

ROCKY TOP NEWS

Published by the Rocky Top Chamber of Commerce

FREE

SEPTEMBER 2022

FREE

Officer Mitch Wade Receives TACP Officer of the Year Award

City of Rocky Top Police Officer, Mitch Wade, received the 2022 Tennessee Association of Chief of Police Officer of the Year Award. This award recognizes police officers that have demonstrated exceptional achievement and shown genuine commitment in their profession, agency and community.

Wade demonstrated these attributes in multiple cases involving arson and theft.

Wade was instrumental in obtaining the evidence, conducting interviews and ultimately arresting the offenders.

One particular case spanned six months and involved the theft of multiple catalytic converters.

Wade collaborated with the Tennessee Valley Authority Police Department to identify and arrest three defendants.

Wade has 21 years of Law Enforcement experience with the Rocky Top Police Department.



L to R-TBI Director David Rausch, Officer Mitch Wade, and Chief James W. Shetterly, Jr.

Local Veteran Receives Birthday Surprise

What started out as a simple Facebook request asking for birthday cards, quickly turned into an unexpected, but well deserved birthday celebration.

Kenneth Seiber was born and raised in Briceville, Tennessee and turned 99 years old on August 4th, 2022. Kenneth has received over 500 birthday cards, handwritten letters and beautiful drawings from as far away as Bangladesh after his daughter, Vickie Seiber posted a simple request on Facebook.

Her post read, "This is my daddy. His name is Kenneth Seiber. He is 98 and is a WWII veteran. He married my mother as soon as he came back from the war and they celebrated over seventy years together until she passed in 2020. He lost a brother in the war on June 4, 1944. Two days before the D Day invasion.

My father was in D-Day plus thirteen. He saw Hitler's wall of bones and liberated concentration camps. He cries when he remembers. He is a member of our Greatest Generation and my hero. He will celebrate his 99th birthday on August 4.

I would appreciate it if anyone that wants to, would send him a birthday card or note. I know it

Seiber (Continued on page 7)



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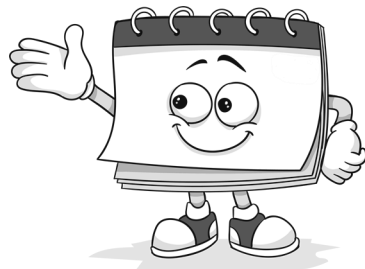
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Area Happenings

Below are some Area Happenings that you need to know about. If you have anything that you would like to add to the list, please email rockytopchamber@gmail.com

- Farmers Markets in Norris (Wednesday 3 to 6 p.m.), Clinton (Thursdays 3 to 6 p.m.) and Oak Ridge (Saturdays 8 a.m. to 12 noon)
- Tasty Tuesday's Food Truck Rally in Downtown Clinton (Tuesdays 5 to 8 p.m.)
- Appalachian Toyota Round-Up at Windrock Park on September 1st – 5th
- Veterans Appreciation Breakfasts at Clinton Community Center – 9/10/22, 10/8/22, 11/12/22
- September Lake Clean-up on September 17th, volunteers can find out more at www.norrislakeproject.com
- 4-Wheeling for a Cure at Windrock Park on September 17th
- Butterfly Festival at UT Arboretum on September 17th
- Nissan Takeover at Windrock Park on September 18th – 24th
- Southern Four-Wheel Drive Assoc. Dixie Run at Windrock Park on September 30th – October 2nd
- Clinch River Fall Antique Festival in Downtown Clinton on September 30th – October 1st



Chamber Events

Chamber events are a great opportunity for members to network. If you are interested in joining the chamber, please feel free to attend any of these events. For more information about the Rocky Top Chamber of Commerce, visit www.rockytopchamber.com or call 865-426-9595.

Joint Networking Coffees with Anderson County Chamber of Commerce

- Ray Varner – September 20th at 8:30 a.m.
- Anderson County Elected Officials Cookout – September 27th from 4 to 6 p.m.
- Knights Flowers – October 20th at 8 a.m.
- November 15 – Ribbon Cutting at Rocky Top Dentistry at 8:30 a.m.

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

Please submit events, content and ads by email rockytopchamber@gmail.com

Rocky Top News Advertising Rates

Newspaper Sponsorship-\$300.00

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Rocky Top Chamber Member's Rates

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Non-Rocky Top Chamber Member's Rates

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Classified Advertisements available for \$5 per line.

Contact the Rocky Top Chamber of Commerce for multi-month discount rates.

City of Rocky Top Meeting Schedule

- City Court-2nd Wednesday of the month at 8:00 am
- Recreation Committee-2nd Thursday of the month at 5 p.m.
- Tree Committee-2nd Thursday of the month at 6 p.m.
- Planning Commission- 3rd Tuesday of the month at 6 p.m.
- City Council Meeting- 3rd Thursday of the month at 6:00 pm

National Recovery Month

September is National Recovery Month and this year's will be the third since the Coronavirus pandemic began.



Since the onset of the global health crisis in the spring of 2020, substance misuse and overdoses have skyrocketed across all fifty states, adding extra weight to the month that millions of American families spend loving

and/or commemorating friends and relatives who have in the past or are currently struggling with substance misuse issues, as well as those who have sadly died as a result of drug misuse.

National Recovery Month exists to educate the broader public about substance use disorder, about those who suffer, and about all the treatment and mental health services that are available to whomever might need them. Many do not know what opportunities are out there, just waiting to be requested, or where to go to ask.

National Recovery Month exists, as well, to show people who might be desperate and hurting that there is help, there is another way live, a better way. Recovery can and does lead to a happy, healthy, rewarding life.

In our own community, ASAP of Anderson is here to hold out a compassionate helping hand to anyone seeking support or information regarding substance misuse prevention and harm reduction.

The non-profit organization is a community coalition of professionals and volunteers collaborating with all sectors of our society to prevent and reduce substance misuse among youth and adults in Anderson County. ASAP is always ready to provide whatever information and support it can, and works to ensure that access to systems and services is available to all of Anderson County's residents, regardless of identity or circumstance.

For more information, please visit ASAPofAnderson.org.

New Dentist Joins Rocky Top Dentistry

Dr. Cara Kennedy has joined the Rocky Top Dentistry as their newest dentist.

She was born and raised in Pittsburgh, PA where she completed her Bachelor of Arts in Religious Studies at The University of Pittsburgh in 2015.

She then continued at the University of Pittsburgh School of Dental Medicine and completed her Doctorate of Medicine in Dentistry, her certificate in Public Health, and her certificate in teaching in 2019.

After completing dental school, Dr. Kennedy recognized her passion for more complex dental care and pursued her residency in prosthodontics at The University of Alabama in Birmingham where she graduated as their chief resident in June of 2022.



Throughout her residency, Dr. Kennedy treated patients whose dental needs ranged from full mouth rehabilitations, esthetic dentistry, implants, dentures, hybrid dentures, and more.

Dr. Kennedy is passionate about giving back to the community and has spent time volunteering all over the world from Alabama to Cambodia to Madagascar.

When not doing dentistry, Dr. Kennedy enjoys cooking, reading, and she is attempting to learn to water ski.

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National Public Lands Day

By Rachel Pawloski, Seasonal Interpreter Recreator

Each year thousands of people come together across the country to volunteer and work together in honor of National Public Lands Day as the largest single-day volunteer event in the United States.

National Public Lands Day was created in 1994 and is celebrated on the fourth Saturday in September each year, with the goal being to “restore and improve public lands around the country”.

At Norris Dam State Park, volunteers can participate in National Public Lands Day and Tennessee Serves by participating in 2022’s volunteer event, rerouting a section of trail known as Kerry’s Revenge.

The goal of this project is to better improve the trail for sustainability and usage. The last several years rangers, other park staff, and volunteers have focused on improving several sections of trail across the park.

For this project, volunteers will be meeting at 9:00 AM, Saturday September 24th at the Tea Room. The Tea Room is located on the east side of the park off Highway 441.

Please make sure to bring lots of water, wear closed toed shoes, and bring snacks and lunch. This event is expected to last until 1:00 PM.

If you would like to participate in this year’s event, please register online at <https://tnstateparks.com/parks/events/norris-dam> or call the park office at (865) 425-4500 for more information.

In 2019, Tennessee’s First Lady launched Tennessee Serves “to encourage Tennesseans to serve one another and volunteer in their communities”.

For a fourth year, Tennessee Serves will work together with Tennessee State Parks on and around National Public Lands Day to offer the public several volunteer opportunities.

Each month, Tennessee Serves has a monthly challenge, and falling in with National Public Lands Day, September’s challenge is serving Tennessee State Parks! These events might include trash pickup, trail work, cabin repairs, or removal of invasive species. If you are interested in volunteering at a specific park, please call their park office for more information.

Each volunteer hour served at Norris Dam State Park also counts toward the Norris Dam 86-mile Challenge. For more information about this program, visit <https://tnstateparks.com/parks/activities/norris-dam>.

Library News

The Rocky Top Public Library is now open on Wednesdays from 1 p.m. to 6 p.m.

The Paws to Read program has been moved to Wednesdays at 4pm.

New in Fiction:

- The Mark of the Lion series by Francine Rivers. The first book is A Voice in the Wind which follows a young Christian slave girl as she confronts the dark forces of imperial Rome and struggles to reconcile her love for a handsome aristocrat with her deep faith.
- ALL of the Outlander series by Diana Gabaldon!
- The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid. Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one is more astounded than Monique herself. The Seven Husbands of Evelyn Hugo is a mesmerizing journey through the splendor of old Hollywood into the harsh realities of the present day as two women struggle with what it means and what it costs to face the truth.



New in Non-Fiction:

- In Cultish, Amanda Montell analyzes the social science of cult influence: how cultish groups from Jonestown and Scientology to SoulCycle and social media gurus use language as the ultimate form of power.

New in Children’s Books:

- Courage Hats by Kate Hoefler and illustrated by Jessixa Bagley: Courage is something that comes from your heart. But if you can't find it there, you can wear it on your head at first. Mae is a girl. Bear is a bear. But over the course of one life-changing, slightly nerve-racking train ride, they find out that this might be the only thing they don't have in common.
- Every Little Kindness by Marta Bartolj. Follow the trail of good deeds in this beautiful wordless picture book to learn how small acts of kindness can make all the difference!

September is National Childhood Obesity Awareness Month

September offers education and opportunities for families to prevent childhood obesity and to address the issue early.

Children who have obesity issues are more likely to have those same issues as adults. Addressing them at a young age prevents lifelong health issues such as diabetes, certain cancers, heart and sleep disorders.

Tennessee consistently ranks as one of the states with the highest rate of childhood obesity. According to KidCentralTN.com, about 20% of youth between the ages of 10 and 17 are obese in the state.

Many factors can impact childhood obesity. We think of the common factors like eating and physical activity, but other factors play a role as well. Those factors include genetics, home environment, social factors and metabolism.

Managing childhood obesity mainly starts at home but extends to the community.

Parents and caregivers can encourage their children to eat healthy and get physical activity in many ways:

- Make sure children get adequate sleep.
- Limit daily screen time.
- Take part in regular physical activity as a family.
- Substitute higher nutrient, lower calorie foods, such as fruit and vegetables, in place of foods with added sugars and solid fats.
- Steer away from processed foods. Encourage whole-grains.
- Serve fruits and vegetables as snacks (a goal of 5 servings is ideal!).
- Serve water instead of sweetened beverages.
- Don't skip breakfast.



How to Prepare your Lawn for Cooler Weather

While fall brings in vibrant autumn colors, it also means you should prepare your lawn for the cooler weather ahead.

Luckily, prepping your yard does not need to require too much time or energy. Here are five tips from the experts:

- Adjust mower height – Don't scalp warm-season grasses as cooler weather arrives. Raise the mower ½ to 1 inch during the fall. The reason behind this is to increase the leaf area of your grass. More leaf area capturing sunlight leads to more stored food as winter arrives.
- Remember to fertilize – Fertilize your cool-season grass in the fall, usually in October or November. Those food stores help the grass survive winter and are responsible for a quick green-up in spring.
- Deal with weeds – Get a jump on cool-season weeds, like dandelion. Treating weeds in the fall prevents seeds that dropped onto the lawn in early summer from sprouting. It will also help reduce the number of weeds you'll have next spring.



- Rake leaves – Stay on top of leaves through fall. Don't allow leaves to lay on your lawn for more than a few days. You want your grass to store heavy food

reserves and leaves will prevent the sunlight from allowing this to happen.

- Aerate – The best time to aerate grass is just before it enters its most active growth phase. For cool-season grass, its early fall. Aerate so that grass will have at least four weeks to recover and grow before the first frost arrives.

I AM ONE

Get resources to support your children and teens to be alcohol, nicotine, and drug-free at ASAPofAnderson.org.



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Main Street Baptist Church, established in 1928, strives to provide ministries that draw people to the light of Jesus Christ. Our ministry programs are geared to all ages as we seek to share Christ's love and grace.

Ministries include:

- Food Pantry for Rocky Top residents on Tuesdays from 12 to 1 p.m.
- Rocky Top Recovery for individuals with addiction issues on Thursdays at 6 p.m.
- Children's Summer Feeding Program for Rocky Top children during the months that school is out.
- Second Harvest Mobile Pantry Truck-as scheduled
- Special seasonal programming open to the Rocky Top Community.

Sunday School
at 9:45 a.m.

Sunday Morning Worship
at 8:30 a.m. and 10:45 a.m.

Wednesday Evening Service
at 6:30 p.m.



Willowbrook Baptist to Celebrate 75th Anniversary



Pastor Roger Leach and the congregation of Willowbrook Baptist Church want to invite you to commemorate their 75th Anniversary with a special Homecoming Service on Sunday, September 11 at 10:30.

Lunch will provided in the fellowship hall following the service and special singing in the afternoon around 1:00.

“We hope you will join us for this celebrate of 75 years of honor and service to our Lord and Savior,” said Pastor Leach.



Comprehensive behavioral assessment and inpatient treatment for adults age 55 and older. Patients receive services designed to meet the specific medical, emotional, and social needs of older adults.



Behavioral Health of Rocky Top

210 Industrial Park Lane, Rocky Top, TN 37769

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Seiber (Continued from page 1)

would make his day. He always asks me every day if he got any mail. His mailing address is P.O. Box 152 Rocky Top Tennessee 37769.

The outpouring of love didn't end with Kenneth receiving birthday cards. The community took it a step further and arranged for a drive by parade for this local hero. With the help of neighbors Terry and Lisa Abner and Brenda Bice, Kenneth was able to watch many cars, trucks, local fire departments, police departments, and rescue squads all pass by honking horns and proudly flying the American flag to wish Kenneth a happy birthday and show their gratitude for his service to our country.

Kenneth was wounded in battle after a bullet from German fire ricocheted off the ground and hit him in the back. His unit was still under German fire and Kenneth did not want an aid—car called into help him.

He continued to fight even though he was temporarily paralyzed. With the help of his fellow soldiers, he was able to be carried out and survived his injuries.

While deserving of a Purple Heart, there is no documented treatment from a medical officer, so Kenneth's family has reached a dead-end in trying to help Kenneth receive one. However, everyone that knows Kenneth, knows that he is a true hero.

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School News

Lake City Elementary School and Middle School kicked off this school year with a lot of new faces.

Mrs. Rachel Pemberton and Mr. Brandon Duncan joined the teaching staff at Lake City Middle School.

Mrs. Pemberton is the new Curriculum Specialist. She worked at LCMS from 2005 to 2008. She is heading into her 19th year of education and is ready to serve students in our area.



Mr. Duncan will be teaching 6th grade math, He is a graduate of Tennessee Tech. He is a former alumni of LCMS and is excited to be a part of this great community.



The Elementary School has several new staff members this year. Pictured below is 3rd grade teacher Amy Cordell, 5th grade teacher Kay Nelson, 5th grade teacher Paige Cross, 2nd grade teacher Betty Brock, 2nd grade teacher Gabby Hatmaker and new 4th grade teacher Sarah Freels. Not pictured is a returning special education teacher, Kim Prater.



The staff at Lake City Elementary School would like to thank the following community helpers for making the Lake City Elementary School Back to School Bash a success: the City of Rocky Top, Rocky Top Police Department, Rocky Top Fire Department, Rocky Top Emergency Medical Services, Boys and Girls Club Of North Anderson County, Main Street Baptist Church, Clinch River Baptist Church, Second Harvest and Medford Fire Department.



Lake City Elementary School is excited to share that Mrs. Bozeman, the technology teacher, was awarded a grant from ORAU for some amazing new equipment for the

technology lab! Mrs. Bozeman received three dual extruder 3D printers, 3D printing pens, and 3D printing supplies.

Lake City Elementary School was awarded a \$10,000 grant from the Y12 Federal Credit Union Cares

Foundation. This money will be used to fund a food pantry for the school. Thank you to Angela Martin, the school counselor, for writing this grant.



Christmas Parade Theme Announced

The Rocky Top Christmas Parade will take place on December 2nd. The theme will be "A Storybook Christmas." The parade will start at 7:00 pm and in person registration will take place from 5:00 to 6:30 pm. Please be aware that everyone participating in the parade must register, sign a release and receive a number. Online registration will be coming soon.

Elected Officials Cook-out

Tuesday, September 27th

4:00—6:00 PM

at Rocky Top City Hall

Everyone Welcome!

