

# ROCKY TOP NEWS

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FREE

February 2023

FREE

## Rocky Top Chamber Annual Dinner

The Rocky Top Chamber of Commerce will be hosting their Annual Dinner and Silent Auction on February 23, 2023 at 6:30 p.m. at Main Street Baptist Church located at 405 4th Street in Rocky Top.

This year's speaker is Jordan Jeffers, Anderson County High School's Boys Basketball Coach. There will also be a special performance by the Anderson County High School Select Ensemble Choir.

Coach Jeffers has an impressive resume and inspiring story that he will share with the community.

All proceeds from the dinner and silent auction will benefit the Rocky Top Community Foundation's Scholarship program, which awards \$1,000 scholarships to two Anderson County High School students that also attended Lake City Middle School.

Tickets are \$30 per person or \$50 per couple. Table and event sponsorships are also available. To purchase tickets in advance, visit rockytopchamber.com or call 865-426-9595.



## ASAP of Anderson and THSO Help Reduce the Number of Teen Crashes

ASAP of Anderson has partnered with the Tennessee Highway Safety Office (THSO) to effectively reduce teen crashes and fatalities in 2022.

According to Tennessee's Integrated Traffic Analysis Network (TITAN), teenagers saw a greater reduction in speed-related crashes than other drivers from 2021 to 2022.

"ASAP of Anderson is proud of our work to make the roads in Tennessee



safer," said ASAP's Prevention Coordinator Chantel Harris. "Our efforts like hanging up signs to not drive drowsy at every high school in Anderson County and encouraging our Youth Ambassador Coalition teenagers to post safe driving messages at their school have certainly helped."

Partners included Reduce TN Crashes and local law enforcement. The \$20,500 grant given to the THSO by the Governor's Highway Safety Association and Ford Driving Skills for Life has also

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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.

- International Children’s Festival at Children’s Museum of Oak Ridge on February 25
- National Rock Racing Series Hill Climb at Windrock Park on March 3 – 4
- Titan Off-Road Shamrock Shakedown at Windrock Park on March 15-19
- Tennessee National Bike Festival at Windrock Bike Park on March 16-26
- Windrock Park Spring Shindig on April 20-22



## City of Rocky Top Monthly Meeting Schedule

- City Court-2nd Wed. at 8:00 am
- Recreation Comm.-2nd Thurs. at 5 p.m.
- Tree Committee-2nd Thurs. at 6 p.m.
- Planning Commission– 3rd Tues. at 6 p.m.
- City Council Meeting– 3rd Thurs. at 6:00 pm

## JOIN OUR MISSION



865-426-9595

www.RockyTopTNChamber.com

Facebook@RockyTopChamber

## 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.rockytoptnchamber.com](http://www.rockytoptnchamber.com) or call 865-426-9595.

### Upcoming Networking Coffee

**Rocky Top Library**  
**March 23, 2023**  
**At 9:30 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](mailto:rockytopchamber@gmail.com)**

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Classified Advertisements available for \$5 per line.

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

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played a part in the achievement.

Below are key points from 2021 to 2022, according to TITAN.

- Teen crashes reduced by 2.0% statewide compared to 2020 – 2021.
- Teen fatalities reduced by 6.5% statewide compared to 2020 – 2021.
- Crashes involving speed with teen drivers reduced by 9.1% statewide compared to 2020 – 2021.

To stay up to date with the latest news from ASAP, follow them on Facebook, Instagram, Twitter, and LinkedIn or visit [www.asapofanderson.org](http://www.asapofanderson.org).

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## Norris Dam 87 Mile Challenge

Norris Dam State Park launched the "Norris Dam 87-Mile Challenge" in January 2023. The 87 comes for the 87th anniversary of Norris Dam.

This healthy initiative encourages park visitors to get out and explore their park and public lands.

Throughout 2023, participants are challenged to attend ranger-led hikes or simply enjoy the outdoors on their own time.

The program entails park visitors hiking, horseback riding, mountain biking, or paddling on the trails and waterways at Norris Dam State Park, TVA Norris Dam Trails and Norris Watershed Trails.

It is not about completing all the trails but focusing on encouraging visitors to get outside, enjoy a healthy lifestyle and complete the challenge based on their own abilities.

This year-long challenge is completely up to each individual person. Many visitors enjoy the flat scenic stroll of the TVA Songbird Trail, while others enjoy the technical mountain bike trails.

Participants can also earn miles by volunteering at the park. Each volunteer hour completed will be the equivalent of 2-miles.

Monthly ranger-led healthy hikes and volunteer opportunities will be offered throughout the year. Participants can go to the park's website to download an activity log to record their miles/ volunteer hours throughout the year.

Activity logs are also available in the park office. Completed activity log sheets can be turned in at the park office, located at 125 Village Green Circle, Rocky Top, TN 37769. Let your adventures begin!



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## Rocky Top Chamber Member Spotlight of the Month United Way of Anderson County

United Way of Anderson County celebrated their 65th anniversary this past year. Established in 1957 as the “Community Chest” before being briefly referred to as the “Red Feather Drive,” then the “United Fund,” in 1964, “United Way of Anderson County” was finalized.

The organization was created to collect the funds for local charities, to coordinate relief services, to counsel and refer clients to cooperating agencies, and to make emergency assistance grants for cases that could not be referred.

The core mission from the beginning has been to advance the common good through the three building blocks for a good quality of life: education, income, and health.

The organization united the three major stakeholders in our community: governments, nonprofits and business partners to build collective impact strategies to address the most pressing issues identified at the local level.

Sixty-five years later, this still aligns with the core mission of United Way of Anderson County - to better match our community, the three focus areas have been updated to Youth Development, Self-Sufficiency, and Health and Senior Services.

Through community grants the United Way of Anderson County funds more than 40 local nonprofits. Not only do they offer financial support but overall support to these partner agencies such as free trainings taught by subject matter experts, technical support, community assessment data that informs and identifies the needs, and a network of partners who collaborate to transform the community.

In addition to agency funding and support, United

Way of Anderson County offers their own community initiatives: Volunteer Income Tax Assistance (VITA), Period Packs for middle and high school girls, Career Pathways, and Food Drives to fill local food pantries.

If you would like to get involved with United Way of Anderson County, there are many ways:

1. Volunteer as a Fund Distribution Panelists and help make funding decisions for community grants.
2. If you have accounting experience and would like to donate your services, VITA would be a great opportunity.
3. Help coordinate a Food and Period Supply drive to help United Way with those drives.

The most exciting opportunity is coming up this spring! April 28th and 29th United Way of Anderson County will be offering Volunteer Days. Two days of completely coordinated projects all through the community.

If you are looking for

assistance from United Way of Anderson County you can call their office or go to their website for the digital community resource guide which includes hundreds of local resources.

In addition, United Way of Anderson County just moved to a new location. Now co-located at 301 Broadway Avenue, Oak Ridge with the Family Justice Center, this new space allows organizations to host their own community events and other nonprofits community events. This provides a great opportunity for more collaboration and resources.

If you would like more information about United Way of Anderson County, their upcoming events, drives, initiatives or resources please visit

[www.uwayac.org](http://www.uwayac.org).



Ribbon Cutting at United Way's new Oak Ridge location in the fall of 2022

# School News

Pictured are the Lake City Elementary December Students of the Month for showing generosity  
Congratulations!



Congratulations to Tiffany Patterson! She is the Lake City Elementary Classified Employee of the Year! Thank you for all of your hard work with keeping the office and school running smoothly!



Congratulations to Gladys Stooksbury, LCES Teacher of the Year! Ms. Stooksbury's passion for helping kids learn to read and value the importance of reading and writing has made a wonderful impact on students and teachers, as well as many others across the district.

## Arbor Day Celebration

On November 29th, the Lake City Elementary School Safety Patrol and Student Government came to City Hall in Rocky Top to celebrate Arbor Day. The Proclamation was read by Gabby Green, student council president. This is Rocky Top's 5th Arbor Day celebration and the 4th year as a designated tree city.



## ATTENTION PARENTS OF GRADUATING SENIORS!

Did you know the Rocky Top Chamber of Commerce in conjunction with the Rocky Top Community Foundation gives two \$1,000 scholarships? Each year two students that attended Lake City Middle School and are graduating from Anderson County High School are eligible to receive the scholarships. Scholarship applications are available to pick up in the guidance office at Anderson County High School. Applications must be emailed to: [rockytopchamber@gmail.com](mailto:rockytopchamber@gmail.com) by April 1st.



# I AM ONE

Get resources to support your children and teens to be alcohol, nicotine, and drug-free at [ASAPofAnderson.org](http://ASAPofAnderson.org).



This material was developed through a project funded by the Tennessee Highway Safety Office.

EVERYONE IS WELCOME

## MAIN STREET BAPTIST CHURCH

215 4th Street, Rocky Top • 865-426-2184 • [www.msbct.org](http://www.msbct.org)

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, Rocky Top Recovery for individuals with addiction issues, Children's Summer Feeding Program for Rocky Top children, Second Harvest Mobile Pantry Truck and Special seasonal programming open to the Rocky Top Community.

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



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## Celebrate Valentine's Day with these 5 Dates Ideas

With Valentine's Day just around the corner, we are here to help you plan the perfect date around Rocky Top. It doesn't matter whether you're in love, single, somewhere in between, or just looking for a fun Valentine's Day activity with your friends, you can ensure your Valentine's Day is fun and creative with these date ideas.

If you're a nature lover, we have the perfect date for you. Hit the trails at Norris Dam State Park and then reward yourself with a delicious meal and craft beer at Clinch River Brewing. With over 15 different trails to choose from, you'll have the option for a relaxing stroll with amazing views or a strenuous hike to burn some serious calories. When you've finished taking in all that beautiful nature, stop in Clinch River Brewing and replenish those calories with a creole inspired dish and your choice from over 12 different beers on tap. You can make this date idea a day trip or turn it into a romantic overnight stay at one of Norris Dam State Park's cabins.

If you're looking for an unconventional date idea, how about some target practice at Windrock Shooting Range. Windrock Shooting Range is perfect for both beginner and advanced shooters. Their covered rifle range extends out to 140 yards and they not only offer targets and ranges for different experience levels, but they also have rental firearms including full auto that even a seasoned shooter will enjoy! Once you finish up at the range, round out your date with a delicious dinner.

If you are seeking an adventurous date, we highly recommend hitting the trails at Windrock Park. If you don't own something to ride the trails, don't fret. Windrock offers side by side rentals. Just be sure to call ahead and reserve one. If you're an adrenaline junky and want to climb some serious hills, Windrock has just the thing. If you would rather

take a less treacherous trail and just enjoy the beautiful views, Windrock has that too. With over 350 miles of trails, it's easy to find just what you're looking for. What takes this date to the next level are the views you'll encounter. Mountains, streams, waterfalls, wild-life – you name it, you'll see it. We recommend packing a lunch and enjoying it at the overlook. And don't forget to take some pictures. Views like that are definitely picture worthy!

If you're looking for something a little more laid

back and even a little nostalgic, the perfect date can be found in Historic Downtown Clinton. Start your day with a stop in one of the cozy downtown cafes for a delicious coffee



or cappuccino. Spend the day walking the streets of downtown while browsing over 20 antique and specialty shops. It's the perfect place to find a one-of-a-kind gift for your special someone. When you need to rest your feet from an afternoon of shopping, stop in Apple Blossom Café or Hoskins Drugstore and enjoy a delicious meal. Your date doesn't have to end there, you can also catch a movie at the Historic Ritz Theater while you're downtown!

Hit the open road for a tour of the Devil's Triangle and end the trip with a delicious dinner at Nanny's Kitchen or Vols Diner in Rocky Top. A nice drive, great conversation and beautiful views sound like a pretty good date. The Devil's Triangle is 45 miles of twists and turns and beautiful views of rural East Tennessee. Some highlights of the trail include Brushy Mountain Prison which is now a tourist attraction complete with a restaurant and distillery, Tennessee's only windmill farm and the trail will wind you through much of East Tennessee's coal mining country. Stop by the Coal Miners Museum for a map.

## Importance of Vitamin D

Vitamin D plays a vital role in our health. It aids in calcium absorption, assists with proper muscle and nerve function and also helps the immune system fight off bacteria and viruses. Whether its flu or cold season, it's more important than ever to ensure you're getting enough vitamin D.

Our body produces vitamin D naturally when our skin is exposed to sunlight. However, during the winter months we spend more time indoors to stay warm which in turn exposes us to a higher risk of vitamin D deficiency.

Signs that you may be vitamin D deficient include fatigue, mood changes, joint, bone or muscle pain and anxiety or low energy levels.

It is believed about 40% of American adults have inadequate levels of vitamin D. While the amount of vitamin D needed each day varies by age, most adults need about 600 to 800 IUs. You can get your daily vitamin D requirement from three sources: food, the sun, and dietary supplements. Here are some ways to increase your vitamin D intake:

**Eat more vitamin D rich foods** – The best natural source is fatty fish, like salmon, trout, mackerel and sardines. Two to three servings of fatty fish is recommended per week. Vitamin D is also found in egg yolks and fortified milk and fortified orange juice.

**Get outside** – While this may be harder to do in the winter months, it is recommended to go outdoors for just 20 minutes, with no sunscreen, three to four times a week. Besides boosting your vitamin D, being outside elevates your mood and provides great opportunity for physical activity.

**Take a supplement** – There are a variety of vitamin D supplements available over the counter, but the most highly recommended is Vitamin D3. Be sure to talk to your healthcare provider to see if a supplement is right for you and how much should be taken to get you to an optimal vitamin D level.



## Library News

The Friends group will be hosting a bake sale at the Rocky Top Library on February 13 & 14 from 10am-2pm. There will be plenty of goodies, so make sure to check it out!

### New Books

#### Adult Fiction:

- Boys of Biloxi by John Grisham
- Round House by Louise Erdrich
- Broken Blade by Melissa Blair
- Fairy Tale by Stephen King
- Starry Messenger by Neil DeGrasse Tyson
- Spare by Prince Harry is available as an ebook and audiobook on READS

#### Young Adult:

- Seasparrow by Kristin Cashore
- Once Upon a Broken Heart by Stephanie Garber
- Uglies by Scott Westerfeld

## Easy Chicken Pot Pie Recipe

Servings 6

#### Ingredients:

- 1 2/3 cups frozen mixed vegetables (thawed)
- 1 cup cooked chicken (cut up)
- 1 can cream of chicken soup (10 ¾ ounce)
- 1 cup baking mix (Bisquick)
- ½ cup milk
- 1 egg

#### Directions:

Preheat oven to 400 degrees  
 Mix vegetables, chicken and soup in ungreased 9-inch pie plate  
 Stir remaining ingredients in a mixing bowl until blended.  
 Pour over vegetables and chicken in pie plate.  
 Bake 30 minutes or until golden brown.  
 Let cool for 5 minutes. Serve and enjoy.

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