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LAKER



NEWS

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OF COMMERCE

JANUARY 2013

Preparing for the Cold

By Jim Shetterly, Lake City Police Chief

The cold temperatures in winter can be harsh and dangerous. Here are some ways to protect yourself, your house, your pets and your wallet this winter.



Keep a warm blanket in your car. Make sure your blanket is a wool blend because they retain more heat than cotton blankets.

It is also a good idea to check your vehicle emergency kit (or put one in your car). The kit should include a windshield scraper, flashlight, battery powered radio, extra batteries, water, snack food, matches, a hat, socks, gloves, a first aid kit, necessary medications, blankets, tow chain or rope, booster cables, emergency flares and fluorescent distress flags.

Make sure that your car windows are **COMPLETELY** defrosted before getting on the road. If you park in a garage, give your car adequate time to adjust to the cold so your windows won't fog over once you are on the road.

Invest in some Ice-Away Melt Mats for concrete entry ways and ramps. Concrete and ramps freeze over before other surfaces because cold air can circulate under the surface.

If you plan on being outside for prolonged periods of time, dress in layers. Remember that the first layer pulls moisture away from the skin, an outer layer keeps the elements away from your body and the middle layer insulates and always wear a hat because the head is where you lose 30 percent of your body's heat. Gloves and face protection are also necessary in extremely cold weather.

Be sure to check seals on your home's windows and doors. If necessary, use caulk to seal cracks and crevices and place weather stripping on the bottom of doors, to eliminate draft and high electric bills.

If you have a wood burning fire place, have your chimney inspected before your first fire of the season.

This is also a good time to check your fire extinguisher or purchase one and be sure that everyone knows how to use it.

Also be sure that everyone in your household knows how and where to turn off your water in case your pipes burst.

Consider installing a programmable thermostat, which can reduce the heat when no one is home and increase the temperature before anyone gets home.

If you are taking a road trip, be sure to not only check the weather of your destination but also the route. Also, keep your gas tank at least half full.

Pets are just as susceptible to the cold as humans. A heated pet bed is a great way to protect furry family members from the winter chill. Also consider bringing your outdoor pets indoors, especially at night.

Christmas Parade

The Lake City Christmas Parade was on December 7, 2012 and went from Lake City Middle School to McDonalds. There were about 125 participants in the parade in the form of floats, groups, cars, tractors, horses, emergency vehicles and city vehicles.

Cark McMahan, a World War II Veteran, was the Grand Marshall of the parade and Mark Smith, owner of Mark's Pharmacy, received the Mayor's Award.

The winner's of the float, group, car, tractor and horse categories are listed below. The prizes were awarded at the Lake City Council meeting on December 20, 2012.



First Place Float created by Clear Branch Baptist Church

Float Category:

First Place: Clear

Branch Baptist Church

Second Place: Beech Grove Baptist Church

Third Place: Pine Hill Baptist Church

Group Category:

First Place: Lady Lakers

Second Place: Friends of Norris Dam State Park

Tractor Category: Sleepy Eyed Johns

Antique Car Category:

First Place: Kenneth Evans

Second Place: Andersonville Bus Lines

Hot Rod Car Category:

First Place: Harold Collins and his Roush Yellow Mustang

Second Place: Steve Braden and his 1939 Chevy

Horse Category

First Place: Steve Louse

Second Place: Greg Morgan

If you missed the live version of the parade, you can check out the replay, if you have cable, on channel 95. Visit their website at www.channel95.acs.ac for the dates and times.

The parade was sponsored by the City of Lake City and volunteers including members of the Lake City Chamber of Commerce.

Welcome !!!

The Lake City Chamber of Commerce would like to welcome Lake City's newest business and the chamber's newest member, Pots and Petals



Michelle Dingess, Owner

Florist.

They are located at 602 South Main Street.

They are a full service florist offering fresh cut flowers, balloons, silk flower arrangements, dish gardens, potted plants, candles and other gift items.

They are open Monday through Friday from 9 a.m. to 5 p.m. and Saturday from 9 a.m. to 12 noon.

Be sure to stop by and welcome them or call 865-630-1185.



LAKE CITY EVENTS

January 8	City Court at City Hall at 7 p.m.
January 10	Water and Sewer Committee Meeting City Hall at 9 a.m.
January 12	Norris Dam 12K Challenge
January 15	Planning Commission Meeting at City Hall at 7 p.m.
January 16	Anderson County Chamber's Seminar Series and Chamber Chat Room from 11:30 a.m. to 1 p.m.
January 17	City Council Meeting at City Hall at 7 p.m.
January 18	Empty Soup Bowl Fundraiser at Lake City Elementary School from 6 to 7:30 p.m.
January 26	Uniform Aid Concert for Anderson County Band at 7 p.m.



The Laker News would like to wish a Happy Birthday to Lake City employees David Davis and Todd Johnston. David's birthday is January 10th and Todd's is January 31st.

Beginning Fly Tying Course

The Clinch River Chapter of Trout Unlimited is offering a Beginning Fly Tying course, which is open to men, women and youngsters interested in learning to create their own fly fishing lures.

Taught one-on-one by experienced instructors, students will tie nine different trout flies that are effective in area tailwaters. Techniques learned will enable participants to tie many other flies as well.

The course is limited to a maximum of 12 students. Six classes are scheduled for Thursday evenings, from January 17, 2013 to February 28, 2013 from 7 to 9 p.m. at St. Francis Episcopal Church located at 158 W. Norris Road, Norris. There will not be a class on February 14, 2013.

Regular cost is \$125 including an illustrated manual, all materials and, for newcomers, a one-year membership in Trout Unlimited. Adults who want to sign up children should contact Buzz Buffington for tuition details. Tools will be loaned free of charge to students who don't have their own. Proceeds from the class benefit the Clinch River Chapter's conservation and youth education projects.

For more information or to reserve a spot, contact Buzz Buffington at buzzflo@bellsouth.net or (865) 463-7167 as soon as possible.

Stewards of Children Training

The Child Advocacy Center of Anderson County will provide Darkness 2 Light, Stewards of Children training to the community on January 18, 2012 from 1:15 to 3:45 p.m. at the Clinton Baptist Association located at 400 Market Street in Clinton.

Stewards of Children is an evidence-based child sexual abuse prevention program proven effective in educating adults to recognize, respond to and prevent the sexual abuse of children.

The session will feature a three-part DVD containing interviews with survivors and experts in the field. A facilitated discussion and workbook will be used to reinforce key concepts and serve as a resource guide and personal action plan.

The training is for anyone who wants to make a difference in the community and protect children. Organizations, businesses and corporations also use the program to train staff members and volunteers, to enhance their own policies and procedures or to comply with insurance requirements.

Stewards of Children is an approved training course for law enforcement officers, firefighters and DHS-licensed child care providers.

The training is free but there is a \$10 materials cost. Pre-registration is required and you can find out more or sign up by calling Margaret Durgin at 865-463-2740 or by e-mailing cacactinc@comcast.net.

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Please submit events and content information by email or fax.

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SCHOOL NEWS

Lake City Elementary School will be having their Empty Bowls Dinner on Friday, January 18, 2013 from 6 to 7:30 p.m. This event is a fundraiser for the Second Harvest Food Panty. Students have already made their bowls so please save the date and plan on buying a bowl.

Norris Dam 12K Challenge

The Oak Ridge Track Club is sponsoring a 12K at Norris Dam as part of the state parks running tour. This is considered the most challenging course on the running tour.

The race will begin at 11:00 a.m. on January 12th. Runners are to meet at Norris Dam State Park's Headquarters.

There will be a chili cook off after the race, so runners are welcome to stay and eat.

For more information and to register for the race, call 865-406-0487 or visit <http://www.state.tn.us/environment/parks/RunningTour/>.



Free Genealogy Workshop

Clinton Library has partnered with two members of the Pellissippi Genealogical and Historical Society to offer a four-part genealogy workshop entitled Genealogy 101: The Basics. Conducted by society members Stephanie Hill and Emily Haverkamp, sessions are scheduled for Tuesdays, January 29, February 5, February 12, and February 19, from 6:00 to 8:00 p.m. There is no charge for the workshop.

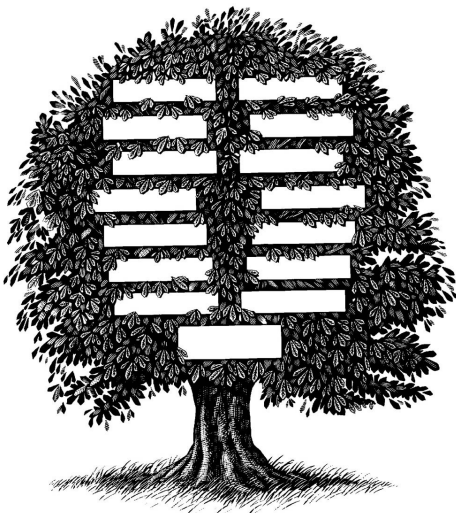
The first session will instruct participants in how to organize and begin their research and how to plan a research trip.

Participants will receive a free packet of material and forms.

The second session will explore local, state and federal resources. The third session will take a look at internet resources. The fourth session will discuss immigration and naturalization. Each session will end with a short question and answer session.

Seating is limited. Therefore, anyone wishing to attend must preregister either in person at the library or by telephone at 865-457-0519. Participants may sign up for one, two, three or all four sessions on a first come-first serve basis.

Beginning in March, the library will offer a series of individual genealogy sessions with a more in-depth discussion of specific areas of genealogical research. Topics will include finding female ancestors, Native American ancestry, immigration and naturalization, US military service and pension records, Confederate ancestors and land records research.



Recycle Trees at Little Ponderosa Zoo

The Little Ponderosa Zoo and Animal Rescue in Clinton will gladly accept live Christmas trees, wreaths and garland for their animals.

The deer, goats, camels, donkeys and emus (among others) love the greens, and the porcupines eat the trunk.

The tigers also love to play with the trees for activity.

The zoo is open during the winter from 10 a.m. to 4 p.m. on Saturdays and Sundays. They can accept the trees during the week but you must call 865-457-5536 and make an appointment.

Trees will be accepted any time up to January 15. Please note that only Christmas trees, wreaths and garland will be accepted. Brush will not be accepted.

Please be sure to remove all tinsel and other decorations.

For more information, contact The Little Ponderosa Zoo and Animal Rescue at 865-457-5536 or visit their website at www.littleponderosazoo.com. The zoo is a 501(c)(3) non-profit organization and all donations are tax deductible.



Chamber's Seminar Series and Chamber Chatroom

Keeping Your 'NEW YOU' Resolutions

The Anderson County Chamber of Commerce welcomes Anna Dark of Take Charge Fitness Program who will present this month's seminar series "Keeping Your 'NEW YOU' Resolutions" scheduled for Wednesday, January 16, from 12:00 to 1:00 p.m. at the 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.

Take Charge Fitness Director, Anna Dark, will be discussing ways you can keep your New Years' Resolutions from a health and wellness standpoint throughout the year! Every year, millions of Americans make the New Year Resolutions: increase physical activity, lose weight, eat better, etc. Unfortunately, after a few months of the new year, many of those Americans find themselves back into the old habits and the New Year Resolutions are done! Anna will map out how individuals can keep those New Year resolutions and meet those wellness goals!!

Limited number of seats available. Reserve your space by Monday, January 14. This event is free to Chamber members and \$5 for non-Chamber members. Call the Chamber at 865-457-2559 or email acc@andersoncountychamber.org to reserve your seat.

Uniform Aid Concert

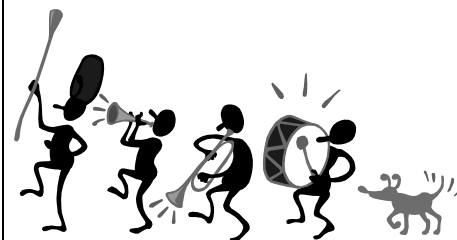
The Anderson County High School Band's alumni and band director, Paul Brown, will perform a benefit concert on January 26, 2013 at 7 p.m. at the ACHS Auditorium. All proceeds from the concert will go to purchase new uniforms for the ACHS band.

Many AC band alumni have gone on to pursue musical careers and several have agreed to give back to the program by performing at the concert. There will be a variety of genres including jazz, blue grass, contemporary, new age and experimental.

Admission is \$5 and you can call Teri Oaks at 494-3746 to reserve your tickets. Seating is limited. You can visit the band's website at <http://teachers.acs.ac/pabrown> for more information. Concessions will be available.

The band has currently raised about \$20,000 of the \$64,000 needed for new uniforms. The money has been raised through volunteer work at UT Concessions, a car wash, and generous donations from businesses, parents, friends, and associates of the band.

Donations are tax deductible and may be sent to ACHS Marching Band, c/o Paul Brown, 130 Maverick Circle, Clinton, TN 37716.



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NEW OWNERS

Arts and Craft Classes

The Appalachian Arts Craft Center will be offering the following classes in January and February.

Art Escape will be on Friday, January 18, 2013 from 6 to 8:30 p.m. If you are new to art or have been in art a while and want to *play*, Art Escape is for YOU! You can work with different watercolor paints, brushes, paper, etc. All supplies and a light snack will be furnished. All you have to do is bring a sense of fun and your choice of beverage. The registration deadline is January 14 and the cost is \$30 for members and \$40 for non-members.

There will be a Hot Chocolate and Cool Crafts Class on February 9th and 10th from 2 to 5 p.m. Celebrate mid-winter with a cozy afternoon of hot chocolate and other warm drinks and chocolate desserts, while learning some cool new crafts. Talented craft center members will be assisting participants on Saturday to make flying airplane Valentine Cards and do some fabric painting. On Sunday you can make a braided bracelet (Kumihimo) and learn straw weaving. Try them all or stick with one or just enjoy the chocolate (including a chocolate fountain!!) and camaraderie, all for the cool low price of \$10 per person per day which includes food and supplies. The registration deadline is February 3rd. You can sign up for one day or both days.

There will be a Winter Tealight Workshop on Saturday, February 23rd from 10 a.m. to 1 p.m. Light up your home with personal expression by creating a tea light holder.

Participants will learn new hand building techniques, surface designs and textures then finish with colorful underglazes. Bring an item such as a key, stamp, pendant, etc. to impress into the clay for added personal meaning and flair. The work will be fired, glazed and students will be emailed or called shortly afterwards when items are ready to be picked up. The registration deadline is February 18. Register and pay by February 4 and the cost is \$45 for Craft Center members and \$55 for nonmembers. After February 4th, the cost is \$55 for members and \$65 for non-members.

There will be a two day Stone Carving Workshop on February 23rd and 24th from 9 a.m. to 5 p.m. each day. This two-day workshop is designed to give students a basic introduction to stone-carving. Students will create a small, hand-held soapstone sculpture using hand tools that will be provided. (Students who have a dremel tool and bits are welcome to bring them, but they are not necessary.) Students should bring a lunch each day. The registration deadline is February 15th. If



you register and pay by February 4th, the cost is \$50 for Craft Center members and \$60 for nonmembers. The cost after February 4th is \$60 for members and \$70 for non-members. All students must also pay a materials fee of \$20 on the first day of the workshop, which covers the stone and use of tools.

On February 25, March 4th, 11th, 18th and 25th, there will be a Pottery for the Wheel class from 9:30 a.m. to 12 noon each day.

This pottery class is for beginners as well as those who have had one or two classes and want to learn more. It will concentrate on the basics of wheel work including centering, opening, pulling up, and trimming and a final class on glazing. This is generally an adult class, but children older than 14 will be accepted. The registration deadline is February 20th. If you register by February 4th, the cost is \$80 for Craft Center members and \$90 for non-members. After February 4th, the cost is \$90 for members and \$100 for nonmembers. Students must also pay a \$15 materials fee for clay and firing to the Pottery Department at the first class. Students should also bring a beginners pottery tool kit available from art supply stores or purchase one at the class for \$10.

On February 25th, March 4th, 11th, 18th and 25th, the You Should Write that Down Autobiographical and Family History Writing class will meet from 7 to 8:30 p.m. This workshop is the opportunity to actually get started on an autobiographical or family history with several simple writing

exercises that will get not only your thoughts focused but also the pen (or keyboard) flowing. Participants will have an opportunity to write about and share your own story or your family history with other motivated students and receive useful feedback to keep you going. The registration deadline is February 20th. If you register before February 4th, the cost is \$70 for Craft Center members and \$80 for nonmembers. After February 4th, the cost is \$80 for members and \$90 for nonmembers.

The classes scheduled for March include The Art of Handmade Books, Underglazes and Wax Resist for Bright Surfaces and Exploring Patterns for Handbuilding with Slabs.

Appalachian Arts Craft Center's shop and class facility are located at 2716 Andersonville Highway 61 in Norris, Tenn., one mile east of I-75 north at Exit 122. You must pre-register and pay for all classes in advance. Call the center at 865-494-9854 or visit www.appalachianarts.net for more information and to register.

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is one way we can all help. Call CUB at 865-457-9232 or visit our website at www.clintonub.com to sign up.

Sink Hole Trail

By Lauren Baghetti, Park Ranger, Norris Dam State Park

It was a bitter cold day when I hiked Sink Hole Trail. Perfect, since it was the first day of winter. As I was hiking I was accompanied only by the howling wind and creaking trees, and of course, my faithful hiking companion, Sadie my dog. The winter months, while they can be chilly, offer opportunities to see the landscape more clearly than the summer months when leaves block scenic views. Sink Hole Trail is perfect for scenic viewing; along this one trail you can see ridge tops, hillsides, and the lake.

Sink Hole Trail is part of Andrews Ridge Trail System, located on the west side of the park. Sink Hole Trail is a short loop trail, .8 mile, which spurs off and loops back into Andrews Ridge Trail. To access the trail, you must hike a small section of Andrews Ridge Trail.

Andrews Ridge Trail, blazed blue, is a wide trail and begins by gently sloping downward. The first section parallels the campground; shortly after turning 45 degrees to the left you reach the junction of three trails, Hootin' Hollow, Rock Creek, and Sink Hole, continue on Andrews Ridge Trail. Just past the junction the trail begins to climb and then flattens out. After hiking through birch and oak trees and Christmas ferns the second trail head for Sink Hole Trail will be on the right.



Sink Hole Trail, blazed green, begins as a wide trail, perhaps an old road bed. As you turn onto the trail it slopes downward and to the right. It is here where the trail receives its name, a large sink hole is on the right. The trail flattens out and during the winter months the ridge top where Andrews Ridge Trail runs is visible. If you know your trees you will see a lone American Holly on the left just before the trail begins to climb. As the trail flattens out you can see where water has gouged out a small section of the hill on both sides of the trail. Glimpses of Norris Lake are on the left. Feel free to take a break at the bench. On this particular day, while there was no wildlife out, I did see evidence of an owl. On the bench I saw three owl pellets, full of bone and fur!!

After the bench the trail narrows to single track. At this point the trail veers away from the lake and begins a gentle climb back to the ridge top. Look for the small stand of pine trees on either side of the trail. Then comes my favorite section of the trail. A series of bends which manages to block out the trail and the surrounding landscape. However, at the outer most section of the bend you can see the trail laying out before you and the hillside is exposed. It reminds me of a bird's eye view of a road winding around the sides of a mountain. Here it is evident many streams ran down carving out small ridges in the hillside.

The trail widens out again and soon reaches Andrews Ridge Trail where the three trails meet. Turn left to hike back to the parking area. While I did not see or hear wildlife on this particular day use your senses to find what lives in the forest. Most days you can see a deer, hear songbirds, smell a skunk, and if you are lucky, see a snake stretched across the trail sunbathing.

Sink Hole Trail is easy to moderate in difficulty and takes approximately an hour to hike. I hope you enjoy it as much as I do.

Directions: From 441 turn right/left at the West Entrance, side closest to Lake City. Take the first left at the campground and hiking trails sign. Travel one mile up the mountain to the trail maintenance office and dump station. Parking is on the right and the trail head is on the left.

For more information about Norris Dam State Park and its trails, call the park office at 865-426-7461 or visit www.norrisdamstatepark.org.

Recipe for Successful Resolutions

Many New Year Resolutions involve being healthier either through exercise or dieting or both. Many resolutions also fail because we try to make too many drastic changes too fast.

This year, instead of rushing in and trying to change everything, try changing one thing at a time.

Below are some suggestions on substitutes that you can use when cooking. When you use these suggestions, you can eat healthier and still eat some of your favorite foods.

Substituting unsweetened applesauce for sugar can give the necessary sweetness without the extra calories. A cup of sugar has 770 calories while one cup of unsweetened applesauce contains only about 100 calories. You can swap sugar for apple sauce in a one to one ratio, but for every cup of applesauce you use, reduce the amount of other liquid in the recipe by 1/4 cup.

Another good substitute for fat in a recipe is mashed bananas. The creamy, thickening-power of mashed (ripe!) banana acts the same as avocado in terms of replacing fat in baking recipes. The consistency is ideal, and the bananas add nutrients like potassium, fiber, and vitamin B6. One cup of mashed banana works perfectly in place of 1 cup or butter or oil.

Unsweetened applesauce is also a good replacement for oil or butter. The applesauce gives the right consistency and a hint of sweetness without all the fat of oil or butter. This works well in any sweet bread, like banana or zucchini or in muffins, even with pre-boxed mixes. If you want to experiment, only swap out half the fat. For example, for a recipe using 1 cup of oil, use 1/2 cup oil and 1/2 cup applesauce.

Substitute black beans for flour in your favorite brownie recipe. They actually taste great. You will want to make sure that you drain and rinse the beans. Using black beans will cut out the gluten and add an extra dose of protein. A cup of flour equals a cup of black bean puree.

Speaking of flour, substitute whole wheat flour for white flour. For every cup of flour, substitute 7/8 cup of whole-wheat. This substitute will add an extra punch of fiber, which aids in digestion and can even lower the risk of diabetes and heart disease.

Marshmallow Fluff is a great substitute for frosting. Replacing the fat and sugar in frosting with marshmallow fluff achieves the perfect consistency with *many* fewer calories. While two tablespoons of marshmallow fluff has just 40 calories, 6 grams of sugar and no fat!, the same amount of conventional frosting has up to 100 calories, 14 grams of sugar, and 5 grams of fat.

Cutting sugar in half and adding a teaspoon of vanilla as a replacement can give just as much flavor with significantly fewer calories. Assuming the recipe originally calls for one cup of sugar, that's already almost 400 calories cut out! You can't sub this one in equal ratios, but next time you're whipping up some cookies, try cutting 2 tablespoons of sugar and adding an extra 1/2 teaspoon of vanilla extract.

Cut calories out of your pie by substituting graham crackers for cookies. Reduced-fat graham crackers offer the same consistency and flavor with about half the calories of the other options.

Instead of mashed potatoes, try mashed cauliflower. Mashed cauliflower has only a fraction of the calories of potatoes and it's nearly impossible to taste the difference. Got picky eaters at the table? Try mixing half potato, half cauliflower.

It might take some extra time but eating dry beans instead of canned beans

can cut out excess sodium and preservatives. Plus, even though the canned versions are dirt cheap, dried beans are even cheaper!

You will never be able to tell the difference between wheat pasta and regular pasta but you will see a difference in your calorie intake.

Making simple changes one at a time might keep you on track to keeping your resolutions this year.

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