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Blackburn opens Knoxville campaign office

By Pete Gawda

Marsha Blackburn, who currently represents Tennessee in the U. S. House of Representatives, is running for U. S. Senate. She opened her Knoxville campaign office, located at 1601 Western Avenue, on Saturday, July 28 with a ribbon cutting ceremony and speeches by Tennessee Lieutenant Governor Randy McNally, state Representative Jason Zachary, former Knox County Commissioner Mike Hammond as well as the candidate herself. A large crowd of well-wishers was in attendance including candidates for other offices and other elected officials. State Representative Bill Dunn led the Pledge of Allegiance and Rev. Clarence Sexton of Temple Baptist Church offered a prayer.

"Failure to elect Marsha is not an option," Hammond said. He praised Blackburn for helping eliminate the state income tax in Tennessee and her commitment to family values.

"She's a fighter," said Zachary, "That's what we need in the Senate." He said the faith community will be supporting her because of her right to life.

"We've got to make sure we have a conservative voice in the Senate," Zachary said as he called for "all hands on deck to make sure she is the next Senator from Tennessee."

"I am coming as a force for conservative, positive change," Blackburn avowed. "We will never have a state income tax in Tennessee." She said that since 2002, thanks in part to her efforts, Tennesseans can deduct sales tax from their federal income tax, resulting in substantial savings on tax payments.

"Tennesseans want a conservative in the U. S. Senate who will stand with the president and vote 'yes' for federal court judges," Blackburn said.

"The Democrats say there is a blue wave sweeping the country," Blackburn said, "When it reaches Tennessee it will crash against the red wall."

Referring to past elections victories, she said, "We won because people were with us and our policies were right."

"I need your help so we can win this race," Blackburn concluded, asking her supporters to knock on doors and make telephone calls.

When asked by The Focus why she wanted to run for the Senate, Blackburn said that the



PHOTO BY PETE GAWDA.

Marsha Blackburn, flanked by Lieutenant Governor Randy McNally, Charlie Severance and state Representative Jason Zachary, cuts the ribbon to open her Knoxville headquarters last Saturday.

Senate is currently so nonproductive that it is a disservice to taxpayers. She said that member of the House repealed Obamacare but the Senate failed to act. She said the House sent 600 bills to the Senate that the Senate did not act on. She said the people want the Senate to be more productive. Blackburn pledged to reduce the size and scope of the federal government and to cut spending.

Blackburn is a native of Mississippi and a graduate of Mississippi State University. She worked her way through college by selling books for the Southwestern Company, eventually becoming a sales manager for that

company. She moved on to serve as Director of Retail Fashion and Special Events for the Castner Knott company. Later Blackburn founded Marketing Strategies, which focuses on the retail marketplace.

Blackburn began her elected service in 1998 as a Tennessee State Senator. In 2002 she was elected to the U.S. House of Representatives from Tennessee's 7th Congressional District where she currently holds a seat on the House Energy and Commerce Committee.

Blackburn and her husband Chuck live in Williamson County and have two grown children and two grandsons.

Historic overlay mediation orientation set for today

By Mike Steely
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After more than a year of disagreement in the Parkridge neighborhood over expanding the historic overlay there, the city is calling a meeting to begin mediation for both sides.

This Monday, July 30, from 6 until 8 p.m. Debbie Sharp, the Knoxville Neighborhood Coordinator, is asking residents on both sides of the issue to attend a Community Mediation meeting. The meeting, at the O'Connor Senior Center, will inform residents about what the Community Mediation Center does and how the mediation process works.

The actual mediation process will begin at a later date and anyone can sign up for those sessions at the O'Connor meeting.

Email invitations for the Monday mediation orientation were sent to various Parkridge homeowners.

"Since we met on June 27 the Community Mediation Center has come up with a strategy for mediation," Sharp notified homeowners.

Opponents of the historic overlay are concerned about restrictions on repairing non-historic homes, the expense involved and possible gentrification as a result of property values within such a district increasing.

Proponents of the historic designation point to added protections such as a designation would bring and have offered to help compensate poorer homeowners on repairs. The matter divided the east Knoxville neighborhood into two camps and resulted in Sharp stepping in by request and overseeing the neighborhood association reorganization.

IDB board members chosen by commission

By Mike Steely
steelym@knoxfocus.com

It took a few votes but three citizens were chosen by the Knox County Commission last week to serve as directors of the Industrial Development Board of the Health, Education and Housing Facility Board.

The IDB board or directors serve for six years and

after several nominations the commission chose to reappoint Paul Fortunato and add Michael George and Tiffany Gardener to the boards.

Six of nine votes were required and the selection took several rounds.

The IDB undertakes financing and development of projects to promote industry, trade,

commerce, tourism and recreation, and housing construction. It serves as a non-recourse conduit lender for taxable or tax-free financing for industrial projects. They administer a County, a tax abatement or Payment-In-Lieu-Of-Tax (PILOT) program, Tax Increment Financing (TIF) and undertakes the issuance of revenue bonds (Bonds)

on behalf of Knox County.

Todd Napier, CEO of the IDB, told the commissioners that IDB board member nominees are chosen for their backgrounds and skill sets and are contacted to see if they will serve.

In other action the commissioners postponed until their

Continue on page 2

'UpTown North' proposed to brand area neighborhoods

By Mike Steely
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There's a new concept being discussed in North Knoxville, one that is catchy and descriptive, and certain to become very popular.

"UpTown North" is a brand being introduced to neighborhoods in the North Knoxville area with boundaries extending from

I-40 at I-275 to the I-640 interchange and Whittle Springs Road on the east. The UpTown North branding committee is working to fill the need to define the unique character of this diverse and historic area.

The vision of UpTown North is to promote North Knoxville as an attractive, diverse, commercially successful, family-friendly and

safe community that values its history.

George Bove, president of the North Knoxville Business and Professionals Association, told The Focus the idea started with NKBPAA member Ara Rickman of Fulton High School. Rickman's idea led to several meetings and Bove named Rickman as chair of the new committee.

"Fulton is the heartbeat of North Knoxville and would be the center of this campaign," Bove said.

"We really need to identify North Knoxville as a distinct area from other neighborhoods such as downtown Knoxville and Fountain City and are talking with neighborhood groups about adopting the 'UpTown North'

idea. We would like to see this brand become an umbrella for this entire area. We are looking to create a destination," Bove said.

"There were several good ideas for a name but 'UpTown North' was the name chosen because it best captured the intent of the committee."

Continue on page 3

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Hidden Bearden historic home gets protection

By Mike Steely
steelym@knoxfocus.com

It isn't often that a Knox County Commissioner asks for a zoning change but last week Hugh Nystrom, who represents Bearden and the 4th District, took the podium and did just that.

Nystrom asked his fellow commissioners, sitting as the zoning board, to approve the addition of a historic overlay for part of the property on the south side of Glemary Rod east of Duncan Road. The portion of the property includes a log cabin and part of the land there.

The log structure, almost hidden within the Bearden neighborhood, was built in 1796 by patriot and settler Stockley Donelson, a brother-in-law of President Andrew Jackson. Donelson was militia commander of the old Hawkins County in the Washington District, now Tennessee.

This historic overlay designation would protect the cabin from demolition and recognize it as the "Donelson-Sterling House." Evette Lyde, wife of the late Samuel Wallace, and daughter Amelia Wallace attended the meeting.

"The Donelson House is a rare



The log exterior wall of the Stockley-Sterling House in Bearden is almost hidden in the rear of the Wallace home. Owners of the house successfully asked the older portion of the house be designated as historic. (Photo courtesy of Kaye Graybeal)

intact example of an 18th century log house in Knox County," Kaye Graybeal, the planning commission's historic planner, told The Focus.

"Based on deed research by the owner the house dates to around 1796 and represents early settlement patterns and log construction techniques. We

are grateful to the Wallace family for their research in the history of the cabin and for taking the initiative to preserve it with a historic landmark designation," she said.

Gene Barr, a friend of the late Dr. Samuel E. Wallace, said that Wallace was "a steward and admirer of the cabin for more than 40 years."

The Wallace family tracked the history and found the land once was part of a 300-acre land grant. Following Donelson's ownership John Sterling and his son resided there and the cabin then passed through several owners, including socialite Eva Miller and Samuel "Sandy" Beale, founder of "Ruby Tuesdays," until it was

abandoned and began to deteriorate.

Samuel Wallace, a professor of Sociology at UT and published author, saw it might be demolished and the remaining 3.16 acres subdivided. He bought the cabin in 1976. It was found that the logs were probably from "old growth" pine trees, fashioned together in dovetail joints and probably composed of a single full-size tree.

The two-story cabin has a boxed-in staircase and the property includes a separate log cabin in the rear that was a seasonal kitchen. Later the two cabins were connected by a frame structure. The cabin contains the original chimney and many other features.

"Wallace invested himself in the property to preserve it," Barr said.

Nystrom said that of the original 300-acre land grant to Stockley only 1.26 acres of the remaining 3.16 acres will be so designated.

"It's a hidden gem. The cabin is not visible except for the exterior walls and the porch," Barr said.

The commission voted unanimously to place the historic overlay on the structure.

How Does a Mediation Work?

So, I have explained previously the difference between an arbitration and a mediation. But today, I want to talk about the specifics of what occurs during a mediation.



By Jedidiah McKeenan
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they will get what they are requesting, but they can offer insights on what they have seen happen before and what may be a possible solution to a controversial point.

The goal is

A mediation is essentially a meeting that takes place between the parties (the people involved in the lawsuit) prior to trial in order to discuss and determine if they can come to a resolution of the case. The way this "meeting" happens is that the parties do not actually see each other but stay in different rooms with their attorneys while a mediator, who is an attorney with specialized training in mediation, goes back and forth between the rooms discussing various issues and seeing if the parties can reach an agreement.

This may sound very strange, but it is insanely effective. The vast majority of cases which go to mediation end up settling. The parties are kept in separate rooms instead of talking in one room together because

when people hear the other person talk they usually get angrier and more dug in to their position instead of being more willing to work towards an agreement in the middle.

The mediator has no authority to make a decision on whether someone is being unreasonable or reasonable or whether

to walk out of the mediation with an agreement signed by both parties that concludes the case. What attorneys often tell their clients in regard to mediation is that they may not love the outcome, but they will know what the outcome is and if they go to trial, they have no idea how a judge will rule, which is true. Most people would much prefer an outcome certain rather than going through the uncertainty, not to mention the stress, of a trial, and that is why mediation occurs in a large number of cases.

There is one exception to this, mediations do not occur in criminal cases, only in civil cases such as car wreck cases and divorce cases.

Jedidiah McKeenan is an attorney practicing in Knox County and surrounding counties. He works in many areas, including criminal, personal injury, landlord-tenant, probate, and estate planning. Visit attorney-knoxville.com for more information about this legal issue and other legal issues.



PHOTO BY MIKE STEELY

Kim Frazier of the Hardin Valley Planning Advocates speaks in opposition to an appeal for a subdivision on East Turpin Lane. She was joined by a large group of residents who also opposed the subdivision plans.

IDB board members chosen by commission

Cont. from page 1

August meeting a contract regarding golf cart leases at Three Ridges Golf Course and approved a tax increment financing agreement with Karns Valley Business Park located on the newly built Karns Valley Drive.

The commissioners also voted, on first reading, to make changes to the county's procurement code upping the amount of non-bid buys.

They voted to tentatively

set 5 p.m., Tuesday, September 4, for reorganization of the incoming commission, where several seats are up for election including chair and vice chair. Two new commissioners will be seated to replace the two At-Large Commissioners who are not seeking re-election.

Sitting as the zoning board the commissioners turned away an appeal by Ashley Haley, an option holder, to rezone a property on East Turpin Lane. After developer Scott

Davis spoke for the appeal saying the road there would be widened and other improvements placed, several citizens spoke against the plans, representing a larger group in the audience.

The original judgment had split the planning commission in an 8-5 vote and likewise the

appeal split the county commission. Although Commissioners Charles Busler, Hugh Nystrom and Randy Smith voted in favor of the appeal, the final vote was 8-3.

The commission also voted to close a portion of Twin Oaks Lane on a recommendation of the planning commission.



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Publisher's Position

Why Trump's Tariffs Are Good for America



By Steve Hunley, Publisher
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At one time, the United States of America was the undisputed greatest economic power on earth. That economic engine was clearly evident when America rebuilt most of the countries in Europe and more than a few in Asia following World War II. The U. S. did not discriminate in its rebuilding and economic aid

program, as we helped friends and old foes just the same. Through NATO, we picked up virtually all the tab for the defense of Western Europe, a point made recently by President Donald Trump. It remains a fact. Most of Eastern Europe had fallen under the influence of the Soviet Union, which was precisely why the North Atlantic Treaty Organization was formed in the first place; to protect and prevent Communist incursion into Western Europe. It was pretty easy for many of the western European countries to create welfare states without much responsibility for paying for the defense of their own countries; in the meantime, American business got complacent. Soon, both Germany and Japan become

our economic rivals. Eventually it became easier for many American businesses to compete by closing plants and facilities in the U. S. while manufacturing in Asia or Mexico. Even as business contracted in this country, we continued to underwrite foreign aid all over the world, as well as paying for the defense of many of our allies. Those people who are aghast at President Trump's tariffs are part of the ruling political establishment whose ultimate premise is based on the notion America's power is unlimited and infinite. Many of those same elitists have accumulated vast fortunes by slicing and dicing American businesses and selling off the various parts. The Europeans are horrified at the prospect they might not

be eternally subsidized by American taxpayers via Washington; China is shocked the United States might not be committing economic suicide after all. What one doesn't much hear in the mainstream media is the fact virtually no one can really win a trade war with the United States because all of our trading partners need us more than we need them. It is certainly true consumers may see slightly higher prices for some products, but we will also see more Americans steadily employed and paying taxes to produce those products. Another thing one doesn't much hear about in the mainstream media is the profits of "intellectual" properties have been protected, like big pharmaceuticals and software,

while manufacturing concerns have been left to die. Is it any wonder industries employing blue-collar workers have been virtually ignored while software concerns and big pharma have been protected? Both NAFTA and the Trans-Pacific Partnership agreements required concessions from our trading partners to increase protection of intellectual property rights; these same agreements have regularly been labeled as "free trade" agreements when they clearly are no such thing. Both agreements effectuated much higher levels of protection for specific sectors of the American economy. In fact, they were much higher than the protection President Trump wants for American aluminum and steel.

What few Americans realize is a great many Chinese businesses and companies are state-owned, meaning they are owned by the Chinese government. The Chinese have insisted American companies doing business in China to give up trade secrets as a condition of doing business is extortion. In other words, to do business in China, Colonel Sanders would have to surrender his secret original recipe of 11 herbs and spices. China has also continually turned its head over the theft of intellectual property. We may hit some bumps in the road, but I remain convinced President Trump is doing the right thing and better still, he's looking out for the best interests of working families and all Americans.

'UpTown North' proposed to brand area neighborhoods

Cont. from page 1

Rickman said a logo and branding materials are being created. A subcommittee is working with Fulton High School Digital Design students and instructor to create a logo and promotional brochure. Bryan Hill, a member of UpTown North, has created a map to show the UpTown North boundaries which include features such as neighborhoods, businesses, schools, and parks.

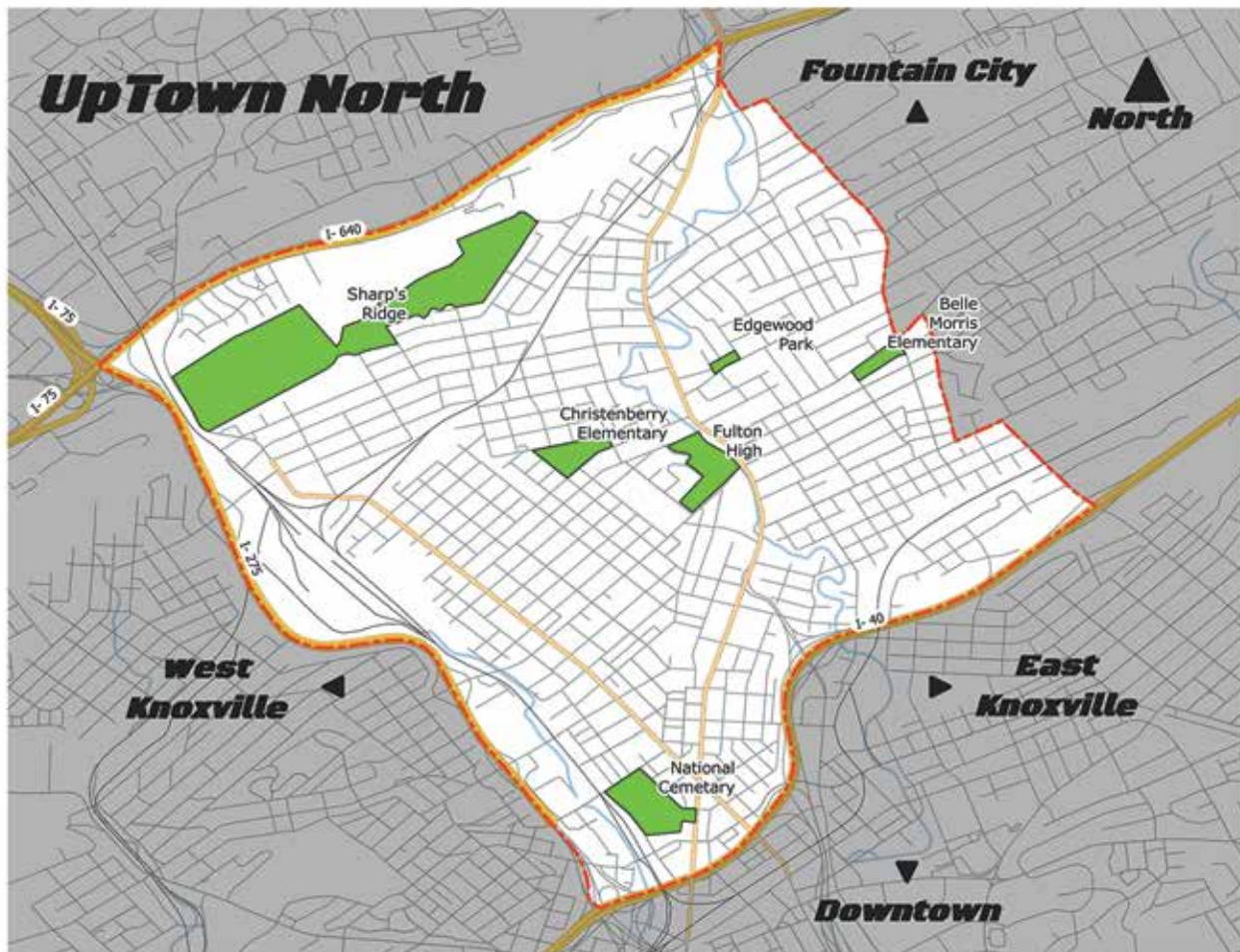
"Our first meeting was early last fall following a NKBPA meeting with about six people and we now have 19 members and our group continues to grow. It's really exciting to see the momentum of this group and the shared vision for promoting UpTown North," Rickman said.

Kyle Ann Lang, co-chair of the Broadway Corridor Task Force and member of the UpTown North committee, said, "We are proud of our community and want to show others that this a desirable place to live. We have highly rated schools, homes with a wide range of price and styles, quiet streets, nearby shopping and great access to downtown and the interstate systems."

"The UpTown North committee includes members from at least five neighborhood associations, members of the Broadway Corridor Task Force, local business professionals including Garry Tener, COO of Broadway Carpets, and local government representative Anne Wallace, the city's deputy director of redevelopment," Rickman said. "Wouldn't it be great to see the UpTown North logo on signs, banners on the light poles and other promotional items to recognize and brand UpTown North?"

Rickman and Wallace are currently working with committee members to create a proposal that will be made to the city for recognition, signage and campaign.

The UpTown North committee meets monthly at the Oakwood-Lincoln Park Clubhouse, 916 Shamrock Ave. Meetings take place the third Thursday of each month at 8:00 a.m. The next meeting is August 16. Anyone interested in learning more and/or becoming a member of the committee is encouraged to attend or email uptownnorth37917@gmail.com.



Above: The proposed boundaries of the proposed "UpTown North." The map was highlighted by Bryan Hill.



Left: Members of North Knoxville communities have come together to create a new slogan for their area. The UpTown North Committee is made up of (back row, left to right) Bryan Hill, Kathy Seely, Anne Wallace, Kyle Anne Long, Michelle Ivester, Nathan Myers and Julie Taylor. In the front row, left to right, are Deb Thomas, Ara Rickman and Michael Duerr.

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A good laugh

Mildred Simcox, my wife's aunt, passed away recently. She'd suffered the cruel effects of dementia for several years and finally found relief and release from a life trapped in a

mind that faded away. What hurt so much was the fact that this woman loved to laugh. She taught all of us in her life that laughter is one of the best things that we can experience.

During the celebration of Mildred's life, her nieces and nephews shared



By Joe Rector
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stories about her levity. A particular time that brought on ripples of laughter from family occurred at someone else's funeral. One account recalls that shouting began as the spirit moved mourners. Another declares that Mildred broke out in a smile and then a guffaw after an individual tripped and fell.

Mildred was like at least one person in every family. She was prim and proper most of the time, but on occasion, she let down

her guard and allowed her true being to shine. She'd been a school teacher, so God had granted her "the look," the one that seared the very soul of the person at whom it was directed. When something amused Mildred, the teacher façade evaporated, and a smile, devilish grin and cackle replaced it.

We all could use a bit more laughter in our lives. I don't ever laugh at folks who fall because my first concern is whether or not they are hurt. I've also experienced those times when I found myself sprawled on the ground or at the bottom of a set of steps and never

found the situation particularly funny. I find humor in the things that people say. Expressions can set me off, and when a person spews ridiculous lies that are beyond belief, I lose it. Some comedians and a small number of goofy movies can bring on belly laughs. Those times always help me to realize that life truly is good.

We need to stop taking our lives and our situations so seriously. Sure, times arise when our attention to events requires our full concentration, but for the most part, life is just a casual thing. In a few hours or days or years, the things over

which we stress so much will be the stuff of funny stories or won't be important enough to remember. When we laugh, even for a minute, our bodies produce endorphins that relaxes us and allow us to simply breathe.

Right now, our country is fractured. Folks are divided into polarized camps and refuse to budge an inch from their beliefs. Our lives are "hard" because every event becomes another battleground for sides. No one smiles; instead, we squawk against the stupidity of our opponents. A much more effective act in those instances would

be to consider the absurd contentions and then laugh loudly at them.

I've missed Mildred and her laughter since that vile disease struck. She became one of the persons whom I most liked in this world. Her silence will leave me sadder. What this former school teacher, aunt, and friend leaves behind is the image of a smiling face that revealed in moments of life and expressed that joy through a hearty laugh. That's a legacy we could all wish to leave behind.

Dam good places to visit

A Day Away



By Mike Steely

Getting away from Knoxville on an outing can be fun and educational. Don't tell the kids it is educational, surprise them. Ever taken a day to visit the many dams in our region?

People who fish know most of them, especially if they fish from shore as one of the favorite shore places is above or below a dam. Many of our dams back up

the TVA waters and, nearby, are picnic areas, cabins, campgrounds and viewing points. All of these dams are within day's drive and you might want to stop by the historic attractions, scenic views or other sites along the way.

The closest dams to our home county are Norris Dam just northeast of Clinton, Melton Hill Dam and the Fort Loudoun Dam. Traffic no longer crosses Fort Loudoun Dam and now crosses the Tennessee River just downstream. That's for security reasons and you can get to either side of the dam for a view.

The nearby Lenoir City Park offers a great view of the lake above the Fort Loudoun Dam or, along the way, a view of it downstream.

The well-kept park offers hiking, picnicking, a boat ramp, and a children's playground.

Nearby is Tellico Dam that backs up the waters of Lake Tellico far into the mountains to the east. The dam caused the flooding of many of the Cherokee's historic Overhill Villages and for years the discovery of the "snail darter" fish held up construction.

Norris Dam was TVA's first structure and built to help prevent flooding and to supply the valley with electricity. Norris Dam State Park offers hiking, camping, cabins, a small museum and a great overlook just east of the dam. There's a large dock on the west side of the dam and, on the east side is

the Lenoir Water Mill and a large museum. It's all free and open daily.

Other nearby dams include Cherokee, Douglas, Tellico, Watts Bar, Hiwassee, Nolichucky, Watauga and three dams on the Ocoee River.

Fontana Dam in North Carolina is well worth a visit as is Fontana Village. The overlook on the dam downstream is awesome. Nearby the movie "Nell" was filmed.

Just west of Robbinsville, NC, is the Cheoah Dam, famous now for the filming of the movie "The Fugitive" starring Harrison Ford and Tommy Lee Jones. The film has Ford jumping off the dam and escaping downstream following the Ford line, "I didn't kill my wife"



PHOTO BY MIKE STEELY

Cheoah Dam near Robbinsville, NC, is known as the dam in the movie "The Fugitive" and is located near the end of The Dragon, or Highway 129, popular with motorcycle riders.

and Jones replying, "I don't care."

Robbinsville is the county seat of Graham County, home town of country

singer Ronnie Milsap, and the site of Cherokee Chief Junaluska's grave and museum.

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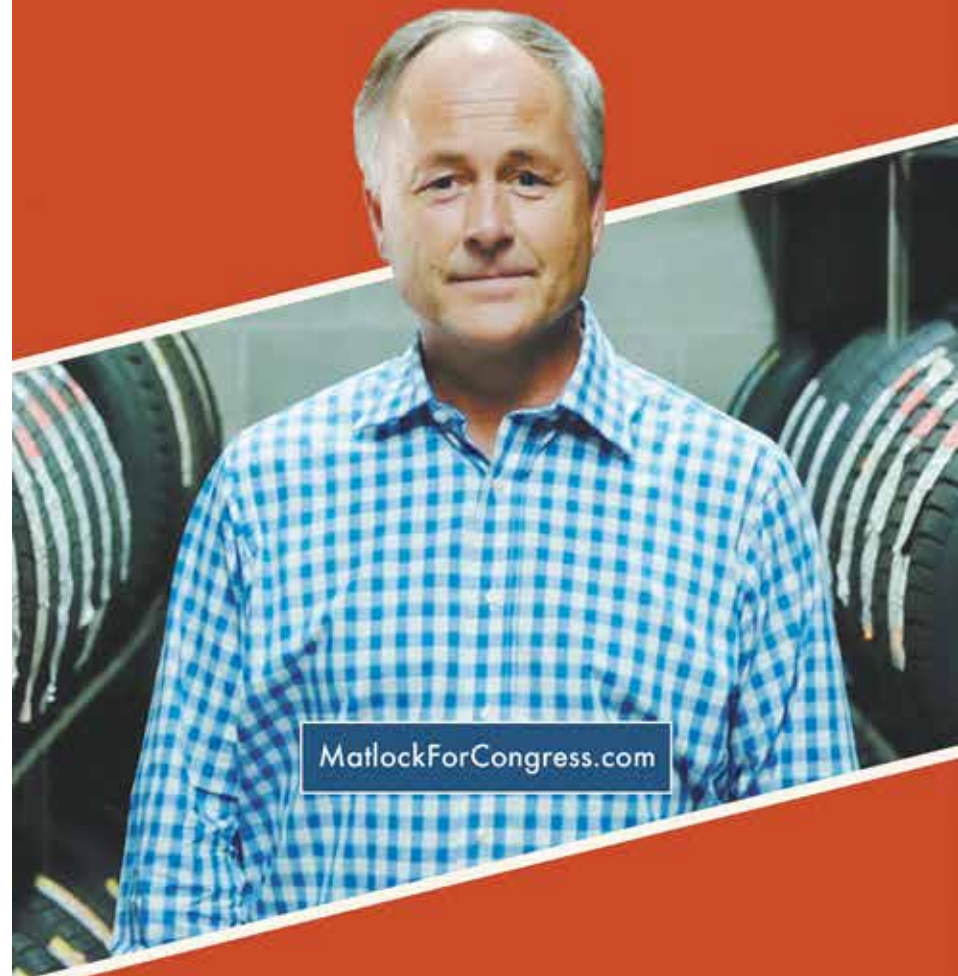
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New Garage to Offer Public Parking for Cumberland Avenue Visitors

With the completion of the city's Cumberland Avenue Corridor project, the next big improvement to the area comes with the opening of a new UT parking garage between Lake and Terrace Avenues.

Visitors to Cumberland Avenue will have an easier time finding parking starting in August. Parking in the Terrace Avenue

Garage will be free to the public on weeknights beginning at 5 p.m. and on weekends.

The 1,000-space garage is designated for commuter students, faculty, and staff. UT is able to offer public parking spots because the garage has been built to accommodate future growth in campus programs and enrollment.

"Cumberland Avenue is the most important entry point to UT, and we recognize the importance of this area for our city and our university," said Chris Cimino, UT's vice chancellor for finance and administration. "Providing this parking is one way we can continue to encourage the community and visitors to our city to come explore the area."

Knoxville Mayor Madeline Rogero thanked the university for its offer of free garage parking on nights and weekends.

"Cumberland Avenue is the gateway to UT's campus, and it's also an increasingly robust and diverse commercial corridor," said Rogero. "Free and convenient parking will be vital in supporting the \$190 million in

private investments that have been made in the past few years along the new Cumberland Avenue."

Public parking will not be available on football Saturdays and other special event dates. A parking attendant will be assigned to the garage on those days.

New West Knox community center in the works

Farragut Mayor Ron Pinchok and Knox County Mayor Tim Burchett announce a cooperative effort to eventually place a new community and senior citizen center at 239 Jamestowne Boulevard. The former Faith Lutheran Church building is being bought by the town for \$2 million and the county is pitching in a like amount for renovation. The county funding was approved last week by the commission on a motion by Farragut-area Commissioner John Schoonmaker. He said the improvements will include work on the walls, a fire suppression system, reworking the parking lot, creating rooms for classes, crafts and arts rooms and much more. An opening date has yet to be set. Seniors are currently meeting at the Frank R. Strang Center at 109 Lovell Heights. Photo by Jon Gustin.



Liquor delivery, LEDs and sidewalks on city agenda

By Mike Steely
 steelym@knoxfocus.com

If you're from our region of Appalachia you've probably dealt with or heard of bootleggers, those friendly folks who secretly deliver liquor to your backdoor. You may have had someone in your family involved with that illegal activity.

Times change and now you can have up to a gallon of liquor legally delivered to your home or business after a Tennessee law was changed a couple years ago. Some liquor stores in Knoxville provide the service for a fee and require identification of someone over 21 at the delivery point. Drivers must also be 21 and pass a criminal background check.

Tuesday evening's meeting of the Knoxville City Council has a request from a new business, Knoxville Room Service, on the agenda to deliver liquor. The business, at 4851 North Broadway, was founded and is operated by Haley Krotz and Kyle Zellner and their website has to slogan "to help turn a boring night into a special night."

For a flat service fee plus the cost of the liquor the business promises

Continue on page 4

'I Saw Three Men...'

It was the evening of October 11, 2011. Fountain City residents Mike and Barbara Cruze were traveling on Interstate 640. Their destination--a cabin in the mountains. Focus readers may be familiar with Mike Cruze, Master Gardener, from his monthly column in the paper. Mike, a landscaper, provides insightful articles on lawns, weeds, herbicides, and all things related to gardening. In a column last spring on dandelions, he provided way



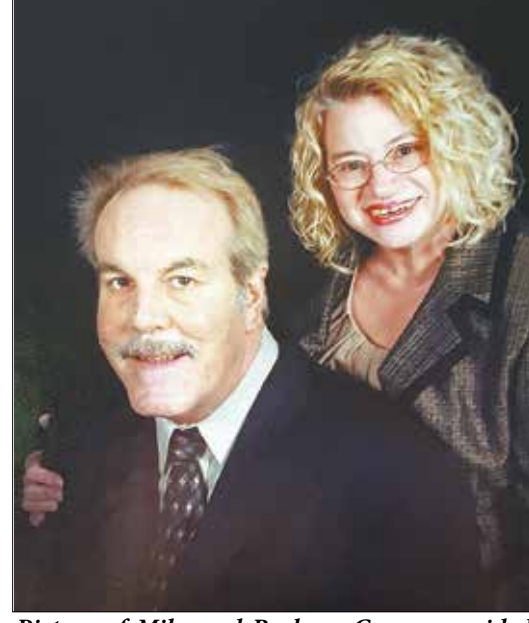
By Ralphine Major
 ralphine3@yahoo.com

more information on the little puffy plant than I could ever imagine! As the Cruze couple neared the flyover toward Interstate 275 South, their trip took a drastic turn.

"Mike was driving," Barbara said. "Suddenly, he screamed and said his jaw was hurting!" A second time, he screamed! This time, Mike told Barbara he was seeing stars.

"I think I'm dying!" Mike told his wife. Then, he passed out. Barbara grabbed the wheel

of their pickup truck as it came down the ramp merging onto Interstate 275 South toward Knoxville. Slowly, the truck crossed the lanes crashing into a grove of trees. The driver's door was pressed against the ground. Barbara was not injured, but Mike was still unconscious. Despite the minor accident and an unconscious husband, Barbara still had the presence of mind to dial 911. Then, as if in a sequence of perfectly orchestrated events, she looked up to see a car pull over and stop. "I saw three men coming toward our truck," Barbara said. (To be continued next week with Part 2)



Picture of Mike and Barbara Cruze, provided by Barbara Cruze

Upscale Halls Subdivisions



Master on main with tiled shower, 2nd master on 2nd floor, kitchen, breakfast, & family open, formal dining room, bonus & storage galore! MLS 1046699 \$309,900



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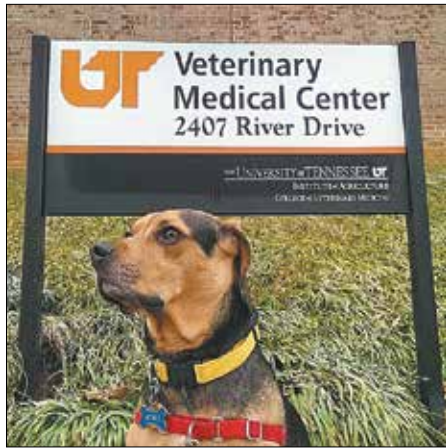
Spacious home with options on use of rooms, HVAC replaced summer of 2017, replacement windows, 3 bedrooms on main level, kitchen with optional eat-in area, and big open room in basement used as bedroom but could be family or rec room, remodeled bath w/ double vanity/laundry room, wooded backyard, in cul-de-sac. MLS 1043075 \$149,900



Vaccinating Your Pet

Can you believe August is here? Dog Days of Summer ushers in heat that's hard to get away from. Kids are heading back to school and parents are concerned with school supplies and the busy life school brings. Back to school also comes with making sure your child is also up to date on their vaccinations. August is also National Immunization Awareness Month to highlight the important role vaccines play in preventing serious, sometimes deadly, diseases across the lifespan.

By Howard Baker, RN BSN



Hobo the Wonder Dog visits the University of Tennessee Veterinary Medical Center for his Influenza Vaccine Booster in Celebration of National Immunization Awareness Month

Hobo the Wonder Dog is an active member of the family and his vaccinations are equally important. Tennessee and Kentucky are among states that require all dogs and cats be vaccinated against rabies and kept up-to-date. Rabies cases are declining among domestic animals due to mandatory vaccination laws for dogs and cats. Not only is vaccination a good idea it's the law. Rabies vaccinations are required to be given by a veterinarian. Many Tractor Supply stores have a PetVet Clinic to offer an alternative to veterinarian clinic visits. Hobo the Wonder Dog and I recommend at least a yearly exam with vaccinations to keep your pet healthy and happy.

August is National Immunization Awareness Month and is a great time to think about and discuss which vaccinations are recommended for your pet. The American Animal Hospital Association's Canine Task Force separated recommendations into three categories—core, non-core, and not recommended. There is no substitute for the relationship and recommendations from your pet's health-care provider.

- Core vaccines are considered vital to all dogs based on risk of exposure, severity of disease, and transmissibility to their human counterparts. Including rabies and distemper.
- Non-core vaccines are recommended based on your pet's exposure risk. Including, Bordetella bronchiseptica,

borrelia burgdorferi, leptospira bacteria, and canine influenza (H3N8 / H3N2).

Hobo the Wonder Dog travels far and interacts in different environments and with other dogs. Our vaccination recommendations might be a little different because of his risk of exposure. We value, trust, and respect the recommendations of his healthcare team. Hobo will visit the University of Tennessee College of Veterinary Medicine this week for his influenza booster vaccine. If Fido visits dog parks, pet stores, grooming facilities, doggie day care, or boarding facilities we recommend having a conversation with your veterinary to the risk of canine influenza and Bordetella and heed their recommendation.

August also wraps up the Dog Days of Summer Hobo's advice: Keep your pets well hydrated, provide shade, paw protection, and NEVER leave Fido in a car. Early signs and symptoms of heat related injury: Excessive thirst, discomfort or resistance to physical activities, and controlled panting. If your dog exhibits any of these symptoms stop exercising, remove the heat source, offer cool water to drink, and get your dog to a cool location. If your dog does not return to normal within a few minutes seek the advice of your veterinarian immediately.

Vaccination and protection from heat keep your pet healthy and happy!
Life is better with a dog—Woof!

South Knoxville First Responders Luncheon



Come Have lunch on Us

Friday August the 3rd from 11-2 at the Food City Shopping Center Mountain Grove Dr off Chapman Hwy.

If you are a first Responder, police, firefighter, EMS, Sheriff or a Teacher or in Nursing and work in the South Knoxville area come have lunch on us.



Amending the soil

Many times I am asked, "How can I amend my soil? All I have is red clay." That is certainly true here in East Tennessee. I experienced that all too well when I began planting in my yard and designing and building my woodland garden... Nothing but red clay and rock.



By Mike Cruze, Master Gardener

In order for your plantings to survive and thrive, the soil needs to be amended. Clay soil is heavy, sticky, and becomes waterlogged. Some plants will do well and are tolerant of clay soil and can tolerate constantly moist sometimes waterlogged roots. A few examples are Maples, Forsythias, Hellebores, Hosta, Roses, and Lilacs. Most plants, however, do not like clay soil and will not reach their full potential.

Adding organic material to your clay soil will go a long way towards improving it. You must work diligently

to upgrade the soil. Adding organic matter improves the soil structure and contributes to improvement in overall soil health.

Clay soil can become compacted easily and causes poor drainage. Adding compost or composted manure are the most common organic materials to improve clay soils. Also adding leaf mold (Let me just interject a little about leaf mold here... leaf mold is a gardener's gold mine. All you must do is put your leaves in a pile and keep them compacted and leave them a couple of years until the leaves have dried and transformed into a rich, brown, crumbly leaf mold. When incorporated into the soil, this organic amendment alters the soil making it spongier, holding both moisture and air. When applied to the soil surface as a mulch, it keeps the soil surface loose, so water penetrates slowly. Leaf mold also stimulates biological activity in the soil, creating a microbial environment

that helps thwart pests.) or grass clippings can help amend the soil. They contain some nitrogen and trace amounts of potassium and phosphorus. Grass clippings can also increase soil water holding capacity.

Compost added to clay soils help loosen the soil. Making your own compost is best. Compost is what you get when yard and garden debris, kitchen scraps and other organic materials have completely broken down into a rich, dark, crumbly material. It is so rich in nutrients and add so much value to your soil.

There are commercial organic soil amendments that can be used if you choose not to make your own compost. Sphagnum peat will help soil retain more moisture and will also provide acidity. Humus will increase soil's fertility, hold moisture, and provide aeration. Manure is a good soil amendment; however, be sure that the manure is aged or composted. Fresh manure has high nitrogen levels that can burn plants. Some people use paper/cardboard/ newspaper but use these sparingly as they are high in carbon and can lower nitrogen levels too much. Miracle Gro, Nature's Choice and others have many organic products that can be used as soil amendments.

With time and work, your clay soil can be transformed into nutrient-rich, dark, crumbly soil that makes plants and the gardener happy!

"If I wanted to have a happy garden, I must ally myself with my soil; study and help it to the utmost, untiringly. Always, the soil must come first."---Marion Cran



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Bill Brock of Tennessee

Part Nine

Pages from the Past



By Ray Hill
rayhill865@gmail.com

Congressman Bill Brock's decision not to run for governor of Tennessee opened the field to a plethora of candidates and for the first time in Volunteer State history serious candidates populated both the Republican and Democratic primaries. Brock opted to run for the United States Senate to challenge three term incumbent Albert Gore. The Tennessee Senate race had national implications that year and became part of the Nixon White House's "Southern strategy." It would be a hard fought and bitter race.

The theme of Bill Brock's 1970 campaign for the Senate was predicated on the theory Albert Gore was out of touch with Tennessee. Gore was a critic of the Nixon administration, but being a maverick, he had been a persistent critic of Nixon's predecessor Lyndon Johnson as well. Lastly, the race between Bill Brock and Albert Gore would prove to be a test of whether Tennessee had truly become a two-party state.

Neither Brock nor Gore escaped serious competition inside their own primaries. Gore was challenged by Hudley Crockett, former press secretary to Governor Buford Ellington. Crockett was considerably younger than Gore and having been a former newscaster, had an excellent television presence and spoke well. Crockett was far more conservative than Gore and ran to the senator's right.

Brock's own opponent inside the Republican primary had more star power than Hudley Crockett. Tex Ritter had long been a popular recording artist and enjoyed a modest success as an actor in 85 low-budget western movies. One thing Tex Ritter did have was high name recognition.

Brock made a tour of the state to officially announce what had long been anticipated, his challenge to Albert Gore. Brock's itinerary began with a breakfast at the Read House Hotel in his native Chattanooga followed by a press conference. Brock would leave for stops in Knoxville, Tri-Cities, Nashville, Jackson and Memphis. The tour took fifteen hours by airplane. The Tennessean, no fan of Bill Brock's, dismissed the primary opponents of both the congressman and Senator Gore, feeling the race would come down to "the young candy millionaire and the wise warrior from Carthage."

Senator Gore, seemingly unruffled and likely having long known his 1970 reelection bid would be difficult, spoke in Jackson, Tennessee before the local Labor Council and declared three factors would unite voters behind his candidacy for a fourth term. Gore quickly defined the three issues as tax reductions,

Social Security and high interest rates.

"High interest rates are driving the working man up the wall," Gore declared. "They cause an increase in the cost of living and make everything that one buys, builds, or borrows cost more." Gore pointed out, "While others are fighting to push the interest rates up, I have been fighting to keep them down." Gore told his audience interest rates "are twice as high as they should be."

Gore had been introduced to a crowd estimated at 1,500 persons by his former colleague in the United States Senate, Ross Bass. Bass described Gore as "the kind of man who brings honor to our state." Another reminder of Gore's long tenure in Washington was the presence of former governor Gordon Browning on the platform. Gore had managed Browning's first statewide campaign in 1934, a losing bid for the Democratic nomination for the United States Senate. When Browning was elected governor for the first time in 1936, Gore became Tennessee's Commissioner of Labor before resigning in 1938 to run successfully for Congress. It was never far from Albert Gore's mind that Tennessee had been carried by Richard Nixon in 1968, but the senator thundered, "Regardless of how Tennessee voted in the presidential election of 1968, these questions will be the uniting factors at the polls this year."

Despite the Tennessean's prediction, both candidates had to win their respective primaries before facing off in the November general election. The Tennessean speculate the Brock - Ritter race "looks like a knuckle-buster." Polls reputedly showed Brock beginning the race with a two-to-one margin over Tex Ritter, but both initially lagged behind Senator Gore. Ritter, now largely remembered as the father of actor John Ritter, scoffed at polls. "I think the polls at this point don't do much except flatter the people who pay for them," Ritter said.

Despite a spirited campaign waged by Tex Ritter, Bill Brock chose to largely ignore his primary opponent. When pressed, Brock replied, "We have a common goal. We want to make Howard Baker Tennessee's senior senator."

Senator Albert Gore proved to be harder pressed inside his own primary, although the "Old Gray Fox" kept pummeling Brock throughout much of his campaign. Gore loudly proclaimed he was "marked as Target No. 1 for purge" by the Nixon White House. Gore said he did agree with one thing Bill Brock said: "We disagree on almost everything." Gore told one audience, "Either I have represented



FROM THE AUTHOR'S PERSONAL COLLECTION.

Congressman Bill Brock announces his candidacy for the U. S. Senate, 1970.

Tennessee or a majority of her congressmen has misrepresented Tennessee's interests on" key issues before the Congress. It was Albert Gore's opinion, "Brock has consistently voted against the best interests of Tennesseans."

While Gore spent most of his time attacking Bill Brock throughout the summer of 1970, Tex Ritter added his own criticisms as the primary election approached. Ritter opined he did not believe "any person in public service in Tennessee, except possibly Sen. Howard Baker, can defeat Sen. Albert Gore in November." The country star complained Brock had voted against the Appalachian Regional Commission, grousing, "However, he did start voting for ARC in 1969, the year before the election."

The primary election was an overwhelming victory for Bill Brock and a crushing defeat for Tex Ritter. Brock won close to 75% of the vote, while Ritter won just over 23% of the ballots cast in the Republican primary. More than 230,000 Tennesseans had voted in the Republican senatorial primary. Conversely, Albert Gore scraped by the win the Democratic nomination, barely winning 51% of the vote. Hudley Crockett won an impressive 45% of the ballots, with two minor candidates accounting for the rest. Gore's weakness in areas that had been solidly Democratic for decades was a warning for the general election. In Madison County (Jackson, Tennessee), Gore won less than a third of the votes cast inside the Democratic primary. John parish, writing in the Jackson Sun said the biggest story of the primary election "was the resounding rejection of Sen. Albert Gore by Madison County voters." Evidently, the senator's personal popularity in Jackson had continued to plummet as he had barely lost Madison County to Dan Kuykendall in 1964. There was reason to believe Bill Brock would do even better and most political observers felt West Tennessee would be the key battleground in the state and would eventually determine the winner of the Senate race. Brock would certainly carry heavily Republican East Tennessee, while Gore was expected to win his own Middle Tennessee. West Tennessee loomed large in the general election contest between Congressman Bill Brock

and Senator Albert Gore.

Gore was naturally pleased by winning his primary, but Congressman Brock scoffed at the notion the senator could brag about such a narrow victory. "Sen. Gore has misread this primary just like he misread the state of Tennessee for the past 18 years," Brock declared. "I don't see how an incumbent who has served in the Senate as long as Sen. Gore can consider himself a winner when he barely received 50% of the vote."

For his own part, Tex Ritter accepted his defeat gracefully and explained it away by pointing to Hudley Crockett's campaign against Senator Gore. "Hudley gave them a choice in the Democratic party. They took the votes we had counted on in our race," Ritter said.

Those folks who had voted for Hudley Crockett, almost 239,000 Tennesseans, clearly held the balance of power in the senatorial election in November. Brock naturally said he "would hope to get all of Hudley's vote" in the general election. "Issues we have in November go beyond party lines. I intend to get votes from Republicans, Democrats and Independents across the state," Brock said. The congressman was also careful to offer some words of praise and consolation for Tex Ritter, calling the entertainer a "gracious and fine individual who ran a credible campaign."

As Bill Brock won the GOP nomination to face Senator Albert Gore in the general election, Winfield Dunn of Memphis surprised nearly everyone by winning the Republican nomination for governor over three other qualified candidates. The victories of Brock and Dunn were viewed by some as a blow to Senator Howard Baker. Many of Baker's closest allies in Tennessee had been working hard for both Tex Ritter and gubernatorial candidate Claude Robertson.

Gore attempted to put the best face possible on his scare inside his own primary. "The results today will

help us in November," the senator claimed. "I believe the primary battle may have been the best thing that could have happened to us. The people have been aroused and we have a strong head of steam up now for November. I'm going to ride that victory horse all across Tennessee until the snow falls."

Senator Gore was referencing perhaps the most famous political advertisement of the 1970, which showed him astride a white horse. Son Al, Jr. was featured in that ad, as well as another during the course of the campaign. Young was wearing his military uniform and received some advice from his father, "Son, always love your country."

Bill Brock opened his fall campaign in Athens, Tennessee, a tradition begun during his first campaign for Congress in 1962. Brock lambasted Gore for the senator's liberalism, which he believed did not represent the thinking of a majority of Tennesseans. Gore, campaigning in Brock's home city of Chattanooga, retorted the Congressman's voting record was so conservative and "so negative that it makes Sen. Goldwater's appear socialist." The senator chided Brock as a "self-proclaimed Mr. No-No", a title Gore derisively said no other congressman would want "or whose record would justify competition for the title."

Busing was an issue during the 1970 Senate race and while Senator Gore claimed to be against forced busing, in the eyes of many Tennesseans, his views were suspect. Congressman Brock was the guest of honor at a barbecue in Jackson, Tennessee sponsored by disaffected Democrats. Brock hit the busing issue head on, saying, "The only solution to the disgraceful forced busing of our children is to put the control of our schools back in the hands of parents, teachers and local school boards where it belongs." Brock had sponsored a Constitutional Amendment

to allow freedom of choice in public schools and promised to continue to press for its adoption. Brock pressed his advantage by pointing to Gore's support for Robert McRae to be appointed to the federal bench. Judge McRae was a particularly controversial figure in West Tennessee due to his decisions pertaining to school desegregation cases, which affected several West Tennessee school districts. Brock said "judges instead of teachers" were running public schools and his own belief was parents and teachers "care more about a single child than all of the bureaucrats in Washington."

"I can disagree with Senator Gore on almost every issue . . . and I do," Brock said. The Congressman said he believed the biggest difference between him and Albert Gore is "that he has forgotten what makes this country great."

"Someone ought to tell Albert Gore that Ted Kennedy doesn't have a vote in Tennessee," Brock thundered, "and that white horse can't vote either."

The Nashville Tennessean apparently grasped Gore was in trouble and its political columnist, Joe Hatcher, did his part to prop the senator up before the general election. If anyone doubted where Hatcher stood, the columnist published an article in mid-September titled, "Albert Gore Makes Life Better for Tennesseans." According to Joe Hatcher Senator Gore had "almost single-handedly led the fight to increase Social Security benefits by 15%." Hatcher detailed Senator Gore's support for social legislation, much of which Congressman Bill Brock had voted against.

It would remain a theme for the Gore campaign through the general election.

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PHOTO BY MIKE STEELY

Sidewalk construction is underway along Cedar Lane in Inskip and the city may add about \$14,000 to a city-wide sidewalk replacement program.

Liquor delivery, LEDs and sidewalks on city agenda

Cont. from page 1
quick service to your front door.

The council will also vote on a contract proposal from the Office of Sustainability to hire Fulghum MacIndoe and Associates to provide inspection services for the new LED streetlight retrofit project. The agreement is for \$314,738.

An existing agreement with Design and Construction Services, Inc., may be increased by \$14,397 to bring the new total to more than \$1.275 million for the Sidewalk Replacement Project.

Also on the agenda is the possible addition of \$22,000 to an agreement with Gresham Smith and Partners for the Merchant

Drive/Clinton Highway intersection improvements. The date of completion would be extended to December 31st.

A resolution to authorize the mayor to apply for \$50,000 from the state Immigration Empowerment Solutions and Immigrant and Refugee Rights Coalition for local use will be discussed.

The council may also discuss selling surplus property on Parham Street and North Chestnut Street.

Knoxville Area Transit is requesting \$269,323 to purchase an in-ground lift system for their maintenance shop from Holston Construction Services, LLC. KAT is also asking

the council to approve an agreement with Unicorn HRO to provide payroll, payroll tax preparation and human resources services. The agreement costs \$48,426 with an implementation fee of \$11,662.

One property, at 7720 Pocanno Road, may see a final vote to annex it into the city and provide services.

The council may also vote to authorize the Industrial Development Board to negotiate an agreement with Orange Knoxville Cumberland, LLC, for payments in lieu of taxes for a property at 2223 Cumberland Avenue.

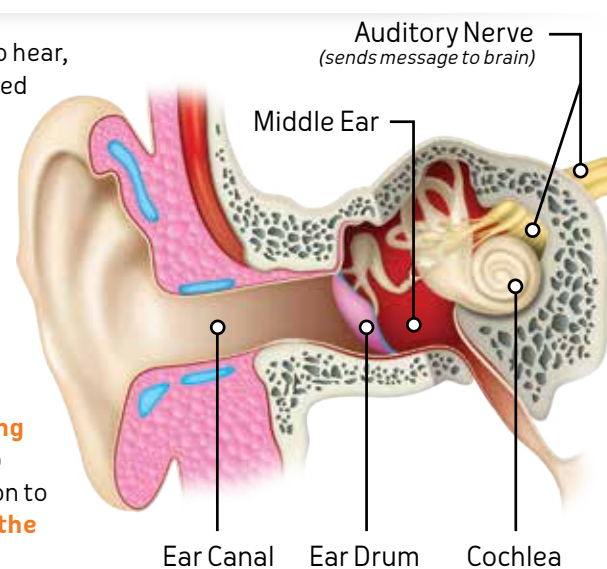
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2018 HIGH SCHOOL FOOTBALL PREVIEWS

Defense is again name of the game for Rebels

By Steve Williams

West High's football team returns nine starters on defense this season.

That's great news for fans of the Rebels. It may also spell trouble for opponents.

West notched only one shutout in 12 games in 2017, but its defense was stingy throughout the season, giving up an average of 14.6 points per game. In this day and age of high-scoring football, that's not much.

"That's who we were," said Lamar Brown, looking back on his first season at the school on Sutherland Avenue. "We had a really good defense last year and a couple of great kickers and a punter. That's what we hung our hat on."

For the most part, it will be that way too in 2018.

Brown, who came to Knoxville West after having plenty of success at Morristown West, is hoping his offense can make some improvement. If it does, the Rebels may very well improve on last year's 7-5 season that ended with a 16-6 second-round loss to Oak Ridge in the Class 5A

Continued on page 2



WEST FOOTBALL 2018

Freshmen players file in to join the varsity for a 2018 West High football team photo on Picture Day last Wednesday. The Rebels are heading into their second season under Head Coach Lamar Brown.

PHOTO BY STEVE WILLIAMS

WEBB FOOTBALL 2018

Running backs will be key to Webb's success in 2018

By Ken Lay

Webb School of Knoxville football coach David Meske has made a habit of winning with small numbers. But good things sometimes come in small packages.

The 2018 season is around the corner and Meske has small numbers as he and the Spartans prepare to embark on the new campaign.

But expectations at Webb are always the same and they are always lofty.

"Our expectation is to be playing our best football at the end of the season. And our expectation is to play for a state championship,"

Meske said after his squad played its first scrimmage against Campbell County Thursday night at Webb's David Meske Stadium.

Webb entered preseason camp with 40 players on its roster but the Spartans were effective and ready to hit against the Cougars.

"These kids were eager to hit somebody tonight," said Meske, who begins his 34th season guiding the Spartans, who have eight championships in their storied gridiron history. "They're tired of practicing against each other. We only have 40 guys, so we can't get real physical

in practice."

Webb's numbers may be small but there's no shortage of talent on the 2018 team.

The Spartans have a senior quarterback in Alec Boruff and three of the top running backs in the Knox County and Tennessee.

Junior Elijah Howard returns, along with seniors Roderick Lewis and Jahllil Jefferson. Lewis joined Webb's high school team as an eighth grader and he is a four-year starter

"Alec has done a good job," Meske said. "And it's no secret that our offense

Continued on page 4

HARDIN VALLEY FOOTBALL 2018

HVA relying on experience

By Alex Norman

One win short.

That's what the Hardin Valley Academy Hawks have had to remember for the past nine months. When Bearden beat Morristown West on the final day of the regular season in 2017, that meant the Hawks would not earn a postseason spot. Both teams had the same 3-3 record in Region 1-6A, but the Bulldogs victory over Hardin Valley got them the fourth and final playoff position.

The Hawks don't want to experience that feeling again.

"We want to get back to playoffs," said Hardin Valley's Wes Jones. "We had a quarterfinal run two years ago, but then missed the playoffs last season. We didn't have very many seniors last season. We want to get back to the post-season. That's a big deal... it's a big season if you can get into (Class 6A) playoffs."

The Hawks bring back good numbers,

with seven starters returning on offense and on defense. "It's a good group of experienced guys," said Jones.

The main issue for the Hawks might be when they have to go to the bench. "My biggest concern is our depth," said Jones. "Basically I'm concerned with our numbers of lineman on both side of the ball. We are going to have to use a lot of guys. Our better players will play a ton."

One of the most important returning players will be someone that touches the football on every offensive snap, senior quarterback Grayson Vaughn. "It definitely takes a little pressure off," said Jones. "You know that he knows how to execute. You still have to stay on him. It's not a given but having an experienced quarterback can make your team go. He knows what it is like to run plays in game situations. Football is a quarterback game, anyway you look at it."

Thanks to a quirk in the schedule,

Continued on page 3

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GRACE CHRISTIAN FOOTBALL 2018

Growing Rams look to take next step on gridiron

By Ken Lay

Grace Christian Academy had to spend a little money to prepare for the 2018 football season. But neither the school nor Rams second-year head coach Rusty Bradley minded very much.

Grace's players toiled in the weight room during the offseason and as a result, the Rams became bigger and stronger and many of the school's football players outgrew their helmets and shoulder pads.

"We had to spend \$6,200 on new shoulder pads and helmets, mostly shoulder pads," said Bradley, the former Christian Academy of Knoxville coach, who returned to East Tennessee in 2017 to guide the Rams after spending the 2016 campaign on the west side of the Volunteer State at University School of Jackson. "That's a good problem to have."

"Our kids worked hard and committed themselves to getting

better. The biggest thing, now, is that our kids know what it takes to win and they know what it means to be successful."

The 2017 season was a voyage into the unknown for Grace Christian. Not only did Bradley, one of the area's most innovative offensive coaches, take the reins for the Rams. The school also moved from Division I Class 2A to Division II-AA.

And Bradley, who won back-to-back Class AAA Championships with the Warriors in 2011 and 2012, said that the shift represented a step up in competition.

Not only did the Rams change divisions, but CAK, with its tradition-rich program also made the move. Webb School of Knoxville, which has won multiple State Championships in the division, is now a league foe.

"That's the thing about Division II. You have to be ready every night," Bradley said. "You have to

show up ready to play. You have to bring your A-Game every night or you're going to get beat."

"Every team has great players and every team is well-coached, so you have to be ready to play. You have to get an edge mentally. You have to practice hard and you have to pick up an edge in your preparation and you have to execute."

The Rams had their struggles out of the gate before a road loss to Webb School of Knoxville changed the course of their season. Grace went toe-to-toe with the Spartans in hostile territory before Webb pulled away in the fourth quarter to notch a 49-28 victory. But even in defeat, Bradley saw some positives and the Rams rode a wave of momentum as they finished 7-5 and advance to the second round of the Division II-A Playoffs.

"Even though we lost that game against Webb, that's when

it all came together for us," Bradley said. "It took a while for things to come together but that's when it all happened for us. Now, we all know what it takes to compete against these teams."

The Rams will open the season at Alcoa on Thursday, Aug. 16 where they'll look to avenge last season's loss to coach Gary Rankin and the Tornadoes, who are one of the top teams in Tennessee. Grace dropped a 30-14 decision to Alcoa at home in 2017.

Rankin and Bradley are familiar foes. The two were Class AAA rivals when Bradley was at CAK. During that stint, only the Warriors and Tornadoes won league titles.

Top returners for Grace include: Luke Kirby (senior, quarterback); Eli Nordhorn (senior, wide receiver/defensive end); Bradley Rash (senior, offensive tackle/linebacker); Wes Dorsey

(senior, offensive tackle/defensive end); Jackson Daniel (offensive lineman/defensive lineman) and Chandler Williams (senior/cornerback).

Key newcomers looking to make an impact in 2018 include: Jackson Bostick (junior, wide receiver); Grant Warwick (sophomore, wide receiver); Reese Kirkwood (junior, wide receiver/linebacker); Ben Stansbury (junior, linebacker); Lucas Ellis (junior, offensive lineman/defensive lineman); John Michael Lott (junior, offensive lineman/defensive lineman); Michael Human (sophomore, wide receiver/defensive back); Johnny Eller (sophomore, running back/linebacker); Devan Coffey (sophomore, running back/strong safety) and Jared Long (a sophomore, who will see time at both the strong safety and free safety positions).

Defense is again name of the game for Rebels

Cont. from page 1

playoffs.

Half of West's 12 games last season were decided by eight points or less. Five of those six were victories.

"Offensively, we've got to continue to improve," said Brown. "We've got to be able to get points on the board. The great thing is, with our defense, it's not going to take many points to be in a ball game."

West has a new offensive coordinator in Tracy Malone. Barron Chandler is back as defensive coordinator.

Key player losses from 2017 include nose guard Zach Stokes and place-kicker Logan Bowers, who both are now at East Tennessee State. Outside linebacker Cal Cook will be playing baseball next spring at Walters State.

Top returnees include defensive standouts Ben Skvara, Drew Francis and Tyrece Edwards. Punter Sebastian Latorre, who Brown said "was a big difference in our season last year", also is back.

West wants to have a balanced attack but will come out running the football.

"That's our identity," said Brown. "We want to be a physical offense and a mentally tough offense. A lot of young kids have really

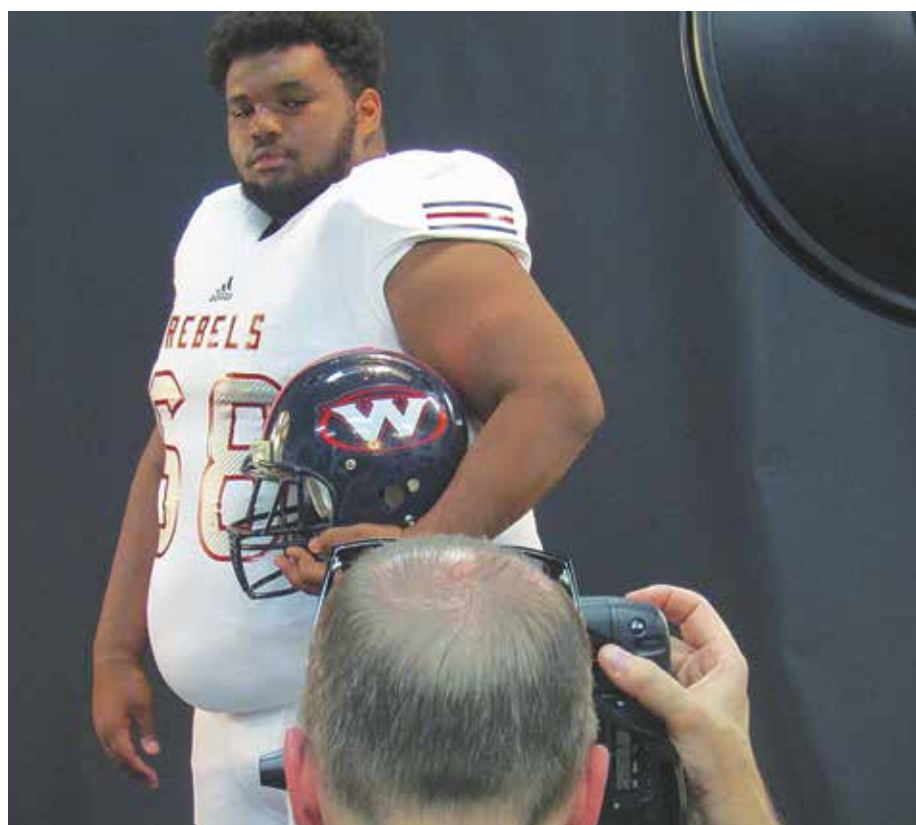


PHOTO BY STEVE WILLIAMS

West High noseman Alijah Fraley shows off a new uniform as he poses for the camera on Picture Day July 25. Fraley (6-3, 357) is the biggest player listed on the Rebels' roster.

bought into that and they are fighting really hard right now.

"And, heck, they're going up against an unbelievable defense every day in practice and we sell our kids on that ... if they can block our defense, they're going to be alright."

That 3-4 defense includes noseman Alijah Fraley (6-3, 357) and ends Cyrus Howell (6-1, 233) and Edwards (6-2, 240).

Making up the linebacker corps are William Savoy (6-0, 235) and Skvara (6-2, 198) on the inside and Demarcus Nelson and Francis (6-3, 190) on the outside.

Starters in the secondary will be cornerbacks Omarian Wright and Tre Everson and safeties Xavier Davis and John Cupp.

"Xavier Davis has had a great spring moving from cornerback to safety and

it seems like he is a great fit at safety," pointed out Coach Brown.

Offensively, when the Rebels do throw, they have four returning receivers in Grant Tierney, Will Eggleston, Michael Webb and Jackson Snodgrass.

The quarterback and tailback starting positions are up for grabs, said Brown. Senior Jawaun Moore and sophomore Baker Dance are vying for the starting nod at QB. Senior Tadarious Arnett and sophomore Isaiah Mattress are competing at tailback.

The offensive line isn't completely set, but Tyrell Ragland (6-1, 262), sophomore Kane Lewis (6-1, 298) and Dylan Lewis (5-11, 236) will be starting.

"I don't know how it's going to translate in wins and losses, but I love this football team," said Coach Brown. "This is a group of kids that has really grown up in my 18 months here. I've been proud of the effort they have put in for this football program and for each other."

"But I think the biggest difference right now is they are a tight group. They really care for and love each other."

West will open its season Aug. 17 at Bearden.

West spends three nights on campus to build 'brotherhood'

Preseason high school football is about getting in physical condition for the upcoming season and learning new plays and formations.

And more in some cases, as building team chemistry is just as important as the Xs and Os.

Not too long ago, some teams would go away for a week of camp at a college and scrimmage other teams that were also attending the camp.

For the second year under West Coach Lamar Brown, the Rebels had "camp" on its campus last week.

"They reported in at 7 o'clock Monday morning and we're living here in the field house until Thursday around lunch," said Coach Brown last Wednesday afternoon.

"It's a great experience being around these guys and it's great getting to spend time as a team. A week together with no distractions or anything else."

"The kids are getting closer together, which is really big for us right now. We're also getting better as a football team because we have some time to get things done."

More specifically, the "no distractions" Coach Brown alluded to meant players couldn't have their phones during camp.

As we know, in these times, that had to be quite a sacrifice for the high schoolers.

One evening at the West camp, the football players scrimmaged the school's girls volleyball team, and the following night the boys and girls got together for a talent show.

"Players sleep in the weight room and our booster club/parents help provide all meals," said Scott Shaver, Director of Operations for West High football.

"Volleyball was having camp during the day so we planned some activities together. Several of our players participated in the lip sync."

Mo Madison, a rising junior wide receiver, said

the team was having "a good bonding."

"In camp, they take our phones and any electrical device so we can get close as a team," explained Madison.

The hope is to create "a better brotherhood" among players, which could help us win games, added Mo.

"It has been successful and is getting better and better."

As far as not having phones for over three days, Madison said, "Some people like it and some don't. But once you get on the field, you don't even think about it. You think of getting better as a team. That's a positive outcome to it."

Madison laughed about the volleyball competition against the Lady Rebels.

"In our free time, we scrimmaged the volleyball team's first-team and second-team. They had two courts set up. Sometimes the girls won and sometimes the boys won. It was really competitive and fun."

In a spot check at other Knox County schools, coaches were asked if football teams still go away to camp.

"I guess some do," said Fulton's Rob Black. "We do not. TSSAA has put too many practice restrictions in place for it to be worth going away."

Black said Fulton conducted its own camp and spent one night at school.

South-Doyle Coach Clark Duncan said: "Several years ago, we all used to go to colleges for a week. We have not gone away for fall camp in over seven or eight years."

"The main reason for not going is the expense. The other reason was TSSAA put restrictions on how long you could be in pads per day, which eliminated the three-a-day sessions."

Catholic Coach Steve Matthews said: "We do not go to a camp. We stay here and are typically done before lunch."

Rusty Bradley of Grace Christian Academy said his team did not go to a camp, but acknowledged that teams, of course, continue to have preseason scrimmages per TSSAA policy.

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GIBBS FOOTBALL 2018

It's Brad Turner's Time at Gibbs

By Alex Norman

Times are changing at Gibbs High School... but the changes certainly aren't drastic.

Back in January, head football coach Brad Conley announced that he was stepping away from the program. That ended a run of nineteen seasons on the Eagles coaching staff. Gibbs had spent the past ten years as the head coach.

Gibbs High School took their time in finding his replacement, but in the end didn't look very far. In March, the Eagles announced that defensive coordinator Brad Turner would be promoted to

the main gig. Turner had been on the coaching staff for fourteen years at that point, most recently serving as the Eagles defensive coordinator for the previous ten seasons.

"It's surreal being the head coach at the high school that you played for, and being at school with my daughter every day," said Turner. "I grew up in the (Gibbs) community and it's a great place to work and have an impact on young people. I'm very blessed and thankful."

The family ties continue as his wife was a three sport athlete at Gibbs High School and their son is attending the new Gibbs

Middle School. Plain and simple, this community means so much to the Turners.

The Eagles do have some work to do in terms of filling holes. They said goodbye to the top recruit to ever come out of Gibbs, as offensive lineman Ollie Lane graduated and is now a freshman at Tennessee, playing for the Vols. They bring back four starters on defense and only three on offense. Fortunately, the quarterback position is one of those returning spots. "We have a quarterback that started last year in Dalton Wright," said Turner. "We have another quarterback that will play,

Troy Davis. We will use them both but Dalton is the returning starter."

For those familiar with Gibbs football, you know that this is a running team. Turner isn't reinventing the wheel in that regard. "We are still a triple option attack, but we are going to throw a couple of new things out there too."

The Eagles schedule will be daunting at times, as Turner tries to get his team to improve on a 5-5 record in 2017 which saw them miss the postseason.

"Obviously the first game is always a big one," said Turner. "Austin-East (Friday, August 17) is our first game on their new turf. They will

be excited and it should be a good matchup. Usually it is a hard fought game when we play them."

Turner added, "In Class 5A you have South-Doyle, Sevier County, Carter, Halls... every night is a battle. We try to take it week to week. We don't try to predict, we just try to play best we can. We want to win but the goal is to compete and be in the game in the fourth quarter with a chance to win. In the past, the goal was to get in playoffs. We are trying to win as many games as we can. No one game on the schedule is circled."

Turner has been a coach for a long time, but this

season will be his first in charge. He knows there will be some butterflies, but more than anything he's trying to keep things much like they have been in the past at Gibbs. "All of the assistant coaches are back from last year. I trust our assistant coaches and what we have done in terms of assistant coaches hasn't changed a lot. I'll still call the defense. I'm trying to keep it the same, but I know it will be different with pressure now as the head coach."

FARRAGUT FOOTBALL 2018

Eddie Courtney: 'They now know what it takes'

By Steve Williams

There are still ripples from that big splash Farragut High football made in 2016.

"Last season, I think the state championship helped us prepare each week," recalled veteran Coach Eddie Courtney as preseason practice in pads got underway July 23. "Our kids handled the pressure to repeat well."

The Admirals didn't make another splash in 2017, but they made some noise. A 41-0 win over Oak Ridge certainly raised some eyebrows.

Moving back into the Class 6A ranks after capturing the Class 5A state title, the guys from Concord also extended their overall win streak to 19 games before falling at Kingsport Dobyns-Bennett 42-34 in Week 8. But they would see their season end in a second-round playoff loss to eventual state champion Maryville 38-6.

"I can still see some carryover going into this season," added Courtney. "All the players who were sophomores two years ago and juniors last year, they now know what it takes."

As Courtney heads into his 42nd season on the Farragut staff and 23rd as head coach, the Admirals have plenty to be motivated about this year. There's always Bearden to circle on the calendar and they haven't forgotten a 37-36 loss at new rival Hardin Valley Academy in their 2017 regular season finale. That made the Hawks' season.

Farragut did bounce back with a first-round playoff win over Cleveland before running into Maryville and finishing 9-3 overall and 4-2 in Region 1-6A.

"I think every year a team has a different personality," said Courtney. "Probably the biggest difference for us this season is we're going to rely more on the running game.

"And I feel like we've got some depth at linebacker, so maybe we'll do a little bit more defensively than we did last year."

Courtney said the team's strength is its skill position players. Its biggest concern is depth in the interior of the defensive line. He has plenty of guys to make things happen, with 80 on the varsity and 43 freshmen.

First cousins Isaiah Gibbs and Jaden Gibbs are back for their senior years. Key graduation losses include tight end Jacob Warren and wide receiver Braden Collins.

Isaiah Gibbs (5-10, 188) had 1,536 all-purpose yards last season as a running back, receiver, kick returner and punter returner. The UT-Martin commitment, who also will start at cornerback, rushed for 12 of his 14 touchdowns and averaged 5.9 yards per carry.

His sidekick in the backfield is Kyle Carter (5-10, 190).

Jaden Gibbs is a 6-3, 185-pound wide receiver and defensive back.

"Jaden has a lot offers," said Courtney. "He is trying to make up his mind where he wants to go. We have seven or eight guys who have already been offered a scholarship."

That list also includes Carter (Davidson) and WR/OLB Tanner Corum (Southern Illinois).

Gavin Wilkinson and Jake Evans are competing for the starting job at quarterback, said Courtney. Matt White is challenging Corum at flanker. Wideout Jon Buell will start on the opposite side of Jaden Gibbs.

The offensive line is pretty set with tight end Alec Keathley, tackles Preston Webb and Logan Stockham, guards Jake Rima (6-4, 305), Riley Overall and Ethan Gossage (6-5, 300) and center Cooper Mashburn.

Farragut's 3-4 defense has Keenan TerHark and A'koieya Johnson battling at nose guard. Caleb Kuhn will



CARLOS REVEIZ / ASHLEY WATHEN - CRFOTO.COM

Eddie Courtney will be going into his 42nd season on Farragut's football coaching staff this season. He has seen about everything in his long and distinguished tenure. And his passion to coach is still strong.

start at one end post, while Billy Seal and Joseph Maw are competing on the other side.

Sophomore Eli Purcell (6-1, 210) will start at inside linebacker and Keathley at strong side LB. Jake Parsons and Joey Dietz are battling for No. 1 at middle linebacker. Neyland Harmon and Corum are competing at OLB.

The secondary will include cornerback Nathan Chandler and safeties Judah White and Hunter Shopovick.

Sophomore Daniel Bethel is expected to handle the punting and kicking duties.

The Admirals were scheduled to have their first scrimmage Friday at Ooltewah. They have upcoming scrimmages slated against Cookeville and Greeneville.

Farragut will host Bradley Central in its season opener Aug. 17.

HVA relying on experience

Cont. from page 1

year, but still, we knocked off Farragut and Farragut was an eight win team (8-2 in regular season, 9-3 overall). Having two games, no matter where on the schedule, you are excited. I'm sure both of those schools feel the same way as well." The 2018 season marks a milestone for head coach Wes Jones, the only head coach the Hawks have ever known. This will be his eleventh season in charge and the tenth in which the Hawks have fielded a varsity team.

"It's been a while," Jones said. "It's interesting to have been a part of it all." "It doesn't matter what kind of season you are having, the kids will be ready to play. We weren't haven't great season last

year, but still, we knocked off Farragut and Farragut was an eight win team (8-2 in regular season, 9-3 overall). Having two games, no matter where on the schedule, you are excited. I'm sure both of those schools feel the same way as well."

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Webb makes late addition to football schedule against traditional power

By Ken Lay

For years, Webb School of Knoxville has played a nine-game football schedule. The Spartans traditionally play one less game than most TSSAA-sanctioned schools.

But the Spartans will play a 10th game in 2018.

Webb has been a Division II powerhouse for years and this season the Spartans, who traditionally play one of the area's toughest schedules, made things a little tougher when longtime coach David Meske agreed to play Evangelical Christian School, a powerhouse team from Cordova.

The two schools, which played for a Division II-A State Championship in 2012, will collide on Friday, Aug. 17 at Vanderbilt Stadium in Nashville. Kickoff is slated for 8 p.m. (EDT) in a Southeastern Conference Stadium.

The Spartans claimed one of their eight state titles when they knocked off the Eagles 47-14 six years ago in Cookeville.

The Eagles, who have for state titles in their illustrious history, beat the Spartans 26-0 in the 2006 title tilt. Webb edged ECS 17-14 in the 2005 championship game.

"We'll have a tough schedule early because we have to play Ensworth and McCallie and both of them will be better than ECS, said Meske, who has been Webb's head coach for more than three decades. "Normally, I'm fine playing nine games. The reason why I

agreed to play this game is because it was going to be at Vanderbilt Stadium.

"I wanted our kids to get the chance to play at an SEC stadium. Our kids are excited about it and our community is excited about it. They have a good program and we've played them for state championships. I thought this would be exciting for our kids."

The Spartans will now play in two SEC venues in the Volunteer State. Webb will play in the Knoxville Orthopaedic Clinic Kick-Off Classic at Neyland Stadium on Friday, Aug. 10. There, they'll play one quarter against West High.

The University of Tennessee hosted the event for years until former coach Butch Jones forced the event to move to Central, West and Hardin Valley Academy. Central was a constant Thursday night host before the two-day event moved to West Knoxville on Friday nights.

Now that the jamboree, which raises funds to help with insurance costs for area high school athletes, will be played in one night as it was in the past at Tennessee.

Meske noted that he was happy that the jamboree will make a return to Rocky Top in 2018.

"Luckily, we're back at Neyland Stadium for the Jamboree, which will be exciting for our kids," said Meske, who guided the Spartans to a 7-4 record last season. "This will give our kids another chance to play in another major stadium."

Roach to take the reins for HVA baseball

By Ken Lay

Tyler Roach is no stranger to area high school baseball or the landscape of District 4-AAA.

He's now a head coach in the one of the state's most competitive leagues.

He was tapped to be the next head coach at Hardin Valley Academy.

Roach, a Karns High School graduate, received All-KIL honors as a senior for the Beavers in 2010. While at Karns, the infielder played for John Rice, who is now the head coach at Bearden. The two were later reunited when Roach became an assistant coach for the Bulldogs.

Roach, who played collegiately at Chattanooga State Community College and East Tennessee State University, has spent the last three years as Rice's assistant at Bearden and the two have been close since the new Hardin Valley coach was playing

high school.

"Coach Rice always stayed in touch with me when I went to [Chattanooga] State and later, at ETSU," said Roach, who now teaches physical education at New Hopewell Elementary School in South Knoxville. "He was always calling me to see if everything was all right."

"That shows you the kind of person that he is and what kind of character he has. He's a very important person in my life. I've spent a lot of my baseball life with him."

Roach holds his mentor in such high regard, that he spoke with Rice before taking the job, at Hardin Valley, which has had a healthy rivalry with the Bulldogs since the two schools became district rivals several years ago.

"I talked to him before I accepted the job and he was willing to help me. It wasn't 'Oh no, I have

to find a new assistant coach. It was 'this is what you need to do' and this is the person that you need to see about this' and this is the person you need to see about that," Roach said. "He even came to the field at Hardin Valley and helped me. He told me some things that I needed to do."

"Again, that shows you the type of character that he has."

The two men are friends but that doesn't mean that Roach doesn't want to beat his former coach and boss.

"He's my friend and I've spent much of my baseball with him," Roach said of Rice. "But I can't wait to beat him."

Roach also noted that coaching the Hawks would be the perfect opportunity for him.

"Hardin Valley is a great community and you have the support of that

community," he said. "You also have the support of a great administration [in principal Sallee Reynolds and athletic director George Ashe]. They are both people of tremendous character."

"I just got out of a two-hour meeting with them. They took the time to meet with me at the busiest time of the year for them."

The Hawks have been a competitive force since their inception more than a decade ago and they won the 2015 Class AAA State Championship.

Roach has been there less than a week and he already has lofty expectations.

"I met with my kids and all of them are super great kids," he said. "We have potential to be one of the top baseball programs in the state and in the country."

TSWA honors area tennis stars

By Ken Lay

Webb School of Knoxville's boys and girls tennis teams are regular participants in the Spring Fling and the Division II-A State Championships in Murfreesboro.

And more often than not, the Spartans and Lady Spartans return to Knoxville with multiple team and individual medals.

The 2018 season was no exception. The Lady Spartans won their ninth consecutive Division II-A State Championship while Webb's boys captured their seventh team championship in nine years.

Both Webb teams were highly-represented on the Tennessee Sports Writers Association's all-state team.

Lauren Yoon, who closed out her high school career as a singles champion made the squad, along with her teammate Caroline Ross.

Those selections were based on results at the 2018 State Championships. Christian Academy of Knoxville's Allison Ivey was also named to the team.

Yoon and Lili Roth also received all-state honors in Division II-A girls doubles. They finished as runners-up in the doubles tournament as they fell to Webb's other doubles tandem of Carina Dagotto and Anna Wisniewski in the Midstate. Yoon was also named a high school all-American recently.

Harrison Williams (Webb) was a state runner-up in singles, earning a spot on the team Reed Bristow of the Warriors was also named to the squad. The Spartans' doubles tandem of Ohm Sharma and Ben Pearce earned all-state honors after finishing runner-up in the boys doubles tourney.

In Division I Large School Girls Singles, Bearden High School's Julia Adams, who recently graduated, departed as one of the school's most decorated players for the Lady Bulldogs. She was named to the all-state team after winning a State Title.

Bearden's boys doubles team of James Eaves and Grayson Marlow were named all-state after winning the Division I Large School Doubles Title.

In Division I Small School Division: L&N STEM Academy's Evan Carr made the all-state boys team and Maddie Maben was named to the girls squad.

Abbey Lee and Armani Hall were selected in doubles for the Lady Gryphons.

Running backs will be key to Webb's success in 2018

Cont. from page 1

is going to run through our three running backs, Elijah Howard, Roderick Lewis and Jahliil Jefferson," Meske said. "Our strength will lie in our skill positions."

"Elijah is a junior. Roderick and Jahliil are both seniors and they're all [NCAA] Division I backs and they've all gotten Division I [scholarship] offers."

Lewis and Jefferson will both double as defensive backs in Webb's secondary, which will be a strength on defensive side of the ball. The kicking game will also loom large for the Spartans as all-state performer Cameron Fowler will handle the punting and placekicking chores during his senior season.

Lewis (who will also play cornerback) has high hopes for himself and the Spartans, who saw their 2017 campaign end with a 42-7 loss to Christ Presbyterian Academy in the second round of the Division II-AA Playoffs.

"I want to rush for 1,000 yards and we want to get back and play CPA," Lewis said.

Meske said that depth development is an area of concern for Webb, which went 7-4 last season.

"Our biggest thing is

developing depth and experience on our offensive line and on our front seven on defense," Meske said.

The Spartans must survive some early-season tests and avoid injury.

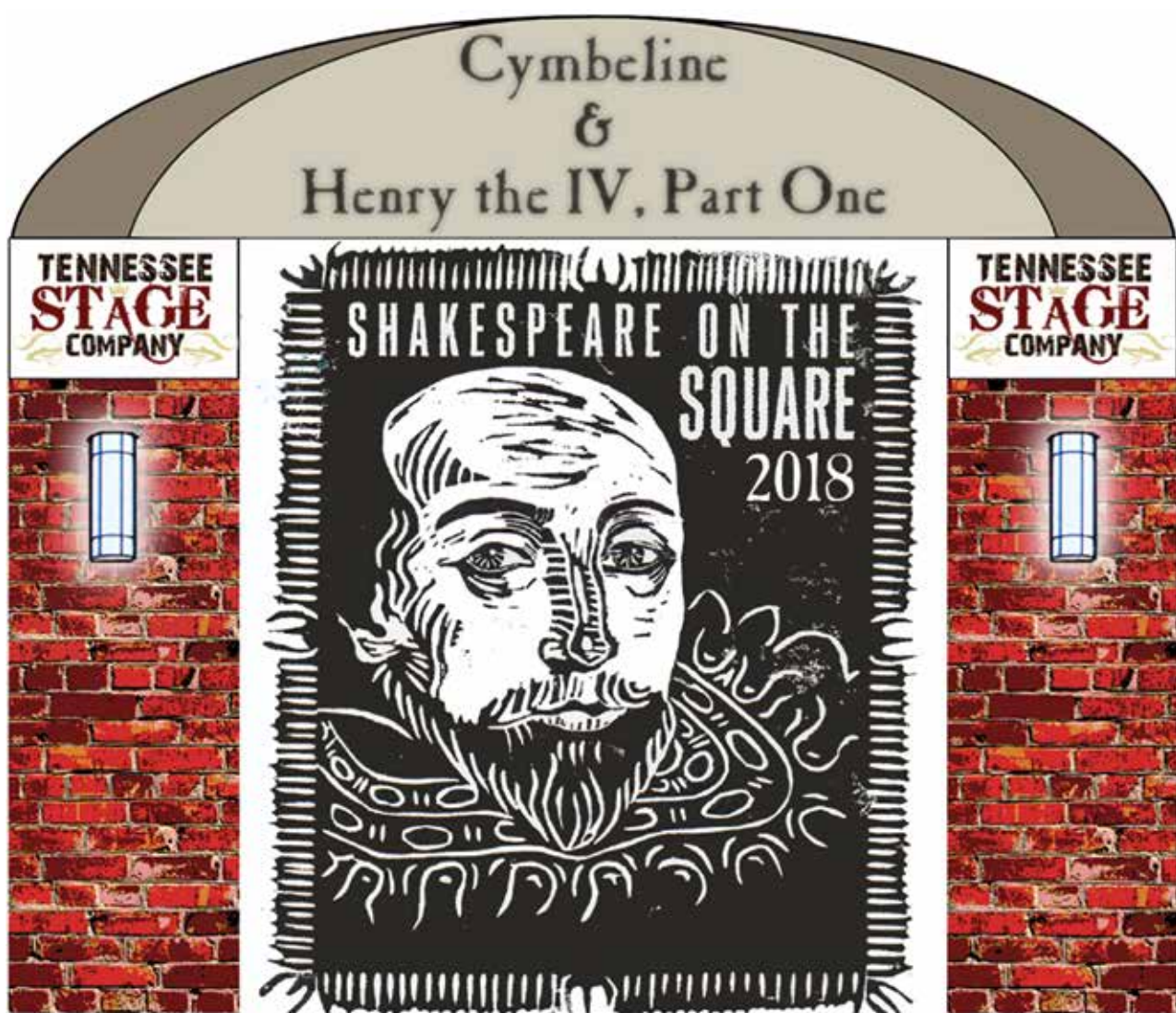
The recently added game against Evangelical Christian School will be played at Vanderbilt. That game will be the season opener for the two tradition-rich Division II programs on Friday, Aug. 17.

The Spartans and Eagles have combined to win 12 state championships. Webb has eight while ECS has won four. The two teams have played for the state title three times. Webb won in 2005 and 2012. ECS prevailed in 2006.

The Spartans also have games against Asheville, N.C., Chattanooga McCallie and Ensworth.

Webb's region schedule is also stacked with the likes of Chattanooga Christian, Grace Christian Academy and Christian Academy of Knoxville, Notre Dame, Boyd Buchanan and Silverdale Academy.

"We'll have to get through a tough stretch early," Meske said. "We added ECS and then we have Ensworth and McCallie. They'll both be better than ECS."



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The Doctor is in
 a weekly column by
Dr. Jim Ferguson

Continent or Not

Old shoes, old dogs and an older, but lovely, wife are blessings. I'm glad I don't need to make a fashion statement and can focus on function more than form in the shoes that I wear. I do appreciate the discomfort that women sometimes endure in their quest of the perfectly stylish shoe, but as a man I'm glad it's something I'm not challenged to do.

Recently, I was forced to buy new footwear when the sole of my ancient golf shoes separated on the back nine. I taped the sole back to the shoe and finished the round, claiming equipment failure as the cause of my otherwise poor play.

We have two old dogs. One came to us as a runt of the litter rescue and used to follow his instincts of treeing squirrels, chasing those arboreal rats from my bird feeder. I've written about Uncle Jack in past stories.

I believe Jack has become a bit forgetful as he's aged. He seems to have forgotten that he was bred as a squirrel hunting dog. But then his ancestry is also a bit confused because his brother is also his father. I've learned some breeders use males from the previous litters to sire future litters with the same female mother. Close breeding can produce genius, but more often idiocy. As a result humans have a prohibition against marrying close relatives. Perhaps violating the laws of consanguinity has fostered Jack's early forgetfulness.

We inherited the second old dog from my daughter when her family got a hunting dog. The growing and energetic puppy often knocked little children and old dogs over, so Carlos was retired to our older folks home to live out his final days. Unfortunately, he's lost his hearing and

eyesight, and has developed increasing urinary incontinence.

In my geriatric fellowship training, I learned that one of the most common reasons for nursing home placement is incontinence. I remember receiving a frantic phone call from a patient in her 70s who pleaded, "You've got to help me, Doc. Mother is killing me." You see, Mama was in her 90s, demented and incontinent.

My daughter in Portland is now potty training my granddaughter. We've gone through this rite of passage with our Knoxville grandchildren who are now, for the most part, fully continent. We used cloth diapers when our kids were coming up, and I've found disposable diapers a godsend, though it's better not to need either. Astronauts use Depend diapers when they do spacewalks, and some older folks need a bit of help when bladder control becomes a bit iffy. I doubt that we will resort to doggie diapers. I did find it ridiculous that some Democrat Senators are being mailed Depend diapers to aide their filibuster of Trump's appointment, Brett Kavanaugh, to the Supreme Court.

Men and women are different. The bladder outlet (urethra) is shorter in a woman than in a man, and, along with sagging

as a result of childbirth, so-called stress incontinence is not uncommon in women, especially in association with laughter or coughing. Anatomically, a man's urethra traverses the prostate which typically enlarges as men age. As a result the flow of urine is often retarded, so urinary incontinence is less of a problem. You might rhapsodize that aging men and women are like ships passing in the night, where men can't pee and women can't stop.

Another type of urinary incontinence is urge incontinence. This results from bladder muscle instability as muscle coordination is lost. We have all had the "urge" to go, but control may be increasingly difficult in this condition. Caffeine is a bladder irritant and will promote the urge to urinate, and may transform the old "house key in the door lock" image a reality. And to complicate matters further, there may be a combination of both stress and urge type symptoms and physiology in the same individual. Lastly, obstruction to bladder emptying from an enlarged prostate may produce what is called overflow incontinence. In this scenario, the increasingly distended bladder compromises muscle control with dribbling, analogous to water flowing through sluice gates of a

dam. Interestingly, severe constipation can produce similar dysfunction and incontinence.

Sometimes, I believe the President would better serve the country if his verbiage was more circumspect and continent. However, in a street brawl diction is often less than genteel. I am not excusing Trump for what I consider his indiscretions. But, it is clear that we are in a war of ideology with Trump against the media, RINOs, the intelligence community leadership, Hollywood, academia, the ruling class in Washington, Putin, China and progressive-socialist-leftists everywhere. I don't include Democrats because they are an entity of historical interest only. The last Democrat, Zell Miller, died earlier this year. The moniker Democrat is now a façade.

A TV commentator recently branded Trump as "the Disruptor in Chief." I suspect she is right. Trump is opposed to the world government movement, disproportional tariffs and Washington's status quo which has not served America well.

Twenty years ago I read a book called Generations, the History of America's Future. I was intrigued by the title. The authors looked at the history of America in terms of generational cohorts with

repeating characteristics. As a baby boomer, I came of age in the turbulent 60s during the so-called "counter culture movement." Two generations prior to Boomers, the Greatest Generation rescued our country and the world from the throes of the depression and World War II. Conflict resulted from an internal ideological upheaval in the 60s and an external threat in the 40s. The futuristic prediction of the book was that America would enter a time of crisis from an external force comparable to World War II beginning in 2014.

I thought that the external force might be militant Islam represented by ISIS and the Iranian mullahs. However, Trump took the fetters off our military which then destroyed ISIS. Trump is now challenging Iran, North Korea, China, Putin and even the EU's trade policies.

America's energetic gladiator is a champion to those who elected him. At the same time our gladiator is despised by those he's defeated. However, for our un-Civil War to end there must be an accepted winner and loser, for only then can mercy be extended to the vanquished.

You may email Dr. Ferguson at fergusonj@knoxfocus.com

Welcoming the Stranger: Law, Faith and Advocacy

St. Paul UMC Fountain City, 4014 Garden Drive, is hosting a series of talks on the issues churches are facing on immigration. "Welcoming the Stranger: Law, Faith and Advocacy," will be held on three consecutive Tuesdays, August 14, 21 and 28 at 7:00 p.m. in the Fellowship Hall.

Guest speakers Kate Tucker (Law), August 14th, Jim Bailes (Faith), August 21st and Pat Bellingrath (Advocacy), August 28th, will explore the dilemma of refugees, immigrants and displaced people, and the church's response to this very

human condition.

Kate E. Tucker focuses her legal practice on Immigration Law. Having been through the U.S. immigration process herself as a British National, Ms. Tucker fully understands the far-reaching effects of immigration status on an individual's life.

Jim Bailes, a retired United Methodist minister, has long been active on issues of poverty, immigration and worker justice. From his experience at Emerald Avenue UMC, Bailes notes that many immigrant congregations are made up

of young adults struggling with low wages and employer issues.

Pat Bellingrath is a social justice advocate focused on Immigration issues, Reconciling Ministries and many other social concerns. Pat is an active member of Church Street UMC and a long-time advocate for the underserved, underprivileged and under-recognized.

Light refreshments will be served.

Contact Tim Wiegstein or Reverend Timothy Best at St. Paul UMC - Fountain City 687-2952 for more information.

The Perfect Age

The writer of Ecclesiastes tell us: "Be happy, young man, while you are young..." (Ecclesiastes 11:9). For those of us who are older, don't you remember those good ole days of youth? You know, the days when you woke up in the morning and bounced out of bed feeling great, where now it takes a few minutes for your blood pressure to adjust, your vision to focus, and your joints to



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

loosen before you take your first step. You know, come to think of it, as I have aged, my memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be. What is the most common remark made by 60+ year olds when they browse an antique store? "I remember these".

Laughter is good medicine as we age.

In fact, if you don't age, you are dead. But media continues to tell us that aging is something we need to turn back and advertisers try to sell us all kinds of products to help, be it facial creams, hair coloring, cosmetic surgery, or a variety of pills like Viagra and Cialis. It seems that everyone wants to be young today. Ponce de Leon was not the only one to search for the fountain of youth. It's a multi-billion dollar industry. And since we love youth so much, in converse, we despise old age.

Yet getting older has not always been a bad sign. Moses wasn't ready to be used by God until he was eighty. Abraham wasn't ready to be a dad until he was one hundred years of age. God loved to use elderly people to do amazing things. Respect for the elderly has been something God has always desired: "Rise in the presence of the aged, show respect for the elderly and revere your God. I am the Lord" (Leviticus 19:32). "Gray hair

Continue on page 4



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