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Rep. Dunn accepts the Champion of Choice Award

Last week school choice advocate Ketch Secor of Old Crow Medicine Show presented the Tennessee Federation for Children's Champion of Choice award to Representative Bill Dunn (R-Knoxville).

Accepting the award, Representative Bill Dunn said, "I really do appreciate this award, and I hope that one day we can add to it with congratulations for finally getting the ball across the goal line."

"We need legislators like Bill Dunn who share this passion," said Ketch Secor. "I want to thank Legislator Bill Dunn for his commitment to educating

the next generation and working to make sure schools like the Episcopal School of Nashville are able to fulfill its mission."

"We want to be the best. Another tool in that toolbox is going to be educational savings accounts," added Speaker Glen Casada. "I think now is the time to pass those. Let's put that tool in the hands of families so they in turn can provide what is best for their children. If they live in Dresden or Franklin or Mountain City or Memphis. We do not want to lose another year of our children being the best they can be."



Pictured right to left, Tennessee State Director of the American Federation for Children Shaka Mitchell, Rep. Bill Dunn and Ketch Secor of Old Crow Medicine Show. Photo courtesy of National School Choice Week.

Senior Spotlight

Walter Maples reflects on 90 years



PHOTO BY ROSE KING.

Walt Maples shares a laugh with Mike Steely during a visit to The Focus offices last week. Learn about Walt and other seniors in this special Silver Edition of The Knoxville Focus.

By Mike Steely
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Walter Maples turned 90 years old this month. If you ask him what ninety years gets you, Walter will tell you.

"I've had an abundant life, the blessing of God not with money but with things we had a need of," he said as he talked with The Focus' Mike Steely recently.

Walter and his wife, Margie, were married for 70 years and had three children. "It was a very genuine love," he said of Margie, who passed away last summer. Their children James Anderson Maples, Francis Drucella Maples and Amy Louise Maples were all born between 1951 and 1960.

"She was a Christian woman and we had a life together dedicated to the Lord. I felt the Lord blessing on us and he supplied the needs we had. I hope our lives gave an example that God is the head of the

household," he said

Although Walter and Margie attended school together it wasn't until Walter was pitching softball in the Class A league at Old Knoxville High School when he met her. He explains her father operated the concession stand at Winona Avenue ballfields where she worked. Walt said he was known then by other players as "Side Arm Maples" in the league.

The couple dated and after high school Walt went to work for Graybar Electric as a salesman. On April 17, 1948 they were married and he worked for the company for many years.

In 1957 Walter was transferred to Bristol where he and Margie lived for four years. Asked about his favorite time in his professional years he cited these years in Bristol where he sold Zenith and Gibson appliances to stores.

"I was the manager and loved dealing with people," he said.

The Maples family returned to Knoxville and were very active in church.

"She was a Presbyterian and I was a Baptist. She asked me to start going to her church and I did. We became members of Wallace Baptist Church. She played a wonderful piano and we were always involved in church choirs, in Gospel Music. I was a Music Director in two churches," he said

Maples explained that about 17 years ago he and his wife started a senior ministry and choir called the "TOTS" which was short for The Old Time Singers. The group lasted for many years and only stopped performing two years ago. They would visit nursing homes and churches.

"I remember going to Holston Nursing

Continued on page 2

City may extend ban of electric scooters

By Mike Steely
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The Knoxville City Council is being asked by the City Law Department to extend a moratorium on electric scooter rentals downtown until a pilot program has been developed. The first moratorium was passed in September and the law department wants another 90-day prohibition to study the issue and draft an ordinance that might permit the scooters.

The initial prohibition expires and the new 90 day moratorium would begin February 9 and extend until August 8.

In other business Mayor Madeline Rogero is asking the council to approve the appointments of Kim Bumpass, Gwen McKenzie, Carline Covington and Jeannie Bennet to the public arts committee and to reappoint Susana Esrequis, John Powers and Tani-sha Baker to that committee.

The mayor is also asking that Avis Reid be reappointed to the community television committee and adding Jim Idol to that group.

On second and final reading the council may give \$5,000 to the Dr. King Commemorative Commission from the Community Relations Budget.

Three rezoning requests are before the council for property on East Scott Avenue, Pleasant Ridge Road and East Woodland Avenue.

An appeal by John Shirley of a Board of Zoning Appeals denial of plans for the Chief Building at 6721 Kingston Pike is before the council.

The council meets tomorrow at 6 p.m. in the City-County Building downtown.

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How Does a Conservatorship Work?

A legal term that you may have heard before is the term, "conservator," or "conservatorship." What do these terms actually mean?



By Jediah McKeenan
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So the term conservator, guardian, and power of attorney are terms that usually run in the same circles in that they get confused and used incorrectly frequently.

A guardian typically applies to having care, custody and responsibility for a minor child.

When you are a power of attorney for someone, that means that you can make significant decisions for someone, but they can still make those decisions themselves. So, if your spouse is out of the country and you have a power of attorney for them, you can sign a tax return, or sell a piece of property for them if they have executed a power of attorney. They can still do these things themselves, but they have given you the ability to do them as well.

A conservatorship takes the power of attorney one step further in that not only can someone else do things for you, the court is saying that you can no longer do those things yourself. A conservator requires a court order and will take away a person's ability to make a number of decisions for themselves, perhaps permanently.

A conservatorship is also not always voluntarily. Someone may have dementia and have lost the ability to make sound decisions for themselves, but they do not realize that that is the case. Their adult children may request that the court appoint a conservator so that their parent does not

do anything inappropriate like give their house away to someone that they barely know.

When the courts consider appointing a conservator Tennessee law states the order of people to consider in Tennessee Code Annotated (TCA) section 34-3-103. The courts are to first consider the person designated in writing by the alleged person with the disability (if they have done so), the spouse, any children, the closest relative, the state public guardian, and then any other person.

They are to be considered in that order and the court is to appoint the first person on the list which they find fit to be a conservator.

If the court determines that a conservator is needed from someone, they are to go through a specific list of items and determine whether or not the individual is going to have that certain function or decision-making ability taken away from them.

They are: the right to make medical decisions; the right to make end of life decisions; the right to decide residential placement; the right to make confidential information disclosure decisions; the right to apply for benefits; the right to sell personal and real property; the right to have a driver's license, the right to make purchases; the right to enter a contract; the right to execute legally significant documents; the right to pay bills; the right to prosecute and defend lawsuits; the right to execute documents; the right to communicate and interact with people in person, over the phone, or via email.

Walter Maples

Cont. from page 1

Home. The place was full of people in wheel chairs and we were asked to sing 'Amazing Grace.' When we got to the last verse a lady in a wheel chair starting singing all over again and I've never heard it in ranges like that in my life, she was wonderful."

After retirement Walter said he saw an advertisement in The Knoxville Focus for a delivery driver and applied. For four years Walt and Margie picked up papers at the Focus office every Monday morning and delivered to the West Knox and Lenoir City area. The route began with four stops in West Knoxville and a list of prospective delivery

points. Walt would drive and deliver The Focus; Margie would navigate and keep track of the paperwork. By the end of their time running the route, the Maples Team built the route to 74 stops.

"I gave it up because of Margie's health but I'm ready to go to work again," he said, adding that he's waiting for an opening to once again carry The Knoxville Focus.

"I enjoy part-time employment, helping people," he said.

Asked how he would like to be remembered Maples said "As a man who's life showed people the presence of the Lord working in my life."

Gospel Winter Fest coming to Knoxville

New Destiny Productions is presenting the highest awarded and well known high energy Southern Gospel group for a mid-winter appearance. On the first Saturday of February 2019 (February 2), the award-winning Triumphant Quartet will make their annual return to Wallace Memorial Baptist Church, Knoxville for the 7th annual Gospel Winter Fest.

Just recently, Triumphant Quartet garnered five of the Top Singing News Fan Awards for 2018 - the Favorite Traditional Quartet, Best Bass singer, Album of the Year - Thankful, Song of the Year - Chain Breaker and Favorite Artist. This will be their only Knoxville appearance in 2019.

Russ Woolard, president of New Destiny Productions, says that every year the Quartet and its individual members have been nominated for awards. With all of the accolades and success, the men of the Triumphant



Triumphant Quartet

Quartet keep their work in perspective. They are truly humbled and grateful for the support their fans have shown for their music and ministry. They reaffirm that their main focus is to keep God first in everything they do. The Triumphant Quartet's powerful combination of talent, commitment, and unwavering faith

insures that the years to come will bring even more success in God's name.

Tickets range from \$15 to \$25 with group rates available. More information on times and ticketing can be found at New Destiny Productions' website www.newdestinyproductions.com.

Legal fees, growth plan, Northshore proposal at commission

By Mike Steely
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In preparation for today's regular Knox County Commission meeting the members focused on three proposals during their work session last week: pension board lawsuit fees, the Urban Growth Plan, and Larsen Jay's proposal for Northshore safety.

Whether the attorney fees, estimated at almost \$160,000, will come from the general budget or a law department budget that permits outside attorneys, may be a matter of debate. Finance Director Chris Caldwell told the commissioners he is looking for guidance but added the county has yet to receive a bill for court costs.

"I wanted to bring this for information purposes and get direction on where to charge it," Caldwell said.

While the commission passed along the resolution without recommendations, on a motion by Commissioners Carson Dailey and Evelyn Gill, there was some discussion on the matter.

Commissioner Brad Anders questioned part of the attorney fees, requested by the firm hired by the commissioners to settle the suit, for only a "couple weeks' work." The \$48,295 sought by Arnett, Draper and Hagood, LLP, may see a detailed invoice presented to the commission as promised by Caldwell.

Anders mentioned an outside legal fee budget within the law department and Caldwell said, "If you want to direct me to charge it there we could increase that amount to that account."

"I don't want to see Bud's office hamstrung," Chairman Hugh Nystrom said, speaking of Law Director Richard "Bud" Armstrong. Nystrom mentioned two pending lawsuits the law

department will be defending, possibly with outside attorneys needing to be hired.

"It's just a transfer and would not affect the law department's outside counsel funds," Caldwell said.

Commissioner Randy Smith asked Caldwell to look at the charter of the law department and report back.

Armstrong said that before the pension suit his department didn't generally hire outside attorneys to relieve the department's workload. Smith asked if Armstrong may need to come back to the commission to ask for extra funding about the two pending cases.

"It depends on what happens here tonight," Armstrong replied.

No decision was made concerning payment and Caldwell promised to report back on court costs and an itemized invoice from the outside attorney firm.

A related resolution regarding the possible reimbursement of a separate \$17,562 to the deputies who hired their own attorneys was also passed on for today's meeting without a recommendation. Both items will probably see a lot of discussion.

The 20-year-old Urban Growth Plan was the subject of a long discussion. Chairman Nystrom introduced a motion to ask the state legislature to either eliminate that plan or exempt Knox County from it. Basically the original plan was aimed at eliminating forced annexation and required each county to establish a plan for the future. The current Urban Growth Plan was created by the county, City of Knoxville and Town of Farragut created and enforces the plan.

Some commissioners obviously feel the Growth

Plan often inhibits development in the county and the plan has never been updated. Nystrom said that since then the state has dropped forced annexation he and other commissioners want out of the requirements.

Commissioner Gill said the plan needs to be updated. Planning Director Gerald Green said the planning commission will address the issue at today's meeting and said that an outside consultant may be needed if the county plans to create a separate growth plan outside the state requirements.

Commissioner Smith said the county has been "held back" by the plan. He said he is not opposed to overall planning just the Urban Growth Plan.

"We have sector plans," Commissioner Larsen Jay said, adding, "Are we waiting for the state to pat us on the head? Are we asking the state to remove ourselves from that plan?"

Law Director Armstrong pointed out that unless Knox County is released from the state required plan the county will be required to continue working with Knoxville and Farragut.

Commissioner Anders said that the county has a general use plan and said the planning commission "wants to muddy the waters." He said the county can't begin its own new growth plan without eliminating the current plan.

"They should have been here," Anders said of the planning commission members.

Kim Frazier of the Hardin Valley Planning Advocates said the current growth plan needs to be renewed and revised. She said the state has removed penalties for violating the current plan and it is currently used as "recommendations"

not law. She also said that since the 1970s the county has not revised zoning regulations.

Anders restated that the growth plan is "working against us." He suggested redoing the county's general plan. Frazier replied that a new local plan could remove restrictions on developers.

Smith said that the county cannot move on a new growth plan because it conflicts with the Urban Growth Plan. "We haven't been able to utilize land to its fullest," he said.

Nystrom said, "We need plans and are not trying to get rid of planning." He said the language of the resolution appears to do that and said new language will make that "crystal clear."

Commissioner John Schoonmaker moved to pass, without recommendation, the resolution to the meeting today.

Commissioner Jay then took the public podium to ask his fellow commissioners to buy into a plan to provide more safety and connectivity along Northshore in the area of The Cove at Concord Park. He said he spoke with several county agencies about creating a walkway or greenway connecting Choto Circle to the Cove and from the bridge to Concord Circle.

His request was rebutted by several other commissioners.

"Things are needed in other parts of the county," Commissioner Dailey said in response to a possible \$ 1.37 million construction cost for Jay's project.

Commissioner Charles Busler asked Jay to consider talking with Legacy Parks as a quicker way to get funds for the project. Other commission members also mentioned projects they need in their districts.

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Publisher's Position

Decoding Knoxville's Recoding



By Steve Hunley, Publisher
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The City of Knoxville, citing the need to update and complete a comprehensive zoning plan that hasn't changed in fifty years, is embarking upon making some significant changes that will

affect the futures of tens of thousands of Knoxville- lians. Perhaps the biggest question is what's the rush in attempting to pass the changes, which have already zipped through the Knoxville-Knox County Planning Commission. Likely the biggest reason and rush to push recoding through is it remains the only means for the city to grow. In the past, the City of Knoxville merely reached out and gobbled up businesses and subdivisions through annexation. City officials acknowledge the need to create greater "density" inside Knoxville. Greater density inside the city will, of course, affect the tax rate, even

for those living outside the city limits. Greater density will mean some schools inside the city will begin to bulge with overpopulation and require new buildings, as well as affecting roads and other governmental services. The city's need for increased revenue is driving recoding. Obviously, the City of Knoxville derives more revenue from apartment complexes and condominium complexes than a subdivision of homes sitting on a half-acre each. The City of Knoxville is having an election this year, with Mayor Madeline Rogero term limited and three at-large seats on the City Council up

for grabs. Of course, city elections have become something of an embarrassment lately with fewer and fewer people participating. Doubtless most Knoxville- lians would be shocked to discover at least one member of the Knoxville City Council is a self-described "Democratic socialist." Another one is off and running for the Council this year and a smattering of his platform should chill the blood of rational voters who work for a living. Basically, it boils down to a host of free stuff for folks, all paid for by people who work for a living. All topped off by the notion that "the community" should control the use of land "around them

for the collective good." Recoding might very well accomplish that very thing, to the disadvantage of homeowners' associations and to the benefit of developers. At least one mayoral hopeful, Marshall Stair, will be voting on recoding, unless he resorts to recusing himself. Recoding in the City of Knoxville will change a host of things and there is plenty of reason it still needs considerable work before being ready for a vote by the legislative body. Recoding is rife with serious flaws and Councilman George Wallace is entirely right when he says, "It's a huge deal. It affects

every single property in the City of Knoxville and its land use." Now think about that for a moment --- every single property in the City of Knoxville, all 73,000 parcels. Folks can build a guest house on their property, or perhaps several, depending upon the size of the lot, or add a garage, things they cannot do currently under the zoning laws. One thing is for certain, if you live in the City of Knoxville, you darn well better start paying attention. If recoding is adopted, Knoxville, for better or worse, will never be the same again.

Nashville Watch

Publisher's Note: The Focus begins a new column, which will appear regularly in the pages of our paper to discuss what is happening in the state capitol.

By Focus Staff

The 111th session of the Tennessee General Assembly has opened in Nashville. The first order of business was electing Glen Casada of Franklin to Speaker of the House. State Senator Randy McNally was reelected Lieutenant Governor. Bill Dunn of Knoxville has been chosen Speaker Pro Tempore of the House and committee assignments have been doled out, with Knoxville's Martin Daniel being named to head the Government Operations Committee.

There are a lot of new faces in Nashville, not the least of which is governor Bill Lee. In the General Assembly there are thirty-two new members, twenty-eight in the House and two special elections are already on the calendar.

State Senator Mark Norris of Collierville has been confirmed as a federal judge and the nominees to replace him will be decided in a special primary election to be held later this month.

Some of the most experienced and powerful members of the legislature have retired or left due to having run for other offices. Beth Harwell, former Speaker of the House, made an unsuccessful bid for governor in the Republican primary.

Craig Fitzhugh, the Democratic leader in the House, likewise lost the Democratic primary for governor to former Nashville mayor Karl Dean.

Charles Sargent, the longtime chairman of the House Finance Committee, retired due to ill health and died of cancer shortly after the election.

Democrats in the House, a distinct minority, elected Memphis representative Karen Camper, the first African-American woman to serve as their floor leader.

Knoxville State Representative Rick Staples has been busy, prefiling several bills of interest to the people of Knox County. News media has focused its

attention on the sports betting bill sponsored by Staples, which he describes as legislation to capture revenue.

Perhaps of more interest to local citizens are House Bill 1, 3 and 4; House Bill 1 is a resolution to be passed by the Tennessee General Assembly to recognize teen suicide has reached become a crisis in our society. If the first step to solving a problem is recognizing the problem, Staples' bill serves the purpose. Representative Staples ticks off a series of startling statistics about teen suicide and he is clearly an articulate advocate for his position.

Staples is also sponsoring House Bills 3 and 4, which redefine child support for relatives who have taken in children to raise.

"With the opioid crisis in our state and country, this is becoming more and more common," Staples says.

"All of us know somebody who has taken in a grandchild, nephew or niece because of drug addiction or the like."

Currently, the allowance for those relatives raising the children of a relative is \$100 per month, an amount that doesn't even begin to address the cost of raising a child. Under Staples' bill, the Tennessee Department of Child Services would adjust the allowance to 50% of the amount paid to foster parents.

"There are a lot of families doing the right thing and don't want to see a family member go into foster care," Staples said.

"If the child were sent to foster care, the state would be paying the full amount. It seems only right and fair to me that the State of Tennessee pay 50% of the amount it would cost to place the child in foster care."

"We should be trying to keep families together whenever possible," Staples says.

Representative Staples pointed out there are many grandmothers living on fixed incomes who are trying to raise a grandchild and struggling.

"It's just wrong," Staples insists. "We really ought to do right for those who are trying to keep their families together, as well as for the child who has a better chance living with someone who loves him or her than strangers."

State Senator Frank Nicely has once again filed his bill giving legislators the right to pick party nominees for the United States Senate. It has been over one hundred years since legislators elected U. S. senators, but evidently Nicely likes the idea of the Republican and Democratic caucuses in the legislature choosing the party nominees who would go on to run in the general election.

Nicely's bill, sponsored by State Representative Ryan Williams of Cookeville in the House, would allow a nominee to serve two terms in the Senate and would be ineligible to be renominated for a third term. That is likely a sweetener for those opposed to the idea of not having a primary election.

Freshman Representative London Lamar has sponsored a bill based on the Cyntoia Brown case, stating a juvenile cannot be charged with committing a violent crime while being the victim of a sex trafficking case.

Representative Micah Van Huss of Jonesboro is

proposing to sunset the annual professional tax of \$400 that falls on lawyers, chiropractors, accountants, physicians, dentists, lobbyists, real estate professionals, and others. Van Huss's bill would phase out the tax over a period of years.

Van Huss has another bill that would reduce the penalty for illegal gun possession.

Governor Bill Lee has yet to send his legislative

package to the General Assembly for consideration and it is expected to be a lively session this year.

The Focus will be reporting on doings in Nashville regularly.

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Senior Spotlight

Thursday Walkers at O'Connor centers on older seniors

By Mike Steely
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The John T. O'Connor Senior Center at 611 Winona Street offers many activities for older people, everything from computer classes to exercise classes, to meals and much more. The center is open to anyone 50 years or older without membership or cost. One of the popular group activities there is the Happy Hikers Hiking Club.

As the Happy Hikers Hiking Club grew, Joyce Dukes noticed that the older seniors were having difficulty in keeping up with their junior members.

"The Thursday Walkers is an offshoot of the Happy Hikers. The hikes were becoming more difficult, longer and further away," she told The Focus.

"I started Thursday Walkers about five years ago when the senior center lowered the age there to 50. Before it had been 60 years old," Dukes explained.

"They were running off those of us who were older or had various surgeries that limited our ability. I decided to form a group of walkers."



PHOTO BY MIKE STEELY.

The Thursday Walkers are seen during a rainy walk at the Knoxville Botanical Gardens. Joyce Dukes, in the center, organized the older seniors and the group plans easier hikes around our area.

"We walk mostly on greenways, state parks and the easier trails in the Smokies. Sometimes we end up with a sit down meal together in a restaurant or picnic when weather permits," she continued.

The ages range from the 60s to the 80s. Dukes describes herself as the coordinator, not the leader,

and tries to get input from as many walkers as possible as to where to go, what trail to take, and identify where they are going.

Dukes writes about the places they are planning to go for the Happy Hikers monthly newsletter and then she writes a report on each experience after the walk.

"Occasionally we are able to join with other hikers when they choose an easier route and we take part in the yearly August picnic and Christmas Party. The goal is maintaining friendships, getting exercise and enjoying nature and ourselves," she said.

A Knoxville Focus story about Brushy Mountain

Prison inspired the group to take a walk at Frozen Head State park and a tour and lunch at the nearby former federal prison in Petros.

Members of the Thursday Walkers on a recent rainy day walk at the Knoxville Botanical Gardens included Dukes, Almetor King, Kate Kendrick, Linda Bolen, Thomas Bolden, Rita

Dennis, Dorothy Bowles, Donna Tope, Mack Phillips, Bob Hill, Carl Porter, Jamie Hill, Sally Schroeder, Hilda Lipe and Beverley Hammond.

Back in the summer Dukes was approached by the staff of Trinity Hills Assisted Living who wanted to form a partnership and challenged the Thursday Walkers to walk and record their steps to see if they could walk the distance from Knoxville to Nashville. Each step in their walks around our area counted as a step toward Nashville.

"We did it and Trinity Hills gave the group a victory party last Thursday at the O'Connor Center," she said.

For information on the Happy Hikers, Thursday Walkers, or any other program at the O'Connor Center you can call 865-523-1135 or find the center's programs online at www.knoxseniors.org/oconnor/ or you can find the center on Facebook. You can also get information from Knox County and the City of Knoxville for various programs as all the senior and community centers.

Knoxville's Jake Thomas appears in S.W.A.T this week

By Mike Steely
steelym@knoxfocus.com

He's been in the spotlight from the day of his birth. You've probably seen this local son of an actress and

popular radio host on various TV shows and movies. But do you know Jake Thomas?

Thomas will appear in the S.W.A.T. television series

on Thursday, January 31 on CBS at 10 p.m. His dad, former county commissioner and long-time Knoxville radio talk show personality, Bob Thomas, is certainly proud of his son. So is his mom, Kim Simmons Thomas, an actress and former anchor at WVLT.

Jake Thomas was born on January 30, 1990 and made the evening news on the day of his birth live from the hospital. WVLT covered Jake's first days of life in depth.

He grew up making local television commercials with his parents and when he was six years old the family moved to Hollywood.

Thomas began work as a child in TV shows, commercials and movies. In 2002 he won the Young Artist Award for his appearance

in Steven Spielberg's A.I. Artificial Intelligence.

Between age 7 and 9 Jake was booked for 16 national commercials and became the agency's top biller. During the same time Jake was performing in plays at Beverly Hills theaters with his parents. He

turned to theatrical roles and is best remembered by many as Matt McGuire from the hit TV show "Lizzie McGuire."

Jake Thomas currently is in two movies: BAJA, a comedy set in Mexico and The Unwilling, a horror film. He has worked in

commercials for Hallmark, Purina, Nintendo, Honda, Nestle, Cheerios, Mag-Navox and Kodak.

He attended Farragut High School and graduated in 2018 from Cal State Northridge with a BS in Screenwriting.



Jake Thomas, son of Bob and Kim Simmons Thomas, has been in the spotlight since his birth and will appear on TV's "S.W.A.T" Thursday at 10 p.m.

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The Christman Company lands atop general contractor list

The Christman Company has been ranked the No. 1 general contractor in the Knoxville area for the second year in a row based on its local revenue of more than \$131 million.

The Book of Lists, compiled by the News Sentinel, ranks the area's companies in multiple industries, including construction, education, health care and technology. The Christman Company recorded 2017 revenue of \$131,816,000 and 75 local employees. A significant project for the company in 2017 was the \$79.7 million Ken and Blaire Mossman Building, the recently opened science laboratory facility

at the University of Tennessee. "We appreciate our team for its commitment to excellent work, and we thank our clients for entrusting us to build important landmarks in East Tennessee," said Marty Gibbs, vice president and general manager for Christman's Knoxville operations. "Being at the top of the list is an achievement we do not take for granted."

The Christman Company is on track to be atop the list again next year. The \$187 million, multiphase University of Tennessee Student Union, built by Christman, spans nearly an entire campus block at 390,000

square feet and officially opened this month.

The company currently is working on an \$11 million expansion to the State Street Garage in downtown Knoxville that will add two upper decks and 570 parking spaces. The work is expected to be completed this summer.

In addition, The Christman Company earned projects from the City of Knoxville in 2018 for an \$8.5 million renovation of the Knoxville Civic Auditorium and Coliseum. Improvements to the Coliseum, which is home to the Knoxville Ice Bears, will include a new ice floor system, painting

Continue on page 2



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Senior Spotlight



Hubert and Suzie LaRue pose before a chalkboard rescued from a former school in their neighborhood. The couple houses a collection of Halls area history unlike any other including Halls High School albums, photos, farm tools, collectables, and much more.

PHOTO BY MIKE STEELY

LaRue Collection Highlights Halls History

By Mike Steely
 steelym@knoxfocus.com

The Halls Crossroads community uses "Halls Has It" as a commercial slogan. If the North Knoxville area "has it" then Hubert and Suzie LaRue do too - a huge house full of Halls memories, memorabilia, artifacts and photos, that is.

The LaRue collection is located in a house that was once the home of the LaRue family at 8225 McNeal Mynatt Way just off Andersonville Highway.

Hubert is eager to take visitors on a tour of the home of his father. The small frame house is packed with memorabilia from the Halls area, some collected by the LaRue family and some donated by local citizens.

"This is a picture of the first principal of Halls High School," LaRue says, pointing

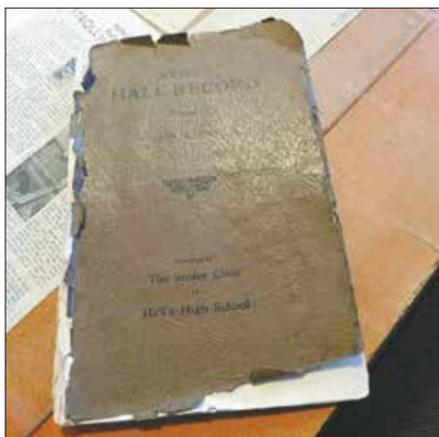
to an old photograph. The house, among other things, has a huge collection from that school including a sports jacket, band instruments and yearbooks.

"Here's the first yearbook for Halls. They didn't publish another annual until several years later," Hubert says. The collection includes many Halls High School yearbooks.

"This blackboard is from the old Sumter School that sat on a hill above here. It closed in 1943 and my father used it to teach," he told The Focus.

The LaRue family says they like school children visiting the little museum. Suzie said the children get to see things they've never seen before, like a wringer washer or how apple butter is made.

Continue on page 4



Halls High School's first yearbook can be found in the vast number of items from the community the LaRue family have collected over the years.

Local race to shed light on human trafficking and slavery worldwide

With the name of a human trafficking victim from the United States on a bracelet, used as an act of advocacy, over 400 will participate in the 6th Annual Knoxville Run 4 Their Lives 5K Run/Walk on Saturday, February 2, 2019 in Knoxville, TN (<http://www.freedom424.org/knox>). Runners, walkers and children will complete a 5k at University of Tennessee Gardens with the purpose of raising awareness and funds to bring sexually exploited women and children into freedom.

Run 4 Their Lives is a Freedom 4/24 event (www.freedom424.org), in partnership with Knoxville partners, the Community Coalition Against Human Trafficking (CCAHT) and Street Hope TN and since its inception, the race has grown every year with runners, families and people who are passionate about seeing human trafficking and sexual exploitation come to an end.

"Freedom 4/24 believes that freedom begins with a day. We believe that February 2nd can be that day where participants can join Freedom 4/24 and its Knoxville partner organizations in advocating for women and children who are victims of human

Continue on page 4

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Celebrating 18 Years!

HonorAir founder talks to veterans

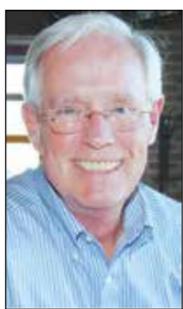


PHOTO BY MIKE STEELY

HonorAir founder Eddie Mannis chats with veterans at the Powell Breakfast for Veterans. Mannis and Chris Albrecht of Vietnam Veterans of America's Knoxville Chapter did a question and answer session earlier this month at the community center's monthly breakfast for veterans in Powell. Mannis told a large crowd that he would continue the Honor Air flights to Washington, D. C., for veterans as long as there is a waiting list and interest in the program. He told the history of the Honor Air flights for veterans, which began in 2007, and said he'd like to see a future flight just for female veterans.

Here to help

We're already well into the new year, but some folks haven't yet declared resolutions for the coming months. Sometimes these individuals work so hard that they fail to get around to setting new personal goals.



By Joe Rector
joerector@comcast.net

Other people believe themselves to be perfect and, therefore, see no reason to change. For those without direction for the coming year, I want to be of service; following are some suggestions for self-improvement work. No one needs to thank me for compiling the list because I know how appreciative he or she will be.

First, folks might choose to work on correctly using the pronouns of the English language. As I've preached before, the use of "I" after a preposition is a sure sign that a person is deficient in his understanding of the English language. Some might ask, "What is a preposition?"

Such words as "for," "between," "with," and "from" are examples of that part of speech. During the use of a prepositional phrase, I can give an easy way to decide when to use "I" or "me." In the sentence, "The other students can eat after you and I," determine if the "I" is correct by using it by itself: "The other students can eat after I." Try another one: "The gifts were for you and I." Does it sound correct to say, "The gift was for I?" If the answer is "no," replace "I" with "me." See how simple choosing and using the correct pronoun can be?

I suggest that some drivers work on their skills. Perhaps some folks who pilot cars along the Interstates will choose to drive a bit closer to the speed limit. The rest of us who share the highway will feel safer if speeders refrain from hitting 90

mph. A few drivers might work on their driving manners. That means they don't tailgate others who are driving the speed limit; it also might mean they stop zooming down the right lane and then swerving in front of a line of cars in the passing lane.

Here's another suggestion for a goal. Let's have people resolve from now on to cover their mouths when they sneeze or cough. I've seen plenty of high school students lean back and then sneeze in the classroom. They make no effort to cover the sneeze, and it rockets plenty of yucky stuff into the air. Others cough as if they are ill with distemper. These ill ones rarely cover their mouths, so any terrible things are aimed at the closest individuals. Before long, an entire office or classroom is filled with sick folks. Simple acts can prevent others from being infected.

I watched a commercial on television the other night. A dad and daughter were on a camping trip, and for breakfast, the

dad was eating a bowl of cereal. That seemed odd in itself, but what I noticed most was the way the man ate. He held his spoon and shoveled the food into his mouth. Too many people use spoons and forks in a similar way. If I'd tried to "shovel" my food during a meal when I was a child, my mother would have corrected such an action with kick in the pants or smack to the side of my head. Maybe folks could visit YouTube to learn the proper way to hold a fork, spoon, and knife.

These are just a few suggestions for folks who haven't had time to develop resolutions. They are simple ones to work on and require minimal effort. Not only will individuals feel a sense of accomplishment but others also will appreciate the change in behaviors. As I said earlier, no one needs to thank me for making these recommendations; it's the least I can do to help others with whom I share this world. I'm here to help.

tends to be busy."

The City of Knoxville will be providing support through design, permitting and project management. The Public Building Authority will manage the construction project.

"Winter is the river's lowest level, so construction is being done now before water levels begin to rise in April," Barry said.

Only the boat ramps will be closed during the project. The park will remain open with access to the playground and fishing pier.

The park is a favorite for fishing and water access to the Tennessee River. Walkers, runners and cyclists also use the park, accessing it from the James White Greenway. The park is a city facility on land leased from the State of Tennessee.

"This park has a lot of amenities with access to the greenway, and it also provides storage for the Knoxville Rowing Association," Barry said. "It is one of several access points in the city on the river, and it

A great day in Tennessee!

Weather aside, Tennessee was on track for a great day on January 19, 2019. Tennessee's National Guard Band belted out the tune to Rocky Top. The three stars always seen on the Tennessee



By Ralphine Major
ralphine3@yahoo.com

flag were positioned in their proper places so they would represent the West, Middle, and East Tennessee regions equally. The stage was set for the inauguration of our 50th Governor, Bill Lee.

I was impressed with the young man who led the crowd in the Pledge of

Allegiance. He was articulate for his young age. It was of great interest to learn that Bill Lee had been a mentor to this inner city youth for many years. What a special moment as the Governor-elect took the oath of office for the job to which Tennesseans had elected him.

The long-shot business man/farmer addressed the crowd gathered in Nashville and thousands more watching on television. His message was filled with history and hope. His words sounded

sincere and genuine. His presence was down to earth. It almost sounded more like he was having a conversation with a neighbor than making a political speech. His vision for the Volunteer State seemed heartfelt as he shared that Tennessee has been blessed with prosperity, but there are 15 counties still hurting. The new governor has planned a rural road map to help those who need it most. It will not be an easy task, and Governor Lee deserves our support as he works to make Tennessee the best it can be for the citizens. Inauguration Day, 2019. It truly was a great day in Tennessee!

Where God Wants You to Be

Life has a tendency to throw us some curveballs. Some of the curveballs we deal with are things like disappointment, broken relationships, financial struggles, issues revolving forgiveness, areas of bitterness for things

done to us in the past, jealousy, and arrogance or pride. What are we going to do with these things? Likely, there is something holding you back from what God wants you to be. Let's look at the life of Joseph over the next few weeks to see how he was able to go forward due to his trust in God and God's presence in his life.

One of the things that helped Joseph in his difficulties was to trust what God said about him, not what others said. In Genesis 37:1-4, Joseph tattles on his brothers. There is a difference between sharing information out of concern or sharing information to get someone in trouble. The dreams that God gave Joseph was not intended to feed his ego, even though this is what it did early on. What God showed Joseph was that he had a plan for his life that would be of great impact. God had special plans for him and he needed to trust what God said. What is said to us early and often carries a lot of weight in our lives as we grow older. For many of us, our dreams for the future, for better or worse, were impacted by what people said about us when we were younger. This is why we need to give our attention to what God says about us and not others. For example, if you were told as a child you were stupid by your dad or mom, you might believe this about yourself. If you were told you will never amount to anything, you might believe that is the script for your life. Notice what Jesus calls his followers: "I am the vine; you are the branches. If you remain in me and I in

you, you will bear much fruit; apart from me you can do nothing" (John 15:15). I believe Jesus would say this to us today. We are his friend. Think of the impact this would make for our future. God can use you more effectively if you are growing in relationship with others who are echoing God's purpose in your life.

Joseph was also able to leverage his influence for Kingdom impact, not personal gain. In Genesis 37:5-9, Joseph shares this dream, and his family members did not think it was a great dream at all. Joseph seems to operate out of insecurity or pride when he shares this dream with his brothers. What Joseph is going to find out is that this big dream is not about him, but about other people being helped. If you can grasp this concept for your life now, that God's big dream for you is about loving God and others, that will make all the difference. God wants you to be a blessing to others. So, God unfolded his will for Joseph slowly over time, and it gave Joseph what he needed to carry on and move forward despite significant setbacks and discouragement. In life, you may be tempted to give up. Keep the destination in mind. God was working in Joseph's life despite his circumstances. Joseph will learn and we can learn that if the destination is worth getting to, then the journey is worth taking.

Joseph needed to trust God even when the dream is way off in the distance. Joseph models this in his life. Joseph sees over time that God is faithful to him. Trust God with the process even though it is long. The Bible talks to us about persevering one day at a time: "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up" (Galatians 6:9).



By Mark Brackney,
Minister of the
Arlington Church
of Christ

Boat ramp expansion to begin at Gov. Ned McWherter Park

Knoxville's only city park with public access to the Tennessee River will soon expand its boat access, thanks to a \$237,245 grant from the Tennessee Wildlife Resources Agency.

A third boat ramp is being installed at Gov. Ned McWherter Riverside Landing Park, along with a new service pier. The lighting at the ramp will be improved. Additionally, the

parking area will include a new ADA-accessible parking space to accommodate a truck and boat trailer.

Work began at the 5-acre park, located under the South Knoxville Bridge at 1648 Riverside Drive, on Friday, Jan. 25, and will continue through mid-March, said Chip Barry, Knoxville Deputy Chief of Operations.

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The Christman Company lands atop general contractor list

Cont. from page 1

of the ceiling and structure above the ice floor, new sports lighting system, new scoreboard systems and new HVAC equipment. Renovations at the Auditorium, which hosts

the Knoxville Symphony Orchestra's Pops Series and multiple concerts and events, will include lighting upgrades, new stage flooring, new motorized orchestra pit and safety system upgrades.

The Christman Company

also is handling the UT West Campus Housing Development - a \$63 million project consisting of two residence halls with dining, study areas and a village-style community for students with suites and apartments.

Tennessee Governors & the Path to the US Senate

Part Eighteen

Pages from the Past



By Ray Hill

rayhill865@gmail.com

Frank Clement was the first incumbent governor in Tennessee to bid for the United States Senate since Tom C. Rye in 1918. The unexpected death of Senator Estes Kefauver on August 10, 1963 necessitated a special election in 1964. For the second time in thirty years, both of Tennessee's seats in the United States Senate would be up for election. The incumbent, millionaire businessman Herbert S. Walters, had been appointed by Governor Clement shortly after the death of Estes Kefauver. Senator Walters had apparently given some thought to running, but he was not in the best of health and seventy-two years old.

Clement had served as Tennessee's governor from 1953-59, the last man to win a two year term, and the first to win a four year term. At the time, Tennessee governors could not seek a second consecutive four-year term. Clement had backed his successor, Buford Ellington, in the 1958 election and for a brief time considered running against Senator Albert Gore. Clement decided against making the Senate race that year and returned to practicing law. Only thirty-two when he won his first term as governor, Clement was forty-two years old when he sought a third term in 1962. With the announcement by Senator Walters that he would not run again during the last week of April, Governor Frank Clement declared his own candidacy for the Democratic nomination for the U. S. Senate on May 13, 1964.

Clement would be facing Congressman Ross Bass of Pulaski in the Democratic primary; the congressman was quick to react to Clement's announcement. Bass termed the governor's candidacy "the most arrogant and blatant political attempt in the history of Tennessee." "Never before has a governor of this state attempted to seek election to another office while holding the office of chief executive," Bass thundered. He was wrong; Tom C. Rye had been the incumbent governor when he had challenged Senator John Knight Shields for reelection in 1918. Likely Ross Bass didn't give a damn, but rather enjoyed the opportunity to knock his opponent. "I believe the people of Tennessee will absolutely rebel against this effort to gain political control of this state, both at the local and national level, by a few selfish political leaders," Bass huffed. The congressman added

it was "almost an insult to the memory" of the late Senator Estes Kefauver for Clement to run to sit in the same seat in the U. S. Senate.

Governor Clement made his announcement at a press conference in Nashville surrounded by his wife, Lucile, as well as his three sons, Bob, Frank and Gary. Clement spoke before newsmen instead of making his announcement before a throng of supporters. While the Nashville *Tennessean* was bitterly opposed to Frank Clement, the governor immediately received the endorsement of the *Tennessean's* rival daily newspaper, the *Nashville Banner*. The *Banner* stoutly praised Clement's accomplishments as governor, citing improvements in education, state institutions, and mental health. The *Banner* believed Clement's tenure as governor had been good for Tennessee. "It is in Frank Goad Clement that the office will find the man," the *Banner* editorial intoned.

Clement's candidacy also won the instant support of the Johnson City *Press-Chronicle*, which stated the governor "towers above anyone now opposing him or likely to oppose him, either in the Democratic primary or the general election in November." The *Press-Chronicle* editorial said Governor Clement "has the experience and the stature to make a great senator." As the *Press-Chronicle* lent its own support to the governor, it said "we are confident he has the support of a large majority of Tennesseans."

The Columbia *Daily Herald* also quickly endorsed Frank Clement's bid for the United States Senate. "Tennessee is a moderate state," the *Daily Herald* editorial said and thought the people "wish to be represented in the U. S. Senate by someone who will weigh all the issues, consider all the facts and reach his own decisions." The *Daily Herald* credited Clement who "has done more than any one man to pull Tennessee out of the educational morass in which she was floundering near the bottom of the heap..."

The *Tennessean* was equally quick to remind its readers Clement's senatorial candidacy broke a promise he had made at a 1963 press conference following Estes Kefauver's death. When questioned about his running in a 1964 special election, Governor Clement had replied. "I can lay these rumors to rest right now. I was elected to serve as governor for four years and



(NS1) NASHVILLE, Tenn., Nov. 4---THE VICTORS CHEER---Rep. Ross Bass, his wife, Mrs. Albert Gore and Sen. Gore laugh in triumph over the victory of the two Democratic congressmen in their Senate races. Tennesseans gave Bass a close win over Republican Howard Baker. Gore won a somewhat wider victory margin over GOP nominee Dan Kuykendall in a hard-fought campaign. (AP Wirephoto) (1140120bc/atf) 1964

FROM THE AUTHOR'S PERSONAL COLLECTION.

Congressman Ross Bass and wife Avanell celebrating the 1964 election victory with Senator and Mrs. Albert Gore. (Senator & Mrs. Bass are on the left.)

I intend, with the good Lord willing, to serve out that term."

From Washington, D. C. came word from Senator Herbert "Hub" Walters that he welcomed Frank Clement's entry into the Senate race to succeed him. "I now have an opportunity to recognize through my vote a qualified candidate," Mr. "Hub" exulted. "He has my wholehearted, enthusiastic and completely unsolicited support."

The Memphis *Press-Scimitar* published an editorial pointing to the statements issued by the Bass campaign and that of businessman M. M. Bullard of Newport, both announced candidates for the Democratic senatorial nomination. "Judging from their statements," the *Press-Scimitar* editorial said, "both Bullard and Bass consider the defeat of Clement the big goal. If they really think that, they have only to look at past elections to see that to achieve that goal, one of them will have to get out of the race."

Ellis Binkley, political reporter for the Kingsport *News*, published a column shortly after Clement's announcement that Governor Clement had already won one election, albeit a mock election on the campus of Memphis State University. Binkley wrote that Clement had handily won the mock election, winning 55% of the vote over Ross Bass, who garnered only 34% of the total. The *Tennessean* charged the Clement campaign was being financed by "shakedowns" gathered from state employees.

If the governor's campaign was off to a good start, Ross Bass was busy pressing his own. Speaking in Chattanooga, Congressman Bass complained the governor had done little to alleviate the poverty in Tennessee. In his address before the Tennessee Junior Chamber of Commerce, Ross Bass noted Clement had actually harmed poor Tennesseans by extending the sales tax to utilities. Bass thundered Clement had testified before Congress on behalf of President Johnson's war on poverty, but the governor "during his administration he has

done nothing for these people." Bass said the extension of the sales tax to utilities "was a tax on the low-income people of Tennessee."

Governor Clement was in no hurry to officially kick off his campaign for the Democratic senatorial nomination. The governor announced he would return to Gallatin, Tennessee, where he had twice opened his campaigns for the gubernatorial nomination on June 20. In his opener, Clement took his opponents to task, referring to Ross Bass and M. M. Bullard as "the colonel and the congressman." Clement dismissed Bullard, saying, "The colonel has no record to speak of except one of doing business with the state --- before I came into office." Governor Clement accused Congressman Bass of absenteeism, especially as a member of the House Agricultural Committee. Clement also hit Bass for voting for the Civil Rights Bill of 1964, telling his audience "an excess of civil rights is destructive of liberty under law." Clement chortled, "The congressman has drawn a salary in Washington for 10 long years. He has introduced 55 bills. Let's take a look at his batting average. He passed exactly three." The governor accused Bass of being a tool of organized labor. Clement pointed out the congressman had been endorsed by organized labor, but sniffed, "I am content to take my chances with the fair minded laboring people of Tennessee." The governor touted his own record as Tennessee's chief executive, pointing out expenditures on education had increased by 180%, teacher salaries had doubled, while the state had built three hospitals for the mentally ill. Clement said his philosophy of government was "pay as you go", a notion both Bass and Bullard seemed to dislike. The governor thought that typical of Washington thinking and Clement told his audience he was brought up to believe that folks should be willing to pay for what they get.

Ross Bass snorted Clement's opening speech

sounded as if it had been written for Senator Barry Goldwater, the conservative GOP presidential nominee. Congressman Bass reiterated an invitation for the governor to meet him in a televised debate. "The governor is against everything the President is for --- the Tennessee Valley Authority, the State Department, medical care for the aged and the fiscal policies of this administration," Bass complained. "I wonder how compatible the governor would be running with the President in November?" Bass concluded he and the governor were "at variance on many issues" of concern to Tennesseans. "In his speech the governor said he would meet the issues eye to eye and toe to toe," Bass said. "I'm willing to put my eye against his and discuss the issues." When pressed by reporters for a comment about Governor Clement's fiery denunciation of Amon Carter Evans, publisher of the *Nashville Tennessean*, Congressman Bass demurred. "I won't comment except to say that the governor can continue his fight with Mr. Evans. I think Mr. Evans can take care of himself." Indeed he could; the *Tennessean* kept up a relentless criticism of Governor Clement throughout the campaign and beyond.

While opening his headquarters in Memphis, Ross Bass said of Clement, "Every time this man has been allowed to be the chief executive, he has imposed new taxes, taxes that hurt the people who work for a living." M. M. Bullard, speaking in Chattanooga, said Ross Bass was "the shoeshine boy of special interest groups."

As the campaign for the senatorial nomination drew to a close, both Bass and Clement attacked one another for alleged absenteeism. "As an example," Bass told 2,000 people at a rally in Cookeville, "last year, after the end of the 1963 Legislature but before Clement became an active candidate for the Senate, he only spent 61 days in his office during the rest of the year." Speaking in Springfield, Tennessee, Governor Clement charged

Bass with "neglecting" his own sixteen county congressional district and said the congressman had missed 67 of 76 meetings of the House Agriculture Committee and the subcommittee upon which Bass served.

As usual, all of the candidates claimed to be confident of victory as Election Day approached. When the results began to trickle in, Governor Frank Clement was stunned. Bass won all four big urban counties: Knox, Hamilton, Davidson and Shelby. Bass won Davidson by the astonishing margin of better than 63%, with Governor Clement failing to win even 30% of the vote. Clement was further humiliated by narrowly losing his own Dickson County. Ross Bass won a resounding victory in the Democratic primary, winning with just over 50% of the vote; Governor Clement trailed with under 36% of the vote, while M. M. Bullard took the remainder. It was the first time Frank Clement had lost an election and he proved to be gracious in defeat. "All my life I've always gotten almost everything I asked for it seems like," Clement said. "I hope the people will now unite behind me for the next two years."

The governor admitted losing was a "new experience" for him and readily offered his support to Ross Bass, who faced Republican Howard Baker in the general election. Clement absolved his friends and supporters for his loss, saying any fault for losing was his own. The governor acknowledged his supporters and campaign managers could not have worked any harder on his behalf. Clearly, the defeat stung and Clement wistfully quoted his mother, "She told me once that if I didn't win, it would only be because the people of Tennessee couldn't stand the thought of giving me up as governor."

"The governor's statement was very magnanimous and I appreciate it very much," Ross Bass said.

The 1964 Democratic primary was over, but there would be another in two short years.

LaRue Collection Highlights Halls History

Cont. from page 1

"There were three airplanes in Halls in 1911," Hubert says and then points out two muzzleloader rifles donated to the museum.

One of the prized possessions at the museum is a collection of photos and relics from the former Broadway Speedway. "It was there where the farmer's coop is now located," Hubert explains.

Another collection is from Avondale Dairy Farms with milk jugs, literature, and other items. "Here's how it got started, how they delivered it around to Lonsdale by horse and wagon. A. I. Smith started it and his sister drove a truck when all his men got sick," Hubert says.

One room has banjos, guitars, a fiddle and a cast iron bed belonging to Suzie's grandmother. "She was also a midwife," Suzie says.

Hubert calls attention to an old tube radio and said the most common antenna for the radio was by hooking it up to a clothes line. He recalls one child was looking at the back of the radio and asked what all the lightbulbs were in the back of it.

The museum has a copy of the old Knoxville Journal with a front page declaring the end of World War II. The museum has everything from an old military mess kit, a gear shift knob from Hubert's 1936 Ford and wood carvings created by his father.

The house holds history of old businesses such as photos and information about the Tindell Lumber Mill which, at one time, also housed a grocery store. There's also a collection of the late Bert Vincent's stories about the area.

A shed outside houses Hubert's father's collection of tools, some blacksmith items and even a sled that was made by hand. He



The front room of the LaRue house has many, many items about Halls' history. There are several other rooms with items ranging from high school yearbooks to a collection of Avondale Dairy items.

displayed a huge oversize horseshoe that he said his dad made as a novelty.

Asked if he was worried about security at the house Hubert said he lives at the

end of the lane there, has other family around and the neighbor across the road keeps an eye out.

The LaRue family has been working with

Commissioner Charles Busler toward possibly relocating the museum but so far a suitable place hasn't been found.

If you'd like more

information or want to visit the LaRue museum you can call them at (865) 689-2161 or (865) 368-4249.

Winter Camping and Hiking

I have been called a lot of things and crazy is one of them. Hobo the Wonder Dog looked at me as if I was crazy when I suggested we take a hike in the snow. I reflect on years



By Howard Baker, RN BSN

past and time spent in the Cumberland Gap National Historical Park sledding down the slope near the visitor's center. It seemed as if when the snowflakes would swirl and frolic in the air a whole community would race to the park. Mom would pack homemade hot chocolate, snow cream, cookies and a blanket or two. We took our sleds and raced to the top again and again for the thrill of the ride. The memories of community and youth bring me full circle to a hike in the park.

Hobo and I have started planning of our spring and summer hikes and destinations. We couldn't help but get an early jump with camp and a hike in the park. We set up camp in the Cumberland Gap National Historical Park's Wilderness Road Campground. Our first challenge was rain and lots of it—4 inches of rain. We woke up the next morning to snow flying and a stillness of nature. We set out on an early morning

short hike on Greenleaf Trail. We took our time in the still of the morning. We wondered if we had disturbed nature as we took the morning forest in. The birds were sleeping—

not even a gnat did we see. Old Man Winter nipped at our nose but other than he did we see.

The challenges of winter hiking are obviously the temperature, moisture, day length, and slippery trails. Ice can form on rocks, leaves are slippery atop slick earth beneath. Never hike without telling someone where you are going and the route you will take. It is always best practice to hike with a companion and not to hike alone. Paw protection for Fido is essential: I use, and Hobo the Wonder Dog highly recommends Musher's Secret paw conditioner to protect his paws year around. Musher's protects their paws from the elements natural or man-made and part of a well-dressed pooch.

We are excited to get out on the trails and enjoy our State and National Parks. Remember to always use good dog etiquette: Fido should always be on a leash no more than six feet and under control.



Hobo the Wonder Dog takes a winter hike in Cumberland Gap National Historical Park

Promptly remove any dog poop from the park immediately. Dress appropriately, protect their paws, and remember hot and cold cars can pose dangers and are never safe for Fido to

be left alone. Use common sense, be safe, protect your pooch, and let's get out and enjoy life and the new experiences of winter.

Life is better with a dog—Woof!

Local race to shed light on human trafficking and slavery worldwide

Cont. from page 1

trafficking. This event is a platform to raise awareness about the issue, to mobilize people in the fight against trafficking, and to provide a way for people to make a difference through fundraising

to not just bring freedom for a day to those who are enslaved, but ultimately, freedom for a lifetime," said Joy Cover, President of Freedom 4/24.

To learn more and to register to run, please visit www.freedom424.org/knox.

TPO Invites Jurisdictions to Apply for STBG, STBG-TA Funds

The Knoxville Regional Transportation Planning Organization updates the Transportation Improvement Program every three years. As the organization transitions from the current program to the updated FY 2020-2023 TIP, they are encouraging jurisdictions to either apply for new projects or to roll over unobligated phases of projects currently programmed in the FY 2017-2020 TIP. Applicants should note that projects funded through both STBG and STBG-TA typically require a 20% local funding match.

TPO staff has identified approximately \$60 million of local Surface Transportation Block Grant funds available in FY 2020. These funds are available to program projects rolled over from the current TIP, to cover funding shortfalls in rollover projects, and to fund new projects. Fiscal years 2021 through 2023 have approximately \$12.4 million available annually.

Also identified are funds for applications for FY 2020 and later local Surface Transportation Block Grant Transportation Alternatives Program. The total amount available for these program projects is approximately \$780,000 annually.

This call for projects is open through March 1, 2019. TPO staff will then score the submitted projects and make selection recommendations. In June, a draft TIP will be presented, with the final TIP scheduled for adoption in October 2019. For more information, please visit www.knoxtrans.org.



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PHOTO BY KEN LAY.

Wrestling royalty: Former Halls High School wrestling coaches Chris Vandergriff, Ed Simmons and Dave Wayland were reunited with other Knoxville Area trailblazers Don Elia, Gary Walker and Clint Abbott at the recent Chris Vandergriff Halls Invitational.

Wrestling pioneers recall sport's early days at local tournament

By Ken Lay

The Chris Vandergriff Halls Invitational wrestling tournament has long been a January staple in the Tennessee high school wrestling world.

It has traditionally hosted some of the best teams and athletes from points throughout the Southeast. But it also served as a reunion of sorts and 2019 was no exception.

Before wrestling started on Saturday, Jan. 19, the tournament, long known simply as the Halls Invitational, became named for Vandergriff, a football player and heavyweight state champion for the Red Devils.

At the 2019 tournament, Vandergriff was reunited with some of those who mentored him and one longtime rival.

Former Halls coaches Ed Simmons and Dave Wayland showed up at the tournament, along with longtime official Clint Abbott, who has been involved in wrestling for more than half a century, Don Elia, who has been a college coach at Maryville, Carson-Newman and East Tennessee State, and Gary Walker, who started Carter High's wrestling program back when the Hornets and the Red Devils had Knox County's only two high school wrestling programs.

Despite being wrestling coaches, Wayland and Walker never competed in the sport in high school.

But both developed a passion for the sport after coaching and playing football.

"I became an assistant [wrestling coach] at [Tennessee Military Institute]," Walker said. "I came to like it so much that I grew to like it more than I liked coaching football.

"We got wrestling started at TMI and I was an assistant coach under

my friend, Meredith Gibson in 1966 and 1967. When I was at TMI, Holston [High School] had a program. But when I left TMI, and came to Carter, Holston had dropped the program."

Walker was Carter's coach from 1971-1983. After he left Strawberry Plains, the Hornets dropped their program. It has since been reinstated. Tim Free, who wrestled on Carter's last team in the 1980s, is now its coach.

The now retired Walker and Simmons remember the early days of wrestling in Knox County.

Simmons, who coached Vandergriff and current Powell coach Larry Neely during their days as student athletes in Halls, said finding matches in those days was tough.

"We used to have to go about 50 miles to get a match," said Simmons, who taught math at Halls. "I started the team in 1968, and that's been 51 years ago. I just always enjoyed it because it was an individual sport.

"It was a sport for all sizes. It was for kids from 100 pounds to 250 pounds, or whatever it was. It's an individual sport and it's a sport for all."

Walker remembers taking his teams to Chattanooga to compete.

"I took my kids to Baylor and McCallie because they had programs," he said.

He also credits two sportswriters for helping the sport grow in Knoxville. The two writers are the late Nick Gates (from the Knoxville News-Sentinel) and current Knoxville Focus contributor Steve Williams, who was once prep editor at the Knoxville Journal.

"We had two sportswriters, Nick Gates and Steve Williams, who helped wrestling grow," Walker said. "They were always there to get the word out

for us."

Abbott, a Blount County man through and through, wrestled at Maryville College. He was also a football and baseball player in high school.

He started as an official when he was still in college because Maryville College couldn't find referees for its matches. He officiated Tennessee's first state tournament in 1968 and remains a supervisor of officials today.

Wayland inherited the Halls wrestling program when Simmons stepped down. He was head coach from 1978-82 and kept the program until Vandergriff, his former assistant got tenured by Knox County Schools.

"I was the head coach here and Chris was my assistant," Wayland said. "But Chris knew a whole lot more about wrestling than I did. So I stayed on until he was able to get tenure, then I stepped down and became his assistant.

Elia, now retired, serves as a consultant to Morristown East, which was in the most recent Halls tournament.

He coached college wrestling in Tennessee until 2016. The New Jersey native began wrestling in the Northeast when he was eight years old.

"When I retired from coaching in 2016, it was the first time that I hadn't been a coach or involved in wrestling since I was eight years old," Elia said. "I've been helping in Morristown for the last two years.

"I'm at East this year and I worked at West last year."

Elia began wrestling after he was cut from a youth basketball team.

"When I was eight years old, I went out for basketball and the coach called over and told me that I had no future," Elia said. "He suggested that I try wrestling."

Area wrestling tournament named for legendary coach

By Ken Lay

One of East Tennessee's biggest and most competitive high school wrestling tournaments has a new name.

The long-running and venerable Halls Invitational, which has been a staple in Knoxville during the Dr. Martin Luther King Jr. holiday weekend, will now be known as the Chris Vandergriff Halls Invitational.

The event was re-christened Saturday, January 19 before featured grapplers and top teams from Tennessee and Kentucky took to the mats.

Vandergriff, who played football and was a state champion on the mats during his high school days, wrestled at the University of Tennessee before returning to Halls to coach the Red Devils, first as an assistant and then as head coach.

During his time as Halls High's coach, he mentored state champions including current Red Devils coach Shannon Sayne, his son John and Caleb Leonard, who is now coaching in the Halls program and claimed his state title after Sayne inherited the program. The elder Vandergriff coached Leonard as a freshman.

During his days as a high school wrestler, he was teammates with Powell coach Larry Neely, who recently won a Class 5A State Football Championship as an assistant at Central High School.

Neely, however, wasn't around for the morning's ceremony. The Panthers are normally regulars at the tournament but didn't make the trip east on Emory Road this season.

"I was really hoping Larry would be here but when

Continued on page 4

The award is based on Attitude, Careacter, Grades, Community Service and Performance as a Person.

GIRLS BASKETBALL (Weeks 3 and 4 Honorees)

- Austin East - Saniya Andrews
- Bearden - Caitlyn Sherrod
- Berean Christian - Natalie White
- CAK. - K.B. Carr
- Carter - Lainey Corum
- Catholic - Mary Iverson
- Central - Heaven Wyrick
- Concord Christian - Madi Mee
- Farragut - Morgan Carbaugh
- First Baptist Academy - Canaan Chitwood
- Fulton - Rajanee Bailey

- Gibbs - Keaton Gillespie
- Grace Christian - Chloe Duggins
- Halls - Cailyn Weaver
- Hardin Valley - Olivia Neely
- Karns - Benia Cannon-Jones
- Powell - Taliya Barton
- South Doyle - Makayla Wilkerson
- TSD - Hailey Robinson
- Webb - Catherine Hendershott
- West - Alexis Porter
- Johnson University - Keelie Lusby
- Lady Vols - Rennia Davis

MS coaches name all-county teams

By Ken Lay

Another Knox County Middle School Basketball Conference season is in the rear view mirror and the coaches have made their picks for the all-county teams.

There is, however, some more middle school basketball to be played as the Powell boys, Vine boys, West Valley boys, West Valley Girls, Karns girls and Farragut girls qualified for the East Tennessee Sectionals, which got underway last weekend and continue through this week.

The Lady Wolves, who are currently 26-0, had Avery Treadwell and Brinley Murphy named to the squad. West Valley won both the regular-season and James A. Ivey Jr. Memorial Middle School Basketball Tournament Championships.

Other players named to the squad included: Imani Harden (Bearden); Rachel Wilhoit (Carter); Gracie Waite (Cedar Bluff); Annie Priest (Farragut); Aubrey Stackhouse (Farragut); Dakota Large (Gibbs); Jordann Reagan (Gibbs); Cadence Horner (Gresham); Ella Tharpe (Halls); Keira Everett (Halls); Judea Taylor (Karns); Sammy Taylor (Karns); Alaina Schroeder (Powell); Janiashia Waters (South-Doyle); Ricka Watkins

(Vine) and Jaya Jenkins (Vine).

The Panthers won the tournament title and the Golden Bears went undefeated during the regular season en route to capturing the league title.

Powell had Bryce Burkhart named to the team for the second consecutive season. The Panthers were also represented on the team by Ayden Greene.

Vine had Markies Barrett and Messiah Ward selected for the team. West Valley (which finished second in the league and third in the tournament) had two players make the squad including Lucas Nordin and Jack Poole.

Whittle Springs had two players make the team including Denaj Kimber and Taj Kimber.

Desean Bishop (Northwest), Drew Brillhart (Bearden), Chandler Wilson (Carter), Elijah Cannon (Carter), Caleb Smith (Cedar Bluff), Alex Doerger (Farragut), Jeremiah Thompson (Gresham), Carson Jessie (Gresham), Tommy Hicks (Halls) and Zeus Sanders (Karns) also were named to the team.

Hardin Valley (girls) and Carter (boys) won the Sportsmanship awards and Farragut's boys received academic recognition.

TSWA honors local athletes on all-state teams

By Ken Lay

The Tennessee Sports Writers Association recently honored fall sports athletes. The TSWA named its all-state teams for girls soccer, volleyball and boys and girls golf.

In girls soccer, Bearden High School midfielder Emily Carlevato was the lone area selection to be named to the Class AAA Team. She helped lead the Lady Bulldogs to the state tournament where they reached the semifinals in Murfreesboro.

In Class AA Soccer, Catholic and Seymour each had a pair of players named to the all-state squad. The Lady Irish were represented by goalkeeper Casey Tramel and forward Ellie Wolski.

The Lady Eagles, who made it to Murfreesboro and the Class AA State Tournament, had midfielder Abbie Biddle and defender Jorrie Russell named to the squad.

In volleyball, Webb School of Knoxville won a fifth consecutive Division II-A State Title and the Lady Spartans had a pair of outside hitters in Kayleigh Hames and Leoni Kunz make the team.

Concord Christian

School lost to Webb in the championship match. The Lady Lions had outside hitter Anabelle Sulish named to the squad.

In Class AA: Catholic High School reached the state championship match for the fourth consecutive year, despite suffering through an injury-riddled season. Libero Cassie Kuerschen and outside hitter Olivia Cunningham selected to the all-state squad.

In girls golf: Central High School senior Alyssa Montgomery made the Division 1 Large Schools Division team. The four-time region champion, who recently signed with Virginia Tech, made the all-state squad, along with Farragut High's Lexanne Halama.

L&N STEM Academy's Madilyn Newman was named to the Division 1 Small Schools Division all-state team.

In boys golf: Farragut High School's Luke Simpson was selected for the Division 1 Large School Division team and Christian Academy of Knoxville standout Cade Russell was named to the Division II-A all-state team.

Carbaugh celebrates 18th birthday by leading Lady Admirals past William Blount

By Ken Lay

Morgan Carbaugh celebrated her 18th birthday by doing what she loves most. She spent the evening playing and excelling at basketball.

Carbaugh, Farragut High School's senior, scored 13 points to lead the Lady Admirals to a 48-34 District 4-AAA victory over William Blount Tuesday night at Lynn E. Sexton Gymnasium and Farragut coach Jason Mayfield was happy to see his four year varsity stand-out play well on her special day.

"First of all, for Morgan to get a chance to play on her birthday is cool," Mayfield said after his squad avenged an earlier heartbreaking loss to the Lady Governors in Maryville. "And then, she came out and performed like that.

"She came out and she made layups and she hit some big threes for us."

As she left the floor, the Farragut student section performed an impromptu rendition of "Happy Birthday" for the guard, who has been a fan favorite during her stellar high school career.

Carbaugh may have knocked down three long-range jumpers but she



PHOTO BY KEN LAY.

Farragut senior Morgan Carbaugh celebrated her 18th birthday by scoring 13 points to lead the Lady Admirals to a 48-34 District 4-AAA victory over William Blount Tuesday night at the Lynn E. Sexton Gymnasium.

said that it was Farragut's rebounding and defense that made the difference in the game.

"We kind of knew what they were going to do and we worked on rebounding and defense in practice," Carbaugh said. "We know [William Blount] can get hot and they showed that in the fourth quarter. We executed our defense and offensive rebounding was a key for us.

"We came out and set the tone with our rebounding and defense."

Mayfield noted that there was one offensive rebound that tipped momentum in

favor of his team.

That rebound was pulled down by freshman Ace Strickland, who hit the board and promptly hit Carbaugh with a pass. The senior knocked down a 3-point shot on the final play of the third quarter to give the Lady Admirals (19-5 overall, 9-3 in District 4-AAA) a 39-18 lead.

"We had that one big offensive rebound that Ace got after a missed free throw and that led to Morgan getting a 3-pointer at the end of the third quarter," Mayfield said.

Carbaugh's shot

culminated a 13-2 third-quarter run for Farragut, which scored 13 points in each of the first three quarters. The Lady Admirals outscored the Lady Governors (13-10, 9-3) 13-8 in each of the first two frames to open a 26-16 advantage by halftime.

William Blount outscored Farragut 16-9 over the final eight minutes to make things just a bit more interesting and that left Mayfield a bit concerned as his goal is to have the Lady Admirals hold their opponents under 10 points in every quarter they play.

"I thought we played pretty good defense for the first three quarter but I wasn't real happy with the fourth quarter," he said.

But the coach had to be happy with his team's rebounding as Sydney Chapman, Strickland and senior Brooke Christian dominated the boards.

Mayfield was also pleased by his team's balanced, if not always potent, offensive attack on this night.

Christian scored 12 points and sophomore Macy Barnes finished with 10 for the Lady Admirals.

William Blount's Abbi Joseph had 14 points to lead all scorers.

Knox County teams take first shot at TMSAA Sectional play

By Steve Williams

Powell Middle School's boys basketball team, the Knox County tournament champion, will play for the first time in the TMSAA Section 1 AAA tournament this week.

The Panthers are scheduled to play the Maryville vs. West Valley winner in quarterfinal action at Hardin Valley Middle School Wednesday at 5.

"We've got new goals," said Darin Courtney, who is in his 17th season as head coach at Powell Middle. His Panthers defeated Vine for this year's Knox County tournament title.

West Valley's girls, the Knox County tourney champions, will play the Farragut vs. Seymour winner in Wednesday's quarterfinals at 6:15 at Hardin Valley.

The top three boys' and girls' teams in the Knox County tournament qualified for TMSAA postseason play.

Courtney likes the new postseason setup for Knox County teams, which are playing in their first TMSAA event this year.

Postseason tourney play was actually moved up earlier for Knox County middle school teams this year, as their annual tournament has been played in February in the past.

"It's early," said Courtney. "I'm used to playing basketball into February. I love coaching, so I'm going to get to coach some more. So, yell, let's bring it on. Let's see who the best is."

The TMSAA Section 1 semifinals will be Thursday and the finals this coming Saturday, with the boys' and girls' Section champions advancing to the TMSAA state tournament.

Although TMSAA has a Class AA division for schools with smaller enrollment, all 16 Knox County middle schools agreed to play in Class AAA to

keep their traditional county tourney, said Courtney.

"We didn't want to lose our league, because what we have is as special as any middle school league in the state of Tennessee," said Courtney.

Just last season, Gresham, one of the smaller middle schools in Knox County, won the county tourney for the first time.

"In our coaches' meeting, everyone was in agreement, that if we were going to do this (play in TMSAA), we're keeping our league."

Courtney said the schools' administrators also agreed to stay together in the same division to keep the league intact.

"We wanted to test new waters and see how it is and nobody wants to sacrifice the tradition of Knox County middle school basketball," said Courtney.

Keathley finds redemption as Admirals grind out district home win

By Ken Lay

Nothing has come easily for the Farragut High School boys basketball team this season. The Admirals have had to work for every victory they've earned throughout the 2018-19 campaign.

Farragut picked up a key 57-55 victory over William Blount Tuesday night at the Lynn E. Sexton Gymnasium, but as the score would indicate, it was another struggle.

But the Admirals (9-15 overall, 5-7 in District 4-AAA) almost saw this one get away. They had what appeared to be a commanding 45-35 led over the Governors early in the fourth quarter.

But Farragut would fall behind 53-52 when senior Brett Boling made a pair of free throws with 1 minute, 54 seconds remaining.

The Admirals would come back with some help from William Blount (13-11, 5-7), which was whistled for an intentional foul with 47.5

seconds to go.

Junior Alec Keathley made the two free throws to give Farragut a 54-53 lead. From there, the Admirals would never trail again. Dillon Atwell would clinch the game when he made two more foul shots to make it 56-53 with 20.8 seconds left.

William Blount's Jordan Tarver made it 56-55 with 3.8 seconds remaining. Atwell would score the game's final point with a free throw to end the game and propel the Admirals into the win column.

It was a big night for a pair of Farragut players, who have had up-and-down seasons.

Will Brown, a senior guard, scored 11 of his 18 points before halftime. Keathley, who was called for a late technical foul in the previous meeting between the two rivals, scored 13 of his 15 points in the second half and made three late foul shots to help his squad

avenge a heartbreaking overtime loss to the Governors in Maryville.

Atwell, a freshman, put up another clutch performance by scoring 15 points, including eight over the final 16 minutes.

"For Dillon, he did what he's been doing all season. Will's been doing this for the last couple of weeks," Farragut coach Jon Higgins said. "Alec had a good game and that was good for him. He did what I expect from him. He did what we expect from him.

"After what happened over there, I sat him for that next game and hopefully, he learned from that and he knows what I expect. Will just needs to maintain his confidence and realize that people can't guard him. We're still learning. Alec kept his composure when they threw him down late."

Farragut led 24-20 at halftime and saw its advantage swell to 10 points before the Governors made their fierce

comeback bid.

The Admirals would hang on and Brown said the ever-so narrow home win was crucial and that Keathley's effort was key to the team's success.

"This win was huge for us because it keeps us in the mix to get a good seed in the district tournament," Brown said. "It was big to get this win at home. If we would've lost this one, it would've really been hard to come back up.

"It was great to see Alec come back and redeem himself and play well. If we don't have him tonight, we don't win this game."

William Blount, which was a perfect 5-for-5 from the foul line over the final eight minutes, got 13 fourth-quarter points from Tarver, who knocked down his final two long-range jumpers.

He led all scorers with 23 points and made a long-range jumper that knotted the contest 51-51 with 3:10 left to play.

HIGH SCHOOL SPORTS NOTEBOOK

Renfree wins indoor mile, ranks No. 1 in country

By Steve Williams

It's been a super month for Jake Renfree.

The Knoxville Catholic High School senior won the Boys 1 mile run Invitational at the Virginia Showcase Indoor Track meet at Liberty University Friday, Jan. 18.

Renfree, a Notre Dame signee, won with a time of 4:13.70 and the victory qualified him for the Millrose Games in New York in February.

"He is ranked No. 1 in the country now," said Catholic Coach Sean O'Neil.

Before the race, O'Neil said: "A time of 4:15 will qualify Renfree automatically, but that will be tough to do his first time racing the mile since June."

Less than a week before the race in Virginia, Renfree competed for the USA Junior team in a cross country event in Scotland.

CUMMINGS' PLAN: "Without true middle school football in Knox County, we have to continually search for ways to improve the flow of programming from youth age thru middle school age to high school age," said new Halls High Coach Scott Cummings

earlier this month. "Successful programs that win with a true community model are primarily those like Maryville, Alcoa, Oak Ridge, etc.

"But within Knox County, I'd say Farragut does it well. We want to be the leader and model for this community approach. We want to set the standard."

FOUR DAYS LEFT: If you would like to nominate an athlete for the Halls High School Athletics - Road to Fame, you better hurry. This Thursday (Jan. 31) is the final day to turn in your nomination. Ballots are available at Halls High School office, Phil Nichols State Farm, or Hallsdale/Powell office. Be sure to fill it out correctly and completely.

The announcement of the first year's inductees will be made in late April.

STATE BOWLING: Sevier County's girls and boys teams were eliminated in the quarterfinals in the TSSAA Division I tournament Jan. 17-19 at Smyrna.

The previously undefeated Sevier girls lost to Creek Wood 22-5, while the Sevier boys fell

to Hardin County 25-2.

State team championships were won by Smyrna's boys and Hardin County's girls in Division I. Friendship Christian's boys and girls swept top honors in Division II.

CAREIN' IN BARRON: Dave Moore of the Care 365 program drove the Knoxville Tribute Truckster to Barron, Wis., the home of Jayme Closs, a 13-year-old girl who vanished for nearly three months after her parents were found dead in their northwestern Wisconsin home. Closs was found alive Jan. 10.

Moore, who said he took only a Tennessee sweatshirt to wear, told one Wisconsin woman he had been a friend of Reggie White, former Tennessee Vol and Green Bay Packer, and she gave him a Green Bay letter jacket.

A former high school football coach who started the Careacter Star Athlete program, Moore also said he checked out the football field in Barron, something he always likes to do when he travels out of town.

He drove the Truckster, which is decorated like the one in



A careful driver. Knoxville resident Coach Dave Moore of the Care 365 program drove "Knoxville's Tribute Truckster" week before last to Wisconsin to show care and compassion for Jayme Closs and her family and the citizens of her hometown. Closs, a 13-year-old girl who vanished for nearly three months after her parents were found dead in their northwestern Wisconsin home, was found alive Jan. 10. Moore is pictured with the Barron Police Chief.

Christmas Vacation, including Christmas tree on top, through Lexington, Louisville, Indianapolis and Chicago on the 908-mile trip.

"It was a beautiful mission trip," said Moore, who left Knoxville on Jan. 15 and returned home Jan. 22.

Healthy Bulldogs still on track for state title run

By Steve Williams

Bearden's boys basketball team made it to the TSSAA state semifinals last season and the veteran Bulldogs are currently ranked No. 4 in the state in Class AAA.

High expectations come with such a resume.

"There's been a lot of pressure on us to make it back and make a state championship run," said 6-foot senior guard Ques Glover after a practice session last Thursday. "Really and truly, we just don't want to let anybody down - ourselves, fans, family or our coaches. So we're just trying to make another run."

To handle the expectations, the Bearden team is "working every day" on the court or in the weight room, added Glover. "We really take one game at a time. We don't really talk about Murfreesboro.

"At the beginning of the year, we set our team goals, and our goal is to win the gold ball. That's in the back of our minds, but we really don't look ahead or past any opponent. We just take it opponent by opponent and try to win each game."

Last season, Bearden led eventual state champion Memphis East by eight points in the third period before losing to the



Bearden sophomore point guard Izaiha Bredwood (left) and senior Ques Glover get ready to go on one during a practice drill Thursday. The Bulldogs' goal is to win the Class AAA state title this season.

nationally ranked Mustangs 72-60 in the semifinals. The Bulldogs finished 38-2 - the best record and most wins in school history.

With a talented, veteran team back, Coach Jeremy Parrott put together a much tougher schedule this season.

"We've played hard all year," said Parrott. "We knew we didn't really have any choice with the schedule that we've had. If you go back and compare the schedule we've played this year to anybody around us in this part of the state, it doesn't even compare in

difficulty. "The problem therein is that we've been injured most of the year."

Because of that - with UT signee Drew Pember, Shamarcus Brown and Roman Robinson sidelined or limited for several games early on - Bearden's record

was 18-5 overall and 10-1 in District 4-AAA heading into Friday's game against West.

"I'm proud of where we are right now," said Coach Parrott, grinning about the state rankings. "I think us and Memphis East are both sitting there (No. 3 and No.

4) with five losses each. But our schedules don't compare to a lot of high school schedules in the state."

The Bulldogs, now healthy, are rolling, too. In their last five games, they've averaged 88 points, while giving up only 52.

"This is probably the best I've ever felt in my entire life," said the 6-10 Pember, who played 19 minutes and had nine points, five rebounds and three blocks in a recent 80-54 win over Knoxville Catholic. "That's not an exaggeration either. I feel great.

"Everything is going well for the season right now. Team chemistry is getting better. We're starting to come back together as a team now that everyone's healthy."

Glover leads the team in scoring with a 21.7 average, followed by senior guard Trent Stephney at 15.8, Brown at 10.1 and Robinson at 9.5.

Brown, a 6-5 forward, also averages 8.6 rebounds, while 6-6 captain Kordell Kah is collecting 5.3 boards per contest.

Bearden will try to avenge its only district loss Feb. 5 when No. 2 ranked Maryville (21-1) comes to town. The Red Rebels edged Bearden 61-60 at Maryville on Dec. 14.

Super Bowl LIII Preview

By Alex Norman

On Sunday it is the most unofficial of unofficial American Holidays.

The Super Bowl.

The Los Angeles Rams, a team people in their own city really don't care about, will face the New England Patriots, a team most outside of the Northeast of our nation despise.

We are living in a golden age of great Super Bowls, so the odds are that we are going to have another great game. In order for you to be a hit at your Super Bowl party, I've got some key tidbits to pass along that you should include in conversation.

Let's light this candle.

Two former Tennessee Volunteers are on the rosters. The Rams have rookie running back John Kelly while the Patriots have

Cordarrelle Patterson, who is in his sixth pro season. Kelly has only played in four games this season, with 74 rushing yards and 27 receiving yards. He has yet to play in the postseason. Patterson will get his share of work returning kickoffs, but does have 21 catches this season as a wide receiver.

But neither of those guys is going to be in the MVP discussion. Traditionally the quarterbacks have the best chance to win that award. Patriots quarterback Tom Brady is looking for his fifth Super Bowl MVP award, which would extend his record. Brady is also trying to become the only player in NFL history to win six Super Bowl titles.

Brady's legacy is secure, and there has been the question asked... Will he retire and walk

off into the sunset if the Pats win? Brady is 41 and while he had some iffy parts to the 2018 regular season, he's looked terrific this postseason. And while most of us would be content staying in our mansion with a supermodel spouse and kids, Brady will likely be back for a 20th season.

That said, it wouldn't be a surprise if tight end Ron Gronkowski calls it quits after the game, win or lose. Gronk's body is breaking down after nine seasons in the pros.

Brady's safety valve is wide receiver Julian Edelman. He's been a Super Bowl hero twice before and likely will get his chance to make big plays on the big stage yet again.

The Patriots have had an embarrassment of riches in the Brady/head coach Bill Belichick

era. This is their ninth trip to the big game.

For the Rams, third year signal caller Jared Goff has had a breakout season, throwing for nearly 4700 yards and 32 touchdowns. He was the first pick in the NFL draft back in 2016, and has proven why he was worthy of that lofty status.

Running backs Todd Gurley and C.J. Anderson will try to soften up the Pats defense. Gurley is not one hundred percent healthy but the extra week off might help him get closer to full strength.

Keep an eye on Rams defensive tackle Aaron Donald. He was a monster this season with 20.5 sacks. He very well might be the best player in this game. If Donald and fellow linemen Dante Fowler Jr. and Ndamukong Suh can get pressure on Brady, the

Rams have a good chance to win the franchise's second Super Bowl title.

So I know what you are wondering. Who is gonna win this game? At last look the Patriots were favored by two and a half points. And while that's certainly not an indication on which team will win, it's close enough that the folks in those tall, shiny buildings in Vegas expect a tight game.

The Patriots traditionally play Super Bowls in which the final score is an indication of an evenly matched game, and this should be no different. New England is healthy, motivated, and experienced in games of this nature.

I'll go with Patriots 28, Rams 21.

Enjoy the game, everyone... it's the last football of note for about seven months.

Lady Vols don't even resemble past great teams

It was like old times for the Tennessee Lady Vols Thursday night as they led No. 1 ranked Notre Dame at halftime.



By Steve Williams

But that lead didn't last much longer and the UT women's basketball program chalked up another dubious distinction - its first ever four-game losing streak at The Summit, the court where the late, great Pat Summitt rarely ever lost.

Here lately, however, losing has become the norm, rather than the exception, for the Tennessee women, who suffered a program record sixth straight loss

on this 'We Back Pat Night' to raise awareness and foundation support for Alzheimer's disease, which claimed Summitt's life way too soon.

Holly Warlick, who played for Pat (1977-80) and then coached by her side until the end, was the logical choice to take over the reins of what once was the nation's top women's program. But as the women's game has grown and produced more and more strong programs, winning is now much more challenging than it used to be.

Notre Dame, which trailed by as many as 11 points in the first period, caught up and pulled away for a 77-62 victory as the Lady Vols committed eight of their 11

turnovers in the third period.

Warlick pointed to those turnovers in her post-game comments and added: "The energy and effort was Tennessee basketball. We're going to build on that."

Just a week earlier, Warlick said her team had 'no energy, no emotion' in its loss at Alabama.

As much as I hate to say it, this could be a make or break season for Holly. The Lady Vols have dropped out of the rankings, and if they don't pull out of this tailspin and have a strong finish in the regular season and SEC tournament, they could be in danger of not making the NCAA tourney for the first time.

After watching Tennessee in the second half against Notre Dame,

I came away thinking these Lady Vols don't even resemble past great UT players or teams. The program has dropped so far in recent years that attendance reportedly also has fallen to about half of what it used to be in its heyday.

Athletic Director Phillip Fulmer may have a difficult decision to make at the end of this season. Whatever that decision becomes, I know he will dispense it with class. Warlick certainly deserves that. There's no question she has worked hard as the head coach and loves and cares for this program. It's been her life and career.

But I am now starting to believe it's time for a change in leadership. Warlick has had sufficient time to make her mark and show

where she can take this program.

CREAMY OR CRUNCHY? We now know what kind of peanut butter Grant Williams would be. The crunchy kind, of course, for his performance in crunch time as he led the No. 1 ranked Vols to the 88-83 overtime win over Vanderbilt in Nashville last week.

Williams scored 43 points and made a SEC record 23 of 23 free throws.

Grant and Admiral Schofield, nicknamed "Peanut Butter and Jelly," and their teammates also found out first hand that the wind indeed blows the hardest at the top of the flag pole.

Area wrestling tournament named for legendary coach

Cont. from page 1

he called to get in, the tournament was already full," Vandergriff said.

Vandergriff almost missed the ceremony himself. He said that Sayne and his staff did a good job keeping the dedication under wraps.

His wife, Theresa, and his niece Jenny Vandergriff Hassell knew what was going to happen.

But Chris didn't. "I almost missed the ceremony," Vandergriff said. "I asked my wife if she was going to come. She hasn't been feeling very well. Her knee has been bothering her.

"Then, I saw her and I got a little mad. She told me that Jenny had told her that I'd forgotten my phone charger. I thought 'I don't usually need my phone charger.'"

Several people who impacted Vandergriff's

career and the sport of wrestling were on hand.

Some former Halls wrestlers were there including Leonard, Sayne, John Vandergriff, Alex Cate (who is now the head coach at Maryville after a stint at Seymour High School) and Benji Gray (a former wrestler and assistant coach at Halls, who is now the wrestling coach and athletic director at Page High School in Middle Tennessee).

There were other Halls wrestling alumni there as well.

Former Halls coach Ed

Simmons, who coached Vandergriff at Halls, also made an appearance at the tournament, along with Dave Wayland, who coached at Halls after Simmons left the program and later served as Vandergriff's assistant, Clint Abbott (a longtime administrator at Alcoa High School, who was once a referee and currently serves as a supervisor), Gary Walker (who was

Carter High's head coach when the Red Devils and Hornets had the only two programs) and Don Elia, who started the program at Maryville, before moving on to Carson-Newman and later to East Tennessee State.

While Vandergriff has been largely associated with the Red Devils, his impact has reached far beyond Halls. He helped

programs get started at Central, Powell, Fulton, Gibbs and other schools in Knox and surrounding counties in East Tennessee. He's truly the sport's top ambassador in these parts. He's always been willing to lend a helping hand to anyone who asks for his services.

Tim Pittman, who has turned Gibbs High's program into a powerhouse

that won both the Class A/AA Duals State Championship and the Individual State Tournament last season, was once and assistant in Vandergriff's program.

Vandergriff, who remains a Halls fan and regular at most home meets, is credited; along with Benny Gray (Benji's father) with helping start Union County's program.

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The Doctor is in

a weekly column by
Dr. Jim Ferguson

Stress

Life is often complicated, and doesn't always go as envisioned or as we desire. I recently wrote about why I now practice concierge medicine, and described the stress that nearly 50% of doctors say is causing them to consider leaving medical practice.

I suspect there is some validity to a modern doctor's frustrations, but I can assure you that life in any career or vocation can be challenging at times. Perhaps the expectations of doctors are different now than when I trained. I worked 100 hours a week as an intern (specimen couriers smoking pot in the inner city hospital stairwell made more per hour than I did). And during my traditional career I always worked sixty hours a week. (I also walked uphill in the snow to and from school everyday!).

The rigors and stress of my profession are real, but are not unique. Everyone has to deal with stress, though some more or less

than others. Humans are designed to deal with stressful and even dangerous situations. You may recall the "fight or flight" mode described in high school health class. When our integrated nervous system recognizes a threat, a signal is sent to the adrenal glands which are located above the kidneys. These glands secrete hormones which modulate a variety of bodily functions, and when a threat is perceived adrenaline is released. This hormone increases heart rate and blood pressure, shunts blood to muscles and makes you more alert to either face the threat or run to safety.

There is an obvious survival benefit for the release of adrenaline in an emergency, but what if someone endures constant or repeated threats or perceives all situations as always stressful or threatening? An example might be growing up in the streets on the Southside

of Chicago or being in an abusive relationship. Science has shown the adverse effects of stress on the immune and cardiovascular systems. Issues of cancer, hypertension and heart attacks come to mind. I once read that being overwhelmed or depressed can produce fatigue equivalent to digging a ditch all day long.

Everyone has experienced anxiety or fear at some time. Surely you remember awakening from a nightmare or having a near collision while driving. Now, imagine that same fear from an unknown source which can't be easily or quickly corrected. Chronic stress is not healthy and can cause bodily manifestations (somatic) of the mind (psyche), the so-called psychosomatic symptoms. Examples are tension headaches, heart palpitations or insomnia from stress and adrenaline.

Sometimes, understanding the body's reaction to fear, and the resulting adrenaline-induced anxiety, helps patients cope. I've told many patients that there are two reasons to do tests: one reason is to aide in clinical diagnosis; the other is to allay a patient's fear of disease and assure them that the doctor is listening and not missing some important clue. Both forms of testing are appropriate and negative tests can be therapeutic!

Another avenue of dealing with stress is to organize vague or nebulous feelings on paper or to verbalize them to a therapist, a spouse or a friend. There is something in the human wiring that makes us feel better when we organize and then verbalize our feelings. I describe it as a catharsis for the psyche. Recognize that your stress and fears may be too much for your spouse or friend to handle and in that case a therapist is best.

The Psalmist sang, "We are fearfully and wonderfully made." We take for granted that this wonderful vessel in which we reside, works . . . until it doesn't. Proper functioning of our nervous system depends upon a balance of at least a half dozen chemical messengers such as dopamine, norepinephrine, GABA and serotonin. A deficiency of dopamine can produce Parkinson's Disease and an imbalance of the others contributes to depression, anxiety or phobias. I don't want to get lost in the weeds of arcane medical concepts, but doctors often treat neurochemical imbalances with antidepressants which reestablish proper ratios of signaling neurochemicals. An example are serotonin modulators (SSRI medications like Prozac) which help stabilize mood and treat depression. Another modality is to use medications like

Xanax which allay anxiety by enhancing the effects of the neurochemical GABA (gamma aminobutyric acid).

A stress inducing problem in our modern information age is the constant state of crisis engineered by the media. You've heard the journalistic adage, "If it bleeds, it leads" in news reporting. As a responsible adult I feel it is my civic duty to stay informed of news and current events. This has become harder because of politically motivated disinformation of agencies like CNN and other media outlets. And it is stressful sifting through reports to try and find the truth. There is good and bad in most people, but you come to question so-called "news" which is 92% negative regarding President Trump.

The President is no saint, but hatred has become the basis of most Trump reporting. When I teach medical students I challenge them to look beyond what is happening with their patients. I want them to ask why their patient has developed, for instance, congestive heart failure. You will also come closer to the truth when you go beyond media reports and ask yourself why something is being reported in a certain way. As an example, Whoopi Goldberg recently asked the ladies of the View why the media keeps making mistakes such as

in the recent Buzzfeed and the Catholic High School brouhahas. Joy Behar quickly answered the "why" question. She said, "It's to get Trump out of office."

Elie Wiesel was a Jew who survived the Nazi concentration camps and became an American citizen, a noted professor, an author of 57 books and a Nobel Laureate. He once observed, "The opposite of love is not hate, it's indifference." If that is true, there is hope for Joy Behar, who I discern as filled with the pitiable and delusional Trump-hated syndrome. I can even hope that Twitter trolls who cravenly and anonymously savage others retain some aspects of redemptive humanity. C. S. Lewis posited that sinful humans can lose the last vestiges of their humanity, and all that is left is their sin.

Our Western Civilization was founded on the precepts of Judeo-Christian ethos. It is under attack everywhere. The Master said, "Those with eyes will see," and he commanded us to pray for the lost and confused, and those co-opted by the "rulers, the powers and the forces of darkness." I do so every day.

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



Rosie's World

How many of you remember many, many, many years ago in junior high or high school carrying around those autograph books, getting all your friends, and some who were merely acquaintances, to sign them? Forget about doing your homework or studying for a test, getting autograph signatures were more important. Well, it was fun while it lasted.

I can still remember a lot of the sayings that were written in my autograph book, such as the

silly ones, like, "yours till the ocean wears rubber pants to keep its bottom dry." Or "2 good to be 4 gotten", and "Roses are red, violets are blue, Sugar is sweet, and so are you." Then there are thoughtful ones, such as, "don't walk in front of me, I may not follow, don't walk behind, me, I may not lead, just walk beside me and be my friend." Then there were weird ones, such as, "Yours till England gets Hungry and fries Turkey in Greece." I used to write in my daughter's book, "It's better to be good woman than a fine lady." They always asked me what that meant and I would tell them they will understand it when they get older.

Friendship means lending your shoulder for someone to cry on. It also means being comfortable around each other in silence. It means being able to tell each other anything and understanding without questions. And, of course, it means being able to say "I love you."

I like this one: If you live to be 100, I hope I live to be 100 minus one, so I never have to live without you."

I had a friend like that once. We could agree to disagree. We liked the same type of movies, we disagreed on how to make thumbprint cookies. We spent many Sunday afternoons playing Scrabble (before internet). She

was tall, I am short yet we could fit into the same car but not the same clothes. There aren't many friends like that. She is gone now and I miss her.

Remember me, and bear in mind, A good, true friend is hard to fine, And if you find one good and true, Change not the old one for the new."

Lastly, don't forget, "What friend we have in Jesus All our sins and griefs to bear!

What a privilege to carry Everything to God in prayer.

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

Make taking care of your brain part of your 2019

Alzheimer's Foundation of America offers tips to promote good brain health and healthy aging in 2019

The Alzheimer's Foundation of America (AFA) is encouraging individuals to take 10 steps to promote good brain health

and healthy aging in 2019.

"Taking care of your brain is a New Year's resolution that everyone should make and, more importantly, keep," said Charles J. Fuschillo, Jr., AFA's President and CEO. "Just as we focus on improving other parts of our bodies, we need to look after our minds too. There are steps and lifestyle changes which we encourage individuals to take to support their **Continue on page 5**



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Morning Pointe of Knoxville opens doors to residents

Morning Pointe Senior Living is pleased to announce that its newest senior living community, Morning Pointe of Knoxville, has obtained all appropriate licensure from the Tennessee Department of Health, paving the way for residents to begin moving into the new campus. The assisted living and Alzheimer's memory care community's grand opening ceremony will take place on Thursday, March 7 with an open house from 4:00 p.m. to 7:00 p.m. and a formal dedication program beginning at 4:30 p.m. Morning Pointe of Knoxville is the first phase of a planned larger senior living campus, featuring a



Aerial photo of the new Morning Pointe Senior Living at 9649 Westland Drive, Knoxville. This new facility's grand opening ceremony will take place on Thursday, March 7 with an open house from 4:00 p.m. to 7:00 p.m.

58,000-square-foot assisted living community with 73 spacious apartments and a secure wing of 20 apartments designed for residents with Alzheimer's disease and other memory care disorders. This addition strengthens Morning Pointe Senior Living's footprint in East Tennessee, complementing current locations in Clinton,

Lenoir City, and Powell.

Following the grand opening of Morning Pointe of Knoxville, construction will begin on the second phase of the campus, The Lantern at Morning Pointe Alzheimer's Center of Excellence, Knoxville, in late spring of 2019. The Lantern will

be a freestanding building located on the same property and will be dedicated solely to providing Alzheimer's memory care. The 45,000-square-foot memory care community will consist of 60 specially designed apartments for residents with Alzheimer's and other memory care

needs.

The Morning Pointe of Knoxville campus will continue to maintain a strong focus on clinical care, featuring physical and occupational therapies, life enrichment/wellness programming, and intergenerational activities. The Lantern will provide an array of Alzheimer's memory care services, including innovative therapies such as SimpleC™ Community Connect memory care technology and Meaningful

Day™ purposeful programming to ensure the highest quality of care for residents. Residents will enjoy premier amenities and fine dining with local, farm-fresh ingredients.

"Morning Pointe has been a part of the East Tennessee healthcare delivery system for 20 years since its founding in Chattanooga," says Greg A. Vital, president and CEO of Morning Pointe. "Knoxville is not only a great place to live and work, but

also a great place to retire. This expansion allows us to provide seniors and their families more options for quality senior care and service in Knox, Anderson, and Loudon Counties. In addition, we remain committed to contributing to job growth and workforce development in the Smoky Mountain region."

According to 2016 U.S. Census Bureau population estimate reports, Knoxville is the second fastest growing city in the state behind Nashville. Following growth trends, Morning Pointe seeks to provide retirement living options to bring the over-65 population closer to medical services and adult children, who are relocating to urban areas.

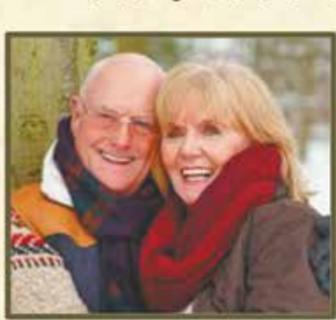
Independent Healthcare Properties LLC, a Chattanooga, Tenn.-based senior healthcare services company, develops, owns and manages 32 Morning Pointe Assisted Living and The Lantern Alzheimer's Memory Care Center of Excellence Communities in five southeastern states. IHP was founded in 1996 by Tennessee healthcare entrepreneurs Greg A. Vital and Franklin Farrow. For more information, please visit www.morningpointe.com.



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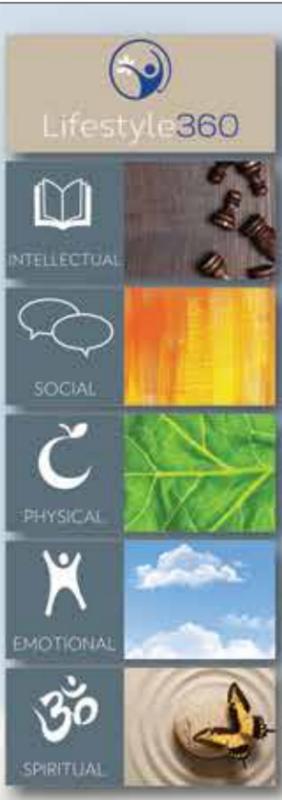
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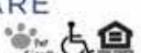
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Treasure Hunt and Online Auction

Are you looking for a creative way to raise money for your neighborhood projects and engage your neighbors?

Office of Neighborhoods (OON) is partnering with Community Television of Knoxville (CTV) and registered neighborhood organizations to present the inaugural Knoxville Neighborhood Treasure Hunt.

This will feature a three week online neighborhood fundraising auction that will culminate with a live, televised, 3 hour event.

What do neighborhood organizations need to be doing now?

- Start looking around in your attic, basement, closets, and storage units.
- Identify items in good condition to donate to the treasure hunt.
- Alert neighbors, family members, and friends to do the same.
- Identify a neighborhood representative to "approve" items donated on the neighborhood's behalf.
- Have the neighborhood representative call Kevin to have all questions answered.

Here is how the auction will work:

Registered neighborhood groups will invite neighbors and neighborhood businesses to donate "treasures" to raise money for their neighborhood organization. Donations can include new items, slightly used items, and antiques. Anyone may donate an item on behalf of a neighborhood group.

Between now and April, neighborhood groups will inventory, approve, and photograph their items to be auctioned.

CTV and OON will co-produce short neighborhood videos featuring interviews with neighborhood residents highlighting activities and events that take place in the neighborhoods.

The online auction will launch, Friday, Apr. 12 and begin taking bids. The auction will run from Apr. 12 through Friday, May 3.

CTV will air a three hour televised special on Friday, May 3, from 6-9 p.m., featuring recorded neighborhood videos and live auction bid updates. Winning bids will be announced at 9:00 p.m.

Neighborhood representatives will

coordinate treasure item pickups and payments.

There is a simple way to keep track of this online. Neighborhood groups will keep 100% of the proceeds from the sale of treasures donated on their behalf. Which neighborhood will bring in the most amount of money?

There will be two opportunities to learn more about this unique fundraising idea at the OON Grant Opportunities Workshops on Thursday, Jan. 31, and Saturday, Feb. 2 (see below for information).

If you have questions, please contact Kevin Jeske -Polyak at CTV 865-215-4352 or at Kevin@ctvknox.org.

Grant Opportunities Workshops Offered

Learn about ways to raise money for your neighborhood through a City of Knoxville workshop.

The Office of Neighborhoods and Parks and Recreation will jointly host a workshop to assist neighborhood organizations that apply for funds.

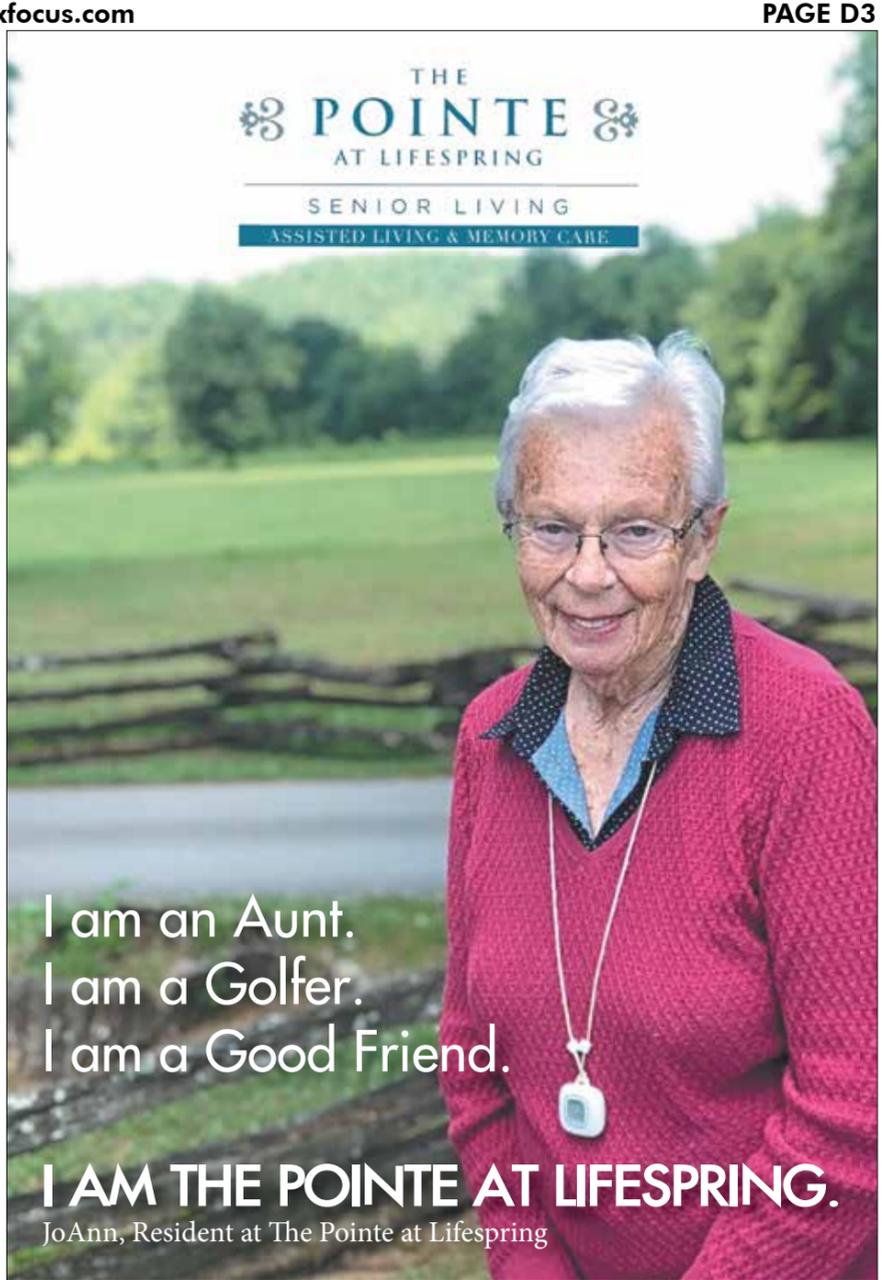
The same workshop will be offered on two dates, Thursday, Jan. 31, from 5:30-7 p.m. and Saturday, Feb. 2, from 10-11:30 a.m. at the Public Works Building, 3131 Morris Ave.

Kevin Jeske-Polyak will also present information about the Knoxville Neighborhood Treasure Hunt and Online Auction coming up in May.

Additional tips on fundraising for neighborhood projects will be offered, including crowd sourcing and advocacy with public officials.

All are welcome to attend. If you have questions, please email Debbie Sharp at dsharp@knoxvilletn.gov.

Anyone needing a disability accommodation to be able to attend these workshops or any public meeting should contact Stephanie Cook at scook@knoxvilletn.gov or 865-215-2034. For an English interpreter, contact Title VI Coordinator Tatia M. Harris at 865-215-2831.



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Find the Service Directory and Classified ads on C4 this week!

Make taking care of your brain part of your 2019

Cont. from page 1

brain health and wellness in 2019 and beyond."

"The best way to make 2019 a healthy and happy new year is by being proactive about your own well-being," said Bert E. Brodsky, AFA's Founder and Board Chairman. "The brain is one of the most vital parts of the human body; it's so important to keep it in good shape. Start the New Year off 'well' by prioritizing your cognitive health."

AFA urges people to take the following 10 steps for healthy aging:

1. Eat Well - Adopt a low-fat diet high on fruits and veggies, like strawberries, blueberries and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt and sugar. In general, foods

that are "heart healthy" are also "brain healthy."

2. Stay Active - Physical activity increases blood flow to the brain and can also help improve mood and overall well-being. Brisk walking benefits brain health, while aerobics can boost your heart rate, and weight training builds strength and flexibility.

3. Learn New Things - Challenge your brain by starting a new hobby like playing tennis, learning to speak a foreign language, trying a cooking class, or something you haven't done before. Even something as simple as brushing your teeth with your non-dominant hand stimulates the brain by forcing it to think outside of its normal routine.

4. Get Enough Sleep

- Getting a consistent sleep every night is key; at least seven to nine hours is ideal. Having a good sleep environment is also helpful. Insomnia or sleep apnea can have serious physical effects and negatively affect memory and thinking.

5. Mind Your Meds - Medication can affect everyone differently, especially as you age. When getting a new medication or something you haven't taken in a while (whether over the counter or prescription), talk to your doctor or local pharmacist.

6. Stop Smoking and Limit Alcohol - Smoking can increase the risk of serious illnesses, while too much alcohol can affect memory, impair judgment and present safety issues.

7. Stay Connected - Social interaction and maintaining an active social life are very important for brain health, cognitive stimulation and mood. Invite friends and family over for a meal, board games, or just to hang out. Engaging in your community and participating in group activities is also beneficial.

8. Know Your Blood Pressure - Blood pressure can impact your cognitive functioning. Visit your physician regularly to check your blood pressure and make sure it is in normal range.

9. See Your Doctor - Maintain checkups. Health screenings are key to managing chronic illnesses, such as diabetes, cardiovascular disease, and obesity, all of which can impact

brain health. Speak with your physician about any concerns or questions you have about your health.

10. Get a Memory Screening - Our brains need regular checkups, just as other parts of our bodies do. A memory screening is a quick, easy, non-invasive exam for our brains. Talk to your doctor about getting a screening as part of your annual wellness exam or

call AFA at 866-232-8484.

Additional information about brain health and wellness and memory screenings can be found on AFA's website, www.alzfdn.org or by calling AFA's Helpline at 866-232-8484. The helpline is open from 9 a.m. to 9 p.m. (ET) on weekdays and 9 a.m. to 1 p.m. (ET) on weekends.

LORETTA'S CLOSET

Loretta's Closet is a mission for women by women assisting women to join or return to the workforce with clothing & accessories. Turning negatives into positives with God's help PLEASE JOIN US

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LEGAL & PUBLIC NOTICES

NOTICE TO CREDITORS

ESTATE OF WILLIAM DAVID BURNS
DOCKET NUMBER 81231-2

Notice is hereby given that on the 9 day of JANUARY 2019, letters administration in respect of the Estate of WILLIAM DAVID BURNS who died Oct 7, 2018, were issued the undersigned by the Clerk and Master of the Chancery Court of Knox County, Tennessee.

All persons, resident and non-resident, having claims, matured or unmatured, against his or her estate are required to file the same with the Clerk and Master of the above named court on or before the earlier of the dates prescribed in (1) or (2) otherwise their claims will be forever barred.

(1) Four (4) months from the date of the first publication of this notice if the creditor received an actual copy of this notice to creditors at least sixty (60) days before the date that is four (4) months from the date of this first publication; or

(B) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors if the creditor received the copy of the notice less than sixty (60) days prior to the date that is four (4) months from the date of first publication as described in (1)(A); or

(2) Twelve (12) months from the decedent's date of death.

This the 9 day of JANUARY, 2019.

ESTATE OF WILLIAM DAVID BURNS
PERSONAL REPRESENTATIVE(S)
DEBORAH KAY BURNS; ADMINISTRATRIX
8145 BAYDEN DRIVE
KNOXVILLE, TN. 37919

J NOLAN SHARBEL ATTORNEY AT LAW
9008 SHALLOWFORD ROAD
KNOXVILLE, TN. 37923
1/21 & 1/28

NOTICE TO CREDITORS

ESTATE OF FRANK EDWARD PIERCE, JR.
DOCKET NUMBER 81249-2

Notice is hereby given that on the 14 day of JANUARY 2019, letters testamentary in respect of the Estate of FRANK EDWARD PIERCE, JR. who died Dec 21, 2018, were issued the undersigned by the Clerk and Master of the Chancery Court of Knox County, Tennessee.

All persons, resident and non-resident, having claims, matured or unmatured, against his or her estate are required to file the same with the Clerk and Master of the above named Court on or before the earlier of the dates prescribed in (1) or (2) otherwise their claims will be forever barred.

(1) Four (4) months from the date of the first publication of this notice if the creditor received an actual copy of this notice to creditors at least sixty (60) days before the date that is four (4) months from the date of this first publication; or

(B) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors if the creditor received the copy of the notice less than sixty (60) days prior to the date that is four (4) months from the date of first publication as described in (1)(A); or

(2) Twelve (12) months from the decedent's date of death.

This the 14 day of JANUARY, 2019.

ESTATE OF FRANK EDWARD PIERCE, JR. PERSONAL REPRESENTATIVE(S)
CHARLES EDWARD PIERCE; EXECUTOR
200 W JACKSON AVENUE #607
KNOXVILLE, TN. 37902

LAUREN E SMITH ATTORNEY AT LAW
110 COGDILL ROAD KNOXVILLE, TN. 37922

NOTICE TO CREDITORS

ESTATE OF REBEKAH JOY ROGERS
DOCKET NUMBER 81248-1

Notice is hereby given that on the 14 day of JANUARY

2019, letters administration in respect of the Estate of REBEKAH JOY ROGERS who died Dec 22, 2018, were issued the undersigned by the Clerk and Master of the Chancery Court of Knox County, Tennessee.

All persons, resident and non-resident, having claims, matured or unmatured, against his or her estate are required to file the same with the Clerk and Master of the above named court on or before the earlier of the

dates prescribed in (1) or (2) otherwise their claims will be forever barred.

(1) Four (4) months from the date of the first publication of this notice if the creditor received an actual copy of this notice to creditors at least sixty (60) days before the date that is four (4) months from the date of this first publication; or

(B) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors if the creditor received the copy of the notice less than sixty (60) days prior to the date that is four (4) months from the date of first publication as described in (1)(A); or

(2) Twelve (12) months from the decedent's date of death.

This the 14 day of JANUARY, 2019.

ESTATE OF REBEKAH JOY ROGERS
PERSONAL REPRESENTATIVE(S)
JEWELL TIPTON-JENKINS;
ADMINISTRATRIX
6625 PINE GROVE ROAD
KNOXVILLE, TN. 37914

NOTICE TO CREDITORS

ESTATE OF JAMES CARROLL WILLIAMS
DOCKET NUMBER 81257-1

Notice is hereby given that on the 16 day of JANUARY 2019, letters administration in respect of the Estate of JAMES CARROLL WILLIAMS who died Nov 11, 2018, were issued the undersigned by the Clerk and Master of the Chancery Court of Knox County, Tennessee.

All persons, resident and non-resident, having claims, matured or unmatured, against his or her estate are required to file the same with the Clerk and Master of the above named court on or before the earlier of the dates prescribed in (1) or (2) otherwise their claims will be forever barred.

(1) Four (4) months from the date of the first publication of this notice if the creditor received an actual copy of this notice to creditors at least sixty (60) days before the date that is four (4) months from the date of this first publication; or

(B) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors if the creditor received the copy of the notice less than sixty (60) days prior to the date that is four (4) months from the date of first publication as described in (1)(A); or

(2) Twelve (12) months from the decedent's date of death.

This the 16 day of JANUARY, 2019.

ESTATE OF JAMES CARROLL WILLIAMS
PERSONAL REPRESENTATIVE(S)
PORSCH WILLIAMS; ADMINISTRATRIX
3940 ACOORN DRIVE KNOXVILLE, TN. 37918

NOTICE TO CREDITORS

ESTATE OF DELMAR JAMES FRAYSIER
DOCKET NUMBER 81103-3

Notice is hereby given that on the 22 day of JANUARY 2019, letters administration in respect of the Estate of DELMAR JAMES FRAYSIER who died Oct 29, 2018, were issued the undersigned by the Clerk and Master of the Chancery Court of Knox County, Tennessee.

All persons, resident and non-resident, having claims, matured or unmatured, against his or her estate are required to file the same with the Clerk and Master of the above named court on or before the earlier of the dates prescribed in (1) or (2) otherwise their claims will be forever barred.

(1) Four (4) months from the date of the first publication of this notice if the creditor received an actual copy of this notice to creditors at least sixty (60) days before the date that is four (4) months from the date of this first publication; or

(B) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors if the creditor received the copy of the notice less than sixty (60) days prior to the date that is four (4) months from the date of first publication as described in (1)(A); or

(2) Twelve (12) months from the decedent's date of death.

This the 22 day of JANUARY, 2019.

ESTATE OF DELMAR JAMES FRAYSIER
PERSONAL REPRESENTATIVE(S)
CHRISTINE STREET; ADMINISTRATRIX
20129 VANCES MILL ROAD
ABINGDON, VA. 24211

BILL FIX ATTORNEY AT LAW
3408 N CEDAR BLUFF ROAD, SUITE 2623
KNOXVILLE, TN. 37920

NOTICE TO CREDITORS

ESTATE OF HELEN LOY
DOCKET NUMBER 81267-2

Notice is hereby given that on the 18 day of JANUARY 2019, letters testamentary in respect of the Estate of HELEN LOY who died Nov 27, 2018, were issued the undersigned by the Clerk and Master of the Chancery Court of Knox County, Tennessee.

All persons, resident and non-resident, having claims, matured or unmatured, against his or her estate are required to file the same with the Clerk and Master of the above named Court on or before the earlier of the dates prescribed in (1) or (2) otherwise their claims will be forever barred.

(1) Four (4) months from the date of the first publication of this notice if the creditor received an actual copy of this notice to creditors at least sixty (60) days before the date that is four (4) months from the date of this first publication; or

(B) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors if the creditor received the copy of the notice less than sixty (60) days prior to the date that is four (4) months from the date of first publication as described in (1)(A); or

(2) Twelve (12) months from the decedent's date of death.

This the 18 day of JANUARY, 2019.

ESTATE OF HELEN LOY
PERSONAL REPRESENTATIVE(S)
JOE C LOY; EXECUTOR
4620 SAND HILL LANE
KNOXVILLE, TN. 37919

DAVID LUHN ATTORNEY AT LAW
310 N FOREST PARK BLVD
KNOXVILLE, TN. 37919
1/28 & 2/4

NOTICE TO CREDITORS

ESTATE OF MICKEY P MALLONEE
DOCKET NUMBER 81212-1

Notice is hereby given that on the 22 day of JANUARY 2019, letters administration in respect of the Estate of MICKEY P MALLONEE who died Nov 19, 2018, were issued the undersigned by the Clerk and Master of the Chancery Court of Knox County, Tennessee.

All persons, resident and non-resident, having claims, matured or unmatured, against his or her estate are required to file the same with the Clerk and Master of the above named court on or before the earlier of the dates prescribed in (1) or (2) otherwise their claims will be forever barred.

(1) Four (4) months from the date of the first publication of this notice if the creditor received an actual copy of this notice to creditors at least sixty (60) days before the date that is four (4) months from the date of this first publication; or

(B) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors if the creditor received the copy of the notice less than sixty (60) days prior to the date that is four (4) months from the date of first publication as described in (1)(A); or

(2) Twelve (12) months from the decedent's date of death.

This the 22 day of JANUARY, 2019.

ESTATE OF MICKEY P MALLONEE
PERSONAL REPRESENTATIVE(S)
LISA MARIE FOLEY; CO-ADMINISTRATOR
878 PEACHTREE STREET NE #409
ATLANTA, GA. 30309

MASON WADE FOLEY; CO-ADMINISTRATOR
3421 ENGLISH OAKS DRIVE
KENNESAW, GA. 30144

ANNE M MCKINNEY ATTORNEY AT LAW
1019 ORCHID DIVE KNOXVILLE, TN. 37912

NOTICE TO CREDITORS

ESTATE OF MARTHA MCDONALD
DOCKET NUMBER 81242-1

Notice is hereby given that on the 16 day of JANUARY 2019, letters testamentary in respect of the Estate of MARTHA MCDONALD who died Oct 18, 2018, were issued the undersigned by the Clerk and Master of the Chancery Court of Knox County, Tennessee.

All persons, resident and non-resident, having claims, matured or unmatured, against the estate are required to file the same with the Clerk and Master of the above named court on or before the earlier of the dates prescribed in (1) or (2) otherwise their claims

will be forever barred:

(1) Four (4) months from the date of the first publication of this notice if the creditor received an actual copy of this notice to creditors at least sixty (60) days before the date that is four (4) months from the date of the first publication; or

(B) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors if the creditor received the copy of the notice less than sixty (60) days prior to the date that is four (4) months from the date of first publication as described in (1)(A); or

(2) Twelve (12) months from the decedent's date of death.

This the 16 day of JANUARY, 2019

ESTATE OF MARTHA MCDONALD
PERSONAL REPRESENTATIVE(S)
MATTHEW T MCDONALD; EXECUTOR
1104 NIGHT CAP LANE
KNOXVILLE, TN. 37919

NOTICE TO CREDITORS

ESTATE OF CYNTHIA L MCNUTT
DOCKET NUMBER 81263-1

Notice is hereby given that on the 17 day of JANUARY 2019, letters administration in respect of the Estate of CYNTHIA L MCNUTT who died Dec 29, 2018, were issued the undersigned by the Clerk and Master of the Chancery Court of Knox County, Tennessee.

All persons, resident and non-resident, having claims, matured or unmatured, against his or her estate are required to file the same with the Clerk and Master of the above named court on or before the earlier of the dates prescribed in (1) or (2) otherwise their claims will be forever barred.

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(B) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors if the creditor received the copy of the notice less than sixty (60) days prior to the date that is four (4) months from the date of first publication as described in (1)(A); or

(2) Twelve (12) months from the decedent's date of death.

This the 17 day of JANUARY, 2019.

ESTATE OF CYNTHIA L MCNUTT
PERSONAL REPRESENTATIVE(S)
JOSHUA P MCNUTT; ADMINISTRATOR
1618 MOSHINA ROAD
KNOXVILLE, TN. 37914

NOTICE TO CREDITORS

ESTATE OF ROBERT MARVIN PETERS
DOCKET NUMBER 81260-1

Notice is hereby given that on the 18 day of JANUARY 2019, letters administration in respect of the Estate of ROBERT MARVIN PETERS who died Nov 28, 2018, were issued the undersigned by the Clerk and Master of the Chancery Court of Knox County, Tennessee.

All persons, resident and non-resident, having claims, matured or unmatured, against his or her estate are required to file the same with the Clerk and Master of the above named court on or before the earlier of the dates prescribed in (1) or (2) otherwise their claims will be forever barred.

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(B) Sixty (60) days from the date the creditor received an actual copy of the notice to creditors if the creditor received the copy of the notice less than sixty (60) days prior to the date that is four (4) months from the date of first publication as described in (1)(A); or

(2) Twelve (12) months from the decedent's date of death.

This the 18 day of JANUARY, 2019.

ESTATE OF ROBERT MARVIN PETERS
PERSONAL REPRESENTATIVE(S)
KATHY PETERS; ADMINISTRATRIX
7112 SPURLIN ROAD
KNOXVILLE, TN. 37918

GAIL F WORTLEY ATTORNEY AT LAW
3715 POWERS STREET
KNOXVILLE, TN. 37917

MISC. NOTICES

PUBLIC NOTICE OF LIEN SALE

THE OWNERS AND/OR LIEN HOLDERS OF THE FOLLOWING VEHICLES ARE HERBY NOTIFIED OF THEIR RIGHTS TO RECLAIM SAID VEHICLES BEING HELD AT MADDOX AUTO 4053 DOUGLAS DAM RD KODAK TN 37764. 865-236-3654. FAILURE TO RECLAIM THIS VEHICLES WILL BE DEEMED A WAIVER OF ALL RIGHTS, TITLE AND CONSENT TO DISPOSE OF SAID VEHICLE AT PUBLIC AUCTION IN COMPLIANCE WITH THE TENNESSEE PUBLIC ACTS 1967, CHAPTER 240, HOUSE BILL 379 ON FEBRUARY 2, 2019 AT 8:00 AM.

2003 GMC Yukon vin #1GKEK13Z43R106391
1999 Chevy van vin #16TGF26R6X1010772

PUBLIC NOTICE OF LIEN SALE

In compliance with TCA 66-14-102 thru 66-14-106 the following cars will be sold on February 15, 2019 @ 2:00 PM @ Cedar Bluff Towing, Inc. 623 Simmons Road Knoxville, TN if total bill is not paid by date of sale.

- 2011 For Fusio 3FAHP0JA0BR258078
- 2018 Kia Optima 5XRG6T4L37J6229887
- 2005 Kia Spect KNAFE12125181732
- 2005 Che Subur 3GNFK162956135021
- 2001 Vol Dod Ram 3WV6T621C1M479689
- 1996 Dod Ram 1B7HC1621J200471
- 2005 Niss Sentr 3N1CB51D35L570724
- 2001 Bui LeSab 1G6AL54K81U202629
- 1990 Hon Civic 1HGED3658LA048052
- 2012 Hon CR-V 5J6RM4H77CL007335
- 2004 Sat L300 1G8LJ54R74Y053099
- 2004 Mer Sable 1MEFM50U64G613833
- 1999 Mer E-Clia WDBJF65H3A927162
- 1998 Niss Maxim JN1CA21DXWT517419
- 1996 Che Corsi 1G1LD55M81Y279657
- 2003 Chr Town 2C4CP42R853R30163
- 2008 For Focus 1FAHP34N48W252869
- 2000 Hon Accor 1HGCG1654Y015450
- 2003 Hon Accor 1HGCM566X3A058806
- 2015 Che Equin 2GNALCEKXPH169889
- 2009 Hyu Sonat 2G2WP52371119976
- 1996 Niss Picku 1N6SD11S1T331303
- 1997 Toy Carol 2T1B62E3VC219773
- 2002 Niss Maxim JN1DA31A32T305536
- 2013 Niss Sentr 3N1AB7AP4DL758180
- 2005 Che Cobal 1G1AZ52F957529866
- 2002 Toy Camry 4T1BE32K12U033736
- 2007 Aud A4 WAUAF78E27A106429
- 2010 Niss Versa 3N1BC1AP5AL397620
- 2005 Kia Amant KNALD124055064005
- 2007 Pon Grand 2G2WP52371119976
- 2001 For Escap 1FMYU03141KB28996
- 2001 Che Malib 1G1ND52J516257420
- 2001 For Musta 1FAFP40411F102489
- 1999 Niss Sentr 1N6DD26S5C320351
- 2004 Pon Grand 2G2WP52371119976
- 1989 Toy Camry 4T2V22E8K0085757
- 2008 For Fusio 3FAHP07278R259606
- 2011 Hon Civic 19XFA1F598E013419
- 2004 Che Trail 1GNDT13S242137678
- 1994 Maz B-Ser 4F4CR12U4RTM2138
- 1997 Old Cutla 1G3M12M6V326785
- 1998 Mer Monro 4M2ZU52P4WUJ30758
- 2010 For Escor 1FTNE1P5A4A94851
- 1996 Hon Civic 2HGEG6671TH534426
- 2003 Toy Camry 4T2V22E8K0085757
- 2008 Niss Altim 1N4AL21E1X8C153695
- 1990 Bui LeSab 1G4HR54C4LH546831
- 1993 Bui Centu 1G4AG55N3P446844
- 2001 For Explo 1FMYU06E51UA96459

PUBLIC NOTICE OF LIEN SALE

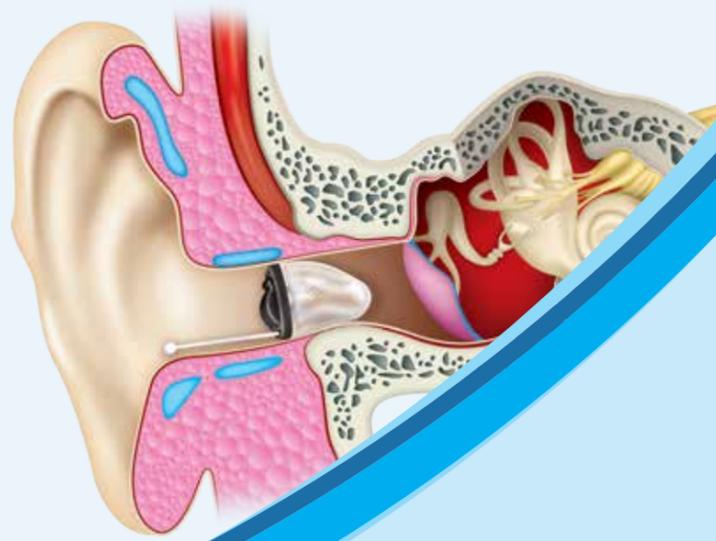
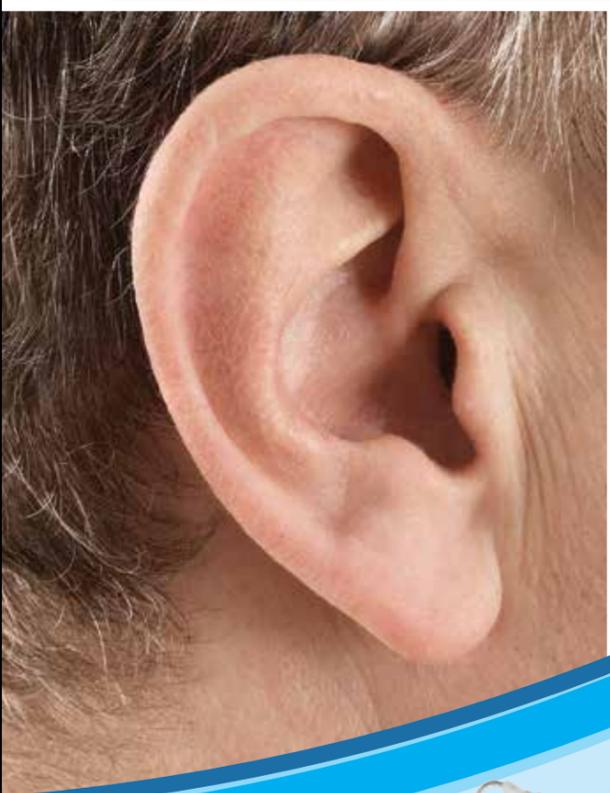
In compliance with TCA 66-14-102 thru 66-14-106 the following cars will be sold on February 15, 2019 @ 2:00 PM @ Chestnut Street Transport & Recovery, Inc. 5000 Rutledge Pike Knoxville, TN if total bill is not paid by date of sale.

- 1999 For Range 1FTYR10C5XUA11295
- 2003 Suz Aerio JS2RA41S335155294
- 2004 For Fries 2FMZA52204BA14559
- 2010 Kia Optm KNAGG4A80A539872
- 1995 Lex ES 30 J78GK131950105075
- 2001 Sat S Ser 1G825628112279517
- 2008 Vol Jetta 3VWRJ71K98M152877
- 1994 For Focus 1FTCR10X4RUD14309
- 2002 For Range 1FAFP3634W294114
- 1998 Che S10 1G6CS1447W8142642
- 2002 Chr Town 2C4CP44312R661731
- 1992 Che Plick CCL249F385139

PUBLIC NOTICE OF LIEN SALE

The owners and/or lienholders of the following vehicles are hereby notified of their rights to pay all charges and reclaim said vehicles being held at the storage lot of Floyd's Wrecker Service Inc. Failure to reclaim these vehicles will be deemed a waiver of all rights and titles along with consent to dispose of said vehicles at public auction to be held on: Thursday February 21st, 2019 10:00am, at 135 Hawthorne Ave. Knoxville, TN 37920.

- 2007 KIA KN0MB133376139327
- 2012 FORD 3FAHP0JA0CR175848
- 1995 CHEV 2G1W112X1S9201039
- 2006 NISS 1N4AL11D96C231656
- 2009 DODG 2D8H44E59R533127
- 1997 VOLV YV11KW9609V1039474
- 2002 ACOR 19UUA556642A021181
- 2011 JEEP 1J4NF5F8BD167205
- 1998 FORD 2FAFP73W7W192550
- 1999 JEEP 1J4G58S4XC536808
- 2003 FORD 1FMU02B73KC43833
- 2005 BUICK 3G5DA03E555500197
- 2005 CHEV 1G1JC52F157165864
- 1996 CADI 1G6KY529T8U18440
- 2000 CHEV 2G1WH55K9Y9269764



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