

ROCKY TOP NEWS

SPONSORED BY THE
**ROCKY TOP CHAMBER
OF COMMERCE**

MARCH 2016



AMERICAN CANCER SOCIETY RELAY FOR LIFE

Celebrate.

Remember.

Fight Back.

Cancer Survivors Invited to be Honored at Relay For Life

They are role models and sources of inspiration. That's why the American Cancer Society is inviting all area cancer survivors to participate in the Relay For Life Survivor's Celebration on Saturday, April 30th starting at 2:00 PM. All cancer survivors in attendance will be announced by name as they receive a "medal of recognition" to acknowledge their strength and courageous battle in the fight against cancer. They will then join together to walk the "Victory Lap" around the streets of the courthouse in downtown Clinton. To participate, cancer survivors are encouraged to register on-line to be eligible for the 2016 event t-shirt. Please go to www.relayforlife.org/eastandersontn and follow the directions to sign up as a cancer survivor.

The public is encouraged to attend opening ceremonies and festivities throughout the afternoon and evening. There will be entertainment, bands performing, kid's activities, fun competitions and plenty of food. A live auction will occur at 6:00 PM and the luminaria ceremony will be at 9:30 PM.

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

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

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



Coal Creek Miners Museum

Rocky Top, TN-The Coal Creek Miners Museum will celebrate their Grand Opening on March 11, 2016 from 2 to 5 p.m. at their new museum building located at 201 South Main Street, Rocky Top, TN. There will be a ribbon cutting with the Rocky Top Chamber of Commerce at 2:30 p.m.

The museum not only tells the story of the miners that lived, worked and died in Coal Creek, Fraterville and Briceville Tennessee, it also tells about the historically significant events that changed the mining industry.

The story starts in the late 1800s when the "free" miners fought against the convict lease system, a struggle that ultimately ended the system in the southern states. The story goes on to depict how these communities not only survived one mining disaster, but two that killed almost every man in the community along with many young boys.

"The story of this tenacious mining community reveals the courageous spirit of our forefathers," said Tim Isbel, chairperson of the Coal Creek Miners Museum Board of Directors. "It was very important to the board and the volunteers involved in constructing this museum that it tell the unique and distinguishing story of these miners and this mining community."

The museum was originally founded as part of the Tennessee Homecoming '86 Celebration, a year-long recognition of Tennessee's history that encouraged local communities to celebrate their history. The museum has been moved to several different locations throughout the years. Its artifacts were most recently housed in a room in the city's community center.

In August 2013, the Anderson County Commission voted to donate funds to the City of Lake City, TN, now known as Rocky Top, TN to purchase a former bank building and transform it into a museum.

While seeking grant money to remodel the entire building, the Coal Creek Miners Museum Board of Directors and volunteers from the community started a grass roots effort to remodel the first floor and open phase one of the museum.

"All of the labor and funds to purchase supplies have been donated from the board members and the community," said Isbel. "It has been wonderful to see how the community has supported this project."

The plans for the second phase of the museum include installing an elevator to meet ADA requirements and remodeling the second floor for additional exhibit space.

"We would love for everyone to come and celebrate the Grand Opening of the museum," said Isbel. "This museum is about the community, for the community so we want the community to celebrate with us."

"The museum will be an economic driver for our town because there will also be visitor information on the area available and the interest in the history will attract people to the downtown through heritage tourism," continued Isbel.

Charles Winfrey, board member and resident historian, will be on hand to offer commentary on the displays and artifacts and live music will be performed that was specifically written about Coal Creek and the events depicted at the museum.



ROCKY TOP CLINIC HAS

NEW HOURS

**MONDAY
WEDNESDAY
FRIDAY
8AM-5PM**



Send Us Your News

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

Rocky Top Community Events and Meetings

March 8	Rocky Top Water Board Meeting at City Hall at 5:30 p.m.
March 9	Rocky Top City Court at City Hall at 8 a.m.
March 10	Laptop Computer Class at Rocky Top Public Library from 11 a.m. to 1 pm
March 10	Appalachian Arts Craft Center Spring Porch Sale
March 11	Coal Creek Miners Museum Grand Opening 2 pm– 5 pm
March 15	Rocky Top Planning Commission at City Hall 5:30 p.m.
March 17	Rocky Top Recreation Committee Meeting at City Hall 6:30 p.m.
March 17	Rocky Top City Council Meeting at City Hall 7 p.m.
March 19	Summit View of Rocky Top Easter Egg Hunt from 2 p.m. to 4 p.m.
March 19	Main Street Baptist Church Easter Egg Hunt at Templin Field 11 a.m. to 1 p.m.
March 19	Tennessee Team Trail Norris Lake Fishing Tournament
March 21-25	Anderson County Schools Spring Break
March 25	Rocky Top City Hall - CLOSED
March 25-26	Rocky Top Public Library - CLOSED
March 28	Rocky Top Library Book Discussion at 10 a.m.
March 31	Safety and Security Seminar at Main Street Baptist Church at 6 p.m.
April 2	5 County Norris Lake Clean-Up from 9 a.m. to 1 p.m.

Chamber Networking Events

The next Rocky Top Chamber of Commerce's Networking Event will be a Coffee hosted by Rocky Top Public Library on March 8, 2016 from 8:00 to 9:30 a.m. **Everyone is welcome.** This is a great opportunity for chamber members to network with other chamber members. If you are interested in joining the chamber, please feel free to attend this event. For more information about the Rocky Top Chamber, visit www.rockytoptnchamber.com.



Join our Mission

865-426-9595 • RockyTopTNChamber.com

FIND US ON FACEBOOK
[Facebook.com/RockyTopTennessee](https://www.facebook.com/RockyTopTennessee)

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

Rocky Top Chamber of Commerce
 P. O. Box 1054
 Rocky Top, TN 37769
 865-426-9595
 Fax 865-457-4545
info@rockytoptnchamber.com

Please submit events and content information by email or fax.

Rocky Top News Advertising Rates

Newspaper Sponsorship-\$300.00

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

Rocky Top Chamber Member's Rates

Full Page.....\$100.00
 Half Page.....\$50.00
 Quarter Page.....\$25.00
 Business Card 3 1/2" x 2"....\$10.00

Non-Rocky Top Chamber Member's Rates

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

Classified Advertisements available to \$5 per line

Contact the Rocky Top Chamber of Commerce for multi-month discounts

Gary Cooper Insurance

801 N. Charles Seivers Blvd
 Clinton, TN 37716
 865-457-0637



www.GaryCooperInsurance.com

LIBRARY NEWS

Free Computer Classes

Rocky Top Public Library provides Basic Desktop Computer classes every Tuesday (except the first Tuesday of the month) from 11:00am -12:00pm.

Free Laptop Computer Classes

Navigating the World Wide Web:
Thursday, March 10th. 11:00am - 1:00pm

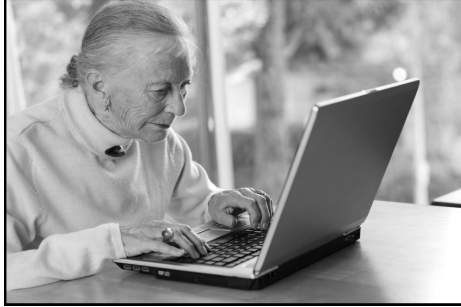
Internet Safety & Security:
Thursday, March 17th. 11:00am - 1:00pm

Introduction to All Things Google:
Monday, March 21st. 10:00am - 12:00pm

Social Media: Monday, March 28th. 10:00am-12:00pm

Pinterest: Monday, April 18th. 10:00am-12:00pm

Please call the library @ 426-6762 to sign up.



Book Discussion

Bring a book you're reading and join us on Monday, March 28th. @ 10:00am. Each person may discuss what they're currently reading and possibly interest others in new authors. Light refreshments will be served.

Senior Game Day

Join us on Monday, March 14th. and March 28th. @ 11:00am for a game of Dominos, Yahtzee, or your favorite card game. Games are provided by the library.

Children's Story Time

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

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

Closings

Rocky Top Public Library will be closed on Friday, March 25th and Saturday, March 26th in observance of Easter.

Upcoming Library Celebration

On July 21, 1991 the Lake City Public Library celebrated a new building complete with shelves and shelves of books, new library furniture, a meeting room, as well as a large walled outdoor patio.

This year, the Rocky Top Public Library will invite friends and families to help celebrate the 25th year of that event. Friends of the Rocky Top Public Library (commonly referred to as "Friends") are planning events to commemorate this milestone. A committee is at work planning various activities ending with a celebration tentatively planned for the fourth weekend of July. The theme "Then and Now" will showcase the growth and changes of library services since 1991 beginning with the move from an 800 sq. ft. area at the Recreation Center to a 3000+ sq. ft. building just across the parking area.

We are in need of publications, pictures, and personal anecdotes to be used throughout the celebrations. If you have any of these that you would allow us to use, drop them off at the library circulation desk. Please mark them "Attention: Friends of the Library".

The Friends of the Rocky Top Public Library Facebook page will be updated regularly to announce each event.

health markets.

The Smarter Way to Shop...

- Health
- Medicare
- Life Insurance
- Supplemental
- Long-Term Care
- Retirement



Call today for your **FREE QUOTE!**

865-806-5837

David A Vudragovich

Licensed Insurance Agent

HealthMarkets Insurance Agency is the d/b/a, or assumed name, of Insphere Insurance Solutions, Inc. which is licensed as an insurance agency in all 50 states and the District of Columbia. Not all agents are licensed to sell all products. Service and product availability varies by state. HMIA000589

NURAYZ

812 S. MAIN STREET
Rocky Top
Located next to the Car Wash
865-426-RAYZ (7299)

Double J Enterprises

ROCKY TOP'S ONLY TANNING SALON

Packages starting at \$35.00

TUXEDO RENTAL

STARTING AT \$73.00

The Appalachian Arts Craft Center will hold its Spring Porch Sale starting on Thursday, March 10, and running for about two weeks.

The sale features outdated stock, seconds, student crafts and unjuried work. It's an excellent time to get great deals. There will also be homemade baked goods for sale. The Center is located at 2716 Andersonville Highway, Clinton, TN. For more information, call 865-494-9854, or visit www.appalachianarts.net.



Houck's Deli

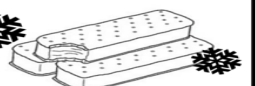
1745 HWY 116 Caryville, TN 37714

HOMEMADE
JELLY, JAM,
CHOW-CHOW, &
LOCAL HONEY!



DINE - IN
OR

CALL - IN
YOUR ORDER
426-8102



FULLY-STOCKED
ICE CREAM
COOLER!



facebook.com/houcks.deli



PASTOR'S CORNER

Why the Cross?

This year in the month of March, we as Christians celebrate the miracle of a risen Savior. The time, over 2000 years ago, that Jesus Christ rose from the dead. Before his resurrection He suffered such agony; he suffered physically, spiritually, and emotionally like no other man.

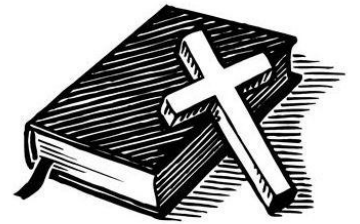
In scripture we find not only His coming but also His suffering. Isaiah 53 gives us a detailed account of that suffering. This chapter tells us "He is despised and rejected of men; a man of sorrows, and acquainted with grief.... He was oppressed, and he was afflicted, yet he opened not his mouth: he is brought as a lamb to the slaughter, and as a sheep before her shearers is dumb, so he openeth not his mouth.... And he made his grave with the wicked, and with the rich in his death; because he had done no violence, neither was any deceit in his mouth." Much of Psalms 22 is a prophecy of His coming to die. Verse 1 says, "My God, my God, why hast thou forsaken me?" Then in verses 13-18 it adds, "They gaped upon me with their mouths, as a ravening and a roaring lion. I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels. My strength is dried up like a potsherd; and my tongue cleaveth to my jaws; and thou hast brought me into the dust of death. For dogs have compassed me: the assembly of the wicked have inclosed me: they pierced my hands and my feet. I may tell all my bones: they look and stare upon me. They part my garments among them, and cast lots upon my vesture."

When we read or hear the account of the death of Jesus on the cross, there should be a question that forms in our minds. That question is, why? Why did Jesus leave Heaven to be born in Bethlehem? Why did the Creator come in the image of the creature, live in poverty, be rejected by those He came to save, and then shed his blood and die a cruel death on the cross? Why?

Jesus Himself answered that question the night before He died. If there had ever been any doubt as to why He came to this world, that doubt was forever dispelled as He and His disciples observed the Passover together in the upper room. In Luke 22:19-20 we find two small, seemingly insignificant words that solve the riddle as to why He came to die. Those words are "for you." These two words answer the question "why" and are found in the Old Testament as well as throughout the New Testament epistles.

In Isaiah 53: 4 and 5 the bible says "Surely he hath borne our griefs, and

carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed."



1 Thessalonians 5:10 says that Jesus "died for us...."

1 John 3:16 states that Jesus "laid down his life for us...."

1 Peter 2:21 tells that Christ also "suffered for us."

In Titus 2:14 the apostle Paul writes "Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works."

Heb. 9:12 says that Jesus has "obtained eternal redemption for us."

You see, because Adam sinned in the Garden of Eden, sin passed upon all men and with that sin the consequences of sin, which is death or eternal separation from God in Hell. Jesus came to save you from your sin. That is His reason for all He did. Jesus came to this world for you. Jesus shed his blood for you. Jesus died on the cross for you. Jesus rose again from the dead for you. You are the reason He did what He did. HE DID IT ALL FOR YOU!

He did it all for you because he loves you. It was His love that drove Him to lay His life down willingly to save you and "Whosoever will." My prayer for you is, since Jesus died personally for you, that you will come to know him as your personal Savior. Just simply ask Him to forgive you of your sins and trust in Him as your Hope for Heaven.

I'm glad John 3:16 says, "For God so loved the world that He gave His only begotten son...." I'm even more glad that the Heavenly Father so loved me!

The next time you hear of the resurrection or see a cross, stop and remember He did it all for me!!

Pastor Roger Leach
Willowbrook Baptist Church

HE IS RISEN CELEBRATION

Main Street Baptist Church would like to invite the Rocky Top community to join them for the Easter story, food, activities and an Easter Egg Hunt on Saturday, March 19th, from 11 am till 1 pm. at Templin Field.

EASTER – MARCH 27th.

We will also celebrate Easter Sunday with our normal worship schedule. We encourage you to bring your family and friends as we worship at 8:30 am and 10:45 am. There is a Sunday School Class for every age. Join us for this discipleship training at 9:45 am.



MAIN STREET BAPTIST CHURCH EXERCISE CLASSES:

ZUMBA on Tuesdays and Thursdays at 6:30 pm in the Family Life Center \$5 per person/per session

HUGS (Helping Us Grow Strong) with Brittany Siler, will be a mother and infant gathering with music and some light exercise. This is geared to getting new mothers out of the house and bonding with their infant. There is no cost for this 10:30 am program on the first and third Monday's of the month beginning March 7th and March 21st.



Romac Self Storage

Monthly Storage Space Rental
Several Sizes 5 x 6 to 10 x 25

Competitive Pricing Office: 865-426-9634
Master Card | Visa accepted Cell: 865-386-3716

Located at 332 S. Main, Lake City



Thank you for shopping with us.
We appreciate your loyalty and for shopping local.

UTD

Ultimate Tool & Die Inc.

2905 Lake City Hwy.
Rocky Top, TN 37769
Ph. 865-426-6006 Fax: 865-426-7960
Randy@UltimateTool.us

Ultimate Tool & Die Inc. is currently looking to hire a Full Time Machinist. Job will include Machining Part to print using conventional Machines. Applicant must be able to read and understand Shop Prints. Applicant must have their own basic tools, and must be competent using Machines such as Manual Knee Mills, Manual Lathes and Surface Grinders. CNC experience is not required, but is a plus. Applicant must be able to work in a Job shop environment and be able to understand and hold tolerances specified on provided Prints. Experience is key, the position we are filling is not an entry level or apprenticeship position, only qualified applicants will be considered. Salary to be discussed and based on applicants experience and UTD offers competitive Health benefits. Please submit a copy of your resume to Randy@UltimateTool.us or you may fax your resume to 865-426-7960.

SUMMIT VIEW OF ROCKY TOP IS PROUD TO OFFER

LSVT BIG™

GROUNDBREAKING TREATMENT

Over the past 20 years, and thanks to funding by the National Institute of Health, the LSVT Programs have undergone extensive research and development.

The resulting techniques offer enormous improvements to individuals with Parkinson's Disease including faster walking speed with bigger steps, improved balance and increased trunk rotation, in turn improving overall quality of life.



Treatment is administered in 16 sessions: 4 consecutive days per week for 4 weeks.

Individual, 1 hour sessions, daily homework practice, and daily carryover exercises are provided as part of treatment. The LSVT BIG protocol is both intensive and complex, with many repetitions of core movements that are used in daily living.

LSVT BIG is currently offered to Summit View of Rocky Top inpatients and outpatients by Rachel Barnard, PT, DPT.
LEARN MORE OR MAKE AN APPOINTMENT TODAY!
CALL (865) 426-2147

Holley Gamble Funeral Home



"We at Holley Gamble Funeral Home want it to be the memory of your loved ones funeral that last a lifetime, not the memory of the funeral bill."

2827 Highway 116 Caryville, TN 37714
(865)426-2121 or obituary Line (865)426-2124



The Tennessee Team Trail is excited to announce the arrival of their 2016 season beginning with the Norris Lake Tournament event on March 19. They have partnered with the Anderson County Chamber of Commerce to make this event the first of its kind in Anderson County.

In response to their anglers, they have chosen to expand to Norris Lake because it is a large, deep, clear lake that is a favorite among bass fisherman. The Anderson County Chamber of Commerce and the Tourism Council are just as excited to have them as they are to be here, so we anticipate a great turnout.

Ranger, Triton and Stratos with Mercury in lock step continue to drive the Trail. Combine those industry icons with dealers like Bunch, Tri-County, Toms and Watsons Marine and the Tn Team Trail is in great hands for the future. All area municipalities generously supplemented their payouts again for 2016 in order to maintain the deepest payout in the Team Trail business. What began as 2 tournaments and a Classic in 2014 grew by leaps and bounds— more than doubling their membership base in 2015 to 525 members!

Brandon Coulter, a Knoxville native, is excited about expanding the TN Trail. He makes his living on and off the water; on the water as a BASSmaster elite angler and off the water as part owner of the TN Trail. "I am so excited to be expanding the TN Trail this year onto Norris Lake! I think it will be a great addition to the tournament."



The TN Team Trail and the Anderson County Chamber cannot do any of this without the support of our anglers. We want to thank all of you for your support from the planning of this trail to its continued growth today. Let's get 2016 started!

Drifting Tailwaters For Trophy Fish

"Drift-Fishing the Tailwaters for Trophy Fish"—that's the topic of longtime fly fishing guide Michael "Rocky" Cox, speaking Thursday, March 10, at a free, public meeting of the Clinch River Chapter, Trout Unlimited. The program starts at 7 p.m. in the parish hall of St. Francis Episcopal Church, 158 W. Norris Road, Norris.

Cox, owner of Rocky Top Anglers, is a Knoxville native who has guided more than 1,000 fishing trips professionally since he started in 2001.



"I've always loved the peaceful excitement of fly fishing and always found myself thinking about that next big trip to the mountains. When my leisure time came, I was fly fishing. I was captivated by the old guides, rowing their anglers downriver and finding those special places only accessible by driftboat. I knew that guiding others and showing them the places I treasure would be a very rewarding career."

Clinch River Chapter TU works to preserve and protect the Clinch River tailwater and its watershed through conservation projects and through education of children and adults in aquatic natural resources. For more information, visit <http://crtu.org/>.



Don't let your kids spend time with enablers and don't be one yourself.



For more information visit www.ASAPofAnderson.org

Sounds of Spring

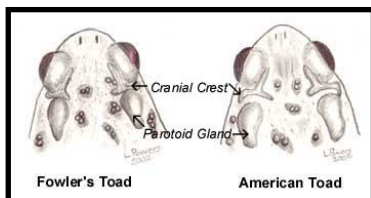
By Ranger Lauren Baghetti, Ranger at Norris Dam State Park

As I have been taking care of dreaded paperwork it has been pleasant experience as I have had a companion or two. The upland chorus frog and periodically a spring peeper. Ahh, the sounds of spring are beginning to bloom out. The sounds of frogs and toads seem to blend in and I do not notice them right away. They are like evenings; daylight transforms to dusk then just as steadily darkness settles in without me distinctly noticing, it is a gradual change. I am sure the frogs and toads are croaking, but they are subtly there until one warm day I finally I hear them just like I finally see night has settled in. The early croakers are the American toad, upland chorus frog, and spring peeper. Enjoy!

The American toad, *Anaxyrus americanus*, is nocturnal and solitary. They are most active during warm, humid weather, which is why they are found in East Tennessee. Physically, they are 2 to 3.5 inches long having a stout body and short legs. Brown is the most common skin color, but they are also red, olive, and grey. An interesting fact about the American toad is its skin color can change depending on several factors: temperature, humidity, and stress. The belly is either white or yellow. As characteristic with other toads, they have warty skin. There are two ways to distinguish males from females. Males are smaller than females and have black or brown throats while females are larger and have a white throat. American toads have black eyes with a gold circle around them and are oval in shape. The American toad is similar in looks to the Fowler's toad, but there are physical features which sets them apart. The first is the American toad has space between the cranial crest (raised ridge on the back of the head) and the parotoid glands (poison glands) while they are adjoin on the Fowler's toad. The second is the number of warts. The American toad has several dark spots on its back with one to two warts in each while the Fowler's toad has three or more.

Their diet varies with the stage of development they are in. As tadpoles they are herbivores and as adults they are carnivores eating insects, snails, slugs, and earthworms. To catch their prey frogs will flick their tongues out and catch an insect. Toads are an excellent means to keep the insect population down; American toads can eat up to 1,000 insects a day!! Being an amphibian, toads and frogs do not drink water; instead they absorb moisture through their skin. Predators include garter and eastern hognose snakes, hawks, herons, and raccoons. During their early stages American toads need semi-permanent freshwater and can be found near water sites. As adults, they can be found in forests, backyards, gardens, fields, with a source of water nearby. Vegetation must be present to provide cover.

Frogs and toads use their voice to attract a female mate.



American toads typically begin calling in February and lasting through April, but can go into July. The American toad's call is a loud, one high pitched tone. It is insistent lasting 4 to 20 seconds. As they call, their throats balloon out. A female will lay

anywhere from 4,000 to 8,000 eggs in two strands. She will them in freshwater, either puddles, edges of lakes, ponds, or streams. Within a week or two the eggs hatch and tadpoles fill the water. Metamorphosis occurs in about two months. American toads reach maturity in two to three years. Most do not survive much past the tadpole stage, and those that do probably will not live more than one to two years. But they can live up to ten years.

One of the earlier frogs you will hear is the upland chorus frog, *Pseudacris feriarum*. You will certainly hear them, but seeing one may be another story. Upland chorus frogs are secretive and rarely seen. They are much smaller than the American toad, ranging from .7 to 1.4 inches in

length. They are tan to light brown and can be grey. There are three dark longitudinal stripes down its back, these may or may not be broken. There can be a dark triangle between the eyes.

These frogs are carnivores eating small insects and invertebrates. They can be found in swampy areas of valleys, grassy swales, and moist woodlands, in the vicinity of ponds, bogs, and marshes. They are found across Tennessee, except in the higher elevations of the eastern mountains.

Upland chorus frogs are the earliest frogs to breed in Tennessee. They are heard beginning in November, throughout winter, and into spring and summer. Their call is short, raspy, and rises in pitch. It sounds like someone rubbing his or her fingernail on a comb's teeth. Their call is similar to the mountain chorus frog, but the mountain chorus frog is faster and shorter. Mountain chorus frogs are often found in the higher elevations and the Cumberland Plateau. Breeding sites are shallow, temporary pools, or flooded pasture land. Females deposit up to 1,000 eggs which are attached to water vegetation. They hatch in 3 to 4 days and metamorphosis occurs in about 60 days. They mature in about one year.



Another frog you may often hear is a spring peeper, *Pseudacris crucifer*. Its scientific name derives from the "x" on its back. They are similar in size to the upland chorus frog, being .7 to 1.2 inches long. Their smooth skin is brown, grey, and olive in color and the belly is either cream or white. In addition to the x on the back, spring peepers have a well-defined dark triangle below the eyes. They have moderately webbed feet with noticeable disks on their fingers and toes.

Like toads, their diet varies. As tadpoles they are herbivores eating algae, detritus, and micro-organisms, and becoming carnivores as adults, eating ants, beetles, flies, and spiders. Spring peepers are found in wooded or brushy areas with a body of water nearby. As tadpoles predators include diving beetles, leeches, dragonfly larvae, and giant water bugs. As adults spring peepers are prey to salamanders, owls, large spiders, snakes, and birds.

Spring peepers are easily identified by look and by sound. They have a high pitched whistle, "peep peep peep." They "peep" about twenty times a minute. They call a little after American toads, from April to May. You will certainly hear them on warm, wet nights. Spring peepers will breed in freshwater ponds, preferably ones without fish. Females will lay 800 to 1,000 eggs singularly or in clusters of two to three and will hatch in two to three days. The eggs are attached to submerged vegetation.

Metamorphosis occurs in three to four months and maturity is reached within a year. They can live up to four years. An interesting fact about these frogs is while they are good climbers, spring peepers prefer to be on the ground.

There are excellent sites to go to learn about the 21 species of frogs and toads in Tennessee, and to learn their call. Be sure to check them out. Get in the mood and read the *Frog and Toad* books. Then, go look for these friends. Don't forget, frogs cannot give you warts. Have a *hoppy* spring!!

TWRA Watchable Wildlife, Frogs and Toads website: <http://www.tnwatchablewildlife.org/>

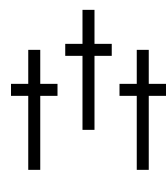
LEAPS website: <http://www.leaps.ms/index.html>

Everyone is Welcome at

Main Street Baptist Church

215 4th Street, Rocky Top • 865-426-2499 • www.msbcrct.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. 12:30 p.m.



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

Comfort You Can Count On.



www.PowellCinch.com

203 First Street
Lake City
(865) 426-2822

1005 Jacksboro Pike
LaFollette
(423) 562-2795



STRUTNER NAMED THE 2016 ADVOCATE OF THE YEAR BY COMMUNITY ANTI-DRUG COALITIONS OF AMERICA

CLINTON, TN – Stephanie Strutner has been named the 2016 Advocate of the Year by Community Anti-Drug Coalitions of America (CADCA), the nation's leading substance abuse prevention organization representing over 5,000 community anti-drug coalitions across the country. She accepted the award on Thursday, Feb. 4 during CADCA's 26th annual National Leadership Forum at the Gaylord National Hotel and Convention Center in National Harbor, Maryland.

This award recognizes substance abuse prevention leaders who are exceptional advocates for our field, forging relationships and educating their elected officials throughout the year about key substance abuse-related issues and helping to ensure that Members of Congress understand the importance of community coalitions.

Strutner is the Executive Director of Allies for Substance Abuse Prevention of Anderson County, Tennessee. She has worked in the field of prevention for over ten years.

"CADCA is thrilled to be able to recognize Strutner this year at our most important training event. Strutner is a tireless advocate for the substance abuse prevention field and her efforts have made a tremendous national impact," said CADCA's Chairman and CEO, Gen. Arthur T. Dean.

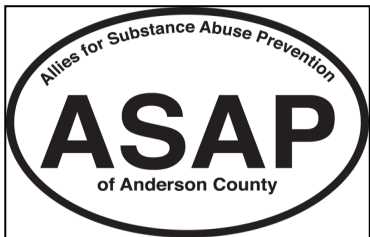
"I am honored to be awarded as CADCA's Advocate of the Year, but more importantly, thankful for the opportunity to provide valuable information to our elected officials which enables them to make informed decisions that improve the health and safety of our communities."

Strutner was selected for this award for her efforts in advocating for policies related to reducing prescription drug abuse in Tennessee and for working with Senator Alexander's staff to provide information on the importance of substance abuse-specific language related to the Elementary and Secondary Education Act, which was included in the Act for the first time last year.



CADCA's National Leadership Forum is the nation's largest training for substance abuse prevention and treatment professionals and researchers, featuring more than 80 training courses to help community and state leaders prevent and reduce substance abuse and its related problems. The event, which brings together more than 2,500 community and state leaders, offers participants an opportunity to learn effective strategies to solve their community's substance abuse and violence problems, and to hear from the country's leading experts on drug prevention, treatment and recovery.

For more information about ASAP of Anderson County, visit www.ASAPofAnderson.org.



NORRIS DAM STATE PARK PROGRAM FOR MARCH 2016

Sunday, March 13, 20, 27th

2:00 – 5:00 P.M. Lenoir Museum Music – Each Sunday at the Lenoir Museum join local musicians for a toe-tapping, foot stomping bluegrass musical experience.

Saturday, March 12th

2:00 P.M. Edible Campfire- Sitting around a campfire, eating 'smores and telling ghost stories is essential for a good camping trip, but if safety measures aren't taken it can lead to a very bad weekend. Learn how to build a campfire, campfire safety, and finish with an edible campfire. Meet Ranger Baghetti at the water tower in the West Campground.



2:00 P.M. Lenoir Museum Tour - Join Michael at the Lenoir Museum for a look at the strange oddity artifacts of the Lenoir Museum. See a glass walking cane, a blood-letting instrument, an anvil tombstone, and antique mouse traps.

3:00 P.M. Norris Dam Tour - Join Ranger Scott at the TVA visitor center for a walking tour of Norris Dam. Find out how many homes the dam provides power for.



8:00 P.M. Starry Night Program – Join the Knoxville Observers Astronomy Club at the west side pool parking lot for a telescopic view of the night skies. See planets, nebulas, galaxies, star clusters and once in a while experience a meteor as it streaks across the dark sky. Program dependent upon clear skies.

Saturday, March 19th

2:00 P.M. Lenoir Museum Tour – Mike the Museum Man will take you on a tour of many interesting museum artifacts. Ask him about the spittoon on wheels or the burial urn.

Sunday, March 20th

4:00 P.M. River Walk - Take a Sunday afternoon stroll along the Clinch River. The Clinch River is beneficial for the ecosystem, people and their livelihood, and is a place where people can enjoy the great outdoors. The hike is two miles and rated easy. Meet Ranger Baghetti at the Lenoir Museum.

Saturday, March 26th

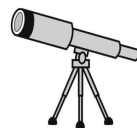
10:00 A.M. Wildflower Hike – Join Ranger Scott at the River Bluff Trail for a 3 mile hike along the cool Clinch River. This trail has one of the most diverse pathways of wildflower concentrations in the area. Learn wildflower folklore, edible plants and native American and pioneer medicinal uses. Hike is moderate in difficulty.



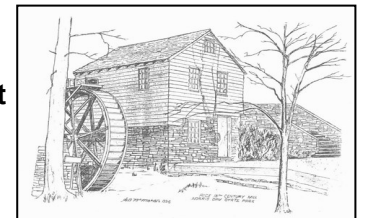
2: 00 P.M. Lower Clear Creek Wildflower Hike – Join Ranger Scott at the Gristmill and spend a leisurely afternoon hiking along the creek which has a colorful display of wildflowers. Hike is easy in difficulty.



8:00 P.M. Astronomy Program – Join the Knoxville Observers Astronomy Club at the pool parking lot for a view of the night sky objects through various telescopes. See planets, galaxies, nebulas and star clusters. Program dependent upon clear skies.



(If you have any questions about any of the programs please call the park office at 865-426-7461)



MCNEELEY FAMILY PHYSICIANS

Providing quality healthcare and serving the needs of the community

Serving Infants to Grandparents
 Full Service Laboratory • Treatment for Minor Emergencies
 X-Rays and other Diagnostic Services • Women's Health
 Full Time Occupational Medicine Coordinator

110 Executive Park Drive | Clinton, TN 37716
 Phone (865) 494-9241 | Fax (865) 494-0895

Office Hours: Mon-Fri 7 a.m. to 5 p.m., Saturday 8 a.m. to noon
 Lab Hours: Mon-Fri 7:30 a.m. to 11:30 a.m. and 1 p.m. to 4:30 p.m

Conserve Energy and Save Money by signing up for CUB's

\$mart \$witch Program

Get up to a \$75 Rebate and Save on Future Utility Bills



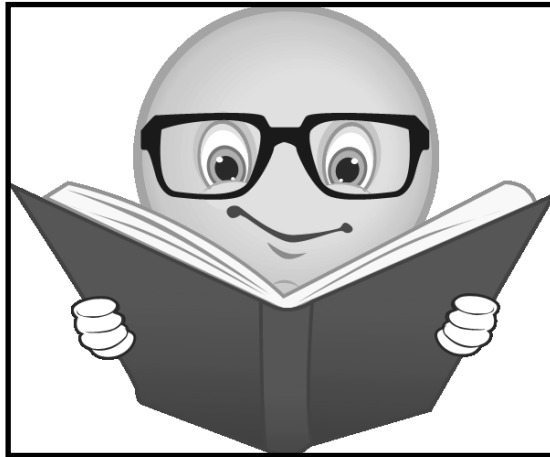
Limited to residential properties. Customers must own the residence. Limited to single electric water heaters with a 40 gallon tank or larger.

Call 865-457-9232 or visit www.clintonub.com for all the details about the program and to sign up

New Books, CDs and DVDs at the Rocky Top Library

Fiction:

Room for Hope by Kim Vogel Sawyer
 A Few of the Girls by Maeve Binchy
 The Good Spy by Jeffrey Layton
 The Legacy in the Attic by DeAnna Julie Dodson
 Kingfisher by Patricia A. McKillip
 Robert B. Parker's Blackjack by Robert Knott
 Hannah's Choice by Jan Drexler
 Cometh the Hour by Jeffrey Archer
 The Restoration by Wanda E. Brunstetter
 Behold the Man by Bodie Thoene
 The Road to Hell by David Weber
 Promise Lodge by Charlotte Hubbard
 The Ring in the Attic by K.D. McCrite
 Breakdown by Jonathan Kellerman
 The Prophetess: Deborah's Story by Jill Eileen Smith
 Why Kings Confess by C.S. Harris
 Angels in the Attic by Mary O'Donnell
 Find Her by Lisa Gardner
 The Revenant by Michael Punke
 Who Buries the Dead by C.S. Harris
 A Girl's Guide to Moving On by Debbie Macomber
 Phantom Hill by Ralph Compton
 Isn't It Rich by Sherryl Woods
 Wild Things by Karen Kelly
 Salt to the Sea by Ruta Sepetys
 Brotherhood in Death by J. D. Robb



Zombie at the Finish Line by Bill H. Doyle
 The Witches by Roald Dahl
 The Shadow of a Noose by Ralph Compton
 Friends We Keep by Susan Mallery
 Hidden Summit by Robyn Carr
 A Spicy Secret by George D. Savannah
 The Kennel Caper by Jan Fields

Non-Fiction

Bridge of Spies by Giles Whittell
 Vision Correction Surgery by Robert K. Maloney
 Pipefitter's Handbook by Forrest R. Lindsey
 Biography of Benjamin Franklin by Ronald Clark
 The Slaves War by Andrew Ward
 Just Keep Breathing by Reggie Dabbs
 The Destruction of Dresden by John David Irving
 The Amazon by James Marlett

Young Adult Fiction

Splintered by A.G. Howard
 The Compound by S.A. Bodeen
 Hollow City by Ransom Riggs
 Silver in the Blood by Jessica George

Juvenile Fiction

Judy Moody Gets Famous by Peter Reynolds

Magic School Bus: The Giant Germ by Anne Capeci
 Midnight Magic by Avi
 There Was an Old Lady Who Swallowed Some Snow by Lucille Colandro
 Al Capone Does My Homework by Gennifer Choldenko
 The Magic Finger by Roald Dahl
 Bad Pets Save Christmas by Allan Zullo
 Five True Dog Stories by Margaret Davidson
 The Adventures of Captain Underpants by Dave Pilkey
 Heather the Violet Fairy
 True Confessions of Charlotte Doyle by Avi



you could be advertising here!!!

Reach 1,500 readers that live and work in Rocky Top and surrounding communities for as low at \$10 a month.
 865-426-9595 / info@rockytoptnchamber.com

FIND US ON FACEBOOK
[Facebook.com/RockyTopTennessee](https://www.facebook.com/RockyTopTennessee)

SUMMIT VIEW OF ROCKY TOP

was ranked as a
FOUR STAR FACILITY
 by
 Nursing Home Compare

