

# ROCKY TOP NEWS

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CHAMBER OF COMMERCE

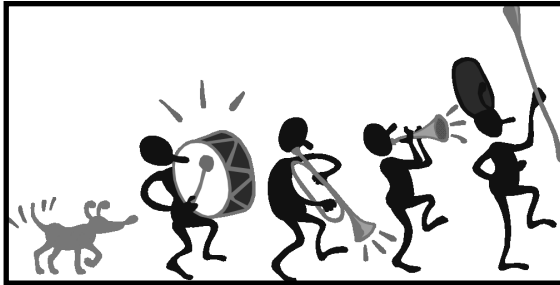


NOVEMBER 2015  
**FREE**

## Rocky Top Parade

The parade will be Friday, December 4, 2015 and the theme is "Twas The Night Before Christmas". The parade will start at 7 p.m. and registration will be from 5 to 6:30 p.m. Please be aware that everyone participating in the parade must register, sign a release and receive a number regardless if you want to be judged or not. If you do not register and receive a number, you will be asked to leave the parade line.

If you are driving a classic or antique car in the parade, you will need to park at Lake City Internal Medicine. You will also *Parade* register at that location. Please back your car into one of the spaces provided



while you are waiting for the parade to start. Emergency vehicles will line up on Industrial Park Road. Industrial Park Road to Hustler Boat Lane will be closed at 5 p.m. until all parade participants leave the area.

If you plan on participating in the parade with an all terrain vehicle, the driver must be 16 years of age or older and you will register at the Lake City Middle School.

If you are sponsoring a float or a group, you must also register at the Lake City Middle School. Only one person representing the float has to fill out the registration but please be aware that you are releasing liability for everyone participating on your float. All floats and everyone participating with floats must be lined up behind the Middle School.

Anyone participating with a horse will also register at the Lake City Middle School. All horses must wear a horse diaper or you will not be eligible to participate in the parade.

If you would like to preregister, please click on parade at [www.rockytopchamber.com](http://www.rockytopchamber.com) to find the registration form and instructions. Cash prizes will be awarded for first, second and third place in the float category and first and second place in the group category. Trophies will be awarded to the first and second place in the tractor, horse, antique car and hot rod car category.

## Traveling Safely During the Holidays



During the month of November, millions of Americans will take to the highways to visit their loved ones. Tennessee is ranked the second most popular destination for travel around the Thanksgiving holiday, according to TripAdvisor.com. In this busy travel season, in the City of Rocky Top we see an increase in traffic around Interstate 75 that runs across North Main Street and Norris Freeway. In 2014, between November 1<sup>st</sup> and December 31<sup>st</sup>, there was a total of six (6) motor vehicle accidents that resulted in injury. The American Red Cross offers some travel tips to help holiday travelers arrive safely at their destination.

1. Make sure your vehicle is in good working order. Fill your gas tank, check the air pressure in your tires and make sure you have windshield fluid.
2. Buckle up, slow down, don't drink and drive.
3. Avoid distractions such as cell phones – don't text and drive.
4. Make frequent stops on long trips. If you're too tired to drive, stop and rest.
5. If you have car trouble, pull off the road as far as possible.

**Have a Safe and Happy Thanksgiving from all of us  
at Rocky Top Police Department!**

## LCES VETERANS DAY PROGRAM

The students and staff of Lake City Elementary would like to invite ALL VETERANS to their annual VETERANS DAY PROGRAM at 8:00am on Wednesday, November 11th. Breakfast will be provided following the program.



## ROCKY TOP CLINIC



**New Location:  
224 South  
Main Street  
Suite 3**

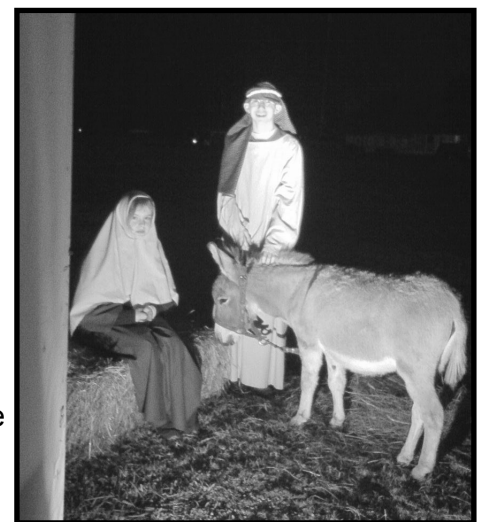
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**Flu shots are now available.**

## Walk Through Bethlehem

Come out and be a part of this wonderful re-creation of a blessed town the way it may have existed over 2,000 years ago. Smell the bread as it bakes, here the Roman soldiers as they search the streets of Bethlehem in search of taxpayers, and more. Many area churches have worked together to make this City of Bethlehem come alive with shops, biblical characters, live animals, and of course, the Nativity. Admission is free, and hot drinks will be provided, however, donations will gladly be accepted. A walk through Bethlehem will take place at the Rocky Top football field, located at 226 N. Main Street in Rocky Top, each evening November 19th – 21st from 6:00 – 9:00 pm.



## 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](mailto: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.

### Veterans Day Parade – November 11 in Downtown Clinton

The 9th Annual Anderson County Veterans Day Parade will take place on Wednesday, November 11th beginning at 6:00 pm. The parade will take place in downtown Clinton on Market and Main Street. For more information, contact Leon Jacquet at [865-463-6803](tel:865-463-6803).

### Ford Wheelin' Weekend November 13-14 at Windrock Park

Join the staff of Bronco Driver magazine and James Duff Inc., for a weekend of fall family fellowship and wild wheelin' at Windrock Park. For more information, visit [www.broncodriver.com](http://www.broncodriver.com) or [www.dufftuff.com](http://www.dufftuff.com).

### Bigfoot Blast 5K Trail Race – November 21 at Windrock Park

Try to make it through the trails at Windrock Park without encountering Bigfoot and then have your photo made with him at the end of the race. Proceeds from this 5K will benefit the Boy and Girls Club of North Anderson County. For more information, call [865-435-3492](tel:865-435-3492) or visit [www.windrockpark.com](http://www.windrockpark.com).

### Secret City Half Marathon and 5K Race - November 21

Participate in the Secret City Half Marathon and 5K Race, located at 697 Melton Lake Drive, Oak Ridge. The start time for the Half Marathon begins at 8:00am and the 5K begins at 8:15am. For more detailed race information or to register, please visit <http://www.secretcityhalfmarathon.com>. If you would like to volunteer to help at the Half-Marathon, please visit <https://runsignup.com/Race/Volunteer/TN/OakRidge/secretcityhalfmarathon>.

### Thanksgiving Train Rides – November 27th-28th

The Secret City Excursion Train is offering a Thanksgiving Train Ride departing at 11pm, 1pm and 3pm on November 27th and 28th. During the ride, passengers will hear the story of the Manhattan Project, which was one of the most remarkable industrial achievements ever accomplished. For more information, call [865-241-2140](tel:865-241-2140) or visit [www.secretcityrailroad.com](http://www.secretcityrailroad.com).

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## Chamber Networking Events

The next Rocky Top Chamber of Commerce's Networking Event will



be a Coffee/Ribbon Cutting hosted by Royalty Hair Resort on November 12, 2015 from 10:00 to 11:00 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 [ww.rockytoptnchamber.com](http://ww.rockytoptnchamber.com).



# Join our Mission

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

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

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

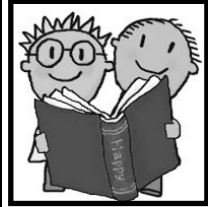
# LIBRARY NEWS

The Rocky Top Public Library will host a Free Basic Desktop Computer Classes every Tuesday at 11:00am.- 12 noon. "Except on the first Tuesday of every month since we are closed for Staff Meeting until 1:00pm."



Call 865-426-6762 to register or for more information.

**Book Discussion** on November 30th, at 10 a.m. "Please come join us for brunch and bring a favorite book to talk about."



The library's children story times will be on Fridays at 4 p.m. and Saturdays at 12 noon. "Come join us for story time, snack, and craft! This is a free programs for kids of all ages.

**Senior Game Day** - The Library will be hosting a senior program which will have games and activities, on November 16<sup>th</sup> and 30<sup>th</sup> from 11:00am to 1:00pm.

**Teen Craft Day**

On **Friday Nov. 12<sup>th</sup> @ 4:00pm** we will have a Teen Craft Day where we will be making Mason Jar Makeup Holders. To attend this event or for more information, please contact the Library at 865-426-6762.



**Children's Fall Festival**

On Nov. 13<sup>th</sup> at 4:00pm The Rocky Top Public Library will be hosting our annual Fall Festival for the kids. We will have fun games and activities and tasty snacks!

All of the Rocky Top Public Library's events are free and open to the public. For more information, visit [www.rockytoppubliclibrary.com](http://www.rockytoppubliclibrary.com) or call 865-426-6762.

**Closings**

The Rocky Top Public Library will be closed the 26<sup>th</sup> and 27<sup>th</sup> for the Thanksgiving Holiday.

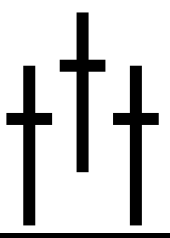


Everyone is Welcome at

# Main Street Baptist Church

215 4th Street, RockyTop • 865-426-2499 • [www.msbcrt.org](http://www.msbcrt.org)

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 Worship 6:30 p.m.

# CITY OF ROCKY TOP November 2015 MEETING SCHEDULE

- ◆ November 9, 2015 at 5:30 PM – Council Workshop
- ◆ November 10, 2015 at 5:30 PM – Water Board Meeting
- ◆ November 11, 2015 – City Hall CLOSED for Veterans Day
- ◆ November 17, 2015 at 6:00 PM – Planning Commission
- ◆ November 18, 2015 at 8:00 AM – City Court
- ◆ November 19, 2015 at 6:30 PM – Public Hearing
- ◆ November 19, 2015 at 7:00 PM – Council Meeting

# VETERANS DAY LUNCH

We really don't thank our Veterans or even acknowledge them near enough. We want to take the opportunity on Veterans Day to let ANY Veteran come by our office and we will give them (lunch) a hotdog/drink and a flag. It's not much but it is to recognize and let them know we appreciate the service and sacrifice they gave to our Country.



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865-426-9838



Take Charge Fitness Program, conveniently located at 1921 N. Charles Seivers Blvd in Clinton, will be offering a special program called: "BATTLE THE HOLIDAY BULGE" beginning Monday, 11/16/15 and going through Thursday, 12/31/15!

As much as we look forward to holiday parties and dinners, many of us fear enjoying it too much – and packing on the pounds. Indeed, the average American consumes



approximately 4,500 calories and 229 grams fat from eating a traditional Thanksgiving dinner. And that doesn't include breakfast, lunch, or late-night snacking on leftovers. Studies show that the average American gains 1 to 2 pounds during the holiday season. And, those extra pounds tend to become permanent baggage. Year after year, those pounds can add up, and contribute to overweight or obesity later in life. Although we may not all gain weight over the holidays, there is no question we tend to eat and drink more -- and exercise less. With the hustle and bustle of holiday shopping, parties and festive traditions, healthy eating and exercise are usually the first things to go according to Kathleen Zelman, MPH, RD, LD.

Beginning Monday, November 11th, "BATTLE THE HOLIDAY BULGE" participants will weigh in weekly, keep food logs, and participate in exercise classes at Take Charge Fitness to help participants stay focused on their overall health and wellness!

Battle the Holiday Bulge is open to non-members for only \$50 and members get a special discounted rate of \$30! Payment can be split if necessary! Enrollment begins 11/9/15!

If you have any questions regarding "Battle the Holiday Bulge" program, contact Take Charge Fitness Program @ 865-457-8237!

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G - Ocean View - Double Occupancy - \$1,762.98  
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M - Large Inside - Double Occupancy - \$1,562.98  
 Decks, 8 & 9, includes Taxes

3<sup>rd</sup> & 4<sup>th</sup> Guests can be book as well  
 \$250.00 p/ p deposit due at time of booking

**Book Now**  
 Before They're Gone!

**ROCKY TOP TRAVEL**  
[www.rockytoptravel.net](http://www.rockytoptravel.net)  
 1-832-390-7696

Located inside Pots & Petals Florist  
 602 S. Main Street, Rocky Top, TN

## Appalachian Arts Craft Center Hosts Open House

The Appalachian Arts Craft Center Norris is hosting an **Open House** on Friday, November 27 and Saturday, November 28. Come by and enjoy refreshments while you visit and shop. For more information, stop by the Center, located at 2716 Andersonville Hwy, call 865-494-9854, or visit



[www.appalachianarts.net](http://www.appalachianarts.net).

Let's Build a Santa with Wool, with Nancy Shedden and Karen Bills, Sunday, December 6, 1:00 pm - 4:00 pm. Needle felting, or sculpting with wool, is the art of creating 2-D or 3-D items with wool by using a barbed needle. In this class, participants will learn this fun craft by making an adorable Santa to give as a gift or add to their Christmas décor. Karen Bills and Nancy Shedden began needle felting while their children were raising and showing sheep in the Knox County 4-H Sheep Project. Karen's and Nancy's children are college graduates now and on their own. However, Nancy's youngest daughter continues to raise prize winning Oxfords and keeps these artists with a steady supply of good needle-felting wool. Earlybird Cost: Register and pay by November 17 and the cost is \$30 for Craft Center members, \$40 for nonmembers. After November 17: \$40 / \$50. Materials fee: \$15 payable at the class. NOTE: A multi-needle tool will be available for additional \$10. Registration Deadline: November 29. All Levels.



Bread Basket, with Sheri Burns, Sunday, December 13, 2:00 - 5:00 p.m. In this class, students will make a bread basket for the holiday table with wrought iron handles. Expect to have a blast, and leave with your finished basket to wow your friends! Earlybird Cost: Register and pay before November 30: \$25 for craft center members, \$30 for nonmembers. After August 11: \$35/\$40. Materials fee: \$15 to be paid to instructor the day of class. Registration deadline: December 6. Beginner.

Katie Aloi, Executive Director  
 Appalachian Arts Craft Center  
 2716 Andersonville Hwy 61  
 P.O. Box 608  
 Norris, TN 37828  
 (865) 494-9854  
[www.appalachianarts.net](http://www.appalachianarts.net)

## Recipe: Slow-Cooker Vegetable Lasagna

A slow cooker can be your new best friend. There are numerous meals that can be prepared in a slow cooker. Not just soup and roast. Below is one such recipe.

### Ingredients:

- 1 Tbsp. oil
- ½ lb. sliced fresh mushrooms
- 2 red peppers, coarsely chopped
- 1 pkg. (6 oz.) baby spinach leaves
- 1 jar (24 oz.) spaghetti sauce
- 1 container (15 oz.) POLLY-O Natural Part Skim Ricotta Cheese
- 1 pkg. (8 oz.) Shredded Italian Cheese
- ¼ cup Grated Parmesan Cheese
- 1 egg
- 6 whole wheat lasagna noodles, uncooked



### Instructions:

Heat oil in large skillet on medium heat. Add mushrooms and peppers; cook and stir 3 min. Remove from heat. Add spinach; stir until wilted. Stir in spaghetti sauce.  
 Mix ricotta, 1-1/2 cups shredded cheese, 2 Tbsp. Parmesan and egg until blended.  
 Spoon 1-1/2 cups sauce into slow cooker; top with layers of half each of the noodles (broken to fit) and ricotta mixture. Cover with 2 cups sauce. Top with remaining noodles (broken to fit), ricotta mixture and sauce. Cover with lid. Cook on low for 4 to 5 hours (or on HIGH 2 to 3 hours) or until liquid is absorbed. Sprinkle with remaining cheeses; let stand, covered, 10 min. or until shredded cheese is melted.

## Norris Dam State Park News

### Wild Turkey

By Ranger Lauren Baghetti, Ranger at Norris Dam State Park

Over the last several months park staff have enjoyed watching a flock of wild turkeys in the park. We have watched them grow from small turkeys with down fuzzy feathers to adults with flight feathers. As the maintenance crew and I watched them cross the road the other day an idea came to one of them: my next article should be on turkeys as Thanksgiving is this month.

Wild turkeys are different from domesticated turkeys, like the ones we often eat for Thanksgiving dinner. Wild turkeys belong to the *Phasianidae*, pheasant, family. They are large, plump birds with long legs, a long neck, and a bald head. Their feathers are bronze and iridescent. The wing feathers are barred with white. Turkeys range in length from 36 to 48 inches and their wingspan is 49 to 64 inches. They can be heavy birds weighing anywhere from 5 to 23 pounds. While turkeys are easily identifiable by their size, males have physical characteristics which make them stand out from the females. Adult males have a red and blue head with red wattles on their neck and throat. A wattle is a flesh lobe which hangs down from the neck. They are also distinguishable by their beards on the chest.

Turkeys are found in and around forested areas and scattered openings and fields, but they are also found in grasslands and swamps. They are ground dwelling animals, but during the night they roost in trees. Turkeys forage for food on the forest floor. They will scratch in leaf litter exposing food. They are omnivores eating nuts, seeds, fruit, roots and bulbs, plant material, insects, spiders, frogs, lizards, and salamanders. Like many other animals, turkeys are most active in the morning and evening. Walking and running are their primary modes of movement, but they can fly short distances.

During the spring male turkeys will attract a female mate. They will strut around with their feathers puffed out, tails raised and spread, and gobble. After mating, females will build a shallow nest on the ground. A clutch is usually 4 to 17 eggs which incubate for approximately one month. Eggs are white to pale buff and are dotted with reddish brown specks. Once the eggs hatch the mother will feed the young for only a few days and then the young turkeys fend for their own food. Although they forage for their own food they remain in the flock. Wild turkeys have an average life span of three to four years in the wild.

Wild turkeys were an important food for Native Americans and early settlers. However, by the early 20<sup>th</sup> century, most of the population had dramatically decreased due to overhunting and land clearing. In the 1940's reintroduction programs were established. With modern wildlife management practices turkeys were reintroduced and made a successful recovery; so much so that there is a turkey season now. Wild turkeys are found in every county in Tennessee.

As many families sit down on Thursday, November 26<sup>th</sup>, think about this: it is said that founding father Benjamin Franklin proposed the wild turkey be the national bird instead of the bald eagle. Norris Dam State Park wishes everyone a safe and enjoyable Thanksgiving.

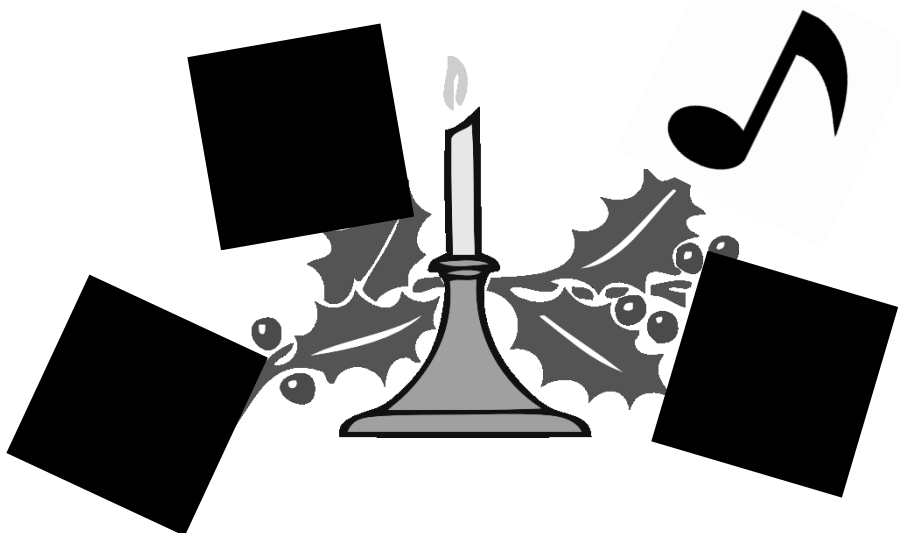
**Gobble Gobble**



Norris Dam State Park will be having our annual Holiday Homecoming Saturday, December 12, 2015. This will be the 12<sup>th</sup> year of enjoying the holiday season in nature! The festivities will take place on the historic East Side from 5:00 p.m. to 9:00 p.m.

Join us for a walk through time discovering life and traditions from the 1930's. The rustic cabins are transformed to a winter village of living history. Cabins will have natural, historical, cultural themes, as well as remembering the nation's veterans. It's an evening full of historic and education interpretation, olde time music entertainment, theatrical holiday skits, storytelling, holiday treats, and of course St. Nick to tell your Christmas wishes. The Tea Room will be lit up with trees, lights, and olde time caroling. A hot meal will be available for you to purchase. Hot chocolate and coffee will also be available. Alcohol is prohibited at the park and event.

Be prepared to walk about half a mile through a sea of luminaries, so dress warmly and comfortably, and for your added safety please bring a flashlight. In lieu of an entrance fee donations will be greatly appreciated. For more information call the park office at (865) 426-7461. We hope to see you there!!



### Sunset

By Charlotte Martin

*Life's evening sun for me is sinking--  
As the evening sun sets in the west.  
Christ's gentle voice to me is speaking  
He knows for me just what is best.*

*Every hair on my head is numbered--  
He's my breathing out, my breathing in.  
He is my roommate, my partner  
He is my Best Friend.  
He knows for me just what is best.*

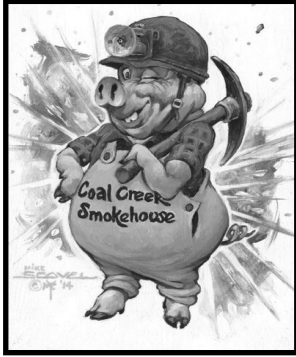
*Nothing in His sight goes unnoticed  
He notes the sparrow's fall  
In His sight, I'm told, I'm precious  
He knows for me just what is best.*

*Throughout my lifespan  
Many affliction, sometimes near the point of death  
Yet, touched by the healing hand of Jesus-a restoration  
He knows for me just what is best.*

*Christ gently once again to me is speaking  
To be of good hope, be of good comfort, be of good cheer.  
He is an all-wise Heavenly Father  
He knows for me just what is best.*

### Coal Creek Smokehouse Bar-B-Que

Located at 211 S Main St, Rocky Top, TN  
 Hours: Monday - Thursday 11-9  
 Friday - Saturday 11-10  
 Dine-in or Take-out , Catering and  
 Delivery (865) 630-1442  
 We are on Facebook at Coal Creek  
 Smokehouse BBQ  
 Check out our new updated website at  
[www.coalcreeksmokehouse.com](http://www.coalcreeksmokehouse.com)



### CHURCH NEWS

The information below was submitted by the churches in and around Rocky Top. If you would like to submit information about your church's activities, please call 865-426-9595 or email the information to [info@rockytoptnchamber.com](mailto:info@rockytoptnchamber.com).

#### Thanks-Giving-Away 2015

Everyone is invited to Willow Brook Baptist Church's annual "Thanks-Giving-Away" Saturday, November 21. Food boxes, clothes, shoes, household items, toys and miscellaneous items are all available to anyone at no cost. The event begins at 8 a.m. and ends at 2 p.m. Willow Brook is located in Rocky Top, just off of interstate I-75 at exit 129.

The JE Lawson/JW Prewitt Memorial Christmas Basket Fund is now accepting names for food baskets. If you live in Rocky Top and would like a food basket, please call: 865-441-8496. Donations to the fund can be sent to PO Box 1153 Rocky Top TN.



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 Lab Hours: Mon-Fri 7:30 a.m. to 11:30 a.m. and 1 p.m. to 4:30 p.m

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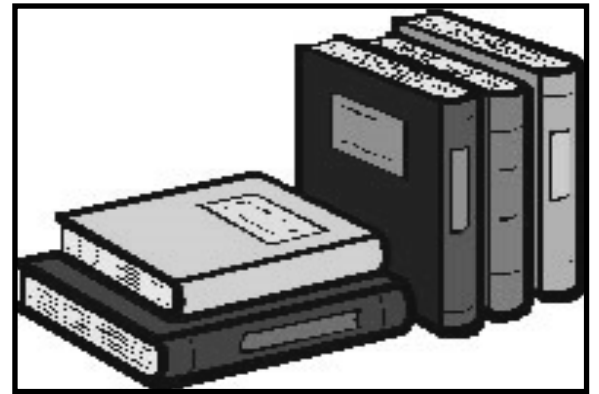
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