

FREE

LAKER NEWS

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**LAKE CITY CHAMBER
OF COMMERCE**

JUNE 2014

Lake City Council will have a special called meeting on Thursday, June 26, 2014 at 5 p.m. at Lake City Middle School to ratify the town's name change to Rocky Top.

Chamber Scholarship Awarded

The Lake City Chamber of Commerce awarded three \$1,000 scholarships to three graduating Anderson County High School students this year.

A requirement of the scholarship is that the recipients must have attended Lake City Middle School.

"This is a new program for the Lake City Chamber and we are excited that we are able to assist Lake City students further their education," said Maria Hooks, Lake City Chamber of Commerce Chairperson.

The monies used for the scholarships were the proceeds from the chamber's annual dinner and auction that was earlier this year in February.

The first recipients of the Lake City Chamber Scholarship are Kendra Disney, Merritt Cates & Amanda Toler.

Kendra Disney plans on majoring in education at East Tennessee State University. Merritt Cates is going to Lincoln Memorial University's Veterinary School and Amanda Toler is going to Roane State and plans to enroll in their nursing school.



L to R: Kendra Disney, Merritt Cates & Amanda Toler

Candidates Forum

The Lake City Chamber of Commerce will be hosting a Candidates Forum on June 19, 2014 at 5:30 p.m. at City Hall. Everyone is invited as this is your opportunity to meet the people running for elected positions in Anderson County.

Each candidate will have three minutes to introduce themselves and then chamber representatives will ask questions of the mayor, sheriff and district 4 commission candidates.

The candidates who are running with opposition include Republican William Jones and Democrat Tyler Mayes for Circuit Court Clerk; Republican Terry Frank, Democrat Jim Hackworth and Independent Bradley Rickett for County Mayor; Republican Don Layton and Democrat Ryan Spitzer for Division One General Sessions Judge; Republican Roger Miller and Democrat Ron Murch for Division Two General Sessions Judge; Republican Brian Hunt and Democrat J. Michael Clement for Juvenile Court Judge; Republican Bill Gallaher and Democrat Tim Shelton for Register of Deeds; and Republican Anthony Lay and Democrat Paul White for Sheriff.

The bipartisan candidates for district four county commission include Herb Foust, Tim Isbel, Allen Loope and Chris Phillips. For a list of all the county offices and the candidates, visit www.acelect.com.

Early voting is from July 18th to August 2nd and election day is on August 7th.

For information on early voting and precinct information for election day, visit www.acelect.com or call 865-457-6238.

For information about the forum, call the Lake City Chamber at 865-426-9595 or visit www.lakecitychambertn.com

Governor Launches SAFE Campaign

The Lake City Police Department will be participating in the Governor's Highway Safety Office's new highway safety campaign aimed at increasing seatbelt usage across the state. The SAFE Campaign (Seatbelts Are For Everyone) is designed to increase seat belt and child passenger safety restraint usage in Tennessee.

The Lake City Police Department will participate in the campaign by planning and implementing occupant protection initiatives in Lake City.

"Seatbelts save lives," said Kendell Poole, Director of the Governor's Highway Safety Office. "Nationally, seatbelt usage rates have increased steadily over time. However, in 2013, more than half of Tennessee traffic fatalities were unbelted. This SAFE Campaign will help to educate all drivers across the state about the importance of wearing seat belts."

Lake City Police Department will join 169 other law enforcement agencies whom have agreed to participate in the campaign. Each agency is required to plan and execute activities in their communities that raise awareness about seat belt usage.

Agencies will also be required to enforce seat belt usage ensuring all Tennesseans ARRIVE at their destinations safely.

Agencies that participate in the SAFE Campaign will be eligible to win a fully equipped police vehicle and other highway traffic safety equipment.

"Our partnerships with law enforcement across the state help to increase the message of seat belt safety," said Director Poole. "We are committed to saving lives on Tennessee roadways. It is up to drivers to make safe choices, one of those choices is to wear your seat belt."

If you would like more information on the SAFE Campaign, please contact Megan Buell, 615-337-7685 or visit our website at www.tntrafficsafety.org.

Nantglo Scholarship's Awarded

The Coal Creek Watershed Foundation awarded two \$10,000 Nantglo Scholarships this year to Emily Patton and Drew Payne. Emily Patton, plans to attend Lincoln Memorial University's nursing school and Drew Payne plans to become a dental hygienist at Pellissippi State Community College.



(L to R) Barry Thacker, Emily Patton, Drew Payne and Carol Moore

They earned their scholarships by participating in community service projects and submitting essays on improving the quality of life in the watershed.

According to Emily, "Lincoln Memorial University is my dream school. After getting my degree, I plan to be the best

nurse I can be by helping people. I want to prove you can do anything if you set your mind to it. No matter who you are or where you're from, you can choose your destiny."

Drew says, "After finishing my first two years of college, I plan to move to Johnson City to attend East Tennessee State University. There I plan to branch out and become more independent as an adult. I want to experience life on my own and see new things, in other words, to be adventurous. I am excited about setting a good example for Briceville

CCWF (Continued on page 5)

Send Us Your News

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

Lake City Community Events and Meetings

June 12	Lake City Water and Sewer Committee Meeting At City Hall at 9 a.m.
June 10	Lake City Court at City Hall at 7 p.m.
June 14	Flag Disposal Ceremony
June 14	Second Saturdays in Historic Downtown Clinton
June 16	Anderson County Commission Meeting Anderson County Courthouse, Room 312 6:30 p.m.
June 17	Lake City Planning Commission at City Hall 7 p.m.
June 17	Coal Creek Miners Museum Board Meeting 6 p.m. at Lake City Community Building
June 18	Free Small Business Owners and Entrepreneurs Seminar at the Anderson County Chamber 11:30 a.m. to 1:30 p.m. Counseling Sessions 9 to 11 a.m.
June 18	Laptop Computer Class at Lake City Public Library from 10 a.m. to 12 noon
June 19	Candidate Forum at City Hall at 5:30 p.m. Hosted by the Lake City Chamber of Commerce
June 19	Lake City Council Meeting at City Hall 7 p.m.
June 23-26	Basketball Camp at Main Street Baptist Church
June 24	Laptop Computer Class at Lake City Public Library from 6 to 8 p.m.
June 26	Men's Health Talk at Take Charge Fitness starting at 6 p.m.
June 27	Main Street Baptist Church Golf Tournament
July 14-17	Junior Ranger Camp at Norris Dam State Park
July 14	Laptop Computer Class at Lake City Public Library from 10 a.m. to 12 noon
July 16	Laptop Computer Class at Lake City Public Library from 10 a.m. to 12 noon

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Medicine Disposal Sites

ASAP (Allies for Substance Abuse Prevention) has partnered with the Lake City Police Department, Clinton Police Department, Norris Police Department, and Oliver Springs Police Department to install four permanent medicine disposal bin sites at each of those stations.

Drop off your unused, expired or unneeded medications in the bins, which are located in the public areas of each department.

Medicine collected is incinerated to comply with federal guidelines. All paper and plastic containers are recycled. In addition to preventing abuse, disposing of your medications this way also keeps them out of the water supply.

Don't forget to clean out your medicine cabinets and dispose of unused, unwanted or expired medications at the permanent bins located at:

- Lake City Police Department, 104 Lawson Street, Lake City
- Clinton Police Department, 125 W. Broad Street, Clinton
- Norris Police Department, 9 W Circle Road, Norris
- Oliver Springs Police Department, 701 Main Street, Oliver Springs

For more information on future collection events, please visit www.ASAPofAnderson.org.



Lake City
 Chamber of Commerce

Join our Mission

865-426-9595 • LakeCityChamberTN.com

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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Lake City Chamber Member's Rates

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Quarter Page.....	\$50.00
Business Card 3 1/2" x 2"....	\$20.00

Classified Advertisements available to \$5 per line

Contact the Lake City Chamber of Commerce

LIBRARY NEWS

The Lake City Public Library will be hosting a series of FREE Laptop Computer Classes during the months of June and July. You must pre-register for the class and there are only six computers available in the lab.

On June 18th from 10 a.m. to 12 noon and July 10th from 6 to 8 p.m., the class will be an Introduction to Laptop Computers.

On June 24th from 6 to 8 p.m. participants can learn about their family history through genealogy research and on July 14th, from 10 a.m. to 12 noon the class will be an introduction to E-Readers and Downloadable Books. The last class, on July 16th from 10 a.m. to 12 noon, will focus on Searching for a Job Online.



The Lake City Public Library will also host a Free Basic Desktop Computer Classes every Tuesday at 11:00am.

The library's children story times will be on Fridays at 4 p.m. and Saturdays at 12 noon. The adult book discussion will be on June 30th at 10 a.m. and the Common Threads group will meet on June 19th at 10 a.m.

All of the Lake City Public Library's events are free and open to the public. For more information, visit www.lakecitylibrary.com or call 865-426-6762.

Men's Health Talk

Take Charge Fitness Program located within Clinton Physical Therapy Center is hosting a special seminar on June 26, 2014 at 6 p.m. presented by family practitioner, Dr. Jose Malagon.

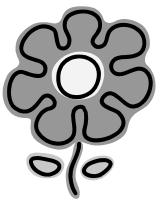
Dr. Malagon will discuss special information on Men's Health Topics, as well as cancer prevention.

Take Charge Fitness Program is located at 1921 N. Charles Seivers Blvd in Clinton, Tennessee. Proceed through the parking lot to access the upper building at the top of the hill.

The seminar is free and open to the community. If you have any questions, please contact Take Charge Fitness staff at 865-457-8237.



Flowers Needed



Lake City Middle School is starting a school and community garden. They are looking for bulbs (daffodils, iris, lily, or crocus, etc.). If you have an over abundance of flower bulbs, they want them.

Donations will be accepted this spring and into the fall. As you transplant your garden feel free to pass the overage onto the school.

CHURCH NEWS

Main Street Baptist Church will be having their annual golf tournament on June 27th at Three Ridges Golf Course. If you are interested in participating or making a donation, please contact the church at 865-426-2184. Proceeds from the tournament will go to the church's mission efforts.

Main Street Baptist Church will be hosting a Basketball Camp from June 23rd to 26th from 9:00 am to 12 noon.

Jody Wright will be the Camp Director. Jody has been a head basketball coach for over 30 years. He has led his team to state tournaments 14 times, 2 runners-up, and 2 state championships. He was chosen East Tennessee Coach of the Year 4 times and Tennessee State Coach of the Year in 2008. Jody has been the Basketball Camp Director for MSBC for 15 years.

The camp is free to the first 60 applicants. A Camp T-Shirt is included. Applications are available in the Church Office. For more information call 865-426-2184 or visit www.msbccl.com.

If you would like to submit information about your church to be posted in the Laker News, please email it to info@lakecitychamber.tn.com or call 865-426-9595.

Flag Disposal Event

The Commander of Clinton American Legion Post 172 would like to invite everyone to an Open House Fund Raiser and Flag Disposal Ceremony on June 14th.

The Open House fund raiser will run from 11 a.m. until 2 p.m. with the Flag Disposal Ceremony at 12 p.m. at the American Legion Post located at 436 Spring Street, Clinton, TN.

Hot dogs, chips and drinks will be available for purchase with proceeds going to help the American Legion Post raise funds to help the veterans of Clinton and Anderson County.

The Flag ceremony is designed to ensure the proper disposal of all worn U.S. Flags in accordance with the U.S. Flag Code. Anyone interested in attending these events is welcome.

Anyone having old, worn U.S., State or any other type flag that needs disposed, drop them off at the office of the Director, Veteran Services in Room 114 of the Anderson County Courthouse, or bring them to the ceremony on Saturday, June 14th.

Second Saturdays in Clinton

This summer, the Historical Downtown Clinton district will be hosting Second Saturdays, which will be a monthly celebration of Tennessee's largest antique and specialty shopping district.

On June 14th, July 12th and August 9th, there will be a produce market and flower and plant sale that opens at 9 a.m. in the commons area between Granny's Attic and Healthy Visions. There will also be food and music throughout the day.

For more information, you can call 865-264-4258 or follow on facebook at "Second Saturday in Clinton, TN".



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Education Foundation Scholarships

The Education Foundation for Clinton City and Anderson County Schools is pleased to announce that 21 students from the 2014 graduating class at Anderson County High School and 18 students from Clinton High School have met the standards of the ACES program upon completion of their high school education.

Each student was awarded a \$500 scholarship, totaling \$19,500 from the Education Foundation. The ACES Program, (Anderson County Exemplary Student), was initiated with the class of 2007 at Anderson County High School and Clinton High School.

Since the ACES Program's inception, a total of \$141,500 has been awarded in scholarships to seniors. The goal of the program is to raise academic and civic standards for high school students. The standards include academic requirements, 90% attendance and 20 hours of volunteer work in the community each year.

The Education Foundation for Clinton City and Anderson County Schools funds the ACES Scholarship Program with donations from area businesses, industry, individuals and community service organizations.

The Education Foundation is still seeking donations to fund the ACES Program, teacher mini-grants and other special programs. For more information, please contact ACES Coordinator, Kelly Lenz, at 457-1649.

The following students were announced at the recent awards banquets and are recipients of ACES Scholarships for 2014.

Anderson County High School Class of 2014

Olivia Beets, Merritt Cates, Cody Cheatwood, Taylor Collins, Caitlynn Copeland, Hunter Easton, Taylor Eldridge, John David Ezell, Madeline Hamel, Zoe Hester, Bethany Lemons, Alexis Lively, Colin Mawhinney, Dustin McCoy, William Oaks, Victoria Parray, Josh Powell, Dara Roberts, Samantha Wallace, Stephen Watts and Christina Webber

Clinton High School Class of 2014

Jacob Akens, Brooke Bailey, Shannon Foster, Courtney Fritts, Savannah Fritts, Hannah Gateley, Bethany Gray, Anna Hawkins, Samantha Joy, Savannah Light, Taylor Martin, Levi Martin, Hannah Massey, Nicholas Roberts, Kym Romines, Kelcey Smith and Elijah Stiles

CONTACT Care Line

CONTACT Care Line will launch chat and text-based emotional support, the first of its kind in East Tennessee with funding from the Trinity Health Foundation.

This summer, CONTACT will pilot the Chat/Text Line in collaboration with community and educational partners in Knox and surrounding counties. In a similar pilot program, Nevada's TextToday program found that young people preferred text communication, believing it afforded more privacy and confidentiality than phone conversations.

Young people were more likely to seek emotional support from strangers, who they believed would be less judgmental than people they knew, including family and friends.

In our fragmented modern world, the need for online emotional support is critical. Over half of people with mental, emotional, or behavioral health issues suffer their first symptoms in childhood or adolescence, and roughly 14-20% of young people experience these problems (SAMHSA, 2009).

A 2012 report by the Pew Research Center's Internet and American Life Project revealed that about 63% of teens text every day, compared to 39% who use cell phone and 35% who socialize face to face.

Nauert (2013) found that many teens and young adults use social networking sites and mobile technology to express suicidal thoughts and intentions. Study participants reported they would not use suicide hotlines or support groups for this purpose.

CONTACT's Chat/Text Line will complement existing services like the Knox County Sheriff's Text-A-Tip program while avoiding attitudinal and social barriers that may prevent teens from reaching out to authority figures or formal mental health providers for emotional support.

Volunteer training for the Chat/Text Line will take place in July 2014. To learn more, please call CONTACT's Director, Deb Patterson, at (865) 312-7451 or deb@contactcarelinetn.org. You may also visit their website at contactcarelinetn.org/chat-text for more information.

Easy Summer Grilling Recipe Honey Mustard Grilled Chicken

Ingredients

- 1/3 cup Dijon mustard
- 1/4 cup honey
- 2 tablespoons mayonnaise
- 1 teaspoon steak sauce
- 4 skinless, boneless chicken breast halves

Directions :

Preheat the grill for medium heat. In a shallow bowl, mix the mustard, honey, mayonnaise, and steak sauce. Set aside a small amount of the honey mustard sauce for basting, and dip the chicken into the remaining sauce to coat.

Lightly oil the grill grate. Grill chicken over indirect heat for 18 to 20 minutes, turning occasionally, or until juices run clear. Baste occasionally with the reserved sauce during the last 10 minutes. Watch carefully to prevent burning!

Donate Blood, Save Three Lives

Did you know that with one donation of blood, you could help save up to three lives. Blood is always in high demand so any time is a good time to donate.

To make it easier on you, there is a Medic Regional Blood drive in the area on the following dates:

- June 16th at Books-A-Million in Oak Ridge from 11 a.m. to 6 p.m.
- June 17th at Clinton Physical Thereapy from 11 a.m. to 6 p.m.
- June 20th at Norris Community Center from 9 a.m. to 4 p.m.
- July 3rd at American Museum of Science and Energy from 9 a.m. to 4 p.m.
- July 18th at National Fitness in Oak Ridge from 11 a.m. to 6 p.m.
- July 20th at St. Mary's Catholic Church from 9 a.m. to 2 p.m.

Also, mark your calendars for September 12th from 9 a.m. to 4 p.m. when Medic Regional Blood will be at Powell Clinch Utility District in Lake City.

If you are interested in hosting a blood drive at your place of business or your church, visit www.medicblood.com/donate for more information.

You can also find information on the website about eligibility to donate and Medic's blood coverage benefits.

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Jr. Ranger Day Camp

Norris Dam State Park will be hosting the second annual Jr. Ranger Day Camp. This four day long day camp connects children and the great outdoors through programs, hikes, and hands-on activities. It is here that a love and appreciation for nature can be planted. Topics may include wildlife, plants, history, stream ecology, and safety. It's a time for learning as well as playing. Campers make friends and create lifelong memories. At the end of the camp, the campers will take the Jr. Ranger Oath at the closing ceremony.

The Jr. Ranger Day Camp is open to campers ages 8 to 11 (rising 3rd to 5th grade). Camp runs four days, Monday, July 14 through Thursday, July 17, 2014 from 10:00 a.m. to 3:00 p.m.

Jr. Ranger Day Camp is open to thirty campers. To register, all forms and the \$25 tuition must be turned in by June 30, 2014. Tuition must be paid in full. Send forms and tuition to the park office or drop them off in person. Please make checks payable to Friends of Norris Dam State Park.

For questions and to request a registration packet please contact Ranger Lauren Baghetti at (865) 426-7461 or lauren.baghetti@tn.gov.



Free Business Planning Seminar

The Anderson County Chamber of Commerce, in partnership with the Tennessee Small Business Development Center, will host a free workshop for small business owners and entrepreneurs who want to increase their chances for successful self-employment.

The workshop will also be useful for existing businesses who are looking into obtaining financing. Business plans are required by lenders. The TSBDC advises and assists entrepreneurs and small business owners in our area at no cost to them.

This free seminar will be held on Wednesday, June 18, 2014, from 11:30 a.m. to 1:30 p.m. at the Anderson County Chamber of Commerce office at 245 N. Main Street, Suite 200 in Clinton, with Jutta Bangs, Senior Business Specialist with the Tennessee Small Business Development Center.



The workshop covers business planning in detail, specifics of marketing and finance, operations, financial projections, and information-based planning and management.

Space is limited and advance registration is required by Monday, June 16. Reserve your space by contacting the Anderson County Chamber of Commerce, 865-457-2559 or email acc@andersoncountycommerce.org. To learn more about the TSBDC visit www.roanestate/tsbdc.

Also on Wednesday, June 18 the Anderson County Chamber of Commerce will host free and confidential one hour business counseling sessions from 9 to 11:00 a.m. Bangs will advise and assist future entrepreneurs and existing business owners.

To make an appointment for June or future scheduled sessions, please call 865-457-2559 or email acc@andersoncountycommerce.org. To learn more about the TSBDC visit www.roanestate.edu/tsbdc.

CCWF (Continued from page 1)

School students and giving back to the community that shaped me into what I am today."

CCWF President, Barry Thacker, P.E. says, "Our favorite day of the year is when our scholars in college return to serve as role models for current Briceville students. Last year's Scholars Day was a particularly memorable event, so we're looking forward to Emily and Drew carrying on that tradition."

CCWF board-member Carol Moore says, "Our goal is to give every Briceville student the incentive to excel in middle school and high school because they know they have the potential to get a college education."

The CCWF call the scholarship the Nantglo Scholarship because Nantglo is Welsh for Coal Creek and these scholarship recognize the contributions of the Welsh miners who helped East Tennessee rebuild after the Civil War. They came to Coal Creek to escape persecution in Great Britain. Here is where they wrote about their new land in their native language at a time when it was illegal to do so in Wales. Those books now reside at Harvard University where they are still used as references by students today.

The importance of education to the Welsh is recognized on one of the new historical markers at Briceville Public Library, which Emily and Drew helped install. The other historical marker at the library tells how Condry Harmon, a former Briceville student, quit school to become a miner and support his family after his father died in the 1902 Fraterville Mine explosion. Emily and Drew honor his sacrifice by completing high school and attending college.

Since 2002, thirty-six students from Briceville have received the CCWF Nantglo Scholarships.

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DRUG-FREE ACTION ALLIANCE

Summer Fun at Norris Dam State Park

By Ranger Lauren Baghetti, Ranger at Norris Dam State Park

Now that summer has arrived days are longer, temperatures are no longer hovering around freezing or below, and kids are out of school. Now what? Visit Norris Dam State Park!! There is something for everyone, whether ecology, astronomy, history, hiking, or swimming.

From Memorial Day through Labor Day two seasonal interpretive rangers lead educational programs. Hartney Deegan is majoring in marine science with a minor in coastal management. Last year she worked at Panther Creek State Park in Morristown sharing her love of the outdoors. She enjoys leading interpretive hikes and sharing her knowledge about terrestrial and aquatic ecosystems.

Some of you may know Jazmine Kennedy as our camper check-in. This year she has double duty as one of our seasonal programmers and camper check-in. Jazmine is studying forestry at UT. She enjoys working with the park's owls and snakes by telling everyone that snakes are not slimy and mean, but rather are great rodent control. She also likes getting in the creek and exploring what is underneath rocks.

turkey, ground hogs, raccoons, songbirds, and at night coyotes can be heard and a lucky passerby might get an occasional glimpse of a bobcat. Around the lake bald eagles, golden eagles, great blue herons, and other water fowl are often seen.

Want to get your exercise in but rather not hike? There are several ball courts located on both sides of the park including basketball, tennis, and volleyball. There are three horseshoe pits as well. The park also has four playground areas.

If you are like a fish and would rather be in water than on land the park has several water activities as well. The swimming pool is open to the public this year!! The pool is open Wednesday through Sunday, 10:00 a.m. to 6:00 p.m. It is \$4 per person to get in and \$2 per person for campers and cabin guests.



Swimming Pool at Norris Dam State Park

There is no lake swimming from the park shoreline; however, Big Ridge State Park in Maynardville, Anderson County Park and Loyston Point in Andersonville have designated areas for lake swimming.

For more fun on the lake, Norris Dam Marina rents pontoon, house, and ski boats. It is a full service marina with a restaurant and some boating and fishing supplies are available in the store.

Also at the marina is Norris Paddling Adventures. They offer lessons for canoes, kayaks, stand-up paddle boards, and hydro-bikes; excursions are also available.

Grab your fishing pole and some worms and fish Norris Lake or Clinch River, which is known for great trout fishing. Don't forget your fishing license!

If you are done fishing for the day and want to go into an air conditioned building then visit the Lenoir Museum. Approximately 4,000 artifacts have been collected in the southern Appalachian region and are on display. Items range from a beaver pelt to boots, horseshoes to homemade chairs, and mining tools to mouse traps. Below the museum are the Rice Gristmill and Cosby Threshing Barn. The gristmill served many functions, grinding corn, rifling barrels, as well as a place for the community to gather. The Cosby Threshing Barn houses farming tools used before gas and diesel powered tractors.

Between attending an interpretive program, hiking and looking for wildlife, spending a few hours on the lake, and visiting the Lenoir Museum and Rice Gristmill, you might work up an appetite for a ham sandwich, chips, cookies, and lemonade. Sit down, rest your feet, and eat lunch at one of the picnic areas.

Be sure to stop by and take advantage of all the park has to offer. We all are excited summer is finally here, so go out and enjoy the sun, the water, and the park!



Ranger Mike Scott leading owl program

A variety of programs are offered, including snake, owl, and bat programs, astronomy as viewers look through telescopes at the night sky, nature hikes, creek critter hunts, living history programs about the CCC and doll making, and of course lots of arts and crafts projects.

Programs are offered Wednesday through Sunday throughout the day. For a schedule please call the office at 865-426-7461, visit the park office or visit the Friends of Norris Dam State Park's webpage at www.norrisdamstatepark.org.

The park has 15 trails, varying in length and difficulty. The shortest trail is Tennis Court Trail at .3 mile and the longest is Lake View Trail at 4.9 miles. Trails traverse ridge tops, valleys, hollows, and the lakeshore giving hikers glimpses of Norris Lake, old homesteads, hardwood forests, wildlife, and the former CCC Camp 494/TVA 45 is on Camp Sam Trail. Foundations, stairs, and interpretive panels tell the story of the CCC and what they did across the country and in our back yard.

Mountain biking and equestrian use is available on designated trails. Absolutely no vehicles or ATVs are allowed on the trails. On the first Saturday of every month a ranger will lead a hike on of the park's trails as part of the "First Hike of the Month" series.

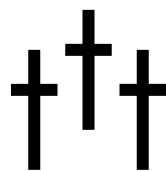
While out on the trails keep your eyes open for wildlife. The park is a great place to view white tail deer, especially in open fields like the one by the east campground. The park is also a great habitat for wild

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Main Street Baptist Church

215 4th Street, Lake City • 865-426-2499 • www.msbclc.com

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.



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Because I Said So

Growing up your parents would tell you things like, "you can't go in the pool for 30 minutes after you eat" and "don't cross your eyes, they will freeze that way." When those tactics didn't work, parents usually said "Because I said so."

Some saying you realized were not true early on, some you probably still believe today and most likely are using on your own children.

If you are ok with that, stop reading now. If you want to know the truth, keep reading.

If you go out with wet hair, you will catch a cold. The truth is, you will feel cold but will be just fine healthwise, says Jim Sears, a board-certified pediatrician in San Clemente, California, and a co-



host of the daytime-TV show *The Doctors*. He cites a study done at the Common Cold Research Unit, in Salisbury, England, in which a group of volunteers was inoculated with a cold virus up their noses. Half the group stayed in a warm room while the rest took a bath and stood dripping wet in a hallway for half an hour, then got dressed but wore wet socks for a few more hours. The wet group didn't catch any more colds than the dry. Conclusion, feeling cold doesn't affect your immune system.

If you cross your eyes, they will stay that way. The truth is according to W. Walker Motley, an assistant professor of ophthalmology at the University of Cincinnati College of Medicine, there is no harm in voluntary eye crossing. But if you notice your child doing this a lot, he or she might have other vision problems.

Gum stays in your stomach for seven years. According to David Pollack, a senior physician in the Children's Hospital of Philadelphia Care Network, fluids carry gum through the intestinal tract, and within days it passes.

To get rid of hiccups, have someone scare you. There is not scientific evidence that this method works. If it has worked for you, it was probably a coincidence. The *New England Journal of Medicine* does suggest swallowing one teaspoon of white granulated sugar.

You shouldn't swim for an hour after eating. This has to be the biggest deception ever portrayed on children. You might have less energy to swim, but it shouldn't inhibit your ability to tread water.

Every child needs a daily multivitamin. The truth is children who are solely breast-fed during their first year should be given a vitamin D supplement. After that, a multivitamin won't hurt anyone, but many experts say that even if your child is in a picky phase, there's no need to sneak Fred, Wilma, and company into his applesauce.

Warm milk will help you fall asleep. According to Michael Breus, a clinical psychologist in Scottsdale, Arizona, milk contains small amounts of tryptophan (the same amino acid in turkey), but you would have to drink gallons to get any soporific effect.

If you feel that you need to keep up the farce to keep peace in your house or make your children stop swallowing their gum, go ahead. The little ones probably won't figure out the truth for a long time.

Summer Safety Tips

Most people consider summer to be the best time of the year. However, there are so many safety hazards that could turn summer fun into summer glum.

Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP).

Families should attend community fireworks displays run by professionals rather than using fireworks at home because fireworks that are often thought to be safe, such as sparklers, can reach temperatures above 1000 degrees Fahrenheit, and can burn users and bystanders.

To keep bug free, don't use scented soaps, perfumes or hair sprays and stay away from areas where insects nest or congregate, such as stagnant pools of water, uncovered foods and gardens where flowers are in bloom. Also, avoid dressing in clothing with bright colors or flowery prints. Be sure to use insect repellents containing DEET when needed to prevent insect-related diseases such as ticks that can transmit Lyme Disease, and mosquitoes that can transmit West Nile Virus and other viruses.

A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit. When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard. A helmet should be worn so that it is level on the head and covers the forehead, not tipped forward or backwards. The strap should be securely fastened with about 2 fingers able to fit between chin and strap. The helmet should be snug on the head, but not overly tight. Skin should move with the helmet when moved side to side. If needed, the helmet's sizing pads can help improve the fit.

All skateboarders and scooter-riders should wear protective gear; helmets are particularly important for preventing and minimizing head injuries. Riders should wear helmets that meet ASTM or other approved safety standards, and that are specifically designed to reduce the effects of skating hazards.

Most accidents involving lawn mowers occur when the equipment is in reverse. Only operate the machine in reverse when absolutely necessary and always look behind you for children. Make sure that sturdy shoes are worn while mowing. Drive up and down slopes, not across to prevent mower rollover.

Stay in the shade whenever possible and limit sun exposure during the peak intensity hours, which are between 10 a.m. and 4 p.m. On both sunny and cloudy days use a sunscreen with an SPF 15 or greater that protects against UVA and UVB rays. Reapply sunscreen every two hours, or after swimming or sweating.

Never leave children alone in or near the pool or spa, even for a moment. Suction from pool and spa drains can trap a swimmer underwater. Do not use a pool or spa if there are broken or missing drain covers.

Large, inflatable, above-ground pools have become increasingly popular for backyard use. Children may fall in if they lean against the soft side of an inflatable pool. Although such pools are often exempt from local pool fencing requirements, it is essential that they be surrounded by an appropriate fence just as a permanent pool would be so that children cannot gain unsupervised access.

Children should wear life jackets at all times when on boats or near bodies of water. Make sure the life jacket is the right size for your child. The jacket should not be loose. It should always be worn as instructed with all straps belted.

Never swim alone. Even good swimmers need buddies!

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