

Local officials help launch 'Born Drug-Free' effort

FROM STAFF REPORTS

The East Tennessee Regional Neonatal Abstinence Syndrome task force has launched Born Drug-Free Tennessee, a new public awareness and educational campaign to reduce the number of babies being born drug exposed, primarily due to opiate use.

Rev. Debra and Keith Shultz of Rescue 180, the local anti-drug abuse coalition that is part of the task force, and District Attorney General Jimmy Dunn met with other officials at East Tennessee Children's Hospital last week to announce the effort.

"Our purpose is to educate the community as a whole as we try to stop this epidemic," said Rev. Shultz. "It's not just about illegal drugs. Many of the moms who endanger their unborn children are using prescribed drugs."

"It's a terrible problem, and we deal with it weekly in our district," said Dunn. "If we can do anything to help prevent children from being exposed to substance abuse, we're going to do it."

Born Drug-Free TN (www.borndrugfreetn.com) aims to improve the health of babies in the East Tennessee region by eradicating their exposure to drugs while in the womb. Tennessee has one of the highest rates of prescription drug abuse in the nation. Nearly 1,000 babies were born with Neonatal Absti-

nence Syndrome, NAS, in 2014, with East Tennessee accounting for almost 40 percent of those cases.

"The goal of the campaign is to connect pregnant women who are struggling with a substance use disorder to locate an evidence-based substance use treatment provider and enter prenatal care as early in pregnancy as possible," said Karen Pershing, executive director of the Metropolitan Drug Commission. "We know that the earlier a woman enters both prenatal care and drug treatment, the better outcomes for both mother and baby. A baby's life shouldn't begin with detox."

Most of the women delivering newborns exhibiting signs of drug withdrawal are either on replacement therapies or under supervision of a medical provider. Unfortunately, even though the mothers are doing everything possible to deliver a healthy newborn, current American Congress of Obstetricians and Gynecologists, ACOG, recommendations propose against weaning a woman from opiates during pregnancy. As a result, women who are on medication replacement therapy for the treatment of drug addiction are still delivering babies who require detoxification, using morphine to ease painful withdrawal symptoms.

Recognizing that NAS is 100 percent preventable, the Born Drug-Free TN



PHOTO SUBMITTED

Rev. Debra Shultz of anti-drug abuse coalition Rescue 180 and District Attorney General Jimmy Dunn helped announce Born Drug-Free Tennessee, a new public awareness and educational campaign to reduce the number of babies being born drug exposed, primarily due to opiate use.

campaign will educate the community, capture various local efforts to prevent NAS and deliver consistent messaging and information. In addition to informing the public on NAS, Born Drug-Free TN also explains how other substances can have a negative outcome on maternal and fetal health. They include: tobacco, alcohol, marijuana, stimulants, and benzodiazepines.

Last Tuesday, the first SBIRT (Screening, Brief Intervention, Referral to Treatment) training was

held for OB/GYN providers to assist them in understanding the disease process of addiction, the economic and health costs of substance abuse, how to implement screening tools identifying early signs of addiction and how to provide a brief intervention using motivational interviewing techniques to reduce patient risk. By implementing evidence-based screening tools in medical providers' offices, Born Drug-Free TN has the ability to normalize the ques-

tions and intercept risky behaviors before becoming a lifelong, relapsing, chronic health condition.

In addition, the campaign is developing two other components that include educating incarcerated women on drug use and pregnancy, as well as family planning. Women attending the session will be offered free long-acting reversible forms of birth control through the health department family planning clinics. The second component provides

family planning education to women of childbearing age who are receiving long-term opiate therapy through pain management clinics. In addition, there will be information provided on other preventative health services that women should be accessing, such as pap smears, mammograms, immunizations and annual physicals. Through a comprehensive, coordinated approach, we will be able to improve the health of both women and newborns in East Tennessee.

Dandridge to apply for \$500,000 home repair grant

BY STEVE MARION
STAFF WRITER

Dandridge Council will apply for up to \$500,000 in home repair grant funds for low income residents of the town.

Meeting in regular session last week, council agreed to make application with the Tennessee Housing Development Agency for a share of its newest round of home funding. The action was unanimous following motions from Council members Ken Thornhill and David Jones.

The program provides up to \$25,000 per low-income residence for needed repairs. Rental units are

excluded, and the home must be owned by the occupants, who must meet income guidelines.

Knoxville consulting firm Brown, Peerman, and Russell will handle Dandridge's application at no cost to the town. The group would be paid by the grant.

Town Administrator Melissa Peagler said the local area scored highly on the THDA's rankings for the upcoming grant round. Dandridge was the recipient of a similar grant that helped fix up local homes more than 20 years ago.

Council also agreed earlier this month to take a closer look at an expanding paving program

for the upcoming season - possibly using a capital improvements loan.

During last spring's budget process, council considered a loan in order to catch up on several roads that are in serious need of repair, but backed away from the plan and decided to spend \$176,000 on paving this year instead.

Due to low gas and oil prices, which will probably reduce asphalt costs, Peagler is recommending a second look at a potential \$500,000 loan. At its work session February 3, council asked for figures on the loan and agreed to accept bids on four roads most in need of paving.

Included are Industrial Park Road, Patriot Drive, Price Road, and Elmer Lane. The estimated total for the work is \$513,000. The figure includes widening of Industrial Park Road and concrete on Patriot Drive adjacent to the Highway 92 intersection.

During the regular session, council approved the fire department's purchase of fire hose and thermal imaging cameras through a Federal Emergency Management Aid to Firefighters Grant. Three thousand feet of five-inch hose, purchased from G&W Diesel Services, Inc., of Memphis, will cost \$16,630. The cameras are \$11,552 each from

the same source. Fire Chief Andy Riley reported that up to four cameras may be purchased depending on grant fund availability.

In other action, council:

- Approved construction of a restroom/laundry building at The Point Marina campground. Council member David Jones voted "no." The group is requiring a surveyor to mark the 1007 elevation, below which no construction is allowed by TVA.
- Approved an off-premises beer permit for the

new Dollar General Store, 1020 Highway 92 South.

Declared a police cruiser and a copy machine as surplus and agreed to sell both to the Town of New Market. The 2006 cruiser will be sold for \$500, with New Market allowed to make payments on the vehicle "when they write enough [speeding] tickets." The copier, which is in poor condition, will be sold for a dollar. Council members David Jones and Pam Farrar voted against selling the car to New Market.

Free Heart-Health Screening planned at JMH

Tennova Healthcare is observing American Heart Month with free heart-health screenings at 12 locations across East Tennessee during February and March.

Heart disease is the leading cause of death for both men and women in the United States. The key to preventing heart disease is managing risk factors, such as high blood pressure, high cholesterol or high blood glucose.

Avoiding unhealthy habits like smoking and living a healthy lifestyle that incorporates good nutrition, weight management and physical activity can also reduce the risk for a life-threatening heart attack or stroke.

Know Your Numbers events are scheduled:

- March 11, at Jefferson Memorial Hospital, 110 Hospital Drive, Jefferson City
- March 19, at Lakeway

Regional Hospital, 726 McFarland Street, Morristown. Appointments are re-

quired. Call 1-855-TENNOVA (836-6682) to register for the free screening.



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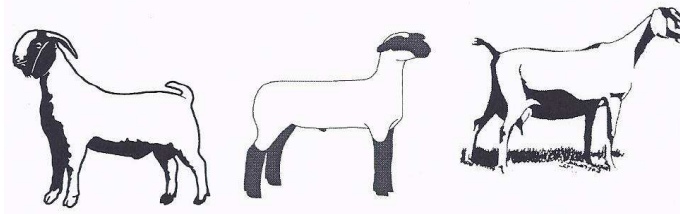
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STEVE MARION | THE STANDARD BANNER

Visit with a wallaby

Dandridge Elementary first grader Grant Arnold pets a wallaby, one of the creatures visiting the school Monday with the Zoodles Animal Education Program. Rachel of Zoodles said these students also got to meet and learn about a blue tongue skink, bearded dragon, and baby kangaroo. The kangaroo is seen in Rachel's pocket, while at right is a close-up of the wallaby.



Tougher physicals impact county school bus drivers

BY KATEY HOPKINS
REPORTER

Costs associated with new physicals may cause Jefferson County Schools to lose some bus drivers next year, school board members were told Thursday.

In the past year, new requirements and guidelines have been established for the way bus drivers' annual physicals are conducted. The new standards may tack on extra costs for the drivers, even leading some to quit their jobs.

Director of Transportation Sherry Dotson brought this concern to board members during Thursday's work session at the Courthouse in Dandridge.

As of May 2014, the Federal Motor Carrier Safety Administration issued new standards, guidelines, and recommendations for the way medical examiners conduct physicals for school bus drivers.

Key changes include:
- Examinations must be performed by a medical examiner listed on the national registry of certified

medical examiners;
- The examiner must be knowledgeable of the physical and mental demands associated with operating a commercial motor vehicle and the requirements of FMCSA; and

- The examiner must certify that the driver does not have any physical or mental condition that might affect the driver's ability to operate the vehicle.

Dotson said Jefferson Family Physicians sent three doctors to receive the certification to perform the physicals, and they currently provide the physicals at a price of \$50 per driver.

However, the new standards often require extra testing for conditions such as heart conditions, diabetes, sleep apnea, and more. These tests, according to Dotson, can cause drivers thousands of dollars, and many of them do not have insurance coverage.

"This is serious stuff that we're facing over there," Dotson said. Some drivers have already resigned for the next school year

because they cannot afford the extra tests in addition to the physical.

Last year, Dotson lost three drivers over the physical. She fears that this may continue to be the case. "I am so proud of the drivers here, and I don't want to lose any of them," she said.

Members of the school board listened intently to Dotson's thoughts and showed their concern and appreciation for the drivers. When asked how the school board could help the situation, Dotson had two solutions: pay for the extra testing, or offer some type of insurance to help curb the costs.

"We're hauling lives," Dotson said. "What more important thing could we ever haul than Jefferson County children?"

Dotson agreed to come back to the board with a listing of prices for the extra tests, as well as a survey of how many drivers needed extra testing and which test they needed.

"We want the very best behind the wheel," Dotson said.

Carson-Newman's Kina Mallard new president of Reinhardt University

Carson-Newman University Executive Vice President and Provost Kina Mallard has been named president of Reinhardt University. The announcement was made by the Waleska, Georgia, university.



Dr. Mallard

"Without a doubt, Dr. Mallard's skill-set and Reinhardt's historic Methodist, academic and professional mission in the greater Atlanta Metro area are "a match made in heaven," said Carson-Newman University President Randall O'Brien. "Her visionary leadership, strategic planning, work ethic and goal completion are simply unsurpassed in the academy. On behalf of the entire Carson-Newman family I would like to thank Dr. Mallard for her partnership in our important work together the past six years. She moves into her new presidency with our love, prayers, and blessings."

Mallard, a Knoxville native, joined the University as provost in 2009 and was promoted to executive vice president and provost in 2013. Under her leadership the University established a strong online learning presence and developed new graduate programs in Education, Applied Theology, Applied Social Justice and an interdisciplinary degree completion program in Organizational Leadership.

Mallard led the launch

in 2013 of Carson-Newman's first post-master degrees, the EdS and EDD, as well as an Associate of Arts degree in liberal studies in 2015. In late 2014, she was appointed to lead the University's 5-year strategic plan "Vision: 2020." Also last year, under her leadership, Carson-Newman developed a new partnership with Pellissippi State Community College at Strawberry Plains, elevating the University's reputation and academic relationship with Pellissippi State.

Mallard also strengthened Carson-Newman's signature Honors Program, created a student Research, Performance and Creativity Day for Undergraduate Research and transformed the institution's library into a Student Success Learning Commons.

"I believe our best work has been attracting outstanding talent to Carson-Newman," said Mallard. "Over 20 percent of our faculty and staff have joined the university in the past six years. The future of Carson-Newman lies in the hands of the people of Carson-Newman, and the future is very bright! I am thankful for the opportunity I have had to serve as part of the leadership team of Carson-Newman. I have deep respect for the faculty and staff who invest their lives here, and I have developed some wonderful friendships that I hope will continue for many years."

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Crews prepared for ice or snow

Crews were trying their best to stay ahead of an icy mess developing on local streets and roads yesterday afternoon.

After a weekend of frigid temps, a front carrying significant moisture rolled in, bringing with it light snow showers that turned to freezing rain due to warmth aloft. Schools were already closed for Presidents' Day, and a teacher in-service was cancelled.

By 2 p.m., light rain was freezing on parking lots and back roads, though main roads were mostly okay thanks to a coating of liquid brine applied by state and city crews.

Gregg Gann, Dandridge

Public Works Superintendent, said his crews were prepared to stay on the job through the night.

"We've already salted some of the bad hills and curves," he said. "Our guys came in Sunday and got all the trucks and salt spreaders ready to go."

Temperatures were hovering in the mid 20s, and many surfaces were already covered with a sheen of ice.

"The snow is a challenge,

but the ice is just about impossible," Gann said of travel. "If we get an ice coating on the roads, we'll put on our chains and run with emergency services to their calls to help out."

Wrecks were being reported in surrounding counties by mid afternoon, but Jefferson County had mostly been spared. The situation is not expected to improve rapidly due to very cold temperatures later this week.

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Gas prices rise to average \$2.25

TAMPA, FL - Gasoline prices shot up seven cents last week, bringing the average price for a gallon of regular unleaded to \$2.25. Motorists are now paying 19 cents more than they did at the beginning of the month.

"Gasoline prices almost always rise in February," said Mark Jenkins, spokesman, AAA-The Auto Club Group. "The rate of increase slowed over the weekend, but motorists should expect more volatility at the pump for the next couple of months."

On average, February gas prices rose 22 cents during the past five years. Gas prices are up 25 cents in Florida, 19 cents in Georgia, and 21 cents in Tennessee since February 1.

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- Feb. 19, 6-8 p.m.
- Feb. 21, 10 a.m.-noon
- Feb. 28, 10 a.m.-noon

All Sign-ups held Rush Strong School's "Little Gym"

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Directions: While going toward Asheville, NC, on interstate 40, turn toward Dandridge, TN at Exit 424, then turn right on to Highway 25 W and 70 West, go 1.5 miles and then left on to Burchfield Road, and then go 2.8 miles, and turn left on to Waterfront Drive, go 1/2 mile and turn left on to Chisholm Trail, go only 3 tenths of a mile and turn left on to Sinjocom Lane. Property is located at the end of the lane. The lot is located just past Welcome Cove Camp Ground. The property is located only about 5 miles off Interstate 40. See auction signs.

This 1.29 acres is all wooded and has 60 feet of frontage on Douglas Lake. The lot has electric, plus an old well. This lot is secluded and could make an excellent location for camping, fishing, a good place for a camper, log house a cabin or mobile home. Utility water is available on Chisholm Trail. Pretty mountain and lake views. This lot offers a perfect site for peace and solitude. It is very secluded but convenient to Knoxville, Newport, Morristown, Greeneville and Dandridge, and also vacation destinations such as Pigeon Forge and Gatlinburg.

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COMMUNITY CALENDAR

THIS WEEK

SANDY RIDGE FCE: The Sandy Ridge Family, Community and Education Club meeting is scheduled for Tuesday, February 17, 1 p.m. at Hills Union Methodist Church, 2483 Hills Chapel Road in Dandridge.

QUILT GUILD: The Rose Center Quilt Guild will meet Tuesday, February 17 at The Rose Center, 442 West Second North Street in Morristown. Refreshments will be served at 10 a.m. followed by a short business meeting and "Show & Tell", where members show their latest projects. Anyone interested in quilting is invited to attend. Monthly workshops for members follow most meetings. | www.rosecenterquiltguild.com.

MOSSY CREEK NETWORK: Mossy Creek Network will have its annual meeting in Jefferson City at The Creek Café, 110 East Old Andrew Johnson Highway, at 2:30 p.m. on Wednesday, February 18. All are welcome to attend and learn about the network or share information on their own community projects. Visit them on Facebook at www.facebook.com/groups/293905343358/

ROE OFFICE HOURS: Rep. Phil Roe, M.D. (R-TN) announced he will send staff to hold office hours in Jefferson County on Thursday, February 19, at White Pine City Hall from 2 to 4 p.m. Roe's staff will be available to assist First District constituents.

DANDRIDGE LIBRARY: Dandridge Memorial Library will host a Homemade Lye Soap and Essential Oils Introduction Class on Thursday, February 19, 4:30 p.m. To register, call (865) 397-9758. The library is located at 1235 Circle Drive in Dandridge.

HUNTER SAFETY CLASS: A two-day Hunter Safety Class will be held on Saturdays, February 21 and 28 from 9 a.m. to 5 p.m. at New Market Elementary School. Visit www.register-ed.com to register for class. | (423) 587-7037.

HANDGUN CARRY PERMIT: The Dandridge Police Department will host a Handgun Permit Class on Saturdays, February 21 and 28 at 8 a.m. To register, please call (865) 397-8862 ext. 26 or (865) 356-7423.

COUPLES DANCE CLASSES: Couples Dance Classes, featuring waltz, square dance, Polka, mixer dance and more, are offered at Jefferson Dance Center, 703 Main Street in Jefferson City. The Center is available for showers, birthday parties, meetings, reunions and clubs. Tables and chairs are available. Proceeds benefit Historic Mossy Creek development and revitalization. | Nancy, (865) 475-7367.

JCHS BAND FUNDRAISER: The Jefferson County High School Marching Band will be performing in New York City during spring break. They need the community's support by helping them raise money through their go-fundme.com website which

gives information about their upcoming trip. At the gofundme.com page, search using the keywords, "JCHS Band" in the search bar.

BLUEGRASS/GOSPEL: Appalachian Tradition Acoustic Gospel/Bluegrass Band will be playing Bluegrass/Gospel each Monday night starting at 6:30 p.m. at Indian Creek Market located at 1811 Indian Creek Road in Dandridge.

JAM SESSION: A Bluegrass, Country and Gospel Indoor Jam Session will be held every Thursday from 6:30 to 8:30 p.m. at Indian Creek Market and Deli, 1811 Indian Creek Road in Dandridge. Admission is free. Refreshments will be available. | (865) 397-0880.

CARAMEL CAKES: Jefferson City Senior Citizens Center is now making caramel cakes for a donation of \$15. Anyone that would like to order a cake is asked to call (865) 475-4989.

PICKIN' IN THE PINES: "Pickin' in the Pines" is held each Tuesday night from 6:30 to 8:30 p.m. at the Ruritan Building in White Pine located at 1820 Maple Street. All musicians are welcome to bring their instrument and join in. Free music lessons are available for kids from 6-6:30 p.m. before the jam session.

CHOCOLATES/NUTS SALE: The Jefferson City and New Market Senior Centers have nuts and chocolates for sale. Contact Brenda at (865) 475-4989 or Jeanette at (865) 475-7664. If no answer, please leave a message.

DMA: The Dandridge Ministerial Association's Thrift Store is open Monday through Saturday, from 10 a.m. to 2 p.m. A \$5 brown bag sale is now underway on many assorted clothing items, and will continue through February. Work boots are available for \$20. The Emergency Food Pantry is open Monday, Wednesday and Friday, from 10 a.m. to noon. The building is located on Industrial Park Road in Dandridge. The thrift store and food pantry serve Jefferson County residents.

MUSIC, DANCING AT NMVFD: The New Market Volunteer Fire Department has live country music from 8 to 11 p.m. each Saturday night. The second Saturday of each month features "Let's Dance" lessons with Bill and Gail (NTA certified CW Dance teachers). The lesson schedule is as follows: basic beginner 6 p.m.; beginner 6:20 p.m.; high beginner/intermediate 6:50 p.m.; partner pattern 7:10 p.m. General admission is \$5. Proceeds benefit the fire department. | (865) 475-4064, (865) 475-1417.

UPCOMING

PATHWEIGHS TO HEALTH: Pathweigs to Health, a six-week workshop is open to the public beginning February 23 and runs every Monday evening through March 30 from 6 to 7:30 p.m. Focus will be: stress and inadequate sleeps impact on weight, healthier shopping, media influence on food choices, the mystery of calories and renewal of the

body. This interactive class is free to the first 15 people to register. Workshop space is being provided by the Jefferson Rural Clinic, 126 West Old Andrew Johnson Highway in Jefferson City. Call (865) 471-5525 by February 20 to register.

REGIONAL LIBRARY BOARD: The Clinch River Regional Library Board will meet jointly with the Sevier County Library Board, Pigeon Forge Library Board and the Anna Porter Public Library Board at 5:30 p.m. on Tuesday, February 24, at the King Family Library, 408 High Street, Sevierville. The boards will discuss library service in Sevier County. For more information, please call (865) 457-0931.

GARDEN CLUB: The Martha Dandridge Garden Club will begin our 2015 season on Thursday, February 26, 2 p.m. at the Dandridge Senior Center with a program about Dale Chihuly Art in the Garden presented by Gail Wilczynski. For additional information, call Ann (397-3738) or Ruth Ann (397-3670).

RETIRED TEACHERS: All retired and active educators are invited to attend the Retired Teachers Association meeting on Saturday, March 7 at 9:30 a.m. at Stokely Memorial Cafeteria on the Carson-Newman University campus. The brunch costs \$10 per person. Speakers will be Representatives Andrew Farmer and Jeremy Faison. Please bring supplies for SafeSpace. This is the last meeting to donate to Feed America. For information or to make a reservation, contact Christine Thompson at (865) 674-0133.

HOLT SCHOLARSHIP: The Barbara Holt Scholarship of \$500 is being offered by the Jefferson County Democratic Party to a graduating senior at Jefferson County High School this year. To be considered, a senior must be currently attending the high school and must be planning to attend a vocational or technical school or a community college after high school graduation. This scholarship is not available to students who will be attending a four-year college or university. The scholarship may be used for textbooks, fees, or other school related items. Students who wish to be considered need to submit a form which may be obtained from Mrs. Roach in the guidance office at JCHS. Along with the form, students need to include a brief explanation of their career choice and a transcript. Submissions should be mailed to the Jefferson County Democratic Party, PO Box 694, Dandridge, TN 37725, and are due by March 2, 2015. The awardee will be recognized at the high school awards ceremony in May. | Ann, 397-3738.

JCHS 11TH GRADE NIGHT: Join the Jefferson County High School Counseling Department at the second annual 11th Grade College Admissions and Scholarship Night on Tuesday, March 10, from 5 to 7 p.m. at Patriot Academy. Eleventh grade students and their parents/guardians are encouraged to attend and learn information from area colleges and organizations about admissions, scholarships, and financial aid. A pizza dinner will be served to attendees who RSVP. Please keep in mind that this event is limited to 11th grade students and their parents/guardians only. Please RSVP to this event through a link on the school website (jchs.jc-schools.net) or by calling (865) 397-7382. The deadline to RSVP is March 2. Please contact the JCHS Counseling Department at (865) 397-7382 with any questions.

LOOKING BACK

New school records

These five former Patriots took part in establishing new school records in the boys medley relay and the free relay in February of 1985 in the State Swimming championships at UT. Pictured from left are Rob Ellis, Darrell Lanning, Russ Quarles, Sean White and John Harrell.



FILE PHOTO | THE STANDARD BANNER

FIVE YEARS AGO

Dandridge businessman Bob Jarnagin was named "Jefferson County of the Year" during the annual meeting of the Jefferson County Chamber of Commerce. Jarnagin was cited for his work as county historian, as well as his involvement

in many civic, church and community groups that have enriched the lives of others.

TEN YEARS AGO

In a visit to Dandridge, U.S. Congressman Zach Wamp said he was working hard to help obtain infra-

structure grants for projects in Jefferson City and Dandridge.

Wamp said the State and Tribal Assistance Grants would help Jefferson City with a \$7 million water plant expansion, and Dandridge with a sewer plant expansion.

You rang?

A few years ago, there was a big push to get everyone on the National Do Not Call Registry for your home telephone. After wives, senior citizens and anybody else who just wasn't looking for a phone call to come to their house because they were lonely had signed up, the evening local call volume decreased. It was a pleasant time for those of us who really didn't care to buy light bulbs by the case or to cruise the ocean with soap opera stars. The phone receivers of America laid dormant for the betterment of man and womankind.

But as part of the Worldwide Web, our phone numbers have also become a part of other cultures who don't respect the "Do Not Call" system, along with those who use telemarketing in ways that are not fair and seek out those unsuspecting individuals as their prey. Being one who has become older, I am also being sought by these telemarketing phone number seeking highwaymen and it is becoming an exercise that causes one to look for ways to challenge their activities.

Over a day's time, my home phone will receive as many as ten calls asking me to buy something, check my computer, change my bankcard or let them send me my brand new one button alert system ordered free for me by a friend. With most of the calls I have problems understanding the caller's language due to the fact they don't speak Tennessee and I don't understand half sentences. I know my name is not that easy to begin with, but when you are trying to sell a person something wouldn't you think you would attempt to avoid insulting him by calling him a name that sounds like a disease or something else?

I have also wondered if a friend had reserved me one of those special alert systems that calls someone when I fall in the tub, would they not have let me know they were going to do so? Maybe my friends are not tub buddies, but I'm pretty sure they would have said something, even if it was a joke. First of all, it's not that simple to get one of those devices on one of us old dudes in the first place. It's more like roping a steer that didn't want

to be a steer, because I tried to do it for my mother and it wasn't easy.

The calls I get about lowering the interest on my credit card must number in the hundreds. The interesting thing is I don't use a credit card with interest and recognize the call as soon as the little lady begins to talk.

Many of these calls have started to become a game to me. The ones that pertain to my computer sending out signals around the world that this little guy wants to fix for me, and he can't say the word "computer" in the first place, has been sort of fun. He relates the problem to a PC and I own a Mac. When I start questioning him, he loses interest real fast.

One afternoon, I got a call about my free burglar alarm system that someone was going to give me. Before I could say anything, this young lady began asking me some personal questions about my home, family and things she really didn't need to know. If any of you have ever watched the cartoon Foghorn Leghorn and know his girlfriend Prissy, I changed my voice to Prissy and became a sweet little lady giving her answers that caused her to think she had sold a system that she could retire on. I had more fun that day than Foghorn would have had with the chicken hawk.

You can still place your phone numbers on the National Do Not Call Registry by going to www.donotcall.gov. To register by telephone, consumers may call 1-888-382-1222. It's still a good idea to do so and there are a lot of calls it does stop. But, for those who try to get around the system, just use the Foghorn strategy and enjoy the game. It's fun when the telemarketers are the ones being had!

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Pettus Read

Happiness is found in serving others

"No one has learned the meaning of life until he has surrendered his ego to the service of his fellow men."

~ Brian Wolfe

When we enter this world, our ego (sense of self-importance) is very strong and extremely important to our survival. We tend to see only ourselves as important, and we are almost totally unaware of the existence or needs of others.

But as we mature, we gradually become aware of the needs of others, and the luckiest of us feel a calling to help our fellow men. Most of us do mature out of the extreme selfishness with which we were born and learn to help others. However, some people never grow up emotionally. They continue to lavish so much self-love on themselves that they have no love available for anyone else. Such people are called narcissists.

Most of us are neither totally selfish nor totally unselfish. It is only natural to care about ourselves, and there is nothing wrong with doing so as long as we do not do so to the total exclusion of others. Well-adjusted individuals care about themselves as well as others. We must love ourselves and take care of our needs in order to be able to love and care for others. But nobody has ever found happiness through seeking only to gratify himself or herself.

Albert Schweitzer wrote, "The only ones among you who will be really happy are those who will have sought and found how to serve." Schweitzer, a man who dedicated his life to helping others, is a

shining example of a person who gave up much in order to help the disadvantaged. By the age of 30, Albert Schweitzer had earned an international reputation as a writer on theology, as an organist and an

CONTEMPLATING LIFE



Allen W. Smith

authority on organ building, and as an authority on the life of Johann Sebastian Bach. He could have had an extraordinary career in any of these fields, but he chose to enroll in medical school to prepare himself for service as a medical missionary to Africa. In 1952, Schweitzer won the Nobel Peace Prize for his many years of humanitarian service. He used the \$33,000 award that came with the prize to expand his hospital and establish a leper colony.

The extraordinary life of Albert Schweitzer has inspired many people to serve mankind. These people have done much good in the world, and they have found happiness in the process. Yet, there are some who are so selfish that they won't do anything to help others unless there is something in it for them. Why is it that various human beings can be so extremely different in their capacity and desire to serve others?

Think about it.

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The STANDARD BANNER



© 2015, Jefferson County Standard Publishing Co., Inc.

Published every Tuesday and Thursday at 122 W. Old Andrew Johnson Highway, Jefferson City, TN 37760, Phone 865/475-2081.

Entered as Periodicals Postage Paid at the Post Office, Jefferson City, Tennessee (USPS 273-760).

Dale Gentry, Publisher/Managing Editor

Subscription rates: \$31 per year in Jefferson County; \$46 in other Tennessee counties; \$52 out-of-state; \$31 on-line only.

Postmaster: Send address changes to Standard Banner, P.O. Box 310, Jefferson City, TN 37760-0310.

