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LAKER



NEWS

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FEBRUARY 2013

Seatbelt Safety

By Jim Shetterly, Lake City Police Chief

Lately there have been several automobile accidents in our area involving serious injuries and/or fatalities where the drivers and passengers were not wearing seatbelts.

According to the Center for Disease Control (CDC), most drivers and passengers killed in crashes are unrestrained. Fifty-three percent of drivers and passengers killed in car crashes in 2009 were not wearing restraints.



Seat belts dramatically reduce risk of death and serious injury. Among drivers and front-seat passengers, seat belts reduce the risk of death by 45%, and cut the risk of serious injury by 50%. Mainly due to the fact that seat belts prevent drivers and passengers from being ejected during a crash.

People not wearing a seat belt are 30 times more likely to be ejected from a vehicle during a crash. More than three out of four people who are ejected during a crash die from their injuries.

Tennessee state law requires that drivers and passengers over the age of four to wear a seatbelt. Children under the age of four are required to ride in an appropriate child safety seat. Children over the age of four are required to ride in a booster seat until they are at least eight years old, weight over 80 pounds and are four foot nine inches tall. Children should ride in the back seat until twelve years of age.

It is a common misunderstanding that seatbelts cause injury that might not be sustained in an accident if the seatbelt was not worn. There is no evidence that supports that misunderstanding.

The most common reasons that people do not wear their seatbelts are that cars now have airbags, its uncomfortable and restricting, the belt might lock and they might not be able to get out of a burning car, the penalty for not wearing a seatbelt is inexpensive and I am a good driver.

Those reasons can easily be rejected. One, air bags are designed to work with seatbelts, not as alternatives. An air bag increases the effectiveness of a belt. Also, unless your car is equipped with side airbags as well, you will be completely unprotected against side impact

Seatbelts (Continued on page 7)

High Flu Activity Continues Worldwide

By Dr. Trent McNeely, MD of McNeely Family Physicians

The 2012-2013 influenza season has started early and the activity still remains high in the United States.

There is a three step approach to fighting influenza. One, get a flu vaccine, two, take everyday preventive actions to stop the spread of germs and three, take flu antiviral drug if your doctor prescribes them.

The flu can be serious. It is a contagious viral infection that normally affects the respiratory system, your nose, throat and lungs. The symptoms of the flu can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. The flu can cause hospitalization and in severe cases, death, especially among babies and senior citizens.

Everyday preventive actions are steps that you can take to help slow the spread of germs that cause respiratory sickness, like flu. They are not a substitute for the vaccination. They include avoiding close contact with sick people. If you or your child gets sick with the flu, limit contact with others as



much as possible to prevent spreading illness. Stay home (or keep your child home) for at least 24 hours after fever is gone except to seek medical care or for other necessities. If an outbreak of flu or an other illness occurs, follow public health advice. Cover your nose and mouth with a tissue when you cough or sneeze and wash your hands often with soap and water.

If you do get the flu, there are antiviral drugs that can treat your illness. They are a second line of defense. This type of medication is not available over the counter so you will need a prescription. Antiviral drugs can make your illness milder and shorten the time you are sick. They are most effective when started within 2 days of getting sick, though starting them later can still be helpful.

The first and most important step is to get a flu vaccination each year. With very few exceptions, everyone 6 months of age and older should get a flu vaccine as soon as vaccines are available. The people at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions such as (asthma, diabetes or heart and lung disease), and people 65 years and older.

If you have already been vaccinated this season, you have already taken the most important step to protect yourself and those around you from the flu. Unfortunately, there are a couple of reasons why you could still possibly get the flu after being vaccinated.

First, you may have been exposed to the flu virus before getting the vaccination or during the two week period it takes the body to develop an immune response following the vaccination.

Second, there is a possibility of catching a different flu virus not included in the vaccination. Most of the viruses characterized by the Center for Disease Control have been like the virus in the vaccination, but the flu vaccine is not likely to protect against the other viruses.

And last, sometimes the flu vaccine doesn't work well for all people which in turn will mean that some people will still get sick with the flu. The ability of the vaccination to protect a person will depend on the health and age of the person being vaccinated. The flu vaccination works best among young healthy adults and older children. For that reason, it is important to know what else you can do to help keep you from getting sick, and what to do if you do get sick with the flu.

Let's all do our part to prevent the flu.



The Laker News would like to wish a Happy Birthday to Lake City employees Travis Thrasher on February 8th, Joe Gilliam on February 14th and Onva Duncan and Kenny Miracle on February 18th. Travis and Kenny work in the Public Works Department, Joe works in the Fire Department and Onva works in the Police Department.

Sign up for the Laker News Online at www.lakecitychambertn.com

Lake City Municipal Meetings

February 7	Joint School Security Workshop 6 p.m. at Clinton Middle School
February 8	Lake City Public Library Valentine's Day Story Time at 4 p.m.
February 11	Lake City Middle School Parent Teacher Conference Night 4 to 6 p.m.
February 12	Lake City Chamber Coffee at Cracker Barrel 8 a.m. to 9:30 a.m.
February 12	Lake City Elementary School PTO Meeting 6 p.m.
February 12	City Court at City Hall at 7 p.m.
February 13	Medic Blood Drive at Books-a-Million in Oak Ridge from 11 a.m. to 6 p.m.
February 13	True Love Waits Event at Main Street Baptist Church-6:30 to 8 p.m.
February 14	Water and Sewer Committee Meeting City Hall at 9 a.m.
February 16	Clinch River Baptist Church's Valentine's Dinner 6 to 9 p.m.
February 19	Planning Commission Meeting at City Hall at 7 p.m.
February 21	Medic Blood Drive at Kmart in Clinton 11 a.m. to 6 p.m.
February 21	City Council Meeting at City Hall at 7 p.m.
February 22	Anderson County Chamber's Annual Business Luncheon at 11:30 a.m.
February 23	Medford Volunteer Fire Department's Dinner and Show at Clinch River Baptist Church at 6 p.m.
February 23	Clear Branch Baptist Church's Valentine's Dinner at 5 p.m.
February 24	Clinch River Sanctify Human Life Sunday
February 28	Lake City Chamber Annual Dinner at Main Street Baptist Church-Doors open at 5:30 p.m.
March 1	Medic Blood Drive at National Fitness Center in Oak Ridge from 11 a.m. to 6 p.m.
March 9-11	Marlow Volunteer Fire Department's Spring Rummage Sale
March 9	Marlow Volunteer Fire Department's Chili Supper at Grand Oak Elem. School at 6 p.m.

Secret City Vendor Applications Available

Attention Exhibitors, Arts & Crafts and Food Vendors! The Secret City Festival invites you to participate in the fun and excitement of the 2013 Secret City Festival, which will be June 21 and 22 at the Oak Ridge Civic Center Grounds. Applications may be obtained from the Oak Ridge Civic Center front desk, www.SecretCityFestival.com or by calling the Information Line at (865) 425-3610.

Joint School Security Workshop

The Anderson County School Board and the Anderson County Commission will have a joint workshop on February 7, 2013 at 6 p.m. to discuss security-related issues in the county schools. The workshop will be at the Clinton Middle School auditorium.

CHAMBER NEWS

Coffee at Cracker Barrel

The Lake City Chamber of Commerce Networking Coffee will be at the Cracker Barrel on February 12, 2013 from 8:00 to 9:30 a.m. All chamber members and anyone interested in becoming a chamber member are invited to come to the coffee.

Annual Dinner

The Lake City Chamber of Commerce will have their Annual Dinner and Auction on Thursday, February 28, 2013 at Main Street Baptist Church's Family Life Center. The doors will open at 5:30 p.m., dinner, prepared by chamber member Rickard Ridge, will be served at 6 p.m. and the auction will start at approximately 7 p.m. after the presentation by the guest speaker and live entertainment.

The cost is \$20 and all proceeds will go to fund the Lake City Chamber's scholarship program. The Lake City Chamber will be offering two scholarships to qualifying Anderson County High School students that attended Lake City Middle School.

"This will be a great opportunity for chamber members and community members to enjoy an evening of entertainment, socializing, and helping a worthy cause," said Maria Hooks, Lake City Chamber President. "Everyone is welcome."

Tickets can be reserved by calling the Lake City Chamber at 865-426-9595 or emailing director@lakecitychambertn.com.

Jones Makes Dean List

Terry Jones of Lake City made the fall 2012 dean's list at Roane State Community College. To be eligible, a student must attain at least a 3.5 grade-point average while attempting 12 or more semester hours of college-level courses. Jones is the Utility and Tax Clerk for the City of Lake City.



This paper is published by the Lake City Chamber of Commerce monthly and is free to the public.

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Please submit events and content information by email or fax.

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Contact the Lake City Chamber of Commerce for multi-month discounts

SCHOOL NEWS

The Lake City Elementary School PTO will be meeting at 6:00 p.m. on February 12, 2013. Both fourth and fifth grade Music Makers will be performing a short program called A Snowy Evening for this meeting so you won't want to miss it. Music Makers should report to the music room at 5:45 p.m. to pre-prepare for the performance. Students should wear black shirts.

Lake City Middle School's Parent Conference Night will be on February 11th from 4 to 6 p.m. Please call to schedule a time to speak with your child's teacher.

Homework help is available for Lake City Middle School students Monday through Thursday from 3:30 to 4:15 p.m. Contact the school at 865-426-2609 for details.

Anderson County Schools will be closed on Friday, February 15, 2013 for an in-service and on February 18, 2013 for President's Day. Anderson County's spring break will be March 25 through 29, 2013.

Change in Kindergarten Admission

The new Kindergarten law takes effect this fall. Children must be five by August 31, 2013 in order to enroll in Kindergarten for the 2013/2014 school year. Students in Anderson County pre-schools can attend Kindergarten this year if they will be five by September 30. Parents of other children turning five between September 1 and September 30 must make application for a waiver to enroll between March 1 and 22, 2013. The period for requesting out of zone school transfers will be March 1 to March 22, 2013. Students applying for waivers and transfers after this period will be placed on a waiting list with final decision being made after school begins in the fall.

Library News

The Lake City Public Library will be hosting the Valentine's Day Story Time on February 8, 2013 from 4 to 5 p.m. There will also be a story time every Friday at 4 p.m.

There will be basic computer classes every Tuesday at 11 a.m.

The Book Discussion Group will meet on February 25, 2013 from 10 to 11 a.m. and the Common Threads Needle Club will meet on February 21st from 10 to 11 a.m.

The library will be holding the Volunteer Income Tax Assistance program again this year. This is a free preparation program for the community. Call the library at 865-426-6762 to make an appointment.

Medford's Dinner and a Show

Medford Volunteer Fire Department's annual auction and buffet, which is called "Dinner and a Show" will be on February 23, 2013 at 6 p.m. at Clinch River Church located at 407 Cane Creek Road, Lake City.

The cost is \$5 for all you can eat and live entertainment provided by A Joyful Noise: the Bates Family, the Real McCoy's, Bobby Stooksbury, Coal Creek Gospel and Unworthy-Willing Hearts. David Massengill will present information about the Neighborhood Watch program and Jim Leinart will present information on Drug Awareness.

There will be a live auction and a silent auction will be added this year. For more information, call 865-426-2398 or 865-776-2386

Marlow's Spring Rummage Sale

Marlow's Spring Rummage sale will be on March 9th, 10th and 11th. All funds will go to benefit the Marlow Volunteer Fire Department. Call Lin Chilcoat at 865-457-7846 for more information.

Marlow's Chili Supper

Marlow Volunteer Fire Department has scheduled their chili supper for March 9th, 2013 at Grand Oaks Elementary School at 6:00 p.m. The cost is \$5.00 per person. Mark your calendars for an evening of food and fun! Call Lin Chilcoat at 865-457-7846 for more information.

Church NEWS

The information below was submitted by the churches in and around Lake City. If you would like to submit information about your church's activities, please email the information to info@lakecitychambertn.com or call 865-426-9595 and leave a message with the details of your church's activities.

True Love Waits

"Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity." 1 Timothy 4:12
Main Street Baptist Church will be hosting True Love Waits: A Path of Purity for middle and high school aged youth on February 13, 2013 from 6:30 to 8:00 p.m. The guest speaker will be Lucas Hurd and the music will be provided by "The Wednesday Guys". Merchandise will be sold after the event, so bring money if you would like to purchase anything. For additional information, please contact Brad at 865-426-2184.

Clinch River's Valentine Banquet

Clinch River Baptist Church will have their Valentine Banquet on Saturday, February 16, 2013 from 6:00 to 9:00 p.m. in their Family Life Center.

Clear Branch's Valentine Dinner

Clear Branch Baptist Church will have their Valentine Spaghetti Dinner on Saturday, February 23 at 5:00 p.m. The menu includes a salad, spaghetti, dessert and drink for \$5 and the proceeds will go to benefit the youth group. To purchase tickets see Ashley Torres or Lori Travis or call the church office at 865-426-2261.

Sanctify Human Life Sunday

Clinch River's Sanctify Human Life Sunday will be on February 24, 2013. You can make a difference by filling one of the Choices Resource Center's "Bottles for Babies". Bottles are located in the foyer of the church, pick one up today and begin filling them with change. Bottles need to be turned in no later than February 24, 2013.

Youth House Update

Main Street Baptist Church has recently been blessed with donations toward renovations of the "Youth House." They are in the process of building interior walls for Youth Sunday School Classes, redoing a portion of the electrical wiring, and replacing flooring.

Women of Joy Conference

Main Street Baptist Church will be participating in the 2013 Women of Joy Conference: Absolute Surrender from April 12 to April 14, 2013 in Sevierville TN. This is a time when the MSBC women get together for praise, worship, and fellowship!! Uplifting messages will be given by Jill Kelly, Kay Warren, Liz Curtis Higgins, and Angela Thomas. Musical entertainment will include Charles Billingsley and a concert by Jeremy Camp. The total cost is \$185.00 which includes registration, transportation, conference sessions and two nights deluxe lodging and breakfast at the Christmas Inn. Registration is due by February 17, 2013. After the money has been turned in to the conference officials, they allow no cash refunds, just a credit to attend the next year with doctor's note. To reserve your spot for this exciting two day/three night event please pay Gail Murphy or Denise Dougherty. For more details and information, as well as to keep up with appearances and visits, please check out <http://womenofjoy.org>.

Outreach Opportunities at Clear Branch

Clear Branch Church offers many opportunities to reach out to the aging population of our community. They visit Morning Pointe on the first Monday of each month at 6:30 p.m., Meadow View Senior Living on the second Monday of the each month at 6:30 p.m., LaFollette Court Assisted Living on the third Monday of the each month at 6:30 p.m. and they conduct a prayer service at Summit View in Lake City on the fourth Thursday of the each month at 7:00 p.m.

Feed My People Day

Clear Branch Baptist Church has designated the first Sunday of each month for "Feed My People Day". They collect food to help stock Main Street Baptist Church's food pantry which distributes food and ministers to families in the Lake City area every Tuesday from 1:00 to 3:00 p.m.

Shoebboxes

Don't throw away those unused shoebboxes. Just drop them off at Main Street Baptist Church's where they will be used for *Operation Christmas Child-Shoebox*.

Council's Corner

By Andrew J. Howard, Lake City Councilman

It's truly a privileged to be able to write an article in the Laker News. Our town has experienced some transitions as we now have two new council members.

Our main focus at this time is hiring a city recorder. A city recorder is critical to the financial stability of our city. We have many different needs from budgetary issues to economic growth. There is a multitude of work that is required behind the scenes to keep the city on track to being financially responsible. Phone calls, meetings, research, planning, logistics and resources needed.

Our Council has been very busy this month. We have been working with our contractor to fix our interstate lights. Now we have about 80-90% of our lights functioning. Hopefully with a preventative maintenance program we can fix our lights and keep them on!

City Council has been working on several grants including grants for sidewalks and parking areas, rehabilitation of sewer system infrastructure and the Coal Creek dredging project will be completed soon.

Being a City Council person can be demanding yet rewarding. We all live in Lake City and pay the same property tax. We all have the same common goal: to make Lake City a better place to live, work and visit. It's a daunting task and complex in many ways but we need your support on the decisions we make. Some decisions are very difficult to make but we are focused on unified decision making by keeping the best interest of Lake City our top priority. Our council meets the third Thursday of every month at 7p.m.

Also just a reminder that our Recreation center is available for rent for any occasion and baseball signups are being held every Monday and Thursday at the Recreation center from 6:30 to 8:30pm.

Medic Blood Drive

Medic Regional Blood Center is appealing to all eligible donors to please take a few minutes to give a pint of blood so they can ensure an adequate supply of blood on hand for community hospitals.

According to the blood center, supplies have been dangerously low and the recent inclement weather forced the cancellation of several area blood drives.

"We are doing our best to catch up but those few days of snow and ice have left us with empty shelves," explains Christi Fightmaster, Director of Public Relations.

Medic is asking all donors to make a donation as soon as possible and to consider asking a friend to join you. Donors can visit one of two donor centers at 1601 Ailor Avenue in downtown Knoxville or 11000 Kingston Pike in Farragut behind Pittsburgh Paints. Community drives are also planned for added convenience.

The Medic Bloodmobile will be at Books-A-Million located at 310 S. Illinois Ave in Oak Ridge on February 13th from 11a.m. to 6 p.m. and at Kmart located at 190 Clinch Avenue in Clinton on February 21st from 11 a.m. to 6 p.m. The bloodmobile will be back in Oak Ridge at the National Fitness Center located at 750 Briarcliff Avenue on March 1st from 11 a.m. to 6 p.m.

Donors must be at least 17 years of age, weigh 110 pounds or more (16 year-olds weighing 120 pounds or more can donate but must have parental consent) and all donors must have identification.

All donors will receive a free t-shirt as well as a coupon for a free regular Petro from Petro's Chili and Chips.

Medic is the sole provider of blood products for 21 counties and 27 area hospitals. The blood collected by Medic stays in the greater East Tennessee area to help meet the needs of our community.

For more information about Medic and the mobile blood drive, call 865-524-3074 or visit www.medicblood.org.



Anderson County Chamber Seminar Series: 2012 American Relief Act

The Anderson County Chamber of Commerce welcomes J.D. Schlandt, CPA who will present this month's seminar series "2012 American Relief Act and Tax Law Changes" scheduled for Wednesday, February 6, from 12:00 to 1:00 p.m. at the Anderson County Chamber office.

Join the "Chamber Chatroom" lunch bunch from 11:30 a.m. to 12:00 p.m. This is an opportunity to network and establish new relationships.

Additional topics will include Audit Risks and what to watch out for as well as top 10 business mistakes to avoid.

Schlandt is a licensed and insured Certified Public Accountant practicing for 30 years with an emphasis on individual, corporate, partnership, and estate taxation, along with litigation support. He is a member of the Tennessee Society of Certified Public Accountants, Past President of Clinton Rotary Club, Secretary-Treasurer of Anderson United Soccer Club. He is also a Gangsta Mountain Climber, preparing for climbing Mount McKinley (Denali).

Call the Anderson County Chamber at 865-457-2559 or email at accc@andersoncountychamber.org to reserve your seat. This event is free to Chamber members and \$5 for non-Chamber members.



J.D. Schlandt, CPA

TBI Seeking Poster Entries

The Tennessee Bureau of Investigation is calling on 5th graders to participate in the National Missing Children's Day poster contest. The contest is sponsored by the U.S. Justice Department and seeks to demonstrate America's united effort to bring missing children home safely. It also serves to educate children about safety and the prevention of child abductions. Fifth graders in Tennessee can enter the contest by submitting posters to the TBI between now and March 1. The Bureau will pick a state winner and that poster will be entered in the national contest. More information is available at <http://mecptraining.org/poster-contest/>.

TDOT Mobile App

In December, the Tennessee Department of Transportation launched a mobile application designed to help drivers navigate Tennessee highways by providing up-to-the-minute customized traffic information.

The TDOT SmartWay App is free and available for download in the Apple App Store and Play Store for Android.

The home screen for the TDOT SmartWay App is a map, which locates your current position. The icons on the left hand side of the map allow users to customize views to show traffic speeds, incidents, cameras, road construction, road conditions, and dynamic message sign displays. The TDOT SmartWay App also has features that will notify users of traffic incidents and set their favorite TDOT cameras.

The TDOT SmartWay App was developed by NIC, the state's chosen eGovernment portal vendor. NIC will provide user support for the application. The Help Desk can be reached 24 hours a day by calling 615-313-0300 or 1-866-8TN-EGOV.

For more information on how to use the TDOT SmartWay App, please visit <http://www.tdot.state.tn.us/tdotsmartway/mobile.htm>.

TDOT asks motorists to use the TDOT SmartWay App responsibly. Drivers should "know before you go!" by checking traffic conditions before leaving for their destination. Motorists should never text, tweet, or use a mobile device while operating a vehicle.

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Free Tax Return Preparation

Trained community volunteers will be available at the Lake City Public Library until April 15, 2013 to help qualified residents prepare and file their income taxes for free.

The volunteers can help you ensure that you get all the eligible credits, such as Earned Income Tax Credit (EITC), Child Tax Credit, and Credit for the Elderly. The Lake City Public Library site also offers free electronic filing (e-filing).

You will need to bring identification, your 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 and/or 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.

Income Guidelines apply. AGI must be less than \$49,000

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.

For more information and to make an appointment, call 865-426-6762.



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VOLUNTEERS NEEDED

FIVE COUNTY NORRIS LAKE CLEAN UP March 23, 2013 - 9 a.m. to 1 p.m.



Tons of garbage is dumped on the shorelines of Norris Lake which ends up washed into the water. Help us preserve our greatest natural and recreational resource.



Visit www.lakenorris.org for information on meeting locations or call 800-527-3602

Sign Up For Commodity Cards

Anderson County Community Action is now accepting applications for commodities. If you already have a PINK card you WILL NOT NEED to sign up again. In order to get the new PINK card you must live in Anderson County and be income eligible.

You can enroll at Community Action's office at 149 North Main Street in Clinton Monday through Thursday from 8 a.m. to 12 noon and 1 to 2 p.m. and on Friday from 8 am to 12 noon.

You must bring proof of income and know birth dates and social security numbers for every member of your household when enrolling.

The deadline to sign up will be Monday, February 4, 2013 at 12 noon. The commodities will be handed out at the National Guard Armory in Clinton on Thursday, February 14, 2013 from 10 a.m. to 1 p.m.

You will need to have your PINK card and six brown paper bags.

If Anderson County schools are closed due to weather, the event will be rescheduled. Please call 865-457-5500 for more information.

Women and Heart Health Awareness

By Dr. Amy Cottrell, MD of McNeely Family Physicians

Heart disease is the leading killer of women in the United States. It was responsible for one of every four deaths among women in 2009. Even if you have no obvious symptoms, you may still be at risk for heart disease.

Help raise awareness about heart disease in women and how to prevent it. Take steps to be heart healthy.

Know your risk for heart disease and heart attack. Some conditions and lifestyle factors can put women at a higher risk for getting heart disease.

Know your risk factors, adjust your lifestyle and lower your chances for having a heart attack or stroke.

See your health care provider for a check-up, especially if you have any risk factors or symptoms.

Talk to your health provider and ask questions to better understand your health and know your family history.

Make healthy choices every day. You can lower your risk of heart disease and heart attack by taking simple steps every day.

1. Eat a healthy diet.
2. Maintain a healthy weight.
3. Be Active. Exercise regularly
4. Be smoke-free
5. Limit alcohol use.



Manage any medical condition you might have. Learn the ABCS of health. Keep them in mind every day and especially when you talk to your health provider. They are A for appropriate aspirin therapy for those who need it, B for blood pressure control, C for cholesterol management and S for smoking cessation.

Know the signs and symptoms of a heart attack. A woman suffers a heart attack every 90 seconds in the United States. If you think you or someone you know is having a heart attack, call 9-1-1 immediately. If you seek help quickly, treatment can save your life and prevent permanent damage to your heart muscle. Treatment works best if given within one hour when symptoms begin.

Common Symptoms include unusually heavy pressure on chest, sharp upper body pain in the neck, back and jaw, severe shortness of breath, cold sweats (not hot flashes from menopause), unusual or unexplained fatigue, unfamiliar dizziness or light-headedness, unexplained nausea or vomiting.

Remember that February is Healthy Heart Month. Make the Call, Don't Miss A Beat.

Hometown Heroes

The Laker News is introducing a new section to the paper called Hometown Heroes, where we will be featuring a person from the Lake City Community that gives back to their community and makes Lake City a better place to live.

This month's we will be featuring Ronnie Braden. Hardworking, compassionate and brave. To many this was Ronnie Braden, Lake City's own Hometown Hero.

Ronnie was born on January 23, 1950, in Anderson County to the late Leon and Magdlene Harness Braden.

Ronnie Braden was a founding member of the Medford Volunteer Fire Department. There he served as the Chief for 10 years and was a volunteer firefighter for more than 36 years. He was also a 32nd degree Mason belonging to the Crystal Lodge #616 and also a member of the Order of the Eastern Star, Coal Creek #226.



Ronnie was compassionate and an inspiration to everyone he met. He was a great man that devoted so much of his life to our community and helping others. Through his years of volunteering, Ronnie touched so many lives and has helped save a few too!

If you ask anyone that knew him, was Ronnie Braden a true Hometown Hero? The answer would be, Yes! He will be missed but we know that he will live on in the people that he has inspired to serve his community.

Anderson County Chamber Annual Business Luncheon

Please join the Anderson County Chamber for their Annual Business Luncheon on Friday, February 22, 2013 at 11:30 a.m. at the First Baptist Church Family Life Center located at 230 N. Charles Seivers Blvd in Clinton.

The guest speaker will be John Eschenberg the Federal Project Director for the \$4.2 billion - \$6.5 billion Uranium Processing Facility at the Y-12 National Security Complex in Oak Ridge. John will provide information on the UPF project and its impact on the East Tennessee economy and the nuclear security of our great nation.

Chamber Board Chairman Larry Stephens and Council Chairs will present the Chamber goals for 2013 and highlight past accomplishments.

To reserve your tickets, please contact the Chamber at 457-2559, email the chamber at acc@andersoncountychamber.org, or visit www.andersoncountychamber.org to pay online. Tickets are \$25 for Chamber members and \$30 for guests. Cancellation notice required 24 hours prior to event.



John Eschenberg



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The Tennessee Fox

By Lauren Baghetti, Park Ranger, Norris Dam State Park

While it can be peaceful to watch deer eating grass or laying in the fields, it may not necessarily create excitement. Watching a fox dart across the road into the woods certainly may be a highlight in one's day. Seeing a fox in the wild can be thrilling as these animals are nocturnal and are characterized as being shy and allusive. In East Tennessee there are two species of fox, red and gray.

Foxes are part of the canine family, which is not surprising since they resemble small dogs. Both species have much in common. The red and gray fox are omnivores, meaning they eat both meat and plants. Foxes eat small mammals, such as mice and rabbits and birds, insects, acorns, fruit, and berries. To communicate foxes make harsh, dog like yips and barks. They will also hiss and screech. Foxes use hollow trees and logs, rock piles, and woodchuck burrows for their dens, but they dwell underground as well. The red fox will sometimes dig a den and they often have more than one.

Although they have many similarities, the red and gray fox have their own characteristics which make them two different species. In terms of physical appearances, the red fox is reddish yellow in color, has black legs and feet, and has a bushy tail which is white tipped. There are color variations including silver, black, cross with dark areas down the back, and bluish gray. They have pointed ears and an elongated muzzle. Red foxes range in length from 22 to 25 inches and the tail 14 to 16 inches and weighs 10 to 15 pounds.

The gray fox is salt and pepper in color, has a black stripe down the back with reddish sides. The tail is also bushy but the upper tail and tip are black. Gray foxes also have pointed ears and an elongated muzzle. They can range 21 to 29 inches in length with a tail of 11 to 16 inches. Gray foxes are slightly smaller than red foxes, weighing 5 to 14 pounds.

While both species are found in much of the same range, there are

some regions which only one species is found. Red foxes are found in most of Canada and the U.S., with the exception of the southwest. They live in habitats with brushy areas, fields, and forests, but they are not found in dense forests. Red foxes prefer edges of woods for hunting purposes. The gray fox is found in areas more southern than the red fox. They are not found in Canada, and with the exception of the northwest, are found in the U.S, Mexico, and parts of Central America. Unlike the red fox, the gray fox is found in heavily wooded areas as well as fields and brushy areas.



Some interesting facts about each species. The red fox gives birth in March/April to four to nine pups, and the gray fox will have three to five pups in April/May. The red fox will save any uneaten food and bury it under dirt, leaves, and grass. The gray fox is the only canine to climb trees. The front legs hold the tree and the rear legs push the fox up. Gray foxes climb trees to forage for food, hide from danger, and sunbathe.

As many animals are the basis of stories, folklore, and beliefs, it is not surprising the red fox is associated with many cultures around the world. Aesop, a Greek slave, told the story the red fox had crane over to his home for dinner. Fox served dinner in a flat plate

which the crane was unable to eat from. Later the crane invited fox for dinner at his home and served soup in a long necked bottle which the fox could not drink from. The moral of the story is a saying we all know well, what goes around comes around. For more folklore about the fox and other animals, read *Wildlife Folklore* by Laura. C. Martin.

If you want to watch foxes, the best time is at night, but early morning and late evening is also a good time. Look around fields, along the wood line, and in the woods. When you see a fox, whether hunting for a mouse or quickly darting into the woods, try to catch as much detail about it so you can identify which species you saw.

Seatbelts (Continued from page 1)

collisions without seatbelts and sometimes, belts don't deploy with a rear collision.

Many people complain that seatbelts are uncomfortable. Surely, months in hospital or the death of a loved one is so much more uncomfortable. Anyway, most modern seatbelts have plenty of adjustable features to fit your body size and increase comfort. Many people find that after getting used to wearing a seatbelt, they actually feel "uncomfortable" or insecure without one.

Some people fear being trapped in a wrecked car. The alternative to entrapment is being ejected from the car which would be so much worse. In the rare instance that the crash causes you to be submerged in water or if your car is on fire, you're more likely to escape because you are conscious because you wore a seatbelt. Carry a pair of scissors in



your glove box or console to cut the belt. Problem solved.

The penalty for not wearing a seatbelt in the state of Tennessee is \$10 for the first offence and \$20 for the second. That may not sound like much money but you also need to consider the cost of an injury or death not to mention the time missed from work. In some cases, you may not be able to return to work.

Lastly, the excuses that you are a good driver doesn't really count when someone hits you. According to the National Highway Transportation Safety Administration, 40% of all accidents are multi-car accidents.

It is important to wear a seat belt everytime you get in a vehicle, even in the back seat and make sure children are properly buckled up in a seat belt, booster seat, or car seat, whichever is appropriate.

When traveling, keep in mind that every state except for New Hampshire has some form of a seat belt laws for adults and children that include fines ranging from \$10 to \$500 for the first offence.



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