noted at Old Gray - several of the graves purchased there during the war were paid for by Confederate money. In 1863, when the Union took the city, the money was declared worthless.

Last week in doing some research on the Kefauver home in Madisonville, I pulled several items from the internet and my own library to prepare the story. I mistakenly sent a News-Sentinel story instead of my own A Day Away story.

It was a computer error by me and I apologize to the readers, the News-Sentinel, and The Focus.

The correct story can be found online at www.knoxfocus.com.

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Huge Turnout for Alvin Frye

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to his wife, Mildred, for 65 years. They have two children, Tommy and Lisa, three grandsons, one granddaughter, and one great-grandson. Mildred and several family members were on hand and obviously kept the surprise a secret.

Mildred said that when Alvin graduated from high school, he and some friends went to Nashville to enlist in the Navy. The teens expected to return home before being deployed, but were sent directly to San Diego for training.

"He's very proud of having served in the military. It means a lot to him," his wife said.

In fact, the first present given to him Friday night was a Navy cap with WWII and Korea embroidered on it.

Frye has not always run the Exxon in the heart of Fountain City. In fact, he operated another service station further down on Broadway until the interstate bypass took the Dutch Valley property and he moved to the

current location across from Fountain City Lake. Many people recognize the station for its sign "No Hot Dogs, No Lottery, No Beer."

He has been honored as Knox County "Man of the Year" and his name is at the Central High School football field. Knox County has recognized him with an "Alvin Frye Day" in 2001 and he is a member of the Fountain City Business and Professional Association.

More than 55 years in business has brought Alvin Frye nationwide attention as people who stopped by wrote stories about him. His local supporters and friends include politicians, businesses, teachers, and many, many customers.

"He's always been a hard working man, we've had three generations there. I've always looked up to him," his grandson Tommy Frye, Jr. said.

"He's worked hard every day," Sheriff J. J. Jones said, echoing what many of those present said. Sheriff Jones asked him what was the lowest price per gallon



PHOTO BY DAN ANDREWS.

Celebrating with Family. Pictured (l-r) are Lisa Hinchey, Jimmy Stevens and wife Sara Stevens, Tommy Frye, Mildred Frye, Alvin Frye and Tommy Frye, Jr.

of gas he ever sold and a smiling Mr. Frye said "19.9 cents."

"I work seven days a week and haven't had a vacation in 15 years. I haven't taken a day off in three years," the 90-year-old man declared.

"You're the man!" someone yelled across the crowd of well wishers.

"He's an icon, the salt of the earth," said

Congressman John Duncan, Jr., adding "He was a good friend of my dad and a good friend of mine."

Everyone had a story about Alvin Frye. A few only know him from buying gas at his station while others have known him most of his life. In fact, two of the men present at the party had served in the Navy with him and shared stories.

"I've never seen Alvin

smile so much," an old friend said.

Everyone wanted their photo taken with him. The well-wishers included business people, laborers, Central High School teams and coaches, elected officials, family and neighbors.

Supporters and sponsors of the surprise birthday party included Central High School, Chick-fil-A of

Fountain City, Fountain City Exxon, Fountain City Lion's Club, Fountain City Wrecker Service, Gaylon Wilson Insurance, Joe Whaley, Kroger of Fountain City, Litton's Market and Restaurant, Mynatt Funeral Home, Rowland Electronics and U. S. Bank of Fountain City.

Happy 90th Birthday, Mr. Frye!

No Excuses

I watched the NFC playoffs the other Sunday and saw the spectacle that overshadowed the game. A couple of nights ago I watched a documentary on J.D. Salinger. On any given night, reports



By Joe Rector
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of famous people acting badly are broadcast over the television and countless social media. To be honest, I'm over such behavior.

Richard Sherman turned a dramatic ending of the playoff game into something dark and disgusting. A total of 56 million viewers watched Sherman contort his face and rant against an opponent. He called the San Francisco receiver "sorry" and informed the public that he is the best cornerback in the game.

His behavior is another example of the egocentric stars who are too ready to promote themselves to the public. What happened to being a gracious winner? Watching the mouthing and self-congratulatory demonstrations by players on the field screams that "gracious" is a word from the past.

Sherman tried to defend

his reactions by saying that he was still amped up from the adrenaline that flowed during the game. His coach Pete Carroll let us know "that's who he is."

Oh, we're supposed to excuse such crude behavior because "that's who he is?"

Here's the thing: other players who have been involved in tension-filled contests haven't run their mouths with such tirades. Their adrenaline was pumping just as much, but they knew that stomping on an opponent, whether you like him or not, isn't an acceptable way to behave, no matter what pitiful excuses he or his coach offers.

J.D. Salinger must not have been such a nice guy. Folks who knew him said he often was difficult. One woman said that he did things when he wanted to; that's just the way he was and people had to accept him on his terms. I'm not so sure that any person has to be accepted when he or she is rude, demanding, and inconsiderate.

I read The Catcher in the Rye and liked it. However, I don't agree with the person in the documentary who stated that Holden Caulfield was the quintessential teenager. Life at that age is difficult for plenty of folks, but I'm not so sure young people react to it in the extremes that Caulfield did. Yes, the book is a classic, but it's not necessarily the bible for teenage behavior.

Television and music personalities make the news for their outrageous behaviors. In the last couple of weeks, teenage heart throb Justin Bieber reportedly vandalized houses and has been arrested for DUI. Kanye West is notorious for tirades that interrupt events and bad-mouth others. These days, Lindsay Lohan puts more hours in front of a judge than a camera. We're told that all these people are to be pitied because their lives of fame and fortune are so hard. I can name one hundred people right now who would change places with them and do so without ever getting in trouble. No excuses exist for accepting the poor behavior or the rich and famous.

These days we hear of troubled youth and the

shocking things they do. In many cases, the reasons for their acts include such things as divorce, parental death, boredom, or some disorder. Life is tough. Sometimes bad things happen, and yes, they can become stumbling blocks. At some point, however, excuses don't work anymore. My dad died when I was 13, and yes, I did some things of which I'm not proud. When I went to college, I realized that success or failure depended on me and my actions, not the things that had happened in the past. I believe the time has come for us to expect more responsible actions from folks; the days of excusing improper behavior because of something that happened years ago are over.

Yes, I'm on a rant, but we older folks just don't understand how every misdeed a person commits is somehow someone else's or some condition's fault. We, too, goofed up, but most of us learned from our mistakes and from the spanking or other punishment our parents offered. The simple fact is that there weren't any excuses then and shouldn't be now.

Henley Bridge Community Center to close January 31

The Tennessee Department of Transportation (TDOT) has announced that the Henley Bridge Community Center, located at 220 East Blount Avenue in Knoxville, will close on Friday, January 31st.

The Henley Bridge rehabilitation project, which began in January of 2011,

is now in its final stages. There is currently one lane of traffic open in each direction.

The due date for total project completion remains June 3, 2014.

In addition, the two project cameras that were previously accessible at the Henley Bridge webpage have been taken down.

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Tennova, Senior Apartments approved

By Mike Steely
steelym@knoxfocus.com

The old Moses School building in Mechanicsville got approval Tuesday night as the City Council voted to rezone the property to O-1, which permits the property to be used for senior citizen apartments. Although a petition signed by 40 neighborhood

residents was presented, the council sided with the historic neighborhood association and the Metropolitan Planning Commission (MPC) in passing the zoning change on second reading.

Currently owned by the Boys & Girls Club, the school will be converted to one-bedroom

apartments, have a four story addition built, and tear down the gymnasium.

Tom Miller and Bentley Marlow, Mechanicsville residents, spoke against the change. Marlow asked the council to “leave it C-6 and we’ll take our chances,” saying that almost any useage would be better than the senior

apartments. Miller suggested postponing any decision and pushed for an impact study to see how adding 76 new residents to the neighborhood would affect it.

Arthur Seymour, Jr., speaking for the applicant, said that postponing any action would

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Laura Bell Bundy to perform at Niswonger

Laura Bell Bundy is the true definition of triple threat. This actor, singer, and dancer has steadily been capturing audiences through film, stage, and her infectious music. She has been called funny, sexy, ballsy, the Mayor of Crazytown, the Ambassador of Good Times, Kentucky Wildcat, and mommy to the canine community.

Having grown up in Kentucky, her southern roots extend far beyond her hair extensions. They are woven into her most creative endeavors. As a child, her wild imagination inspired her to play characters and tell stories even in her own sandbox. It was this genuine love for performing, writing music, and telling stories that rocketed Bundy from her southern comfort zone to the bright lights of Broadway and beyond.

The Focus’s Dan Andrews asked Five Questions of Bundy preceding her show at the Niswonger Performing Arts Center in Greenville on Saturday, February 1.

1) After recently watching LBB at Cotton Eyed Joe, I noticed that she is one of the few “direct audience interactive performers.” Unlike most performers, who primarily perform from the stage, she actually goes into the audience and teaches the audience a new line dance (two step). Then goes on stage and sings and performs. After viewing first-hand how successful it is in getting the audience involved in the music I am wondering why she believes that more country artists are not doing the same?

I think some artists DO interact with the audience. But why the majority don’t, I’m not sure. Probably for many reasons... They may have an instrument to focus on or the fear of not being able to control the crowd. Who knows? I only know why I do it. Because it’s more fun! Engaging with an audience is one of the reasons why I perform! The relationship between the audience and the performer is an exchange of love, and when you can go there fearlessly with them, it can be a very rewarding for both parties... It’s like any relationship really. If you show up, they show up. The more you give, the more THEY give!

2) Take us through a typical
Continue on page 2



Associated Therapeutics offers Aquatics and Land classes for all ages and fitness levels. Members can take control of arthritis pain with the Arthritis Aqua class (certified by the Arthritis Foundation).

Associated Therapeutics: FOCUSED ON WELLNESS

By Tasha Mahurin
Tasha@knoxfocus.com

Associated Therapeutics, Inc. has served the Knoxville community for nearly 30 years. The practice was founded by Andrew Smith, M.S., P.T. and Thomas Kelly, P.T. in 1985 and has grown to become one of East Tennessee’s most trusted names in rehabilitation services.

In the early 1980s, Smith and Kelly both were working as physical therapists at area hospitals when the health insurance industry began to require shorter hospital stays.

“There weren’t a lot of physical therapists in private practice at the time,” Smith told *The Focus*. “We felt like there was a niche there for extended rehabilitative care and decided to take a chance and pursue that.”

The practice grew steadily over the next decade, and in 1995, the partners decided to pursue another innovative goal.

“We wanted to design our ideal facility- complete with an indoor pool, classrooms, and a gym,” Kelly said. “So we hired a Kentucky architectural firm who had done this type of work to design it.”

Ironically, they purchased a property that was once home to Whittle Springs Resort. The resort, which was demolished in 1964, served as a retreat from city life in Knoxville during the early 1900s and included a hotel, golf course, and swimming pool. The property also contained mineral springs. At the time, mineral water was thought to have medicinal properties.

“There was a tradition of wellness associated

with the property,” Smith added. “It’s a neat correlation, and the architects who handled the project paid homage to the resort’s history in the design of our facilities.”

Their location at 2704 Mineral Springs Avenue, includes the features both Smith and Kelly wanted to offer and is now home not only to a thriving physical therapy practice but also Jump Start Health and Fitness, a health club that offers a gym, land and aquatic fitness classes, and massage therapy.

From a physical therapy perspective, the practice has three full-time physical therapists including Smith and Kelly, who have a combined 76 years of experience, and Amber Zakrzewski who completed her doctorate in physical therapy in 2006. Many of their

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Laura Bell Bundy to perform at Niswonger

Cont. from page 1
calendar day (or week) for LBB. As an actress and a singer it must be pretty busy?

Well, it's constantly changing, and depending on what my focus is at the time (TV show, touring or promoting a record), it can completely vary.

Some weeks we have off of the TV show. In those weeks, I wake up, walk my dogs, meditate, work out and then go work on music or music-related projects and meetings. Or I may have to travel and do a show in which case I sleep in and catch up on emails/reading on planes and then prepare for a show that night.

In the fall of 2013, I found myself doing all of it at once. I would go to set in the morning, work all day, go to the airport for a red eye, arrive in a city the next day for a radio appearance and show, then the morning after that I'd fly back to LA around 6:00 am and go straight back to set and work all day... That was an absolutely cuckoo time... My body was pissed off at me. Now I'm finding a lot more balance....

3) Let's talk about stamina. LBB does not lip sync. She sings and integrates very energy driven dance moves into her program. Who is her trainer? What is her advice for staying so healthy?

Well, I don't have a trainer although I'm trying to convince one of my best friends, Tracy Jai to be one... I am very active and have a lot of energy - that I get from simply enjoying life, I think. It's rare that I get exhausted. I've always been this way. I ran in high school and that habit stuck, so I run and

hike when I can and I LOVE to dance. My live shows keep me in shape. I don't eat gluten or dairy, and I'm very in touch with my body. I think the main reason I can sing and dance without lip synching is due to my musical theater and Broadway experience. You must almost always sing and dance at the same time in musical theater. I've been doing it for years, so it's just become a muscle in a way... Although I still have to exercise it for it to work properly...

4) Where does LBB see the entertainment industry going in the next five years? Both music and television?

Well, we are in the Wild Wild West of entertainment right now. So who really knows. I'd like to be the woman to create a big digital network that includes all entertainment. The internet has changed and continues to change the way we get our music and watch TV. I think you are going to see Amazon, Netflix, Xbox and Google producing high quality television geo-targeted at the appropriate audiences whose preferences they already have in their databases. There will be product placement that you can buy instantly while you're watching with one click because Google or Amazon will already have your credit card info...

And with music, I think the relationship between sponsorship/product and music will be stronger because music is becoming virtually free. An album is almost just a promotional tool for a tour and merchandise. The artists that you see blowing up and having longevity right

now TEND to have a television component to their career... Or a strong digital one.

I think radio is and will also evolve to include more of an internet component. I'm also hopeful that cars will be linked to iTunes or some music downloading system where you can listen to the radio and immediately download a song you've heard right to a hard drive in your car. There will be music and TV for every type of person, and it will be advertised based on the preferences in our smart phones.

All of this is already happening. So five years from now? I can't even imagine! But it will be directly linked to technological advances. But LIVE music will always thrive. Because people need that experience.

5) Let's talk about the website Laurabellbundy.com For years it was stagnant. But now that she is with BMLG I noticed it has become a robust and in-depth site. Surprisingly, there is even a page from the site that includes business advice in Webisodes. So couple questions.

5a) What business advice would you give someone wanting to move to Nashville to become a singer?

Well, with any craft, you must practice and work on your gift. A lot of this advice can be applied to all of the questions.

For wanting to be a singer: Learn an instrument, learn songwriting... And when you sing, make sure you UNDERSTAND every word you sing and what it means to you. Convey that when you sing (that goes for Broadway/musical theater,



Laura Bell Bundy

too)... Once you objectively feel that you can compete with all the talent that is surrounding you, acknowledge what makes you unique as well as what type of music makes your heart sing. Focus on that, go in that direction, and don't let anyone divert you. Be creative in your approach to getting out there. You have to create your own opportunities. Don't just wait to be discovered. Luck is opportunity meets preparation. Ask questions. Be fearless. Trust that what you truly want in life will be recognized by a higher force operating in your life so you don't act out of fear, freak out, give up or become overly aggressive. Maybe you connect with other artists and musicians to write and record, make creative YouTube videos that are different, interesting or funny (without detracting from the music) so people have a reason to watch.

Work hard. Work harder. And when you think you've worked hard enough, push yourself, and work even harder. It is not easy. But nothing is. If it makes you happy, it's ALWAYS worth it. But have fun, be creative and enjoy yourself... That's the whole point of doing it in the first place.

5b) What professional advice would you give someone who wants to move to NYC to become a Broadway star?

Go to classes, take improv, practice, become in touch with your body and understand your inner feelings, get head shots, resumes, audition for open calls. Don't let your day job get in the way of your true goals

and desires. Say yes to all opportunities that come your way when you're starting out because it's about learning and experience...

You also never know where a free job will end up taking you... The jobs I did for free took me to Broadway. Be fearless.

5c) What professional advice would you give someone wanting to move out to LA to become an actor/actress?

Same as for Broadway... Except, get a car with good gas mileage... and don't get too caught up in image... Remember why you're there and keep your craft most important. Take writing classes and improv... They will serve you acting tremendously. Form a group with other actors and make short films or comedy videos. Only post them if they are actually good... Remember that you can't really unpost a bad performance...

Be fearless.

6) Tell us what is next for you?

I'm continuing Anger Management which I'm LOVING! Hart of Dixie & How I Met Your Mother a bit too. In my off time, I'm working on music... For album purposes but also for a musical of sorts. Doing some live concerts here and there, and continuing to follow my creative impulses...

Tickets are still available for Saturday's concert at Niswonger Performing Arts Center. Call the Box Office at (423) 638-1679 or visit www.npacgreeneville.com for further information.

Associated Therapeutics: FOCUSED ON WELLNESS

Cont. from page 1

physical therapy patients become members of Jump Start Health and Fitness. Together, the three therapists specialize in the treatment of various neuromuscular, vestibular/balance, and orthopedic disorders.

"I started at Associated Therapeutics a couple of years ago after hip replacement surgery," said patient Linda Davis. "My therapy sessions helped me have a very successful recovery. After experiencing how helpful and friendly the staff was, I decided to continue there for my lifelong health needs. Their staff also designed a fitness plan for me which contributes to my continued success."

The fitness club serves adults of all ages, but is particularly popular among aging adults or those who might not be comfortable joining a traditional gym.

"We really focus on total wellness and lifelong fitness," Kelly Williams, who has a master's degree in exercise physiology, told *The Focus*. His passion is helping people lose weight, and he and his staff specialize in developing a program for anyone, regardless of their health history. "We have a very comfortable environment no matter what fitness goal a member hopes to achieve or how much weight they want to lose."

The fitness staff includes three certified personal trainers with a variety of backgrounds and experiences, which, according to Williams, make them a great match for any fitness level. They also offer aquatic classes appropriate for people with arthritis and for those wanting an intense aerobic workout. Yoga and Zumba gold are also popular for those members who want a workout in the group fitness studio.

Their members agree.

"I have joined many gyms and fitness centers, but none of them ever made me feel as welcome," said Sherri Pinkston. "I feel like I have my life back."

For more information on Associated Therapeutics, call (865)-687-4537 or visit www.associatedtherapeutics.com.

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The Greatest Campaigner of Them All: Senator Estes Kefauver Part Three

Pages from the Political Past



By Ray Hill
rayhill865@gmail.com

Estes Kefauver had started out his political life allied to the ruling faction in Tennessee politics; that of senior Senator Kenneth D. McKellar and E. H. Crump, leader of the Shelby County political machine. With his election to Congress in 1939, Kefauver began to drift away from his political moorings. When the young Congressman fought the amendments Senator McKellar passed in the Senate affecting the Tennessee Valley Authority, Kefauver became solidly identified as an opponent of McKellar and Crump. Senator McKellar especially came to dislike Estes Kefauver intensely. McKellar's loathing of Kefauver would draw the two men into political conflict and the ambitious Kefauver would toy with the idea of challenging the old senator for reelection in 1946.

Kefauver's fellow Southerners quickly came to view the Chattanooga with suspicion. That suspicion would later become outright dislike.

As a Congressman, Kefauver generally was supported by labor groups, although he deviated from the official position taken by big labor occasionally. One such occasion was Kefauver's support for the Smith-Connally bill. Kefauver's return to Chattanooga following his vote in favor of the Smith-Connally legislation caused the Congressman to be castigated by labor supporters. Unlike many Democrats in the Tennessee Congressional delegation, Kefauver was opposed to the Taft-Hartley bill, although Kefauver retained considerable personal respect for the sponsor, Senator Robert A. Taft of Ohio.

Kefauver did not waste time in separating himself from his Southern colleagues in the House. While the House was debating a bill to eliminate the poll tax, Southern Congressmen were surprised to find Estes Kefauver wandering from the herd. Kefauver was subjected to a bitter tirade by Mississippi Congressman John E. Rankin, who strongly objected to federal interference in the affairs of individual states. Rankin was also a gleeful racist and race-baiter. Congressman Rankin pointed a bony finger at Kefauver and cried, "Shame on you, Estes Kefauver!"

Congressman Kefauver readily admitted his desire to end the poll tax was not "politically expedient" in his home state of Tennessee, but retorted he would do what he thought was right. It is also true opposition to the poll tax had been embraced by just about every opponent to the Crump machine in Memphis. Generally those candidates favored by Senator McKellar and Mr. Crump had supported retention of the poll tax, while opponents to the McKellar - Crump alliance supported repealing the poll tax.

Describing the poll tax as "repugnant to democracy", Kefauver went well beyond opposing the poll tax being applied to the ballots of soldiers fighting in the World War, saying it "should not be tolerated" at all.

Kefauver surprised some labor leaders with his attitude on legislation; Kefauver did not hesitate to say he disagreed with a particular stand taken by his labor supporters, but added he would change his stand if someone could show him where he was wrong. It was an attitude that both surprised and pleased labor leaders. Many Southern Congressmen and senators were quite hostile to big labor at the time. It was yet another aspect of Estes Kefauver's political philosophy that put him at odds with other Southern legislators. The dislike of Kefauver by some Southerners became quite pronounced and it began to affect Kefauver's ability to pass legislation.

According to Kefauver's biographer, Charles Fontenay, Congressman Kefauver had introduced a bill to give a woman \$10,000 whose son had been killed while working for the Civilian Conservation Corp. Senator James Eastland of Mississippi three times kept Kefauver's relief bill from passing, although it had been approved by the House of Representatives.

Republican Congressman John Jennings, Jr. finally walked across the Capitol to visit Eastland personally and was bluntly told the bill would never be passed because it was Kefauver's bill.

Judge Jennings replied that it was not Kefauver's bill, but his own.



FROM THE AUTHOR'S PERSONAL COLLECTION.

Congressman Estes Kefauver

"Oh, in that case we'll pass it," Senator Eastland quickly said.

The suddenly amiable Eastland even agreed to increase the poor woman's compensation bill by \$3,500 after it had been reduced to \$2,500 by the Senate.

Congressman Kefauver later helped Jennings, a Knoxville Republican, when President Truman intended to veto a claims bill Jennings had sponsored. Kefauver managed to convince Truman not to exercise his veto power. Truman would later become a bitter enemy of Estes Kefauver and likely disliked the Tennessean as much as did Senator McKellar.

Harry Truman was himself the product of a political machine, that of Boss Tom Pendergast of Kansas City. A man of intense personal and political loyalties, Harry Truman disliked Kefauver's independent political spirit. Kefauver found himself embarrassed as the president's disdain for him manifested itself in small ways. Congressman Kefauver had tried to arrange for a class of Baylor School students to have their picture taken with President Truman and was advised by the White House the request was impossible.

Kefauver was therefore shocked to see a group of smiling Baylor youngsters smiling with Truman on

the front page of the Chattanooga News Free Press. It was doubly humiliating for Kefauver as the News Free Press was a newspaper solidly opposed to him.

The appointment with the President was supposedly made by Tennessee's junior United States senator, Tom Stewart, but it was the powerful Senator McKellar who had interceded on behalf of the Baylor students.

Kefauver angrily wrote the President's appointments secretary, Matthew Connally, to complain. Kefauver said it was a "shoddy way to do anyone" and went onto gripe "to say that I am embarrassed is putting it mildly."

The Congressman dropped a hint that he might be less inclined to support Truman's legislative program, especially as it seemed those who were less helpful to Truman were able to wrangle favors from the White House.

Kefauver would later tussle with McKellar over patronage in Tennessee and rarely ever did he get his way. The venerable McKellar had been in Congress since Kefauver was about eight years old and was accustomed to fighting for control of political patronage in his home state. More than one McKellar colleague was left to complain Old Mack had control of virtually all

political appointments in Tennessee.

Whatever Kefauver's disappointments in Washington might have been, he remained highly popular inside his Congressional district. Kefauver was almost as good as Senator McKellar in writing folks and doing whatever he could to be helpful. He returned to Chattanooga often and never missed an opportunity to move around his district and visit with voters.

Kefauver was also pleased by finally having a child. Nancy and Estes Kefauver had almost given up on having a family of their own and were considering adopting a baby when Mrs. Kefauver joyfully announced she was pregnant. Their daughter Eleanor was born, but the child proved to be exceptionally strong minded and later renamed herself "Linda."

Absolutely refusing to answer to her given name, Estes and Nancy Kefauver, along with everyone else, finally capitulated and referred to their daughter by the name she had chosen for herself.

The Kefauver household was growing with the arrival of their daughter and including a cook and two cocker spaniels. Kefauver's apartment was seeming ever smaller and he was forced to rent an adjoining apartment to give the family more living space.

The Kefauver family continued to expand when Estes and Nancy adopted a little boy from an adoption agency in Illinois. The

blond, blue-eyed little boy was six weeks old when he went to live with his new family and it was not long after that Nancy discovered she was pregnant again.

To pare down expenses, Kefauver gave up the rented home he kept in Chattanooga and when the Kefauvers went home to Tennessee, they moved in with friends for the duration.

Congressman Kefauver was reelected easily every two years, but the politics inside his Hamilton county base continued to evolve. The political feud between Judge Will Cummings and Wilkes Thrasher continued to rage, but a new force to be reckoned with appeared in the form of Wiley Crouch. Couch beat Cummings to serve as County Judge, while Cummings still held considerable sway with the County Commission. For sometime, all the feuding factions supported Kefauver for Congress.

Most all of the feuding factions also strongly supported Senator K. D. McKellar; in fact, most were firstly loyal to the aging senator. As 1946 approached, the ambitious Kefauver began to consider moving up to the United States Senate. Kefauver liked McKellar no better personally than McKellar liked him. McKellar would be seventy-seven years old when he had to seek reelection in 1946, although there were few signs the senator was truly vulnerable to a serious challenge inside the Democratic primary.

McKellar's health was beginning to deteriorate and every fall, fainting spell and bad cold received attention in the Tennessee newspapers. McKellar had also not had real opposition inside the primary since 1928. Despite having done personal favors for tens of thousands of Tennesseans, McKellar's battles with TVA Director David Lilienthal had sapped some of his personal popularity back home.

Yet there was little reason to believe the McKellar - Crump alliance had lost any of its potency at the polls. Jim Nance McCord, the gubernatorial candidate supported by McKellar and Crump in 1944, had run without opposition inside the Democratic primary and would be running for reelection in 1946.

Despite being seventy-seven years old and having served in Congress since 1911 and the United States Senate since 1917, there was no sign the aging senator intended to retire. In fact, quite to the contrary. There was every reason to believe the old senator intended to run for a sixth term in 1946.

Estes Kefauver began sounding out friends and supporters for a potential Senate bid in 1946 against Tennessee's most formidable vote-getter and perhaps the most personally popular political figure in the state.



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Shafer Insurance: continually growing, continually giving back

By Tasha Mahurin
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For over 50 years, Shafer Insurance Agency has provided East Tennessee with comprehensive, affordable, customized insurance coverage.

Bo Shafer joined his own father and agency founder, Alex Shafer, in the business in 1963 after his discharge from the U.S. Army. Bo's son, Andy Shafer, continued the family tradition in 1995 after graduating from the University of Tennessee. Andy grew up working around the agency, and now, even though semi-retired, Bo still spends several days a week at their Marion Street headquarters.

The business has grown steadily over the years and now includes 34 employees. Shafer Insurance sells property and casualty insurance to commercial clients, including Property insurance, Workers Compensation insurance, General Liability insurance and Automobile insurance. There is an Employee Benefits division that focuses on designing Company Benefits programs. The company also has a Personal Lines department providing Homeowners, Automobile and Umbrella liability policies. However, the company is continually expanding its services in order to suit their clients' needs.

"The Affordable Health Care Act has really impacted a significant portion of our commercial clients," Andy told *The Focus*. "Because of that, we began Shafer HR Solutions." As a company grows and reaches certain employee thresholds, there are certain federal and state laws that must be followed. Hiring a qualified Human Resource professional to stay in compliance with these laws often is not financially feasible for smaller employers. However, being out of compliance

is riskier than ever since the number of Department of Labor audits has been increasing over the last few years. Shafer HR Solutions conducts audits of employer policies and practices and recommends "best practice" solutions to help ensure compliance. Shafer HR Solutions can become a source for the company's Human Resource department.

Shafer says continuing education is a critical component of the insurance business and some of the company's employees have earned special professional designations in their field. Certain employees in the Property and Casualty Insurance arena have earned their Chartered Property Casualty Underwriter certification or their Associate in Risk Management (ARM). Employees in the Benefits Division and in Shafer HR Solutions have earned certifications in the Affordable Health Care Act from the National Association of Health Underwriters or as a Professional in Human Resources and Senior Professional in Human Resources from the HR Certification Institute.

However, continuing education isn't the only component to the corporate culture at Shafer Insurance. The company also encourages their employees to give back to the community through organizations such as United Way, the Salvation Army, Boy Scouts, the Kiwanis Club, and Big Brothers, Big Sisters. In fact, the company supports 25 local charities.

"Our philosophy has always been 'to whom much is given, much is required'," Andy said. "We always have and will continue to give back to this great community."

For more information on Shafer Insurance or Shafer HR Solutions, contact 865-546-0761.

Tennova, Senior Apartments approved

Cont. from page 1

kill the project because of deadlines. Several Council members commented on the request. Councilman George Wallace said that he had received no emails or mail in opposition.

John Dempster, speaking for the Boys & Girls Club, said, "Our overhead is killing us. If we don't sell it we'll board the building up." The Club has been looking for a buyer and is moving out of the historic school along with the Knoxville Police training facility.

After the debate, the City Council voted unanimously to allow the zoning change.

The construction of a new Tennova Hospital and Medical Center on Middlebrook Pike also got a go-ahead from the council, over objections by neighborhood homeowners.

Resident Rocky Swingle asked that the decision of the MPC's "Use On Review" vote be overturned and questioned how the new hospital complex will affect property values. He said

a complete traffic study was promised but not conducted.

Jerry McManus, speaking for the Penbrook West Subdivision, said that many issues have been mostly ignored by the City Council and the MPC.

Melanie Burgess, representing Tennova, said that the development of Dowell Springs in recent years as a medical neighborhood makes Middlebrook and Old Weisgarber Road an ideal location.

"We've made a concentrated effort to meet with home owners and made several changes," she said. She said one traffic study has been done and others would be conducted one year after the hospital opens, and that the hospital would pay for any changes that may be needed.

The final approval of the new hospital now goes to the state for a "certificate of need." Swingle said that Tennova has yet to file for the state approval and has vowed to continue the opposition to that level. The approval of

the hospital construction came as no motion was made to approve or consider the objections.

In other actions, the council voted to appoint Jennifer Stone to the Board of Environmental Appeals and Liliana Burbano Bonilla to the Transportation Authority. They moved to table an ordinance about signs and billboards, revised the ordinance about permitting tents for events to allow home offices in low density neighborhoods, and requested that \$2,572,591 in grant money for the Knoxville Area Transit to be matched with 10% from the City.

Council also voted to approve transfer of property at Cityview at Riverwalk to the city for a public river walk and approved the application for a grant for \$250,000 for the Zoo to develop a renewable energy system. The idea is convert animal waste to electricity.

Councilman Dan Brown mentioned the recent death of Harold Woods, a local Union leader and community activist.

BZA Vice-Chairman challenged, Westland Cove delayed

By Mike Steely
steelym@knoxfocus.com

For more than four hours, the Knox County Board of Zoning Appeals (BZA) heard from both sides as residents near the proposed Westland Cove Apartment development appealed a decision to allow the 312 unit complex. The Wednesday meeting began with a challenge to Vice-Chairman John Schoonmaker, who lives in the neighborhood, and ended with a postponement of any decision until the full body can consider the appeal as only 7 of 9 members were present.

Attorney John King, representing Huber Properties as developer, said that Schoonmaker was an active member of a neighborhood organization that is in "strong opposition" to the development and that voting on the issue may be a conflict of interest.

Schoonmaker responded, "I am one of the few recognized leaders in West Knox County. Because I reside in a subdivision of 190 homes does not exclude me." He went on to say he had been notified by the county law director "not to be involved" in the opposition. "I believe I can fulfill my obligations."

With that, Schoonmaker went on to chair the meeting and both sides presented long presentations.

The objections, voiced at various meetings of the Zoning Commission, the County Commission, and the Use on Review hearing, were repeated again.

The main objections could not be considered by the Zoning Appeals Board. The 100 acre proposed complex has already been zoned appropriately and the commission has approved the development of both the apartments and a marina. Density was one of those qualifications that could not be considered but both sides took their chances to attack or defend it. The question was between low density and high density, with the opponents arguing that a 13 building complex on less than 50 acres is "high density" and the developers arguing that the approval came with the consideration of about 70 acres.

Single family homes versus apartments is an increasing debate in Knoxville and Knox County. Recent decisions about Inskip's rezoning to restrict apartments, conversion of the Old Knoxville High School and the Moses School have turned out hundreds of homeowners, either on petitions or at public meetings.

After the back and forth debate between lawyers, the developer, citizens, the planning commission,

law director, and local property owners, the zoning appeals members had their say. It takes five votes to pass, modify, or overturn the issue and, at the end of the meeting, only seven members were there as one had to leave early because of a family matter.

Much of the questions came from Carson Dailey, who, after four hours of questions and replies from other board members and speakers, suggested that a decision be postponed until the next meeting on February 26 and the vice-chairman agreed.

"We need more time, there's a lot of questions that came up here," he explained. The board members were presented with some 400 pages from both sides prior to the meeting and another 100 or so pages just before the 1:30 session began.

The Westland Cove development would be located on Fort Loudon Lake on Emory Church Road near the Pellissippi Parkway. The struggle between the homeowner and the developer has been ongoing for several months. Both sides indicated that no matter which way the Board of Zoning Appeals rules the matter will probably go to court.

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Former Central High star Dre Mathieu, now a junior point guard for Minnesota, drives against 6-10 Purdue forward Jay Simpson in Big Ten action at Minneapolis on Jan. 5. Mathieu scored 11 points and didn't miss a shot in the Golden Gophers' 82-79 victory over the Boilermakers.

Central's Mathieu making the most of a Golden opportunity

Little point guard from Lonsdale turns heads in Big Ten

By Steve Williams

A collegiate basketball career that started without fanfare for former Knoxville Central High School star DeAndre Mathieu is now drawing raves in one of the nation's premier conferences. A walk-on freshman at Morehead State (Ky.) two years ago,

Mathieu (pronounced Matthew) is the starting point guard at the University of Minnesota and has led the Golden Gophers to wins over nationally ranked Big Ten opponents Ohio State and Wisconsin the past two weeks. Mathieu, a 5-9, 165-pound junior from Lonsdale who combines speed, a 40-inch vertical and a fearless style of play, scored 18 points, tying backup center Mo Walker for game-high honors, in Minnesota's 81-68 victory over No. 9

ranked Wisconsin last Wednesday night at The Barn in Minneapolis. Dre, as he is known to his friends back home, hit 8 of 13 field goal attempts, including both of his tries from 3-point range, and also collected five defensive rebounds, had three assists and made only one turnover in 28 minutes of action against the Badgers. Mathieu played a key role in the victory as the Gophers lost their leading point-getter, junior

guard Andre Hollins, to an ankle injury on the opening possession of the game. "DeAndre controlled the game the entire time," applauded Hollins after the contest. Wisconsin cut the Minnesota lead to seven points midway through the second half, but Mathieu responded with six straight points. The week before, Mathieu outplayed Aaron Craft, Ohio State's All-America senior

Continue on page 2

Red Devils repeat as region wrestling champs

By Ken Lay

It was a time for a repeat wrestling champion Thursday night as Halls High School claimed its second consecutive Region 2-AAA Dual Championship. The Red Devils (24-1 in dual meets) successfully defended their 2012-13 title with a 40-30 victory over Bearden before a boisterous crowd at Halls. The win over the Bulldogs put Halls into the

State Duals for the second consecutive year and for the third time during Shannon Sayne's tenure as head coach. Bearden (28-6) also makes its second straight trip to the State Duals in Franklin on Jan. 31 and Feb. 1. Halls might've repeated as region champion but the Red Devils achieved a first in program history. "As far as I know, this is the first time that

we've been back-to-back region champions," Sayne said. "Our kids wanted this and they really wrestled well." Halls' 136-pounder Joe Fox set the tone for the championship dual in the first match when he earned a 6-5 decision over the Bulldogs' David Garabrandt. The match was tied 2-2 at the end of the first period and Garabrandt led 5-4 heading to the final two minutes. Fox scored the

only two points of the third round. "That first bout really went down to the wire and it could've gone either way," Bulldogs' coach Donnie Floyd said. "If the hips were a little more in the other direction it could've turned out differently." The Red Devils won the next two matches as Andrew Kitts (145 pounds) scored a pin over Shaun Gambino in 1 minute, 7 seconds. In

the 152-pound weight class, Colton McMahan won 8-3 decision over Bearden's Jacob Gerken to give the Red Devils a 12-0 lead. Bearden got on the board when Luis De La Cruz (160) pinned Halls' Sirrel Robinson at 2:25. Robinson had a 4-1 lead after the first period before losing by fall early in the second round. That win made the score 12-6.

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Super Achievement for Kippy Brown

By Alex Norman

Kippy Brown's coaching career has taken him across the country for more than three decades. On Sunday, he arrives at the biggest football game on the planet.

Brown, a Sweetwater native and former Vols assistant coach, is the Wide Receivers coach for the NFC champion Seattle Seahawks. His team will face the Denver Broncos in Super Bowl XLVIII.

"Ever since I've gotten into the business of pro football, this is what you aspire to do," said Brown in a phone interview with The Knoxville Focus. "It's hard to do. It takes luck and the right organization and the right players. This of course is a player's league. I've always said that I am a better coach when I have good players."

Brown added, "This is such a competitive league. I'm very grateful to be here. I've able to work with some great guys."

In this game the attention on pass catchers is pointed squarely towards the Broncos side of the field. Wes Welker, Demaryius Thomas, Eric Decker... they've put up big numbers during a record setting season for quarterback Peyton Manning.

On the other hand, the players Brown is in charge of haven't gotten much national attention. He's coached perennial All-Pro's like Andre Johnson and Calvin Johnson in previous stops. Seattle receivers Doug Baldwin, Jermaine Kearse, and Golden Tate aren't household names like Andre and Calvin, but that's not a priority.

"They are underrated. And that's what happens with a team that runs the football as much as we do," said Brown. "They don't get the accolades, but these guys are football players. They play on special teams... they do all we ask in terms of blocking. We have very good receivers and they are fun to be around."

Brown's receiving corps could get a boost with the return of Percy Harvin. He suffered a concussion in the NFC Divisional Playoffs against New Orleans, and didn't play in the NFC title game against San Francisco. Harvin is once again practicing with the Seahawks. He might

Continue on page 2

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Lee Pours in 31 to Spark Warriors

By David Klein

Coast to coast layups. Step back jump shots. Three pointers. CAK's Oteri-ah Lee scored in every way possible on Thursday night, pouring in 31 points for the Warriors. CAK got a big district road win, handing the Alcoa Tornadoes their first district loss of the season, 62-47.

"With the scoring and

stuff, I really just wanna come out here and show the people I've improved since last year," Lee said. The step-back jump shot is a new move for Lee. "I've worked on that, putting another move in my arsenal," he said.

CAK spotted Alcoa an early 9-2 lead. Alcoa drilled three straight 3-pointers. CAK responded with a

17-0 run to take the lead and maintain it for the rest of the game. The Warriors built their run on defense and rebounding.

"For us to battle back, just to not rattle early, we were able to battle back tonight," CAK Head Coach Shane Wells said. Wells emphasized the game plan was to keep Alcoa out of the paint as the Tornadoes

dominated inside in the first game at CAK. "We wanted to pressure their guards a little bit with the zone, then back up and make them hit 3's. We press from a zone, back to a zone, just to protect the paint," Wells added.

The Warriors ended the first quarter with a 23-12 lead. They would increase that lead to 39-23 at

halftime as Lee wound up with 21 first half points. "Obviously he shot it really well," Wells said. "When you got a guy scoring that kind of points, it really helps us out."

The Tornadoes rallied a little bit to start the second half, going on a 6-2 run and getting the deficit to 10 points, but from there the Warriors pushed it back up

to 14 by the end of the third quarter.

Lucas Campbell was the second-leading scorer for the Warriors with 11 points. During the fourth quarter, the Warriors ran a lot of clock, milking it down as they went on to win 62-47.

With the win, the Warriors improved to 13-9, 2-2 in District 4AA. Alcoa is now 12-9, 4-1 in District 4AA.



Central High School senior Peyton Reed signed to play football at Kentucky Christian University last week. Pictured with Reed is Knights' assistant coach James "Hoot" Gibson.

Reed to play football at Kentucky Christian

By Ken Lay

Central High School senior line-man Peyton Reed will take his talents to the college gridiron in the fall.

Reed recently signed a National Letter of Intent to play at Kentucky Christian University. Kentucky Christian is an NAIA School in Grayson, a small town that sits at the Kentucky-West Virginia border.

It's a small college and Reed said that suits him just fine.

"They have a great nursing program and that's my major," said Reed, who also considered Carson-Newman and Tusculum. "It's a small

school that has about 600 [people].

"It's in a small football town and everybody knows everybody. It's like a family and it has a good student-teacher ratio."

Reed, who wanted to stay relatively close to home, said that he also found the campus aesthetically pleasing. In addition, he noted that he wanted his family to see him play college football.

"It's a pretty campus and it's about four-and-a-half hours away from home," Reed said. "It was important to me that my parents get a chance to see me play. I want them to be

there to support me. On my visit, they had a game. I toured the campus and the chapels.

"I feel like I'm far enough away from home but I also feel like I can come home on the weekend if I want to."

Reed, who plans to pursue a nursing degree, will receive a minor in theology ---like all Kentucky Christian.

"At their school, everyone takes Bible classes and gets a minor in Bible," he said.

Reed also said that his primary role for the Knights will be on special teams as he will play as a long snapper in the team's kicking game.

Lady Falcons have little trouble with Central

By Ken Lay

Fulton High School's girls basketball team had little trouble picking up a win Tuesday night.

The Lady Falcons cruised to a 66-14 victory over a Central team that dressed just seven players and recently lost its head coach. Tony Patterson was forced to step down

recently due to health concerns and that added to the adversity that the Lady Bobcats (1-16) have faced this season.

Jason Jenkins, Central's new head coach, said he was pleased with his squad's effort despite the lopsided loss.

"Our kids didn't quit and as a coach that's all

you can ask," said Jenkins, who also serves as Central's junior varsity girl coach. "As a coach, all you can ask is to have girls who give you all they've got."

"All you can ask is that you have girls who fight whether you have a full team of 17 or my current squad of seven."

Central gave all it could but the Lady Falcons (16-4) seized control of the game early. The scored the first 18 points of the game and darted to a 16-0 lead with 5 minutes, 55 seconds remaining in the first quarter.

Fulton opened a 37-4 lead by the end of the

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CAK Rolls 64-51

By David Klein

CAK used a suffocating defense and a two-prong scoring attack from Bryant and Anna Hammaker Thursday night to down the Alcoa Tornadoes 64-51. In the win, Bryant scored 24 points and Hammaker had 22.

The Warriors overcame a sluggish start on offense by outscoring the Tornadoes 20-7 in the second quarter to take a 32-14 halftime lead. Bryant had eight points by halftime.

CAK got 8 points from Bryant in the

third quarter as she scored her points in transition and made several transition jump shots. "She's a solid player, very good, that's what we expect out of her every night," CAK Head Coach Steve Denny said. "She kinda hasn't been doing that the last five games, now she's kinda coming into her own a little bit. It's the kind of stuff we expect out of her," he added.

CAK pushed the lead to 21 points, their largest lead of the game, midway through the fourth quarter. Hammaker

scored seven points in the quarter, as the Warriors made sure there would not be any last minute comebacks. The Tornadoes made up some ground in the last couple of minutes to make the final margin a 13 point loss. Hannah Trout led the Tornadoes with 15 points.

CAK plays at Webb Saturday then has two district games next week. "We've got Kingston at home, then Catholic," Denny said. "It's a good few weeks to close us out for sure."

Super Achievement for Kippy Brown

Cont. from page 1

make only his third appearance of the season... in the

Super Bowl.

"Every time he plays, he can make big plays," said Brown. "He'll be big part

of our game plan. He's dynamic and makes you more explosive on offense. He will add a lot to a good group that has already been playing. Really gives us an extra boost."

Brown and the Seahawks will need to find a way to make plays against a pretty good Denver Broncos secondary.

"They have a lot of experience. Champ Bailey, Quentin Jammer, Dominique Rodgers-Cromartie... those

guys have played a lot of ball," said Brown. "And that means something. But our guys have seen it all. It all comes down to us. We played Denver in the pre-season and feel good about the matchup."

The Super Bowl certainly has a Tennessee flair to it, with seven players/coaches with Tennessee ties involved in the game. But Brown said that he understands which side the large majority of Big Orange fans

will be rooting for...

"I sit with Tony McDaniel (former Vols and current Seahawks defensive tackle) during every meeting and we always talk about Tennessee and what is going on with the Vols," said Brown. "I was with Peyton Manning when he was a freshman at Tennessee in 1994. I know him and Archie and Olivia (Peyton's parents) well. It's gonna be interesting. But I know all Tennessee is going to be

rooting for the Broncos."

Brown is from East Tennessee, and had two coaching stints with the Vols (albeit one that lasted just a month following the Lane Kiffin resignation in 2010). Yes, most Vols fans will be cheering for the team in orange on Sunday...

But seeing Kippy Brown with the Lombardi Trophy wouldn't be a bad result either.





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Catching up with Malik Jackson before the Super Bowl

By Alex Norman

Malik Jackson was immensely popular before he ever set foot on the University of Tennessee campus...

He moved to Tennessee from Southern Cal in the summer of 2010, following an NCAA ruling that Trojans juniors and seniors would be allowed to transfer without sitting out a year. This was after the NCAA hammered Southern Cal with sanctions, including a two year postseason ban. And before Lane Kiffin would coach his first game as Trojans head coach.

“Great people in Tennessee. I had never been to the south, never been around that. Football is life in the SEC,” said Jackson in a phone interview with *The Knoxville Focus*. “People there bleed orange and white. You can really feel how much it meant to people.”

Jackson did not disappoint Vols fans. As part of a Tennessee roster ravaged by player defections, he started 24 out of 25 games in two seasons on the defensive line in Knoxville. Jackson was also a First Team All-SEC performer during his senior year in 2011.

He would be picked in the fifth round of the 2012 NFL draft, and end up in a place that has a real Tennessee feeling, despite being located over 1300 miles from Knoxville.

The Denver Broncos not only have Jackson on the roster, but teammates in Quarterback Peyton Manning, Defensive End Robert Ayres and punter Britton Colquitt all played college football at Tennessee. Broncos offensive assistant coach Jim Bob Cooter is also a former Vols player.

“It’s random, but it’s cool. We get along really well and talk about Tennessee, especially during college football season,” said Jackson. “The connection brings everyone together... it is something we have in common.”

Jackson pays attention to the goings on with the Tennessee football program, and has nothing but good things to say about head coach Butch Jones and his coaching staff.

“After my rookie season I came back

“Great people in Tennessee. I had never been to the south, never been around that. Football is life in the SEC.”

Malik Jackson

to Knoxville and met the staff. They are great guys,” said Jackson. “They really care about the kids, both on and off the field. They want to know what the kids are doing.”

Jackson has had a solid sophomore season with the Broncos, leading the team with 11 Tackles for Loss and 15 Quarterback Hits during the regular season. He also had six quarterback sacks and started five games.

“Having the opportunity to be able to go out and play and make mistakes and still stay out there,” said Jackson. “I trust myself going out there. It’s important to be comfortable. Last season I came in and didn’t know what was in store for me. I was fortunate to make the team, and figured things out learning from Elvis Dumervil and Von Miller. I just wanted to show the coaches what I could do and make Tennessee proud.”

Jackson and the Broncos will play the Seattle Seahawks in Super Bowl XLVIII on Sunday. Jackson knows the challenge in store against the Seahawks offensive line. “They are big and mean and physical,” said Jackson. “They wanted to get after you. If you don’t feel sore coming out of game, you haven’t done enough.”

Jackson hasn’t been in the NFL very long, but the opportunity to play in the Super Bowl is one he plans to make the most of. “We are lucky that we have guys like Peyton Manning and Wes Welker and Dominique Rodgers-Cromartie that have been there before,” said Jackson. The veterans talk to us, talk about what we are getting into. The process to go through, and that we should enjoy it... but it is a business trip. Peyton will have us ready.”

And finishing up... Jackson had a message for the folks back in Knoxville. “Go Vols!”

Red Devils repeat as region wrestling champs



Halls High's Joe Fox takes the upper hand against Bearden's David Garabrandt in the 138-pound bout of the Region 2-AAA Championship match Thursday at Halls. Fox won a 6-5 thriller and the Red Devils went on to win a second straight title with a 40-30 win over the Bulldogs. Photo by Dan Andrews.

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At 170, Halls picked up a major decision when Tyler Kalish downed Casey Cain 13-3. That extended the Red Devils' advantage to 16-6.

The Red Devils then nabbed a pair of wins via forfeit. Brandon Williams (182) and Tanner Huff (195) each scored six team points without taking the map.

The Bulldogs pulled to within 28-12 when Tristan Majors, a top 220-pound wrestler, won by forfeit.

Bearden heavyweight Musab Henderson pulled the Bulldogs to within 28-18 when he scored a pin over Jacob Woods

at the 1:15 mark of the bout.

The Red Devils won at 106 and 113 as Tanner Justice and Evan Huling each won by fall. Justice (106 pounds) pinned Teo Lopez in 2 minutes, 46 seconds while Huling stuck Anaket Nandah in 3:33 to give Halls a 40-18.

At 120, Bearden's Zach Patterson defeated Calvin Giles 4-1. In the 126-pound division Bearden's Jeremiah Garabrandt won by fall and in the 132-pound weight class, Ben Kaemmerer won a 2-0 over the Red Devils' Trey Lepper.

Floyd said the match

was tight.

“Halls did awesome and my guys did awesome,” Floyd said. “It all just came down to who won the close matches and Halls won more of those than we did.”

Bearden, the District 4-AAA Champion, advanced to the championship match and to the Midstate with a 51-25 win over District 3 runner-up Gibbs in the semifinals.

The Red Devils, who won the District 3-AAA Championship, advanced with a 58-21 victory over Hardin Valley Academy.

“Our guys came in ready to wrestle tonight,” Sayne said.

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Two coaches, a ball player and 'a dream come true'

The bond between high school coach and player doesn't end when the last shot goes through the net.

The coach wants to see all of his players, no matter their level of talent, succeed as they journey on through life. He hopes to have made a positive difference, big or small, in each player's life.

Hearing a simple "Thank you, Coach, for all you did for me" years later is priceless.

Once-in-a-lifetime players don't come along in the life of every coach. But when one does, it's neat for his former coach to watch him go on and shine on the next level, and maybe the next.

It was enjoyable communicating last week with two coaches, Matt Mercer and Mitch Mitchell, who each got to coach Dre Mathieu in high school, and feeling the pride they have in their



By Steve Williams

former player.

Mathieu was a star at Knoxville Central High from 2008 through 2011 with a dream to play Division 1 college basketball.

Because of his small size, though, there was a time it looked like he might not get that opportunity.

But Dre kept chasing his dream, and today he's the starting point guard at the University of Minnesota, and raising eyebrows in the Big Ten Conference.

Mercer coached Mathieu through his junior season at Central, then moved on to become head coach at Grace Christian Academy. Mitchell was Dre's head coach his senior year. Today, I share with you their reactions to Mathieu's accomplishments.

"Dre's experience at Minnesota, I know, is a dream come true for him," exclaimed Coach Mercer. "I met Dre as a 5-foot-1 8th grader at Northwest

Middle School when I first became the coach at Central. From the time I met Dre, he shared his desire to play D1 basketball. It's great to see a kid have a dream to do something great, work hard, persevere and by God's hand of blessing in his life overcome the odds to see that dream fulfilled!

"I am certainly very proud of Dre and all he has accomplished already. I know the Knoxville community as a whole is rooting for him and proud of him. Dre has matured and developed as a player and more importantly as an adult. It's awesome to see how God has prepared him each step along the way on his journey to Minnesota.

"Dre had several different coaches in the past four years that allowed him to see the game from different perspectives. He had different experiences at each stop along the way that I'm sure made him stronger and better.

"I speak with Dre

occasionally by phone and text him about once per week just to encourage him."

Coach Mitchell has the Big Ten Network at home and was going to be watching the Minnesota vs. Wisconsin game at 9 the night I phoned him.

Having seen Mathieu play so many times in high school, Mitchell says he can still pretty much tell what Dre is thinking by watching his body language or mannerisms on the court.

"I text or talk to Dre a couple times a week, to see how his season is going and how he's feeling, or to offer an encouraging word."

Mitchell remembers awakening one day to find a text message from Dre on his phone that had been sent about 2 o'clock in the morning after Minnesota had beaten Florida State in a Big Ten/ACC matchup in early December.

"He started out by saying 'Coach, I know

you're asleep now, but ...' He was so excited about the win.

"He's adapting to the Big Ten very well. He's doing great. He's up there with the big boys, the highest (college) level you can play. He's getting use to it.

"Dre is still very interested in Central High basketball and the community," pointed out Mitchell. "He knows where he came from, so to speak."

Mathieu, no doubt, remembers Mitchell's son, Trey, who is a freshman starter on the Central High varsity team this season. Trey was about 12 years old and 5-foot-7 as a sixth grader when his dad coached Dre's last season with the Bobcats. After a growing spurt through middle school years at Gresham, Trey is now 6-3, 190 pounds.

Mitchell said he saw on CBSSports.com where Mathieu had been named one of the nation's "Big Impact Players" in college basketball this season. He

remembers "the doubters, a lot of people that doubted him," mainly because of his small size.

As he's watched Mathieu play at Minnesota this season, he's still impressed by his speed. "He blows by people.

"I'm really proud of him. He had a real good academic semester, too. He wants to get a Business Education degree and coach in high school."

Mitchell said he's planning to attend Dre's game at Ohio State in Columbus on Feb. 22.

Coach Mercer summed up his thoughts by stating, "Although it doesn't surprise me that Dre has had this much success, I still find myself, in the middle of watching him on ESPN, pinching myself and saying, 'Is this really happening?' I then find myself wondering: Is this kid going to end up in the NBA? Knowing Dre, he has already started dreaming again!"

Lady Falcons have little trouble with Central

Cont. from page 2

first quarter. The Lady Falcons led 50-10 at halftime and didn't surrender a point in the fourth quarter.

"It's tough to get the girls motivated for a game like this," Lady Falcons' assistant coach Tyler Howell said. "We just had to tell them to go out and do what we do.

"The good thing about this is that it gave us a chance to give some girls some valuable playing time."

Tyanna Castle scored a game-high 18 points for Fulton and Tink White finished with 16. KeKe McKinney and Quay Hines, both freshman starters for the Lady Falcons, scored eight points each in the first half. Both played sparingly after halftime.

Stephanie Childress led the Lady Bobcats with five points.

By Ken Lay

A stifling second-half defense spelled victory for the Fulton High School boys basketball team Tuesday night.

The Falcons turned up the defensive pressure after halftime and blew open a close game en route to a 69-52 non-district victory over Central at Jody Wright Arena.

Fulton was embroiled in a tight tilt with its North Knoxville rival early Tuesday night and the Bobcats (6-12) never could get the lead but they trailed 29-28 at halftime thanks to a three-

point play by reserve guard Tyler Cate with 34.4 seconds left in the first half.

Central also hit four jumpers from beyond the 3-point arc in the first half. Center Trey Mitchell buried a pair of 3-pointers. Brett Huffaker and Cate also hit long-range jumpers to keep the Bobcats within striking distance.

"In the first half, we gave them too many open looks. We knew Central had a lot of good shooters," Fulton coach Jody Wright said. "They took the shots and they made them.

"They beat us off the dribble and they have plenty of shooters."

The shots fell early for the Bobcats but Fulton (15-4) turned up the pressure and Central score just seven points in the third quarter and made just three field goals in the period.

"I think we gave up seven or eight points in the third quarter and that helped us get some space," Wright said.

Central's second-year coach Jon Higgins, a former Fulton assistant, said it was a tale of two halves for his team, which has endured more

than its share struggles recently.

"We played well in the first half," Higgins said. "We played well in just about every aspect of the game but we had some breakdowns defensively.

"We're a little short-handed and we don't have as many post players as other teams do so I'm playing some guards in some positions that they're not used to playing. In the second half, their defensive pressure got to us."

Sophomore point guard Kentel Williams scored a game-high 19

points for the Falcons, who all but put the game away with an 18-7 third-quarter run. He had 11 points after halftime. Kelvin Jackson added 16 points for Fulton, which opened a 45-34 lead late in the third quarter on a pair of free throws by Joe Kimber, who scored seven of his nine points after halftime. Josh Nance also scored nine points for the Falcons.

Mitchell had 12 points and Tee Sanford added 11 to lead the Bobcats.

Arts & Entertainment

Fountain City Art Center: Open Entries for Artists, New Art Classes

By Sylvia Williams

The Fountain City Art Center is in its 10th year and going strong!

The Fountain City Art Center will be taking entries for its 3rd annual theme show on Tuesday, February 18 from 10 a.m. to 5 p.m. This judged show is open to all 2-D and 3-D artists. The theme this year is "Illumination." All entries must in some way reflect the theme. Our judge is UT 4-D arts professor Norman Magden. Eight awards will be announced and presented at the exhibit's opening reception on Friday, February 21 from 6:30 p.m. to 8:00 p.m. Guidelines and entry forms are available at the Fountain City Art Center, located at 213 Hotel Avenue, Knoxville 37918; by email; or from the website. Contact the Center at: fcartcenter@knology.net; (865)357-2787; www.fountaincityartctr.com. Currently, the Knoxville Watercolor Society is

exhibiting at the Fountain City Art Center through February 13. It is a brilliant show with a wide variety of subject matter depicted by about 35 water media artists. No admission is charged to the viewing public.

FCAC also has a wide variety of classes and workshops in oils, watercolor, drawing, acrylics, clay, jewelry making, and handmade books. On January 29 and 30, Denae Oglesby will have a Precious Metal clay workshop on mold making and construction.

On February 1, Bob Meadows will be instructing "The Cinderella Papers," a workshop on transforming ordinary paper with dazzling enhancement techniques for use in handmade books.

On February 8, J. Austin Jennings is holding a "Collage and Mixed Media Workshop." She also has a new class in "Acrylic Painting" beginning on

Wednesday, March 5 from 1-4 p.m.

On Saturday, April 5, Paul DeMarrais will instruct an "Oil Pastel Landscape Workshop" using his own superior handmade pastels.

Please contact the Center if you would like to enroll in a class or workshop or just come by and take in the current exhibit and the warm and friendly atmosphere.

Over the past two years, LeGrand Music Studio has offered classical and folk guitar lessons and music theory classes. The studio, located in the Fountain City Art Center, is now offering piano and voice. Soon to come: lessons for dulcimer and mandolin. If interested, contact Andy LeGrand at (865)223-5885 or andy@lmstudios.org. View his website at www.legrandmusicstudio.com.



Jennifer Austin Jennings, FCAC instructor, works on a new acrylic painting.



The Doctor is in

a weekly column by
Dr. Jim Ferguson

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We humans organize our world around the rhythmic cycles of life. We just celebrated the dawn of a New Year, even though little has changed for most between December 31st and January 1st – unless you’re this columnist. Even now with winter’s chill we look forward to the cycling of seasons and the inevitable springtime which always follows.

This is my three hundredth essay for the Focus, and I considered whether this third centennial essay should be something special. I’ve even considered taking this column in a different direction because I wonder if it has become too stylized and predictable. My “travelogue” series last fall was well received, and I’d be happy to do further research along the Amalfi

Coast of Italy or in the Argentinean pampas, but I don’t think the Focus’s editor, Mr. Hunley, would foot the bill.

Many writers find success in a particular genre and often fail when they attempt to move their prose into new areas. An example is John Gresham of “A Time to Kill” fame. A notable exception is the famous science fiction writer, Isaac Asimov who was a polymath. (Look it up and learn a modern synonym for a Renaissance man.) This remarkable individual published books in every section of the Dewey Decimal library system. Last night I referenced his commentary “Guide to the Bible” and at bedtime I wound down with one of Asimov’s last sci-fi novels.

I’ve been surprised how few readers suggest topics for my column, other than my wife who knows I’m always “looking” for a story. I’ve said many times that my stories walk into my medical practice, but that has changed. Interestingly, medical journals still provide a treasure trove of topics and often bring to mind patients I’ve treated over the years.

Recently, I wrote about strokes, which remains a hot topic now as we try to identify people early with stroke syndromes so that aggressive clot busting drugs might be used. Mr. Jones was a patient of mine whose stroke resulted in a permanent uncontrollable movement of his arm. He and his wife decided to fly to the west coast and visit extended family; and that’s when the fight began. You see a businessman and the farmer found themselves in tight quarters of coach class. Unfortunately, the businessman was unsympathetic as Mr. Jones’ arm repeatedly jerked sideways into his cup of coffee!

Lately, I’ve been intrigued by genetic medical reports. I wrote about epigenetics in a recent *Focus* essay and challenge you to keep up to date by reading *The*

Focus! A recent article in *Nature Cell Biology* reported that scientists in Australia have managed to manipulate the genes of skin cells and transform them into embryonic stem cells. These in turn were able to be manipulated to produce kidney cells. These preliminary results give realistic hope that someday organs can be grown from a patient’s own body to replace diseased ones. And someday, folks like my patient, Mr. Smith with polycystic kidney disease, will be saved from a transplant and immune suppressing drugs necessary to suppress rejection of another’s harvested organ.

Another article in *JAMA* (Journal of the American Medical Association) gives hope to patients like Mrs. Brown who has advanced lung cancer. Australian researchers described their efforts to find drugs to inhibit a family of mutant proteins called K RAS enzymes. Enzymes are proteins which facilitate chemical reactions which run our bodily functions. In health these genetically derived K RAS proteins regulate cell growth and cell death. A mutant form of the enzyme is associated with the uncontrolled

proliferation of cells in 30% of all cancers, 40% of colon cancers, 90% of pancreatic and a large percentage of lung cancers. The next generation of therapy for cancer may be chemicals which bind to an activation site on the mutant RAS enzyme system. This breakthrough may be as revolutionary as the inhibitors of another enzyme family called kinases already used in chronic leukemia, lung and other cancers.

I’ve wondered if you can grow without change. This may be a philosophical question, but it may be germane to writers. I trust my wife’s judgment. She says I have a unique ability to make complex medical issues understandable. I am a teacher at heart; after all the word doctor comes from the Latin word “docere” which means to teach. For thirty-seven years I’ve taught doctors, nurses, medical students and patients. Now I write and teach in *The Focus*. Some have appreciated my exegesis of medical issues. Some have liked my personal reflections. Some have taken issue with my politics, and one told me I didn’t have a degree in history and was therefore unqualified to

express my views of history in my opinion column. I told this person that I was unqualified to comprehend the equations of quantum mechanics, but you don’t need a history degree to understand how it speaks to us through the ages.

So there you have it. Three hundred essays about medicine, philosophy, spirituality, history, politics and a brief travel sojourn. Perhaps I’ll surprise you someday with more art critiques as I did of the Sistine Chapel. I don’t have a degree in art history either, but I used to serve as a docent at the Knoxville Museum of Art. Perhaps I’m like the guy who once spent the night in a Holiday Inn Express. Someday I might even tell you about my beer and wine making skills, or my farming interests. As to the latter, I welcome any pointers, as I try to turn hard scrabble south Knoxville soil into productive land.

P.S. I have plenty of horse hockey available!

*Do you have a question for Dr. Ferguson?
Please e-mail him at
fergusonj@knoxfocus.com.*



Pellissippi State Community College student Eric Flynn, center, suffered a heart attack during a class in early December. He was aided by, from left, students Jordan Sugg, Alice Holt and Mary Elizabeth Sands, and security officer Doug Walston, who administered CPR and provided other emergency care until emergency medical professionals could arrive.

Pellissippi State students save classmate’s life

For Eric Flynn, the 2013 holiday season was a time to feel particularly blessed.

During an English class in early December at Pellissippi State Community College, Flynn collapsed at his desk after suffering a heart attack. Two classmates, Alice Holt and Mary Elizabeth Sands, administered CPR and emergency care until help arrived—and aided in saving Flynn’s life.

“If they hadn’t been there, I wouldn’t be here,” Flynn, a single parent, said

of Holt, Sands and Doug Walston, Safety and Security supervisor at Pellissippi State. “What [they] did means the world to me, to my children and to my family.”

During a small ceremony Monday, Dec. 16, L. Anthony Wise Jr., the college’s president, recognized Holt, Sands and Walston for their actions by presenting them each with a Pellissippi State shield.

“The Pellissippi State shield symbolizes power and strength,” he said.

Continued on page 3

Mammograms— Valentines that could save your life.

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

February 14, 2014
Turkey Creek Medical Center
10820 Parkside Drive

**Call to schedule your
screening mammogram:
545-7771**



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



Unique fundraising event using unusual canvas to change lives

On Saturday, February 1, from 5:00 to 10:00 p.m., The Jewel Building at 525 North Gay Street will host one of the most creative fundraising events in town, the 5th Annual Breast-strokes- Knoxville Paint the TaTas Auction and Gala cancer fundraising event, featuring guest emcee Madame Onca O’Leary, along with Sidocar Symposium and The Follie Girls, The Jabal Connection, and even a breast-themed songwriting contest. But the real stars of the show will be the rather unique photographs of over 200 volunteer “canvases” who gathered at Ironwood Studios in November 2013 to have their chests painted in a variety of designs and photographed from chin to navel to be auctioned off at the event. Additional items to be auctioned off include a private house party with singer-songwriter and host of the ‘The Writers Block’ on 105.3 FM Karen Reynolds, as well as golf lessons, dinner and spa packages, a 2-night stay at the The Oliver Hotel and more. “This event will truly be like no other in Knoxville, from the vaudeville entertainment to the art on the walls, there will be something fun and different for everyone to enjoy” says Fundraising Committee Chair Jennie Caissie.

This year, for the first time ever, the all-volunteer, committee-driven grassroots group used photographs from previous years to produce a calendar, which is available at a variety of locations around Knoxville such as Green Earth Emporium, Big Fatty’s Catering

Kitchen, Union Ave Books, Pioneer House, Chop Shop Hair Studio, The Well, and Suttree’s High Gravity Tavern.

Paint the TaTas originally began as the idea of Bekki Vaden as a way to raise money to help an uninsured friend who was struggling to pay for her breast cancer treatments. With the help of local artists and photographers such as Ammi Knight and Tovah Greenwood over the past five years the event has grown exponentially as more and more local women want to be involved.

“This event has grown from just seven local ladies to over 200 this year and we couldn’t be any happier. And this year, with so many women willing to volunteer their time and talents, we are able to establish a framework for this to not just be one event per year but a series of events and projects that marry the worlds of art and healing. Though this year we will be offering help to two local women facing financial concerns resulting from cancer treatments, we hope to be able to do more in the future. There are even plans to establish a 501 (c) 3 non-profit organization,” said Jennie Caissie. According to photographer and event organizer Tovah Greenwood, “We have not worked with any organizations to get potential beneficiaries; sadly they have come to us each year. It all started with a close friend who was recently diagnosed and the next year it was a friend of a friend and so on.”

Knox County Health Department offers two classes to help those with chronic disease

While they are among the most preventable, chronic conditions like diabetes, heart disease and cancer are also among the most prevalent and costly health problems facing our country. According to the Centers for Disease Control and Prevention, 75 percent of our nation’s health care dollars goes to treat chronic disease.

“Being diagnosed with a chronic condition is a life-changing event. Managing it can be time consuming and overwhelming,” said Susan Fowlkes, Knox County Health Department (KCHD) director of clinical nutrition. “That’s why we offer two free series of classes.”

Living Well with Chronic Conditions

Developed by Stanford University, this evidence-based series is an effective education program for people with chronic health problems like arthritis and lung and heart disease. The six-part series teaches self-management of disease and explores solutions to the social, physical and emotional effects of chronic conditions.

When: February 4, 11, 18, 25 and March 4, 11 from 9:30 a.m. to 12 p.m.

Where: Knox County Health Department classroom, 140 Dameron Ave.

Advanced Orthopaedic Center formed at UPMC

To best meet the fast growing needs in the region for joint replacements as well as treatment of fractures, traumatic injuries and sports-related concerns, officials at The University of Tennessee Medical Center announced the formation of the Advanced Orthopaedic Center. The center represents an expansion of the medical center’s nationally recognized orthopaedic care and will coordinate the full spectrum of patient and community education and diagnostic and treatment modalities for orthopaedic issues.

“The Advanced Orthopaedic Center at The University of Tennessee Medical Center will allow us to improve the quality of life for so many in our community with orthopaedic

needs,” said Joseph R. Landsman, Jr., President and CEO of The University of Tennessee Medical Center. “We’ll do this by dedicating a team that works closely together to analyze the latest research and advances in the field as well as the best treatment capabilities to determine the best care plan for our patients.”

According to Landsman, the medical center has more than doubled its number of knee and hip replacement cases in the past five years. Additionally, Landsman said, the medical center encountered a sharp rise in the number of patients suffering from arthritis, traumas, sports injuries and broken bones.

In the past year, the medical center added several specialists to its

Diabetes Management Series

This five-part series teaches participants how proper diet, medication, stress management and exercise can keep them healthier and help them feel better. It focuses on the day-to-day management of diabetes, awareness of what causes blood sugar levels to rise and the vigilance required in monitoring the disease. Individuals diagnosed as diabetic or pre-diabetic as well as family members of those with diabetes are encouraged to attend.

When: February 6, 13, 20, 27 and March 6 from 12 to 1 p.m.

Where: Knox County Health Department auditorium 140 Dameron Ave.

Those interested in attending either class may call (865)215-5170 to register. Parking is free.

Due to the prevalence of chronic conditions, KCHD administers several prevention programs aimed at reducing a variety of these diseases and the associated risk factors. These programs include the Nutrition Education Activity Training (NEAT) after-school initiative, worksite wellness programs, breastfeeding promotion and advocacy, walking school bus programs, tobacco cessation initiatives, and community engagement to facilitate a culture of health.

- Fracture Care
 - Hand and Upper Extremity
 - Hip Resurfacing
 - Total Hip Replacement
 - Total Knee Replacement
 - Orthopaedic Trauma
 - Education and Prevention Services (to include Osteoporosis, Falls Prevention and Surgery Preparation).
- The Advanced Orthopaedic Center becomes the medical center’s sixth Center of Excellence, joining the Brain & Spine Institute, Cancer Institute, Center for Women and Children’s Health, Emergency and Trauma Services, and Heart Lung Vascular Institute. For more information about the Advanced Orthopaedic Center, call (865) 305-8388.

Faith

Peyton Manning’s Faith

Any fan of Peyton Manning knows that Manning is a class act. But what many fans of Manning may not be aware of is his Christian faith. A friend from church made me aware of some comments Peyton made about his faith from his book *Manning*, which he co-wrote with his father Archie Manning in 2001. Here are some excerpts from his book:

“Like my dad, I make it a point when I speak to groups to talk about priorities, and when it’s school kids, I rank those priorities as: faith, family, and education, then football... My faith has been number one since I was thirteen years old and heard from the pulpit on a Sunday morning in New Orleans a simple question: “If you died today, are you one hundred percent sure you’d go to heaven?”... I committed my life to Christ, and that faith has been most important to me ever since. Some players get more vocal about it—the Reggie Whites, for example—and some point to Heaven after scoring a touchdown and praise God after games. I have no problem with that. But I don’t do it, and don’t think



By Mark Brackney,
Minister of the
Arlington Church
of Christ

it makes me any less a Christian. I just want my actions to speak louder, and I don’t want to be more of a target for criticism than I already am. Somebody sees you drinking a beer, which I do, and they think, “Hmmm, Peyton says he’s this, that, or the other, and there he is drinking alcohol. What’s that all about?”

Christians drink beer. So do non-Christians. Christians also make mistakes, just as non-Christians do. My faith doesn’t make me perfect, it makes me forgiven, and provides me the assurance I looked for half my life ago. I think God answered our prayers with Cooper, and that was a test of our faith. But I also think I’ve been blessed—having so little go wrong in my life, and being given so much. I pray every night, sometimes long prayers about a lot of things and a lot of people, but I don’t talk about it or brag about it because that’s between God and me, and I’m no better than anybody else in God’s sight.

But I consider myself fortunate to be able to go to Him for guidance, and I hope (and pray) I don’t do too many things that

displease Him before I get to Heaven myself. I believe, too, that life is much better and freer when you’re committed to God in that way. I find being with others whose faith is the same has made me stronger. J.C. Watts and Steve Largent, for example. They’re both in Congress now. We had voluntary pregame chapel at Tennessee, and I attend chapel every Sunday with players on the team in Indianapolis. I have spoken to church youth groups, and at Christian high schools. And then simply as a Christian, and not as good a one as I’d like to be.

How do I justify football in the context of “love your enemy?” I say to kids, well, football is most definitely a “collision sport,” and I can’t deny it jars your teeth and at the extreme can break your bones. But I’ve never seen it as a “violent game,” there are rules to prevent that, and I know I don’t have to hate anybody on the other side to play as hard as I can within the rules. I think you’d have to get inside my head to appreciate it, but I do love football. And, yes, I’d play it for nothing if that was the only way, even now when I’m no longer a child. I find no contradiction in football and my faith.

Ah, but do I “pray for victory?” No, except as a generic thing. I pray to keep both teams injury free, and personally, that I use whatever talent I have to the best of my ability. But I don’t think God really cares about who wins football games, except as winning might influence the character of some person or group. Besides, if the Colts were playing the Cowboys and I prayed for the Colts and Troy Aikman prayed for the Cowboys, wouldn’t that make it a standoff?

I do feel this way about it. Dad says it can take twenty years to make a reputation, and five minutes to ruin it. I want my reputation to be able to make it through whatever five-minute crises I run into. And I’m a lot more comfortable knowing where my help is” (*Manning*, 362-364).

Church Happenings

Beaver Ridge United Methodist Church

Beaver Ridge United Methodist Church offers Exercise Classes to help you with your New Years Resolution! Beaver Ridge is excited to offer Line Dancing Classes on Mondays from 5:30 - 8:00 p.m. Instructor Sharon Carmichael may be reached at shartigger@comcast.net. Low-Impact Aerobics is offered on Tuesdays from 5:15 - 6:15 p.m. and Thursdays from 5:45 - 6:45 p.m. You may contact Elizabeth at 458-1864 or elizabeth.lee7@yahoo.com. Beaver Ridge also offers a Walking Track available for use during regular church office hours or anytime The Family Life Center is open for activities. To use the Track please notify the church or preschool office. Church office: 690-1060 web: www.beaver-ridgeumc.com.

Seymour United Methodist Church

The regularly scheduled fellowship meals continue this Wednesday evening,

January 29 at 5:15 p.m. Following, there will be various small group studies beginning at 6:00 p.m.

The 2014 weekend session for “Divine Rhythm” for ages 18 – 35 begins in Gatlinburg starting this Friday, Jan. 31 through Feb. 2nd.

Next Sunday, being a 1st Sunday, Seymour United Methodist Church will offer Holy Communion and an opportunity for a special donation to CROSS Ministries, as is the usual case for 1st Sundays.

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.

HALLS CHRISTIAN CHURCH
Corner of Hill Road and Fort Sumter Road
922-4210 • www.hallschristian.net
Sunday School - 9:45 a.m. • Morning Worship - 10:45 a.m.
Evening Worship - 6:30 p.m.
Wednesday Bible Study - 6:30 p.m.
Where Christ is Making a Difference in Our Lives and in Our Community

Echota District Scout Annual Dinner next month

The Echota Scout District, will hold their annual recognition dinner, on Thursday, February 13 at 7:00 p.m., at the Fountain City Presbyterian Church, Fellowship Hall, 500 Main Street. Fountain City.

The guest speaker will be Randy Boyd, President of the Great Smoky Mountain Council, Boy Scouts of America. He is the CEO of Radio Systems, that has done extensive community service in the Knoxville area, including numerous Dog Parks. Boyd is the Special Advisor on Higher Education to the Governor of Tennessee Bill Haslam. He and his wife are active members of numerous community organizations.

The evening includes a catered dinner, with door prizes to all attendees. For additional information and tickets, contact Chris Agee, District Executive, at (876) 566-0639.

Turn in unwanted medications, mercury thermometers

The City of Knoxville and other local sponsors are hosting a collection of unwanted medicines and a used mercury thermometer exchange on Friday, Jan. 31st, and Saturday, Feb. 1st.

The event will be offered 9 a.m.-3 p.m. both days during the Healthy Living Expo in the Knoxville Convention Center.

It's an easy way for residents to turn in unwanted or outdated prescription medicines, over-the-counter medications and used mercury thermometers for proper disposal.

Residents turning in medications or thermometers will receive one free entry to the Healthy Living Expo. In addition, those turning in mercury thermometers will receive a

digital thermometer in exchange.

The goal of the collection is to prevent these pharmaceutical and over-the-counter products from getting into area water resources – or into the hands of children – and to make sure they are disposed of in a safe, environmentally-friendly manner.

Any empty plastic containers left with the event organizers will be recycled.

The effort is part of an ongoing, nationwide effort to reduce the amount of drugs, fragrances, sunscreen products and nutritional supplements that are entering water resources by either being flushed or poured down drains.



Sponsors of the two-day collection are the City of Knoxville's Office of Solid Waste, Healthy Living Expo, the Knoxville Police Department, the Knox County Health Department, the Knox County Solid Waste Department, the Knoxville Utilities Board, the Tennessee Department of Environment and Conservation, the Hallsdale-Powell Utility District and

the University of Tennessee's Academy of Student Pharmacists.

Can't make it to the Jan. 31 or Feb. 1 collection event? Old medicines can be brought anytime to the Knoxville Police Department, 800 Howard Baker Jr. Ave., and deposited in a secure collection container located near the information desk.

ANNOUNCEMENTS

8th District Republican Club meeting

The 8th District Republican Club will meet the 4th Tuesday of the month, January 28, 2014 at Carter High School. The address is 210 Carter School Road. Ray H. Jenkins, candidate for Circuit Court Judge, Division 1 will be the speaker. The meeting begins at 7 p.m.

AARP Smart Driver February Classes

For registration information about these and all other AARP Smart Driver classes, please call Carolyn Rambo at (865)584-9964.

February 5 and 6, 9:30 a.m. to 1:30 p.m. at Oak Ridge Senior Center, 728 Emory Valley Road, Oak Ridge

February 12 and 13, 1 a.m. to 5 p.m. at Cheyenne Ambulatory Center,

Cont. on page 4



CHARACTER COUNTS! at Mount Olive. Congratulations to the latest group of Kid of Character Winners at Mount Olive Elementary School! These students were chosen for being best at showing RESPONSIBILITY! Pictured in the front row (L-R): Meaghan Cutting, Parker Kersey, Rowan Unger, Matthew Brantley, Brody Bean and Diana Aguilar. Back row: Benjamin Nunley, Sophia Ellis, Delaney McCarley, Sarah Child, Principal Mrs Brown, Kelsey O'Brien, Skylar Cogar and Zane Unger. Not pictured is Madeline Baker. These students know that CHARACTER COUNTS!



Sterchi Girl Scout Troops Support Pat Summitt Foundation. Mr. Adam Waller and Mr. Patrick Wade from the Pat Summitt Foundation accepted a donation from the Sterchi Elementary Girl Scout Troops 20457 and 20719 on January 16. Last fall the troops learned about Alzheimer's disease and participated in the Alzheimer's Pansy Project. They planted purple and orange pansies in honor of Alzheimer's awareness and to support the Pat Summitt Foundation. The girls then began raising money to support a cure by selling purple ribbons, contributing their coins and collecting donations. The check of \$200 was presented to Mr. Waller and Mr. Wade by the troops at Sterchi Elementary. During the presentation, two of the troop members, Hannah and Haley Koenigshain, discussed the impact that the disease has had on their lives through their grandmother's diagnosis.

Pellissippi State students save classmate's life

Continued from page 1

"The gold color symbolizes wisdom. You used all of those things to take care of Eric and give him the best possible chance of success. We thank you for your great and heroic action."

Flynn, a Business Administration/Management student, says he was making his way from the parking lot to his classroom when he began to feel tired. He remembers walking into English class but doesn't remember collapsing.

Holt and Sands, both Nursing students, noticed Flynn slump at his desk and immediately began administering CPR.

"We were working on portfolios, heard a noise and looked up to see Eric sort of slumped over," said Holt. "We jumped up and ran over there."

Another student called 911, and Walston and Jordan Suggs, a lab assistant, helped the first responders find Flynn and get him on his way to the hospital.

Sands, who works at Parkwest Medical Center, where Flynn was taken, checked in on him frequently, as did Holt, Walston and others. Flynn was hospitalized for 11 days and underwent an angioplasty and stent placement, a surgical operation that opens a partially blocked artery.

"Everyone was going the extra mile. You've had a lot of people pulling for you, even if you didn't know it," Walston said.

"It's overwhelming to know how many people care," Flynn said.

For more information about Pellissippi State, visit www.pstcc.edu or call (865) 694-6400.

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O'Connor Center to hold Pancake Fest

It's pancake time in Tennessee! It's time again for Pancake Fest, the annual fund-raiser at the O'Connor Center. The date has been set for Tuesday, February 18, from 7:00 a.m. to 1:00 p.m. There will be an abundance of pancakes, sausage, orange juice, milk, and coffee. The chef and team from UT Medical Center's Healthy Living Kitchen will once again be preparing the famous "Heart Healthy" pancakes that have been such a hit for the past couple of years! Tickets for Pancake Fest 2014 will remain at \$5, which includes the "all you can eat" pancake menu and admission to other activities. Tickets are on

sale now and can be purchased at the Center or from O'Connor Advisory Board members.

Pancakes-To-Go will be ready at 7:00 a.m. and can be picked up on your way to work to share with your employees or co-workers. Just give a call to 523-1135 to place your order.

B97.5 FM with Ashley and Brad in the morning will be at the Center bright and early and will be broadcasting live throughout the morning hours. WVLT-TV will also be on site at 5:00 a.m., reminding everyone of this special day. Other local media personalities and community leaders will be on hand throughout the morning so they can show

off their pancake-flipping skills.

Pancake Fest is a great way to incorporate a meeting with a fun outing. There is limited space available for your group to hold its meeting while indulging in pancakes and sharing in the other activities planned for the day. To reserve your space, call 523-1135 and speak to Sue Massingill.

The North Addition will once again be turned into a bargain hunter's delight with craft and specialty items that are beautiful and affordably priced. You can also find information there about many of the O'Connor Center programs.

Knox County has a

Pancake Fest 2014
Tuesday, February 18
7:00 a.m. - 1:00 p.m.
O'Connor Senior Center
611 Winona Street
\$5.00

wide variety of services for senior adults. Many of these service providers will have informational booths at Pancake Fest to help you find the services you or your family member may need.

New this year will be O'Connor T-shirts and Pancake Fest aprons offered for sale! Bring some extra cash so you can take home these special mementoes.

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ANNOUNCEMENTS

Cont. from page 3

964 Oak Ridge Turnpike,
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February 13, 8 a.m. to
5 p.m. at East TN Medical
Group, 266 Joule Street,
Alcoa

February 27 and 28
12 p.m. to 1 p.m. at Halls
Senior Center, 4410 Crip-
pen Road, Knoxville

Homeownership Workshop

The Knoxville Area Urban League is hosting an all-day Homeownership Workshop on Saturday, Feb. 1, 2014, from 9 a.m. to 5 p.m. The workshop, which is open to anyone preparing to purchase their first home, covers the details involved in selecting, purchasing, financing and maintaining a home and meets all requirements for FHA loans. \$20 training fee. Info: 865-524-5511; www.thekeaul.org.

Financial Literacy and Capacity Building Course

The Knoxville Area Urban League is holding a three-week Financial Literacy and Capacity Building Course on Tuesday evenings from 5:30 to 7 p.m., Feb. 4, 11 and 18, 2014, 1514 East Fifth Ave., Knoxville, TN 37917. Course instruction covers topics such as developing a household budget, building or repairing credit, and making wise spending choices to meet long-term goals, such as purchasing a home. There is no cost to participate, but space is limited. Info: 865-524-5511; www.thekeaul.org.



Healthy Fruit Salad

2 medium bananas (sliced or diced)
2 medium apples (diced)
The juice of 1 lemon
1 15oz can pineapple tidbits (with juice reserved)
2 cups strawberries (sliced)
2 cups grapes
1 1.5oz box sugar-free instant vanilla pudding mix
3/4 cup water

In a large mixing bowl combine apples, bananas and lemon juice. Toss to coat. Add pineapple, strawberries and grapes. In a small bowl whisk vanilla pudding mix with water and reserved pineapple juice until smooth. Add pudding mixture to fruit and mix gently until thoroughly coated. Refrigerate until you are ready to serve (but at least one hour).

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