

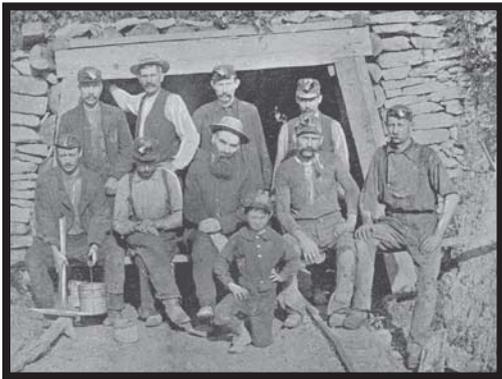
# ROCKY TOP NEWS

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FREE

APRIL 2017

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## COAL CREEK MINERS MUSEUM TO HOST COAL MINERS REUNION

The Coal Creek Miners Museum will be hosting a Coal Miners Reunion on April 29, 2017 from 3:00 p.m. to 6:00 p.m. at Lake City Middle School in Rocky Top, TN to honor the miners that worked in the Tennessee, Kentucky and West Virginia coal mines.

"The museum's purpose is to honor the miners and the impact that they had on our communities and now we want to host an event to bring the miners together to reconnect to each other and honor them for their years of hard work," said Tim Isbel, Chairperson of the Coal Creek Miners Museum.

There will be chili and soups, live music, door prizes, t-shirts for sale and script vendors will be on hand to sale and trade script. At 5:00 p.m. there will be a program to honor the hard working men and women who mined coal. Tickets are \$5 per person and can be purchased at the Coal Creek Miners Museum, Monday through Saturday from 10 a.m. to 2 p.m., online at [www.coalcreekminersmuseum.com](http://www.coalcreekminersmuseum.com) or at the door at the event. However, because of a generous donation, admission is free for anyone that has worked in a mine.

In addition, the Coal Creek Miners Museum will be hosting guided tours of the historical sites in Coal Creek and historians will be on hand at the Coal Creek Miners Museum from 9:00 a.m. to 3:00 p.m. to welcome visitors and talk about the historical events that made coal mining in Coal Creek unique.

The guided tours to historical sites include stops at Militia Hill where the militia was stationed during the Coal Creek War, Briceville Community Church and Leach Cemetery where Fraterville Miners' Circle is located.

The guided tours of the historical sites and admission to the museum are free but you will need to make a reservation for the tour by calling 865-340-3269.

All proceeds from this event will go to fund the remodel of the second floor and installation of an elevator to access the second floor of the Coal Creek Miners Museum's building.

For more information, call 865-340-3269 or visit [www.coalcreekminersmuseum.com](http://www.coalcreekminersmuseum.com).



**Pictured is Alyssa Brown, the winner of the spelling bee at Lake City Elementary School. She, along with Taylor Kuriger, represented the school in the Anderson County Spelling Bee held on March 28th.**



## LOCAL CRAFTSMAN BUILDS REPLICA OF WALTON HOME



Randy Martin of Briceville has always loved woodworking and creating things since he was a young boy working with his Papaw. Randy has worked as a construction worker and custom woodworker for many years but it was after he turned 50 years old and his wife, Angela, asked him to make her a swing that he decided to try and make a living doing custom woodwork for himself. Eventually, people started asking Randy to build other things including but not limited to, cars, trucks, construction equipment, doll closets, hope chests, airplanes and more. He has even built wood fishing rods and reels! After everyone began to see how talented Randy was, his sister-in-law told him to try and find out how to get selected to have a shop at Dollywood during their Harvest Festival in October. After submitting his work, Randy was selected to bring his work to Dollywood

and set up this past year. It was there that Randy met Mr. Ray Castro, Director of the classic tv show, "The Walton's". Mr. Castro talked with Randy for awhile and during their conversation he asked Randy if he could build a replica of the Walton's Home for their upcoming 45th Anniversary Reunion. After, 800 tireless hours of working with cedar, poplar, whitewood, cherry, ambrosia maple and engineered sheeting, Randy created this beautiful replica of the Walton's home. He and his wife traveled to Schuyler, Virginia with his masterpiece that went on display and were even able to meet several members of the "The Walton's" cast.



Randy is very humble about his work and said he wasn't sure exactly how the replica would turn out at first but as you can see in the pictures, he did a really amazing job building this one-of-a-kind, handcrafted home. Randy said he learned a lot about the Walton's and really enjoyed creating it. You can find out more information about Randy and all the custom woodworking pieces he builds on his facebook page, Appalachian Wood Works Randy or by calling 865-293-2201.



## SEND US YOUR NEWS

The Rocky Top News is published by volunteers who are not always able to gather all of the news happenings in Rocky Top. Therefore, we are asking for your help. If you are at an event, please take a picture and email it to the Rocky Top News at [info@rockytopchamber.com](mailto:info@rockytopchamber.com) with the details of the event. Also, if you are involved in an organization or group that is planning an event in Rocky Top, please email or call the Rocky Top News with the details. There is no event too big or too small to let us know about.

## AREA EVENTS IN AND AROUND ROCKY TOP COMMUNITY

- April 3-28 DOE Facilities Public Bus Tour @ AMSE
- April 3-29 Classes at Appalachian Arts Craft Center
- April 8 Big XII Double Dual Rowing Event on Melton Lake
- April 8-9 4-Wheeling for a Cure @ Windrock Park
- April 15 Michael Curtain Renaissance Run & Fun Walk in Norris
- April 15-16 Southern Intercollegiate Rowing Association Championship Regatta on Melton Lake
- April 20-22 Windrock Park Spring Jamboree
- April 21&28 Sheep Shearing Day @ the Museum of Appalachia
- April 28 Big Ed's Memorial Golf Tournament @ Oak Ridge Country Club
- April 28 Celebration of the Young Child @ Children's Museum of O.R.
- April 29-30 Dogwood Junior Championship Regatta on Melton Lake
- May 1-31 DOE Facilities Public Bus Tour @ AMSE
- May 5-6 Clinch River Spring Antique Fair

## APRIL SCHOOL CLOSINGS

- April 14 Good Friday
- April 17 In-Service (No School For Students)

## CITY OF ROCKY TOP MEETING SCHEDULE

- City Court 2nd Wednesday of the Month at 8:00 a.m.
- Planning Commission 3rd Tuesday of the Month at 5:30 p.m.
- City Council Meeting 3rd Thursday of the Month at 7:00 p.m.



A big THANK YOU to Rocky Top Public Library for hosting our Chamber Networking Coffee last month. We appreciate the wonderful hospitality and delicious food!

## Gary Cooper Insurance

801 N. Charles G. Seivers Blvd.

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[www.garycooperinsurance.com](http://www.garycooperinsurance.com)



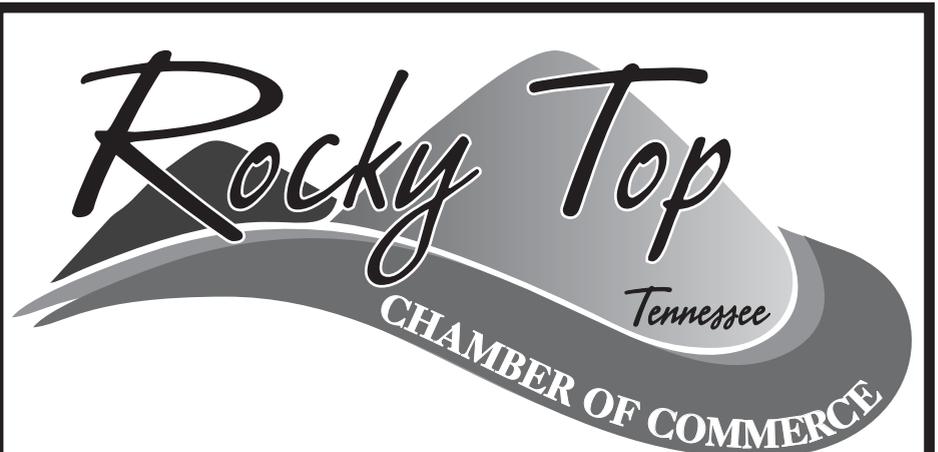
## Chamber Networking

The next Rocky Top Chamber of Commerce Networking Event will be at Southern Chick Boutique in Rocky Top, Tuesday, April 11th from 8:00 a.m. to 9:30 a.m. Everyone is welcome. This is a great opportunity for chamber members to network with other chamber members. If you are interested in joining the chamber, please feel free to attend this event. For more information about the Rocky Top Chamber of Commerce, visit [www.rockytopchamber.com](http://www.rockytopchamber.com)



## ROCKY TOP TENNESSEE

## WELCOME NEW MEMBER ECONO LODGE - ROCKY TOP



## Join our Mission

865-426-9595 • [RockyTopTNChamber.com](http://RockyTopTNChamber.com)

This paper is published by the Rocky Top Chamber of Commerce monthly and is free to the public.

Rocky Top Chamber of Commerce  
 P. O. Box 1054  
 Rocky Top, TN 37769  
 865-426-9595  
 Fax 865-457-4545  
[info@rockytopchamber.com](mailto:info@rockytopchamber.com)

Please submit events and content information by email or fax.

### Rocky Top News Advertising Rates

#### Newspaper Sponsorship-\$300.00

Includes a full page advertisement for one month of the advertiser's choosing based on availability (value \$125) and eleven months of business card size advertisement (value \$220). Total savings of \$45.00. Sponsorship also includes a article about the advertiser's business.

#### Rocky Top Chamber Member's Rates

- Full Page.....\$100.00
- Half Page.....\$50.00
- Quarter Page.....\$25.00
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#### Non-Rocky Top Chamber Member's Rates

- Full Page.....\$125.00
- Half Page.....\$75.00
- Quarter Page.....\$50.00
- Business Card 3 1/2" x 2"....\$20.00

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Sunday Evening Worship 6:30 p.m.

Wednesday Evening Service 6:30 p.m.

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### Free Tax Return Preparation Rocky Top Public Library

Trained volunteers can help you with special credits, such as Earned Income Tax Credit (EITC), Child Tax Credit, and Credit for the Elderly for which you may qualify. In addition to **FREE** tax return preparation assistance, the **Rocky Top Public Library** site also offers free electronic filing (e-filing).

Items you need to bring to the VITA Site to have your tax returns prepared

- Proof of identification
- Health Insurance information
- Social Security Cards for you, your spouse and dependents and/or a Social Security Number verification letter issued by the Social Security Administration
- Birth dates for you, your spouse and dependents on the tax return
- Current year's tax package if you received one
- Wage and earning statement(s) Form W-2, W-2G, 1099-R, from all employers
- Interest and dividend statements from banks (Forms 1099)
- A copy of last year's Federal and State returns if available
- Bank Routing Numbers and Account Numbers for Direct Deposit
- Total paid for day care provider and the day care provider's tax identifying number (the provider's Social Security Number or the provider's business Employer Identification Number)
- To file taxes electronically on a married filing joint tax return, both spouses must be present to sign the required forms.
- It is extremely important that each person use the correct Social Security Number (SSN). The most accurate information is usually located on your original Social Security card.



SITE OPEN February 2, 2017 thru April 17, 2017

To make an appointment you may call the library @ 865-426- 6762.

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# LCES NEWS

Below are pictures of the Coal Creek Festival and Community Meeting on March 14th at Lake City Middle School. Those who attended were able to enjoy free food and history booths like the one directly below about Coal Creek artist Catherine Wiley.



The picture below is of the booth demonstrating the Shoot Out at the Coal Creek Train Depot.



Mr. Barry Thacker was there in costume to do a presentation on Coal Creek History.



In addition to the fun facts about Coal Creek each booth featured a game. Below is a fishing game at the Fraterville Mine Disaster Booth.



Mr. Thacker also awarded the Eisteddfod Chair to the winning choir who represented the Nantyglo Mining Camp. They were actually some students from Mrs. Lawson's and Mr. Williams' class at Lake City Elementary, Those students are pictured above.

The highlight of the evening was Dr. Tim Parrott, who spoke to the audience and answered questions about the future of Anderson County Schools under his leadership.

## STUDENTS OF ROCKY TOP COMMUNITY WELL REPRESENTED AT ANDERSON COUNTY ART SHOW



The students of the Rocky Top community were well represented at the Anderson County Art Show at Elizabeth Claire's, March 9th-11th. Lake City Elementary, Lake City Middle School and Briceville Elementary had impressive exhibits. It was an exciting event!



## Twilight 5K Run/Walk

May 5th 2017: 8PM @ Melton Lake Park



Join your community in the fight against cancer by signing up to participate in The Twilight 5K Run/Walk at this year's Relay for Life Anderson County event at Melton Lake Park in Oak Ridge.

Friday, May 5<sup>th</sup> at 8:00 PM

Walk or run for people ages 12 and up.

Sign up at: [runsignup.com](http://runsignup.com)

Find a Race: type in Anderson County Twilight get to our event page

To support a specific Relay For Life Team please make sure to select Group/Team in the left sidebar on the webpage. You will then be able to select JOIN the team of your choice and complete the registration form.

This event supports the American Cancer Society's quest to create a world with less cancer and more birthdays by helping people get well and stay well, by finding cures and by fighting back against cancer.

Lace up.  
It's Relay time!



Cost: \$35 through April 16<sup>th</sup>  
\$40 from April 17<sup>th</sup> to race day  
\$45 day of the race  
(registration 6:45 – 8:00 PM)

All participants will receive a race t-shirt.

**AWARDS**

Top 3 males and females  
Top 2 in each age category  
Presentation after the Luminaria Ceremony

# LCES STUDENT SPOTLIGHTS



**KINDERGARTEN**

**BENTLEY SEIBER**

- ~An excellent friend, classmate and role model
- ~Wonderful self control and is a hard worker
- ~Works quietly and diligently until his work is completed

**FIRST GRADE**

**MAKIYA OWENS**

- ~A student leader who leads by example
- ~Hard-working, honest, conscientious and dependable
- ~Kind and helpful to her classmates



**SECOND GRADE**

**PEYTON SEALS**

- ~Always willing to help out and is a great friend
- ~Shows good character and comes in every day with a smile on his face
- ~Gives everything 100% effort



**THIRD GRADE**

**NEYLAN BEATY**

- ~Always involved in class discussions
- ~Works hard, fast and demonstrates persistence when he needs to re-work a problem
- ~Gets along well with class members and is respectful to his teachers



**FOURTH GRADE**

**TRENT STRICKLAND**

- ~Being incredibly kind and polite; always reliable and helpful to every student
- ~Always enthusiastic and interested in tackling new challenges
- ~Shows persistence in each class and works to achieve his goals



**FIFTH GRADE**

**LANDON COGDELL**

- ~Gives 100% and is always respectful
- ~Follows classroom rules and has a great attitude
- ~Is willing to help out in the classroom



# MARCH LCES STUDENT SPOTLIGHT

**THIRD GRADE**

**MYLEE PIETROBURGO**

- ~A joy to all of her teachers
- ~Always on task, respectful and most of all SMILING
- ~Kind to her classmates and helps anytime someone needs something



## ANDERSON COUNTY SENIOR CENTER EASTER / LUNCH PARTY



**April 13th at 1:00 p.m.**

There will be lunch, games, prizes and an Easter Egg Hunt for Seniors. This event is for Seniors only over the age of 60.

**195 Edgewood Ave, Clinton, TN 37716**

The building is located behind Walgreen's.

## 2017 HEALTH & WELLNESS GRANT RECIPIENTS

The Education Foundation for Clinton City and Anderson County Schools is pleased to announce the recipients of the 2017 Health and Wellness Grant made possible as a result of the proceeds from the Clinton4Kids 5K on October 22, 2016. A total of approximately \$4,428 in grants have been awarded to the following schools/instructors to initiate/maintain/continue Health and Wellness activities and practices with the students who are enrolled in these schools:

**Briceville and Norris Elementary School**  
**SPARK K-2 Standard Equipment Set**  
**Matt Neal**

**Clinton Elementary School**  
**Math and Movement Mats for Addition and Subtraction**  
**Terri Kerley**

**Clinton Middle School**  
**Water Refill Station**  
**Mike Holden**

**Lake City Elementary School**  
**ULTRAVERSE Traverse Climbing Wall**  
**Josh Boynton**

**North Clinton & South Clinton Elementary Schools**  
**American Ninja Warrior Obstacle Course**  
**Leslie Tumblin / Jamie Jordan**

The Education Foundation will recognize the recipients at the Annual Teacher of the Year Banquet on April 11, 2017.

The Education Foundation began sponsoring the Clinton4Kids 5K this past year with the intent of developing a funding source through competitive grants for schools/instructors to directly impact the health and wellness programs and activities in our county and city school districts. The 2017 Clinton4Kids 5K will be in its 6th year and is scheduled for October 21st in downtown Clinton. All proceeds from the race will be utilized for future Health and Wellness grants through The Foundation.

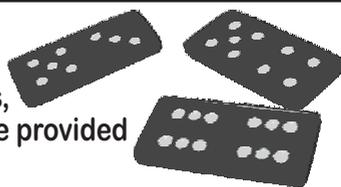
For more information regarding The Foundation or the Clinton4Kids 5K please visit these websites:  
<http://www.theeducationfoundation.info>  
<http://www.clinton5k.com>

# LIBRARY NEWS & EVENTS

# NEW BOOKS & DVD'S

## Senior Game Day

Join us on Monday, April 3rd and Monday, April 17th at 11:00 a.m. for a game of Dominos, Yahtzee or your favorite card game. Games are provided by the library.



## Friends of the Rocky Top Public Library

The friends will be having a meeting on Thursday, April 6th at 6:00 p.m. at the library.



## Adult / Teen Coloring Day

Monday, April 10th at 11:00 a.m., join us for a fun and relaxing hour of coloring. Coloring pages and supplies will be provided or you may bring your own.

## Adult Craft Day

The library is starting a new monthly craft class for adults. Our first class will be on Tuesday, April 10th from 12:00 p.m. to 1:00 p.m. The second class will be on Monday, May 8th from 12:00 p.m. to 1:00 p.m. Registration for the class is required prior to taking the class since supplies are limited. Please stop by the library or give us a call at 865-426-6762 to register.



## Lego Club - All Ages

Lego Club meeting on April 11th, 18th and 25th from 3:30 p.m. to 5:30 p.m. Lego Club is for children to allow their imaginations to run wild! We appreciate everyone who donated Lego's or money for us to purchase Lego's to help begin our children's Lego Club! Check out the pictures on our Facebook page of our first Lego Club meeting!

## Book Discussion Group

Join us on the last Monday of every month (Monday, April 24th) at 10:00 a.m. for Book Discussion Group. Bring a book you are currently reading or have read to share with others in the group. This is a great way to be introduced to new authors you may not have read. A lite breakfast will be served.



## Free Computer Classes

Rocky Top Public Library provides Basic Desktop Computer Classes every Tuesday (except the first Tuesday of the month) from 11:00 a.m. to 12:00 p.m.

## Children's Story Time

Story Time is provided every Friday at 4:00 p.m. and Saturday at 12:00 p.m. A story, craft and snack will be provided for children of all ages.



We will be having a Story Time Easter Party on April 7th at 4:00 p.m. We will not have Story Time on April 14th and April 15th due to closing in observance of Easter.

## April Closings

April 4th (until 1:00 for a staff meeting)  
April 14th and April 15th in observance of Easter

All Rocky Top Public Library events are free and open to the public.

## Adult Fiction:

Bone Box by Faye Kellerman  
Broken Glass by V.C. Andrews  
A Million Little Things by Susan Mallery  
A Piece of the World by Christina Baker Kline  
The Tiger in the House by Jacqueline Sheehan  
Without Warning by Joel Rosenberg  
Treasured Grace by Tracie Peterson  
The Walking Dead: The Fall of the Governor part 1 by Robert Kirkman  
Dangerous Games by Danielle Steel  
Happy Birthday by Danielle Steel  
The Cutthroat by Clive Cussler  
The Devil's Triangle by Catherine Coulter  
Her Secret by Shelley Shepard Gray  
The Lady of the Lake by Andrzej Sapkowski  
The Necromancer's House by Christopher Buehlman  
The Dressmaker's Dowry by Meredith Jaeger  
Snowfall by Shelley Shepard Gray  
A Book of American Martyrs by Joyce Carol Oates

## Non-Fiction

Batman: A Celebration of the Classic TV Series by Bob Garcia  
The Extraordinary Story of the Last True Hermit by Michael Finkel  
The Car Hacker's Handbook by Craig Smith  
Learn to Program with Small Basic by Majed Marji  
Ripper the Secret Life of Walter Sickert by Patricia Cornwell  
Between Heaven and the Real World by Steven Curtis Chapman  
See Kate Sew by Kate Bolcher  
The Big Book of Bible Cures by Don Colbert  
Cave of Fall Creek Falls by Larry Matthews  
The Paperclip Test by Mario Gmur  
The Mayo Clinic diet by Donald Hensrud  
Dreams and Premonitions by Amy Newmark

## Adult Paperbacks:

Devil in Spring by Lisa Kleypas  
Annie's Recipe by Lisa Jones Baker  
Princess of Fire by Heather Graham  
San Antonio Secret by Robin Perini  
Investigating Christmas by Debra Webb  
Means and Motive by Carla Cassidy  
Landon by Delores Fossen  
Suspicious Activities by Tyler Anne Snell  
Mountain Shelter by Cassie Miles  
The Girl Who Cried Murder by Paula Graves  
Turquoise Guardian by Jenna Kernan  
PhD Protector by Cindi Myers  
Christmas Kidnapping by Cindi Myers  
Deep Cover Detective by Lena Diaz  
Riding Shotgun by Joanna Wayne  
Single Father Sheriff by Carol Ericson  
Wild Montana by Danica Winters  
Kansas City Countdown by Julie Miller  
One Tough Texan by Barb Han  
Stone Cold Texas Ranger by Nicole Helm  
Battle Tested by Janie Crouch  
Laying down the Law by Delores Fossen  
Two suitors for Anna by Molly Jebber  
Annie's Recipe by Lisa Jones Baker  
Overwhelming Force by Janie Crouch  
Cardwell Christmas Crime Scene and Secret of Deadman's Coulee by B.J. Daniels

## Young Adult Fiction:

Batman: I Am Gotham by Tom King  
Batman: Night of the Monster Men  
The Angel Experiment by James Patterson  
Eclipse by Stephenie Meyer

## Young Adult Non-Fiction

Doing Math with a Python by Amit Saha

## Juvenile Non-Fiction:

200 Aesop Fables by Miles Kelly  
8000 Awesome Things You Should Know by Miles Kelly  
8000 Amazing Things You Should Know by Miles Kelly  
LEGO Build It! By Jennifer Kemmeter  
LEGO Brick Animals by Warren Elsmore

## Juvenile Fiction:

Swords of Rhema by Pricilla Shirer  
Lauren Ipsum: A Story about Computer Science and Other Improbable things by Carlos Bueno  
Friends to the Rescue by Olivia London  
LEGO Friends, Let's Explore by Catherine Saunders  
LEGO Star Wars Droid Tales by Kate Howard  
Sky Raiders by Brandon Mull  
Rogue Knight by Brandon Mull  
Crystal Keepers by Brandon Mull  
Death Weavers by Brandon Mull  
Dragon Watch by Brandon Mull

## Children's Easy:

LEGO Star Wars: The Force Awakens by David Fentiman  
I Am a Rainbow by Dolly Parton  
Batman: Coin Toss by Jake Black  
Batman: Rat Trap by Donald Lemke

## Westerns:

Frontiersman by William Johnstone  
Monahans Massacre by William Johnstone  
Hell's Half Acre by William Johnstone  
Preacher's Peace by William Johnstone

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Main Street Baptist Church offers specialized ministries for each member of the family; Men, Women, Seniors, Youth and Children. They also have a Food Pantry that is open on Tuesdays from 12 to 2 p.m. and a Soup Kitchen every Wednesday from 11 a.m. to 12:30 p.m.



Sunday School 9:45 a.m. • Sunday Morning Worship 8:30 a.m. & 10:45 a.m.  
Wednesday Evening Service 6:30 p.m.

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# VOLUNTEER OPPORTUNITIES

The Coal Creek Miners Museum, located at 201 South Main Street in Rocky Top, is offering volunteer opportunities for staffing the Museum. Education and training will be given on the unique history and culture of our community. If you are interested in the history of Coal Creek, enjoy working with the public and can commit to several hours during the week, please contact Sandee Sharp Savarese at 865-340-3269 or [info@coalcreekminersmuseum.com](mailto:info@coalcreekminersmuseum.com).



## Anderson County Library Board Meeting

Thursday, April 20th, 2017 @ 4:00 p.m.

Briceville Public Library

## ASAP Youth Ambassadors Travel to Capitol for PAT Day on the Hill



Eleven ASAP Youth Ambassadors from Anderson County, Clinton and Oak Ridge High Schools traveled to the State Capitol to take part in Prevention Alliance of Tennessee's Day on the Hill. On this day, coalitions from all across the state come together to advocate for substance abuse prevention in Tennessee. By joining forces with The Prevention Alliance of Tennessee (PAT), the ASAP Youth Ambassadors are able to further ASAP's mission to prevent and reduce substance abuse in Anderson County.

During the visit, these students had the opportunity to have private meetings with Lt. Governor Randy McNally, Representative John Ragan and Representative Dennis Powers to educate them about the issues that are important to them. Currently, these issues include the desire to have tobacco-free parks in Anderson County, the risks involved with legalizing medical or other uses of marijuana and support for opioid abuse reduction.

These Ambassadors work hard in many ways throughout the year to prevent and reduce substance abuse. ASAP Project Director Stacey Pratt said, "This was an incredible opportunity for these students to see how they can be an active participant in the governmental process. I so greatly appreciate these elected officials taking the time to meet with them and truly caring about what they had to say."

The trip was made possible through financial support from the Anderson County Health Department. Donovan Harrington (ACHS), Mary Tuscan (CHS) and Jenifer Laurendine (ORS) chaperoned the event and the students. "This group of students from across the county have worked hard to prevent substance abuse in their schools and throughout the county and should be commended on their leadership skills," said Oak Ridge Schools Coordinated School Health Coordinator Jenifer Laurendine.

If you would like to find out more about supporting ASAP and substance abuse prevention in Anderson County, please contact ASAP at 865-457-3007. For more information about programs and initiatives of Oak Ridge Schools Coordinated School Health, please visit [www.ortn.edu](http://www.ortn.edu) or visit the ORS Coordinated School Health Facebook Page.

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## JOB FAIR

Thursday, April 27, 3 – 7 p.m.

New Hope Center, Y-12  
602 Scarboro Rd. Oak Ridge

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Eagle Bend Manufacturing  
Express Employment Professionals  
Formall  
Greenfield Senior Living  
HealthMarkets  
Home Helpers of East TN  
MAG USA, Inc.  
ORAU  
ORNL Federal Credit Union  
Perfect Polish  
Premier Solutions International  
Protomet  
Roane State Community College  
Senior Helpers  
Shawmut  
Site1  
SL Tennessee  
Temp Systems/TSI Industrial Inc.  
TCAT - Harriman  
TCAT - Knoxville  
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## RESTORATIVE BACK CARE YOGA PROGRAM STARTS APRIL 20TH

Do you have chronic issues with back, hip, spine, neck or shoulder pain? Do you deal with stress related conditions? Have you tried traditional yoga in the past and found that it seemed to aggravate your pain? If you answered yes to any of these questions, you should consider joining a Restorative Spine Care Program, "Untying The Knots" with Serene White, certified Yoga Therapist. Each session is choreographed to help you relieve pain and stress so that you can enjoy ease of movement, a healthy body and well-being. This approach is based in a restorative, therapeutic style yoga which provides deep release to the muscles along the spine and into the joints for a gentle and effective approach to healing. Sessions include guided relaxation, breathing practices and supported yoga poses. Yoga poses are paired with specialty propping and hands on therapeutic adjustment/techniques so that you can receive maximum healing benefit. This program offers optimal results while providing a compassionate approach to the body and is an utterly tranquil process.

Serene White is a certified Contemplative Practice Yoga therapist who has been providing Yoga Therapy and instruction since 2001. She works with a variety of conditions and all types of clients – ranging from those suffering from chronic pain to those being treated for anxiety/depression, individuals healing from injuries, as well as those looking for personal transformation and inner peace. Serene has over 1,000 hours of training and experience as a yoga therapist. She teaches and works with clients in her studio in Oak Ridge and is pleased to be bringing this program option to the Clinton area.

"Untying the Knots" program will begin on Thursday, April 20th at 10:00 AM. There will be 5 weekly sessions lasting 90 minutes. Sessions will be held at Clinton Physical Therapy Center at 1921 N. Charles G. Seivers Blvd. The program is limited to 6 participants only so you can receive specialized, hands on instruction and support. The program cost is \$175 and will include an MP3 of guided breathing practice to use at home and weekly email containing the contemplation for that week's lesson. You may register at Clinton Physical Therapy Center by calling Kelly Lenz at 457-1649 or online at <https://sereneyoga.acuityscheduling.com>. Serene White may be reached at 789-9731 or via her website, [www.SereneYogaAndHealing.com](http://www.SereneYogaAndHealing.com).



AMERICAN CANCER SOCIETY RELAY FOR LIFE

Celebrate.

Remember.

Fight Back.

## ALL AREA CANCER SURVIVORS INVITED TO BE HONORED AT AMERICAN CANCER SOCIETY RELAY FOR LIFE

They are role models and sources of inspiration. That's why the American Cancer Society is inviting all area cancer survivors to participate in the Relay For Life Survivor's Celebration on Friday, May 5th starting at 5:30 PM at Melton Lake Park in Oak Ridge. All cancer survivors in attendance will be announced by name as they receive a "medal of recognition" to acknowledge their strength and courageous battle in the fight against cancer. They will then join together to walk the "Victory Lap" along the waterside walking trail. To participate, cancer survivors are encouraged to register on-line to be eligible for the 2016 event t-shirt. Please go to [www.relayforlife.org/andersontn](http://www.relayforlife.org/andersontn) and follow the directions to sign up as a cancer survivor. Paper registration forms are also available at Clinton Physical Therapy Center.

The public is encouraged to attend opening ceremonies and festivities throughout the evening. There will be entertainment, bands performing, kid's activities, a car show and plenty of food. A live auction will occur at 7:00 PM and the luminaria ceremony will be at 9:30 PM. In addition, this year there will be a Twilight 5K run or walk at 8:00 PM. The public is invited to participate in the 5K run/walk by going to [runsignup.com](http://runsignup.com) and type in Anderson County Twilight to get to the event page.

Relay For Life, the American Cancer Society's national signature activity, is a team event that brings the community together to raise awareness and funds for cancer research, remember those who lost their fight to the disease and celebrate the victories of all cancer survivors. There is still plenty of room for more teams to register and participate. This is a great way to rally around your family member who is battling cancer or who has won their fight against cancer.

Cancer survivors are invited to share their courage with the community and kick off this community event. "When you see the faces of the survivors and the unbelievable courage and heroism that they possess, it is truly amazing. You are motivated to fight back and continue battling this horrible disease," said Kathy Clay, cancer survivor and Relay For Life supporter.

For more information about Relay For Life, call the American Cancer Society at 1-800-ACS-2345 or visit [www.cancer.org](http://www.cancer.org). The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer, through research, education, advocacy and service.