

MAY / JUNE 2015

CITYVIEW

• THE • **FOOD** ISSUE

TOP CHEFS 2015 RECAP:

- THE WINNERS!
- THE FOOD!
- THE PEOPLE!

VINEYARDS & WINERIES

THE NEWEST RESTAURANTS

A SMOKIES SMORGASBORD



A
CONVERSATION
WITH

JENNA WATERS

KNOXVILLE'S DULCET
DARLING OF A DIETICIAN

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DISPLAY UNTIL JUNE 30, 2015



Robertson
Overbey



Supporting Community, Building Trust



Felicia F. Coalson—
a welcome addition
to our firm.

Extensive
background in
the practice of
real estate, estate
planning, and
bankruptcy law.
Previous Assistant
City Attorney to the
City of Memphis.

When Robertson Overbey was founded, it was important to its founders that the firm play a supporting role in the community outside of the courtroom. Since 1982, the attorneys and staff have been devoted neighbors to many causes and individuals throughout the Knoxville community.

The attorneys have presented programs on the importance of having wills, powers of attorney, and medical care directives to various groups in the community. Additionally, by participating in such programs as Wills for Heroes, our

attorneys have provided law enforcement, fire fighters, and their spouses free estate planning services, such as drafting wills, living wills, and powers of attorney, to help them rest at ease knowing their legal affairs are in order.

30
YEARS OF EXPERIENCE

While many residents and organizations are able to consult their attorney for routine legal matters, there are still many who do not have that option. At periodic Saturday Bar clinics, our attorneys have provided residents free routine legal advice on a variety of matters. By working with local nonprofits, they have **aided in the preparation of charters, by-laws, policies and procedures, and other administrative functions** to help keep nonprofits moving toward their missions.

Our attorneys sit on **volunteer boards for educational institutes and religious organizations**, where they are able to offer legal insight on a variety of issues. They are also active in jail ministries and substance abuse rehabilitation programs, and volunteering as teachers, counselors and support workers.

Managing Partner Doug Overbey has served on the boards of A Secret Safe Place for Newborns of Tennessee and the Jeff Roth Cycling Foundation, and is an active member of the Maryville Kiwanis, United Way of Blount County, and Blount County Children's Advocacy Center. Partner John Owings



volunteers with Habitat for Humanity and delivers meals each week to the infirmed and elderly through the Meals on Wheels program. Partner Shelly Wilson previously served on the Knoxville Bar Association's Pro Bono Advisory Board and currently serves on the board for Operation Inasmuch, a Christian nonprofit charitable missions organization. She also volunteers her time with Remote Area Medical.

In 2011, Legal Aid of East Tennessee—an organization providing a broad range of civil legal assistance and advocacy for elderly, abused, and low-income residents—**recognized Robertson Overbey as Pro Bono Law Firm of the Year for its service work in the community**. It is with great pride that Robertson Overbey stays active in our communities. Whether offering pro bono legal services or simply volunteering time with church communities, civic organizations, or mobile meal programs, Robertson Overbey is always here to serve the residents of East Tennessee throughout their times of need.



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RobertsonOverbey.com

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Music for Your Ears

Nothing beats having a great whole house audio system. The problem up to this point has been the complexity of wiring and speaker installation.

Now with the advent of Sonos' superior rock solid wireless connectivity we can install a whole house system in a matter of a few hours without having to pull wiring. The system is infinitely expandable and can be used for everything from a patio party to a high end home theater.

HIFI SOUND AND ROCK-SOLID WIRELESS.

Experience your favorite music from the only wireless music system that combines warm, full-bodied sound with a powerful wireless network 100 percent devoted to streaming HiFi sound.

STREAM ALL THE MUSIC ON EARTH.

A single app lets you play your entire music library, stream all of your favorite Music Services and tune in to more than 100,000 Internet Radio stations and podcasts. Play the same song in every room, in perfect sync – or play different music in every room – from any source.

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Control your favorite music sources and listening experience with a free app for iOS, Android, Mac or PC. And since it is a modular system, you can easily add music to more rooms with the simple press of two buttons.

Whether we are keeping you safe or making your home more enjoyable
we are committed to your satisfaction.

–Jeremy Scurlock, President



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Asen marketing is

Serving up a new look for an iconic brand

Since 1977, Cappuccino's has been a West Knoxville landmark, known for authentic Italian-style cooking. For the past few years, it has become overshadowed by its sibling restaurants of the Copper Cellar family: **Copper Cellar, Calhoun's and Smoky Mountain Brewery**. The time has now come for Cappuccino's to shine again.

New head chef, Frank Aloise, introduced a new menu of authentic Italian offerings served in a completely redesigned interior. To make the brand as new and exciting as the dining experience they're offering, Copper Cellar Corporation turned to Asen Marketing to reposition Cappuccino's on Knoxville's menu of restaurant selections.

Over the years, Asen has built strong marketing for their other restaurant brands from food photography, billboards and advertising to social media, training tools, in-store promotions and events. When it was Cappuccino's turn, it was natural for Copper Cellar Corporation to extend those rebranding efforts through Asen.

Asen and the Cappuccino's team brought in professional photography and created imagery to show the warmth, flavor and dining atmosphere. The food looks as good as it tastes, showing the fresh, local ingredients in dishes that are inspired by the chef's Italian-Sicilian heritage. The restaurant's logo was updated from its dated 1970's image, keeping the name that Knoxville knows and loves with a clean, modern feel.

Cappuccino's is announcing its new dining experience through magazine ads, billboards, a new website and social media presence.

The end result?
Come and taste it for yourself.





Cappuccino's

"We needed
great visual marketing,
and that's what
asen
delivered!"

~ Kelsey Chase, Marketing Director

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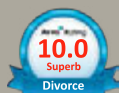
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Custom Home Design & Building Guide



Whether you are considering your first, next, or last home, consider custom building. Custom building provides you the best opportunity to get the house you want and need at your desired budget.

WHY CONSIDER CUSTOM?

Everything you want

Custom means you have a hand in every aspect of your soon-to-be dream living space. You express your budget, desires, hobbies, and lifestyle and work with an experienced company to design what you want, what you need, at a budget you have developed and approved. Guided by leadership and experience, you will help design your home, choose the vendors, and be involved and escorted through the entire building process.

Quality Construction

Choosing custom can often mean the difference between living in a quality built home versus existing in a quickly built one. Stock-built homes are often built hastily and in high volume, leaving little time to monitor the quality of their construction. When you choose custom, you choose quality control. You choose to be involved throughout the construction process. You may select everything from the countertop material to the type of insulation.

Value at every step

When you choose a custom home, you are at the advantage.

Careful planning can connect you with a company that will both design and build your home, where design fees are included within the contractor fee.

Upon completion, the value of your custom-built home can often be worth more than the money you have invested.



ABOUT—When it is time to choose a custom homebuilder, consider that Noble Knights Construction Services, Inc. is a leader in custom home design and building. Established in 2004 and led by a team with degrees in architecture and engineering, Noble Knights provides clients with stress free design and home construction expertise not found elsewhere.

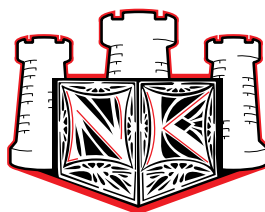


Your home should be the place you feel most comfortable, the place you feel most at ease, and the place you feel best represents you and your family. By focusing on the aspects you want in a home and listening to your custom homebuilder's suggestions on the aspects you may need, your custom home will be everything you envisioned and more. Further, you will be forever happy that you had a front

row seat to its creation, construction, and completion.

Contact the experts at Noble Knights, where engineering expertise and architectural-based design combine to create unique, loved homes. Take the first step at combining those thoughts, hopes, and visions. Call today to learn how to transform your dreams into reality.

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Harriman, TN 37748
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1 Consider Custom

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3 Choosing your Design

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4 The Upfront Estimate

There's no smoke and mirrors. Our estimate process is both reliable and accurate.

5 Communication Made Simple

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6 Understanding the Process

You and your builder will go through every step together, assuring you are at ease and elated with the final result.



Kids Are Active, But They Do Rest!

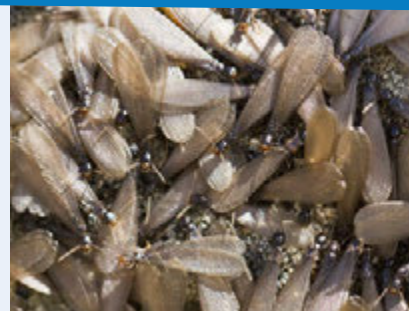
TERMITES DON'T...They Eat 24/7!



Termites are also called “silent destroyers” because they can be chewing through wood, flooring, and even walls undetected! Residing in large colonies, they can cause serious structural damage to a home in a fairly short period of time. As our weather gets warmer, you will start seeing swarms of termites as they seek new structures to invade and feast upon! If you spot something

inside your home that looks like a winged or flying ant, don't dismiss it, for you may have a termite problem.

A termite colony can often harbor up to two million members, and they build distinctive “mud tubes” to gain access to food sources and protect themselves from open air. They are very sneaky, for they hide in unexpected places while doing their damage. Dayton's professionals know exactly what to look for in detecting termites, and they will recommend which specific treatment option is best to protect your property.



SIGNS OF TERMITE INFESTATIONS

- **Swarming termites inside your home**
- **Piles of discarded wings**
- **Mud shelter tubes on the home's structure**
- **Damaged wood baseboards, window trim, or sheetrock**
- **Soft wood in the home that feels spongy or soft when tapped**

**The optimum way to keep all pests
out of your home all year long is to use
Dayton's Quarterly Perimeter Pest Control.
It's Affordable...It's Convenient...and It Works!**



ANTS: No more ants marching in a long line through our kitchen. Dayton's found the source of the ants and took care of them the right way. We now use Dayton's quarterly perimeter pest control, so we can keep any kind of bug from infesting our home.



MOSQUITOES: No more getting bitten while out in our yard. Dayton's Mosquito Control Management Program eliminated the existing mosquitoes plus took care of their breeding areas. Even though our neighbors still have mosquitoes, we don't and that's something to be happy about!



LADYBUGS: August and September are the times to have a preventative ladybug treatment done as a pro-active measure to keep them from coming to your home in the fall and hibernating indoors until spring. They can leave a mess, staining your furniture and curtains with their secretions.

WHY YOU CAN TRUST DAYTON'S: As a locally owned and managed company, each staff member takes great pride in delivering an exceptional level of service. From scheduling to the tech coming out to your home to guaranteeing results, customers are our #1 priority!

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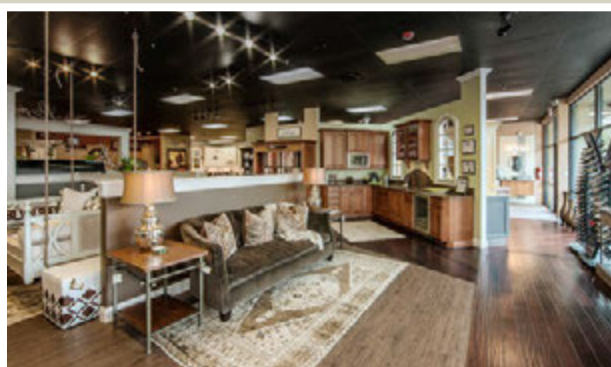
Limit of 1 offer per new customer.

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The One-Stop Shop for All Your Home Design Needs



BUILDING A HOME but not sure where to start? Thinking about sprucing up your current living space? Look no further than 8719 Kingston Pike, where HomeChoice Windows & Doors, Standard Kitchen & Bath, and BTI Designs will help you create the home of your dreams.

With three unique showrooms nestled side-by-side, you can take care of several of your design needs and see a coherent picture of your redesigned living space—all while being helped by some of the most experienced professionals in the area.

This home decorating triumvirate is sure to meet your home design needs with precision, care, and superior customer service.

BTI Designs

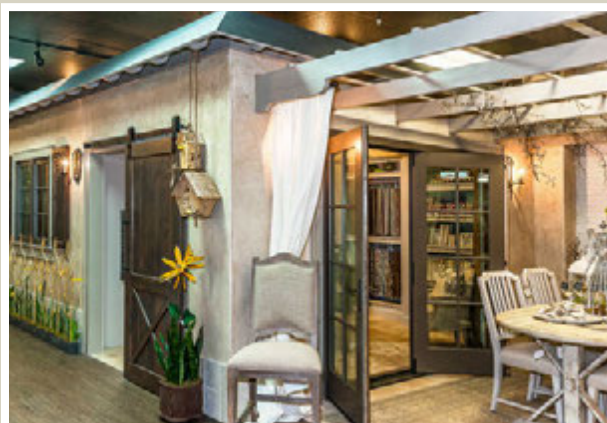
Betsy Turner Interior Designs and The Gilded Nest moved into 8719 Kingston Pike in early 2015, making it the most recent addition to the location. BTI Designs is a full-service design company that serves both commercial and residential clients. It offers complete, comprehensive design services, covering everything from draperies to paint to custom millwork. It offers hourly consultations for new construction planning, space planning, product specification, and procurement services. The showroom, dubbed The Gilded Nest, is where your visions will come together.

Owner Betsy Turner Graziano is a state-licensed interior designer who has more than 25 years of design experience. When the opportunity arose to share a building with HomeChoice and SK&B, she jumped onboard knowing she could give clients a complete view of their future living space.

BTI Designs sells furnishings and orders custom furnishings, so you can be sure every part of the space will reflect your style and personality. The staff at BTI includes a draftsman to create computer-aided floor plans, ensuring the design process is thorough and error-free.

Fly to The Gilded Nest, “Gracious Goods to Feather Your Nest,” for all your design needs.

865-357-7007; www.BTIdesigns.com



Standard Kitchen & Bath

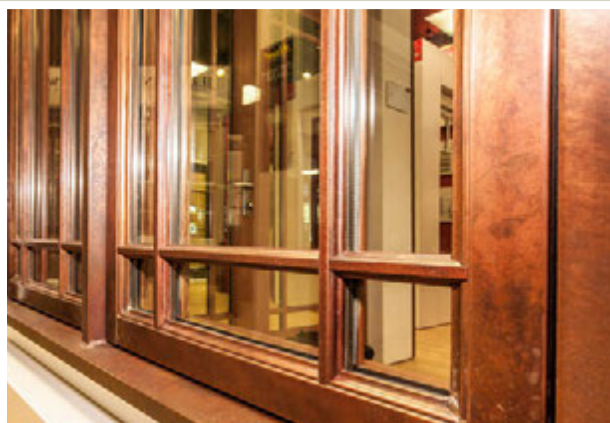
Standard Kitchen & Bath is a family-owned, local business that has served East Tennessee since 1956. It has set the standard of excellence in kitchen and bath design and remodeling services, bringing quality and experience to each project it undertakes.

Owner Larry Fendley is a Knoxville native who has worked in the industry for 33 years. Larry and his team—with more than 75 years of combined experience—will build a relationship with you. They will find out your personal style, educate you on the industry, and offer follow-up care. Houzz, a home remodeling and design community, rated SK&B at the highest level for client satisfaction in 2015.

In addition to its superior customer service, SK&B has one of the most detailed showrooms in Knoxville, showcasing award-winning displays and a variety of full-size room vignettes. Whereas similar businesses make you view components of a redesign separately, you can visualize your complete bath renovation or kitchen remodeling project in a home atmosphere at SK&B.

SK&B, which is approaching 60 years in the industry, is committed to creating a beautiful and functional space for your home that reflects your personality and lifestyle.

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HomeChoice

HomeChoice has the choices you need for building a beautiful home. Whether you are building a new home or replacing old windows and doors, HomeChoice's dedicated and highly experienced window and door professionals offer a total, customizable home package for all of your needs. In-house expert sales people, installers, designers, and service specialists can create the best—and most attractive—window and door solution for your home.

As the first business in the area to provide customers with a variety of window and door brands, HomeChoice has established relationships with the companies it provides to customers. It represents more than a dozen of the top manufacturers of windows and doors in North America. Its professionals have the skills and expertise to guide customers to the perfect manufacturer and product that will meet their specific needs.

In addition to homeowners that want the highest quality, HomeChoice's builder and architect clients are considered some of the best in the region. Attracting and keeping those relationships reflects the knowledge and culture of its team. HomeChoice strives to "do the right thing" every time.

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ERRATUM: Dr. Paul S. Dudrick was incorrectly listed as retired in the Surgery-General section of "Top Docs 2015" [March/April 2015]. Dr. Dudrick is not retired and continues to specialize in general surgery and surgical oncology.



Taking Offenders Off the Streets

Beginning January 2015, the Knox County District Attorney's Office was restructured to include the following specialized units:

- **Domestic Violence**
- **Elder/White Collar Abuse**
- **Child Abuse**
- **Career Criminal & Gang**
- **Major Crimes**
- **Felony Drug**
- **DUI**

In this series, the DA's Office highlights the new and revitalized units and the role they play in seeking justice for Knox County citizens.

Charme Allen began her new position as Knox County DA with a dedication to being tough on crime and smart on prevention. With the creation of a new specialized unit and the revitalization of three existing ones, Allen and her team work hard to keep the general public safe.

Career Criminal and Gang – A new unit created in response to local and national crime trends that deals with gang members or any person with two or more prior felony convictions.

Major Crimes – A revitalized unit that deals with all Class A felonies and more serious Class B felonies, including homicide, rape, and aggravated robbery, among others.

Felony Drug – A recharged unit that handles all major felony drug crimes ranging from drug conspiracy cases to low-level possession felonies.

DUI – An existing unit that prosecutes all levels of driving under the influence, vehicular assault, and vehicular homicide where drugs or alcohol are an issue.



"These are the units that protect the general public," says Allen. Whereas domestic, elder, and child abuse victims often know their abuser, the victims of career criminal/gangs, major crimes, felony drug, and DUI cases are often the subject of random criminal activity and violence that affect the community as a whole. Every prosecutor in these units has extensive training in the particulars and nuances of the rapidly changing laws they use for prosecution. They are equipped with the expertise needed to utilize legal tools such as wire-tapping, search warrants, DUI lab analysis, field sobriety testing, and accident reconstruction.

These prosecutors may be working on a gang-related case where the victim is deceased and the prosecutor is tasked with piecing the puzzle together to present a clear case at trial. Their case may involve a drug conspiracy investigation that lasts for months, but ultimately results in the prosecution and conviction of 18 co-defendants. They may also be taking action to keep a repeat offender off the road. However, regardless of the type of case, the prosecutors in the DA's Office are ready. "My team members in these units work hard every day to keep our community safe," says Allen. "It's about responding to what we see going on and protecting the public at large from growing trends in crime."



Knox County District Attorney Charme Allen brings with her more than 25 years of experience in the District Attorney's Office to her role as District Attorney.

CITYVIEW Features



92 Top Chefs 2015

Ten of Knoxville's greatest chefs went oven-to-oven, pan-to-pan, and plate-to-plate at *Cityview's* 8th annual Top Chefs event—but only one entrée and one dessert can take home Top Prize! Check out the chefs and the mouthwatering dishes they prepared.



82 A Soldier Once...And Always

By PHIL NEWMAN :: Veteran Freddie Owens reflects on his past military career and his current journey to help others heal.

60 Every Structure Tells a Story: Knox Heritage and the Value of Place

By MARK SPURLOCK :: Knox Heritage illuminates local history through its preservation of area buildings.

66 New Restaurants in the Smokies

By KATY KOONTZ :: Sevier County spices up the food scene with new local restaurants and familiar franchises.

72 From Farm to Table: An East Tennessee Awakening

By OANA HARRISON :: No reason not to eat farm-fresh food—the choices in East Tennessee are boundless!



78 Transformation Knoxville, Part One: The Journey Begins

By NATHAN SPARKS :: *Cityview* Publisher Nathan Sparks and WBIR reporter Becca Habegger embark on quests to improve their fitness and health.

86 New Knoxville Restaurants in Bloom

By HANNA LUSTIG AND ALEXANDRIA RODRIGUEZ :: New eateries are blossoming around town. Check out the latest openings.

114 The Wine Is Fine in East Tennessee

By WHITNEY HEINS :: Area wineries and vineyards offer a look at East Tennessee through a wine glass.

122 Technology in the Kitchen Takes the Cake

By CATHERINE NORRIS :: New kitchen gadgets make cooking as easy as pie.

129 The Unbroken Circle

By MARK SPURLOCK :: Local adaptive sports programs and competitions give many people in the community a chance to get their game on.



145 Fifty States of Gray: Living Longer—and Larger—in an Older America

By MARK SPURLOCK :: A large portion of America's population is living longer—and the landscape for retirement and elder care is changing.

THERE'S A STORY BEHIND EVERY KUBOTA.



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Remarks and observations from *Cityview* Publisher **Nathan Sparks**.

30 Around Town

Lucas Richman reflects on his career as he leaves the Knoxville Symphony Orchestra after serving 12 years as music director.



ON THE COVER

42 Conversations: Jenna Waters

Angelique Medow chats with Jenna Waters, registered dietitian and entrepreneur, about seeking wellness one meal at a time.

32 Social Calendar

Several notable musicians, including multi-genre star **Sheryl Crow**, roll into town—in addition to radio host **Ira Glass** and a beer festival.

34 The Seen

Spring kicked off with several events to benefit local organizations. Were you spotted putting the “fun” in “fundraiser”?

- **Knoxville Opera Guild’s Gypsies, Tramps & Thieves**
- **Friends of Literacy Bachelor Auction**
- **Star 102.1’s Dancing with the Knoxville Stars**
- **Second Harvest’s Gals & Glamour**

44 In the Zone: A New Era for Track and Field

Beth Alford-Sullivan, UT Director of Track and Field and Cross Country, considers the past, present, and future of the program.

46 Local Politics: Ain’t No Sunshine

George Korda reviews the Tennessee Open Meetings Act—otherwise known as the Sunshine Law.

48 The Knoxonomist

No half-baked idea here: The Knoxonomist prepares for his own cooking show.

50 Tennessee Uncharted

The *Tennessee Uncharted* team explores how outdoor traditions travel through generations.

52 Dining Out: Knox Mason

Combining informality and sophistication, Knox Mason offers an unpretentious and innovative menu.

176 Arts in the Back: Ryan Blair

Ryan Blair uses discarded objects to make bluegrass and Americana-themed creations.

This month’s cover photo would not have been possible without the hair and makeup expertise of **Jamie Walker** and **Wendy Thorne** from Bangs and Blush, the great location provided by **Dixie Kitchen**, and—of course—the cooperation of dietician **Jenna Waters**, whose advice and recipes can be found at jennawaters.com.



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(while supplies last)



Janet Breeding, PA-C

Janet joined the Skin Wellness Center as a board-certified physician assistant in 2005. A Knoxville native, Janet is a graduate of the University of Tennessee and the South University physician assistant program. Her specialty is aesthetic dermatology, particularly sclerotherapy and injectables such as Botox® and Restylane.®

"Our care for you is more than skin deep"

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Use Your Imagination...



“Neighbors and friends never fail to compliment us on our paver driveway and entry and the way it changed the character of our home. Derek’s exceptional engineering and project management skills contributed significantly to the beauty of the design with his suggested changes and additions. The Four Seasons team are meticulous craftsmen, who take great pride in their work. Bob and I are so happy we chose Four Seasons Hardscapes for our paver project.”

—Deann J. Lloyd, Homeowner



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CITYVIEW
guides
May/June 2015

Dining Guide



54 The Top Chefs competition has cooled down for the year, but the participants are always turning up the heat in their restaurants. Whether you have a palate for prime rib, a taste for tofu, or a desire for desserts, the competitors' home turf menus are sure to delight.



Community Guide

162 **Estate Planning and Divorce**
BY DAVID VALONE :: Estate plan revisions during a divorce ensure the decedent's wishes will be carried out as intended.

164 **Mucking Around With Workers' Compensation**
BY BRUCE FOX :: Tennessee legislators are revisiting last year's changes to workers' compensation laws, but the result may further strip employees' rights.



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From the Editor

Did you enjoy the tasty treats offered by the top chefs in Knoxville?

This year's Top Chefs event may have been the best ever: The Lighthouse shone, the crowd charmed—and the food was ambitious, flavorful, and always delicious.

Knoxville's culinary masters were out and about on March 28—and the entire menu, including prime rib, sea bass, pork shank, tuna confit, and more, was unceasingly appealing. Winners, though, were indeed crowned: Crown & Goose chef Jeffrey DeAlejandro's crispy potato-wrapped quail was a dazzling and worthy winner of Top Entrée; Mark Davis's Connors Steak and Seafood dessert entry—white chocolate cranberry bread pudding with bourbon caramel sauce—was a little slice of heaven and also a deserving winner. [For a full recap, see "Top Chefs 2015," beginning on page 92.]

Thank you to everyone who helped make Top Chefs one of the premier "must-do" events in Knoxville.

See you at the table next year!



Steven Friedlander
Editor-in-chief



The editor-in-chief with Rhea Richardson, vice president, sales & marketing, *Cityview*



Katy Koontz, *Cityview* senior writer; Colby McLemore, *Cityview* senior photographer, with the editor-in-chief



Brooks Clark and Karen Clark, *Cityview* senior writers, with the editor-in-chief



The editor-in-chief with Angelique Medow, *Cityview* senior writer; Sara Griscom, proprietor of Gypsy Hands [see "Conversations," January-February 2015]; and Nathan Sparks, *Cityview* publisher



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From the Publisher

I recently had the opportunity to visit with members of the Maori—indigenous people of New Zealand—who were here in Knoxville at Gypsy Hands Healing Arts Center to conduct a seminar on deep tissue body work and intuitive healing.

As we chatted over lunch, Atarangi Muru, the elder of the group, inquired about my profession, asking if I was passionate about the work I do. I described my world of publishing and expressed to her what an unbelievable opportunity it is to be able to tell the stories of the people of East Tennessee.

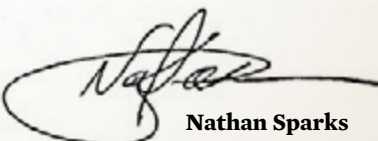
After asking about *her* work and travels, she shared a story worth retelling. She told me how honored she felt to help people shed their negativity and find joy through body work. However, she also spoke of a time when she yearned for her home and time spent focusing on herself instead of others. To her astonishment, she was met with silence from the elders

in the tribe when they heard of her desire. When her Auntie finally spoke with her about her decision, she told her, “You are so arrogant! How can you possibly stay home when you have so much knowledge you can share?” The arrow had hit its mark, and Muru and her team were soon back on the road helping others regain peace in their lives.

Listening to Muru’s story was an eye-opening experience for me. It made me realize the responsibility each of us has to teach our children and peers. It also made me realize how much I still have to learn from my own parents and elders, knowledge that often can’t be found on a smartphone or tablet. We need to share our experiences in ways that will create lasting memories. Most of what I know has come from my interactions with others—and not from the computer screen. While the internet is undeniably a brilliant tool, understanding how other people have dealt with situations—good and bad—provides knowledge that you likely won’t find on a webpage.

As a democratic society, our success as a nation is based partly upon an educated populace. For example, educated and thoughtful individuals often protest when they feel a situation merits public outcry—but only the foolish believe that actions such as looting and destruction of property are an effective outlet to foster change.

I believe we all need to focus more on education—and understanding how the Constitution works. I urge you to take time to share the knowledge you have with others—and to attempt each day to seek wisdom from those around you.



Nathan Sparks
Publisher



The publisher with The Maori Healers: Bill Mundy, Atarangi Muru, Terence Muru, Manu Korewha



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»»»»»»»»»»ALEXANDRIA RODRIGUEZ

DRAWING INSPIRATION from her mother—a social worker and freelance magazine writer—and her grandmother—a former church pianist—Greeneville native Alexandria Rodriguez cultivated a love for the creative arts early in life. While focused on a 13-year career in classical piano, she consistently wrote nonfiction, short stories, and poetry covering romantic and familial relationships, black culture, and music trends. With a Bachelor of Arts in music from Maryville College, Rodriguez combines her music and writing passions daily as she pursues her master's in journalism at the University of Tennessee. She looks forward to a career in publishing and music journalism.

»»»»»»»»»»»»»»»»HANNA LUSTIG

A Memphis transplant, Hanna Lustig spent much of her youth writing short stories, reading female detective novels, and chatting with anyone who would give her time. It wasn't until she entered the University of Tennessee that she discovered the perfect outlet for her verbosity: journalism. Torn between her literary leanings and her burgeoning passion for reporting, Lustig bypassed conventional majors in favor of creating her own through UT's College Scholars Program. She studies publishing and serves as the managing editor of *The Daily Beacon*, UT's editorially independent student newspaper. Upon graduation, Lustig hopes to secure a position as a magazine writer or editor.



Photography by Bryan Starmer

Ask Dr. Bailey:

INTRAORAL Scanning

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Intraoral scanning technology creates an exact replica of a patient's teeth by taking millions of small pictures and weaving them together.

No matter if you need a crown, bridge, night guard, veneer or retainer, these Intraoral scans replace the messy and often uncomfortable process of creating dental impressions. Here, Dr. Bailey answers some common questions.

What exactly is Intraoral scanning?

It's a digital impression system that consists of a computer and a lightweight, handheld wand that captures high-resolution images of your teeth. It replaces the traditional method where a putty-like material was used to make the impression. Intraoral scanning provides a way to get a better, more exact result without having to use messy impression material.

Is it uncomfortable?

No, not at all. It replaces those old putty-filled trays. The wand we use is about the size of an electric toothbrush. We hover it over the teeth, tilting it from side to side. It takes millions of tiny pictures of your teeth and knits them together to make a digital model without any discomfort whatsoever.

What are the advantages of Intraoral scanning?

First of all, the accuracy is phenomenal. Being able to capture a three-dimensional image and magnify and examine it from all angles dramatically enhances the fit and comfort of the dental restoration.

Second, it's a far more comfortable process for the patient. Many people have a strong gag reflex. This technology provides a way to take an impression without giving the patient that unpleasant sensation.

Third, the scanned image can be stored forever so a new crown, retainer, mouth guard or whatever the patient needs can be replicated with the push of a button.

How long does scanning take?

The scan is complete in just a few minutes with no messy impressions that often took much longer and were not as accurate.

Can I see the pictures for myself?

You sure can! Most patients really like that they're able to see the scanner in action, plus it helps them better understand the process.



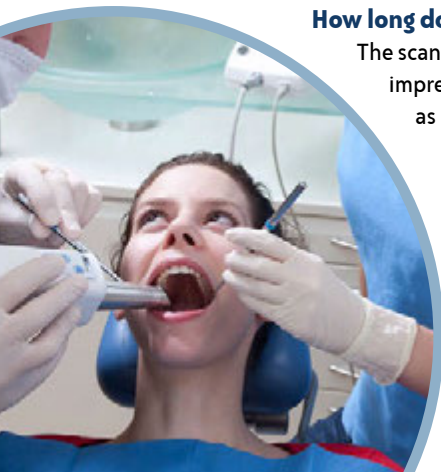
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AROUND TOWN

Lucas Richman's KSO Finale

May 14 & 15, 2015

Tennessee Theatre

Known for his musical expertise and artistic excellence, Lucas Richman has spent the last 12 years as the music director of the Knoxville Symphony Orchestra (KSO). Here, Richman discusses his passion for music and his dedication to and affection for the KSO and the Knoxville community.

Interview by Alexandria Rodriguez

Cityview: What motivated you to pursue music and conducting?

Lucas Richman: Music has always been a big part of my life. My parents were also in the arts—in their case, theater, film, TV—and they were always very supportive of my music. Growing up in Los Angeles, I had a lot of opportunities that I seized at an early age along with some very good role models. When I was very little I was reading the biographies of composers. When I was six, I wrote a letter to Aaron Copland, the composer/conductor. He wrote me back, and it was a source of inspiration all my life.

CV: Do you feel you tell stories with your music?

LR: Absolutely. Music as a medium is very abstract—it's intangible. You can't touch it; you can't taste it. All we can do is help reproduce what the composer—or what we think the composer—originally intended for us to feel and show a true line from the beginning to end that is compelling and makes the listener want to stick with the journey.

CV: What would you like for the next generation of musicians to get out of the music you perform and conduct?

LR: It's important to know where we've been, why music exists, and that it's a necessary vehicle for self-expression. If we didn't have music, if our whole lives were devoid of music, it would be a very sad and gray world.

Life without the arts takes away our humanity, our human expression, and music is an international language that goes beyond diplomatic lines and national borders.

CV: You've conducted concerts that try to make classical music more accessible to the listener. Why is that—and is there one performance that sticks out the most to you as having accomplished this?

LR: I was on tour for 11 weeks when we had music from *Star Wars* in concert. John Williams had asked me to be the conductor for this tour, and it was really remarkable the tens

Interview continued on page 166

DEPARTMENTS



“If we didn’t have music, if our whole lives were devoid of music, it would be a very sad and gray world.”

Richman directed the KSO at last year’s Symphony in the Park to benefit Ijams Nature Center.

SOCIAL CALENDAR

THE SEEN

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IN THE ZONE

LOCAL POLITICS

THE KNOXONOMIST

OUTDOORS

DINING OUT

FUN STUFF YOU WANT
TO DO IN KNOXVILLE

Pick

By Hanna Lustig



A Catchy Comeback

HER BAND BROKE UP,

her father died, and she suffered from insomnia, but indie rock artist **Jenny Lewis** didn't merely mourn these losses—she wrote lyrics about them. Those dark yet optimistic songs now comprise *The Voyager*, Lewis' first solo album in six years, and she is heading to the Bijou Theatre to share her newest work. Tickets are \$25, and the concert kicks off at 8 p.m. www.knoxbijou.com

May 16: It Takes Two

For one night only, two talented acts perform in perfect harmony: Soulful songstress **Suzy Bogguss** teams with **The SteelDrivers**—a five-piece Nashville bluegrass band—for a double dose of country crooning at the Niswonger Performing Arts Center. Tickets are \$30, and the performance begins at 7:30 p.m. www.npacgreeneville.com

May 23: A Little Bit Country

True fans know **Sheryl Crow** is unpredictable. Despite her well-established career as a pop-rock icon, this nine-time Grammy Award winner shocked and awed critics by releasing her debut country album in 2013. Recorded in Nashville, *Feels Like Home* is a musical journey representing a new beginning—and Crow stops at the Tennessee Theatre to share songs new and old. The concert begins at 8 p.m., and tickets start at \$70.50. www.tennesseetheatre.com



May 23: Boys Night Out

Few bands stand the test of time, but 50 years later, **The Oak Ridge Boys** are still filling venues across the country. Rising to fame with hit songs such as “Elvira,” this legendary four-man country troupe has toured far and wide since their early days as a Knoxville gospel quartet. The prodigal sons are returning for two concerts at the Country Tonite Theatre in Pigeon Forge. Shows begin at 3 p.m. and 8 p.m., and tickets start at \$39.95. www.countrytonitepf.com

May 30: Listen Up

Don't touch that dial! Instead, stick around for an evening with **Ira Glass**, host of public radio's *This American Life*. This award-winning program spotlights gripping stories about the people in America. Bringing his work to the stage, Glass will perform a live solo show at the Tennessee Theatre. Tune in for the 8 p.m. show sponsored by WUOT. Tickets start at \$29.50. www.tennesseetheatre.com



June 20: Quite the Brew-ha-ha

Why make do with a sub-par brew? Instead, sip your way through the fourth annual **Knoxville Brewfest** on Depot Street. With a diverse sampling of colors, styles, and flavors from brewers throughout the region, this festival is anything but pint-sized. All proceeds benefit CureDuchenne (muscular dystrophy), so take a break from the bar scene and raise a glass. Gates open at 4 p.m. and tickets are \$40. Cheers! www.knoxvillebrewfest.com

June 27: Birds of a Feather

It's rare to spot a meadowlark at Ijams Nature Center, but in June you might spy something equally unusual: a star-studded lineup of bands rocking out. Held amid 300 acres of protected habitat, **Meadow Lark Music Festival** is a day-long celebration of fresh air, live music, and quality food. Jointly hosted by the Center and WDVX, locals flock to Ijam's open-air stage to hear top local and national Americana artists. Gates open at noon, and tickets are \$25. www.ijams.org

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KNOXVILLE OPERA GUILD'S GYPSIES, TRAMPS & THIEVES

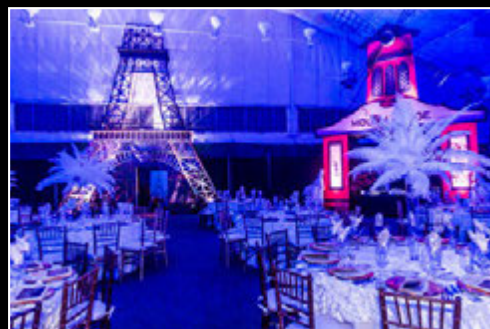
Photography by Lauren Blankenship
www.lauren-blankenship.com

The Knoxville Opera Guild's annual martini party and fundraiser, held on March 7, had an exotic twist this year: Attendees donned their finest boots, baubles, and bangles for a night of gypsy-inspired fun, complete with belly dancers, aerial artists, a mentalist, and fortune telling. Guests danced to the local rhythm of Soulfinger and enjoyed a traveler's feast. Proceeds from the event benefited the Knoxville Opera Guild and arts education in public schools. —C.C.



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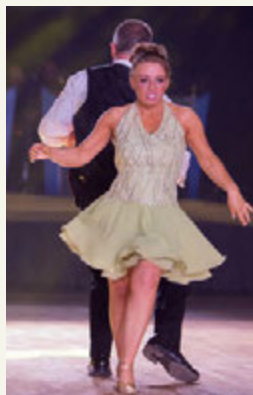
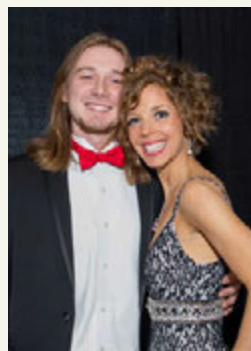
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STAR 102.1'S DANCING WITH THE KNOXVILLE STARS

Photography by
Nathan Sparks & Hobe Brunson

For the seventh year, local celebrities laced up their dancing shoes and teamed with professional dance instructors from Dance Tonight to raise money for East Tennessee's Children's Hospital. Star 102.1's Dancing with the Knoxville Stars, a local version of the popular *Dancing with the Stars* television show competition, took place March 12 at the Grande Event Center. This year's event set a fundraising record at \$143,194. —C.C.



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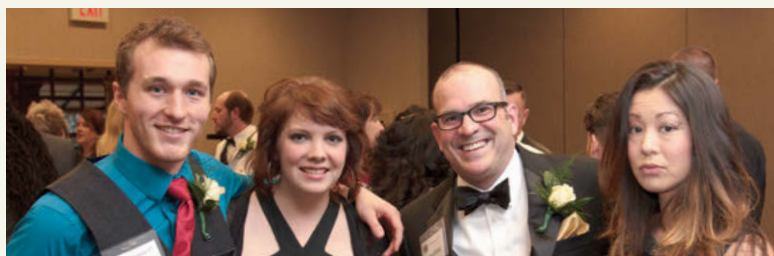


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FRIENDS OF LITERACY BACHELOR AUCTION

Photography by Aaron Ingram

Some of Knoxville's most eligible bachelors were up for grabs at this year's Friends of Literacy Bachelor Auction, held at the Crowne Plaza on March 13. Known collectively as Guys That Give, the group of 22 bachelors auctioned dates to battle against illiteracy in Knox County. The event kicked off with a VIP champagne reception, where guests mingled one-on-one with the Guys That Give before the auction began. This year's event raised \$34,462. —C.C.



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SECOND HARVEST FOOD BANK GALS & GLAMOUR

Photography by Lauren Blankenship

Guests indulged their inner fashionista at Gals & Glamour on the evening of April 16 at the Knoxville Museum of Art. The affair began with food and wine tasting, a silent auction, and shopping, all leading up to "Style Under the Stars," where some of the latest trends took stage. The event benefited Second Harvest Food Bank and its mission to end hunger in East Tennessee. —C.C.



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CONVERSATIONS

WITH ANGELIQUE MEDOW



Jenna Waters

, MS, RD, LDN

Registered dietitian, nutritionist, wife, mother, entrepreneur—and as sweet as her very own home-baked chocolate chip cookies.

Photography by Tyler Oxendine

JENNA WATERS' appearance might suggest that her advice on nutrition and all things healthy might be only for those born with her natural good looks—but be not mistaken. This dulcet darling of a dietician can dish, dole, and dollop guidance on food choices with the best of the best.

Born and raised in upstate New York by her first-generation American family of Italian and Polish heritage, Waters' entrepreneurship was fostered in her family's business in Vestal, which sells commercial doors and hardware to contractors and architects. By the time she was 8 years old, young Jenna was stocking shelves, answering phones, filing paperwork—and preparing lunches for breaktime.

Educated at the University of Tennessee and graduating with a bachelor's degree in nutrition and a master's in nutrition and exercise science, Waters considered becoming a doctor of medicine—until she concluded that *MDs treat the results of illness rather than the cause*. Waters instantly staked her entrepreneurial claim: That *she would treat the cause of wellness*—nutrition and lifestyle.

ANGELIQUE MEDOW: How did you decide that food is the best medicine?

JENNA WATERS: When I was 5 years old, I knew I wanted to help people get well. In being honest with myself, I grew to know that wellness is generated by food and nutrition. From there, my food philosophy was born.

AM: And what is Jenna Waters' food philosophy?

JW: Food is fuel. Our bodies are machines

with heart and soul. The right food—fuel—has the powerful potential to make or break us. We are quick to acknowledge the vital importance of nutrition in the life of an athlete. It's obvious that athletic careers and livelihoods depend on a body's optimal performance. We can apply this same level of importance to our own lives—not because we are preparing for an athletic event, but because we desire to thrive. Nutrition plays a huge role in mental clarity, energy levels, mood, confidence, sex drive, physique, productivity, thoughts, and feelings. Tak-

ing control of our nutrition can literally enhance our businesses, relationships, desire to serve others, and more! My philosophy is that we are not just meant to survive, we were made to *thrive*. And good nutrition is the fuel.

AM: Tell us about your customers. How do you help them thrive?

JW: I get to know them, what foods they like and don't, and why, and their goals. I help them eliminate foods that keep them from their goals and add foods that help them attain their goals. I come into their homes and meet their families and talk about family goals. I make shopping lists and help them organize foods in their kitchen and pantries to fit their nutritional needs. I also write recipes and meal plans and I am partnering with a local, sustainable farm to provide partially prepared meals.

AM: Can you give us some examples?

JW: The coach of the Nashville Predators ice hockey team wanted his players to refine and implement a nutritional program. I worked with each of the players



individually to meet their performance goals and provided an overall implementation plan for the team. With their diligence, we optimized their recovery and performance! Another example: A middle-aged woman wanted to lose weight once and for all, have more energy, and alleviate some health complications. She started a program with me, lost 12 inches in nine weeks, had more energy and mental clarity than she ever remembered, felt relief throughout her body—and had people complimenting her successes continuously. She has a completely new outlook on health. We took time to dig beneath her surface problems with food and address her underlying issues—which has been pivotal in her lasting success.

AM: So is that what it takes to be successful with a nutrition program—diligence and willingness to dig beneath the surface?

JW: Diligence always—and sometimes digging beneath the surface. Other times, people just need to be educated about healthy choices.

AM: What are the underlying food issues that keep us pinned to old habits?

JW: Fear—and fear can be worked through. The point of digging into the underlying food issues is to free us of the fear that can trap and drive us to choose foods and drinks that are unhealthy. Once that's done, we can lovingly choose foods and drinks that are healthy.

AM: When did you start implementing healthy, nutritious choices for yourself?

JW: As a sophomore in college, I started using myself as a guinea pig. It was in the quest to find what was right. There's so much information, it's hard to know what to believe. At first, my goal was to lose weight, not gain health—but that never lasted. Ultimately, the focus and goal needs to be on health, not on weight.

AM: Sounds like your version of health is very proactive. How is that implemented?

JW: Having a proactive and healthy lifestyle means prioritizing food choices, exercise, and everything that supports a healthy way of life. It means spending more money on groceries, workouts, and therapists—and less money on prescriptions and methods to manage our pain.

AM: So you're helping to change our American methodology of, "If it ain't broke, don't fix it?"

JW: Yes! After studying the human body and understanding what it needs to thrive, it is essential that we choose proactive, healthy lifestyles, and choose foods from a healthy source, just as our grandparents did. Buying locally raised, whole foods from an organic, sustainable source is the best nourishment that we can give our bodies. You might ask, "Why?" Grass-fed beef has about four times more omega-3s—which are extremely important in reducing inflammation (the cause of disease), than conventionally raised beef. Local, farm-raised products simply nourish our bodies better. The vitamins and minerals present in these foods are "through the roof" in comparison to conventionally raised products. Fruits and vegetables that ripen in the field contain more nutrients from the soil and sun than conventionally raised, which are picked green and shipped to stores. Food is medicine—and every day we fill prescriptions for our own health. ✕

Angelique Medow was featured on the cover of Cityview's "Entrepreneurial Spirit" issue in 2012 and is a public speaker and writer on topics that support and uplift human potential and willpower.



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By Beth Alford-Sullivan

A New Era for Track and Field

THE BEAUTIFUL NATURE of track and field is that it powers—full steam ahead—around the clock and through each turn of the calendar. From the cross-country season in the fall to the indoor season in the winter, and now to the long-awaited outdoor season just shifting into gear this spring, the University of Tennessee track program has been hard at work to usher in a new era on Rocky Top.

Tennessee is a special place for track and field—a reality I recognized early and often throughout my coaching tenure and long before I arrived in Knoxville. But now I can also testify to this firsthand, thanks to you—our dedicated track and field community—and your generous outpouring of support for our stated mission to bring this program back to national prominence.

Since coming on board last June, under the leadership of Dave Hart, it has been my focus, as well as that of my distinguished coaching staff, to center our retooling efforts on the ideals of past, present, and future.

Tennessee's decorated past in this sport is impossible to overlook. A wealth of national champions, world record holders, and Olympians have emerged from this program, defining who we are, what we stand for, and the expectation of excellence when wearing the Orange and White. I had the pleasure of speaking at the Chuck Rohe Era Reunion this fall, not long after greeting dozens of our local alumni at our introductory Meet and Greet at Tom Black Track. These two instances affirmed my emphasis on honoring our past by ensuring our alumni always have a home in the Tennessee track family.

The present is our earnest focus each and every day in both training and competition. Make no mistake about it: We have the

tools and the tenacity for success here and now. Already this season, Chelsea Blaase became UT's first women's cross-country All-American since 2008 and was our first top-10 finisher at nationals since 1989. On the men's side, Austin Whitelaw qualified for nationals alongside Chelsea, marking the first time since 2005 that Tennessee has sent both a men's and women's representative to the NCAA Cross Country Championships.

Riding that momentum from the fall, we pieced together a strong indoor season during the winter months. We qualified six individuals to the NCAA Championships in March, all of whom brought home All-American honors. In fact, Chelsea Blaase grabbed another first team All-American award after finishing fourth in the women's 5,000 meters. Headlining the weekend was a silver medal for Jake Blankenship in the pole vault as well as first team All-American recognition for sprinter Christian Coleman in the 60-meter dash. Just a freshman, Christian was our first rookie to score in the 60 meters at nationals since Justin Gatlin in 2001. Talk about a bright future!

Speaking of the future: The SEC Outdoor Championships and the NCAA Regionals take place in May; the NCAA Outdoor Championships in June. We hope you will follow the news and get to know the fantastic young men and women working each and every day to build the foundation for this new era of Tennessee Track and Field! ✕

Beth Alford-Sullivan is the director of track and field/cross country at the University of Tennessee.



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By George Korda

Ain't No Sunshine



THE TENNESSEE OPEN Meetings Act (otherwise known as the Sunshine Law), which requires that government operate in the sunshine of public scrutiny, is very much like laws against speeding: Many violate the law, but only a few are caught.

First, by way of explanation, here is how the County Technical Assistance Service (CTAS) explains Tennessee's Sunshine Law:

"In enacting the Tennessee Open Meetings Act, the General Assembly declared it to be 'the public policy of the state that the formation of public policy and decisions is public business and shall not be conducted in secret.' As recognized by the Tennessee Court of Appeals, 'Our Open Meetings Law is perhaps one of the most comprehensive and extensive in the nation. There are no exceptions except those situations which may be in conflict with the constitution.' Ironically, the General Assembly itself is not subject to this law."

Local Knoxville political life and the Sunshine Law are old friends. Knox County commissioners ran loudly afoul of the Sunshine Law at a January 31, 2007, meeting to select new commissioners to fill seats vacated by a state Supreme Court ruling on term limits. The meeting—forever known in Knoxville political lore as "Black Wednesday"—featured multiple recesses for back-in-the-hallway meetings to negotiate votes.

One result was what came to be called the Sunshine Law Trial. Then-Chancellor Daryl Fansler ruled what county commission could and couldn't do in terms of talking to each other, explained to commissioners in an October 5, 2007, letter

from then-Knox County Law Director John Owings:

"The Knox County commission is under an injunction under the Open Meetings Act. Under the Open Meetings Act, two commissioners should not, outside public meetings, discuss, decide, or deliberate matters of public policy or administration." The rest of the letter essentially says that if commissioners see each other on the street they can talk about their health and the weather—and that's about it.

Which brings us to the episode of *Adventures in TV Studioland*, starring Knox County Mayor Tim Burchett and Knoxville Mayor Madeline Rogero, as directed by the Knox County Law Department. The mayors were to be interviewed for the February 8 broadcast of *Tennessee This Week*, which airs Sundays on WATE-TV.

The mayors were invited to discuss the E-911 board, the Open Meetings Act, and various issues stemming from the board's January 21 meeting, when a motion died for lack of a second on the contract for the Knoxville 911 digital communications provider.

The law department said the mayors could be on the show—but not on the set at the same time, in order to avoid a possible Open Meetings Act violation.

Mayor Rogero was interviewed first. When finished, knowing that Mayor Burchett was heading into the studio, she bolted for the exit as if she'd run into an Ebola patient having a coughing fit.

Charles Sterchi III, the Knox County deputy law director who suggested the split-appearance approach, said, "I was concerned since they

would be dealing with pending issues before the board that it might be considered a violation of the Sunshine Law without appropriate notice."

What about two county commissioners, or public board members, being invited to appear at the same time on a television or radio show, or interviewed by a newspaper?

"We'd have to look at it on a case-by-case basis," he said. "It's not something you can put down under just a blanket rule."

It's a mystery why city and county governments don't rebel over the Open Meetings Act, a legislature-passed disclosure law from which the legislature exempts itself. But perhaps it's not so mysterious in that the legislature appropriates funds that go to local governments.

Still, if local governments pushed back, the legislature might have to change the law—or live by the same rules.

Is it a stretch to think that a city or county lawyer might eventually opine that elected or appointed officials can't be interviewed at all on pending items because anything they say in public could be construed as deliberation in that other board members can watch, listen, or read what they say? Perhaps. But it was also a stretch that two mayors couldn't be interviewed at the same time on a TV news set.

When enough speeders get caught either the speed limit is lowered or enforcement is beefed up. That's the future of the Open Meetings Act as well. ✕

George Korda is a longtime news media political analyst and the president of Korda Communications, a public relations and communications consulting firm based in Knoxville.

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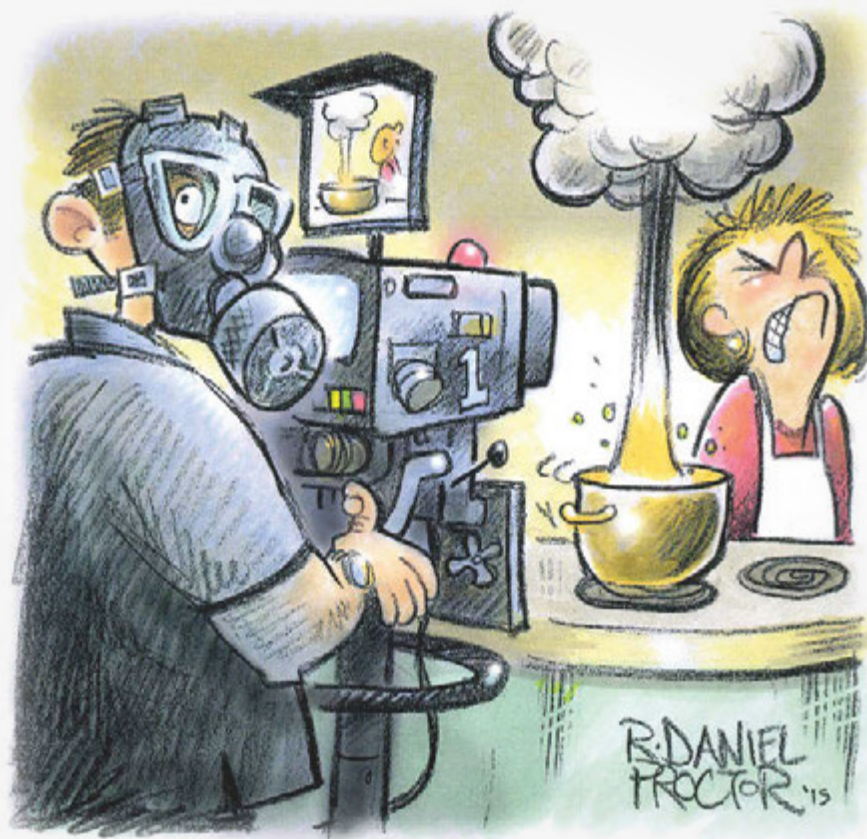


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Dear Knoxonomist,

I was just thinking: Wouldn't it be great if the Knoxonomist had his own food-focused television show? What would it be titled? And what's your cup of tea: Would you cook? Review restaurants? Are you more Graham Kerr or Gael Greene? Guy Fieri or William Grimes? (By the way: We loved the Cityview interview, "On the Restaurant Record," with former New York Times restaurant critic William "Biff" Grimes, in the May/June 2014 Food Issue.) Would you appear on The Chew? Top Chef? Bizarre Foods?

Alfredo Gâteau
— Knoxville



Thank you Alfredo,

The Knoxonomist does appreciate your saucy question—and hopes his answer isn't too cheesy. A true foodie, the Knoxonomist would excel as host of a food-related television program. What type of show? Graham Kerr, you ask? The Knoxonomist definitely does not gallop—but he does love food and the art of food preparation.

The Knoxonomist has often thought of hosting a program that twists the concept of *Worst Cooks in America*. Our title? *We All Love You—Now Please Stop Cooking*. The current crop of "Worst Cooks" shows focus on transforming dreadful hacks into decent cooks. The catch is that these shows often produce a winner—and true gourmands must eat food prepared by a chef whose food tastes as if fabric softener was added to the tuna casserole. "Winner," indeed.

Some chefs offer regionally confused menus. The Knoxonomist might host a show called *Where Did They Grow You?* Anchovies and cheese grits? Foie gras in chili? Or what about a quiz show featuring D-list celebrities and middle-school children? Imagine Mario Lopez up against top-notch grade-school talent! Our title? *Taste Buds Jeopardy*.

There are also the Circus Geek shows, where host and guests eat food that, at first blush, should only be slightly eaten in the event of possible potential starvation. The Knoxonomist would, of course, gladly host the new show called *Gag Reflex*. The Knoxonomist admits that watching some guy eat weasel spleen isn't really a cooking show—but someone has to propose the next Food Network hit.

The Knoxonomist believes food is life. Everyone lives—but

not everyone lives well. Simple food well prepared from quality ingredients is the birthright of all whom are born into this great land of plenty. When an hour of minimum wage buys a one pound steak, cost of food should not be a major impediment to eating well. Cooking a steak until it chews like a boot heel is not a function of dollars—it's a matter of knowledge. So before you incinerate that piece of beef, or break out the fabric softener for your tuna dish, think of yourself and the children. You don't want Little Oliver foregoing "More, please," and instead asking, "Is this Downy?" ✖

The Knoxonomist welcomes your questions—although he will answer only those that interest him. Send your inquiries to TheKnoxonomist@cityviewmag.com, and include your name, address, and daytime phone.

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Tennessee Uncharted: The Tradition of the Outdoors

Story by Rebecca Webster

Photography by Bryan Allen

THE “TRADITION OF THE OUTDOORS”

means something different to everyone. For some, it comes in the form of weekend duck or turkey hunts; for others, the weeklong camping trip to the state park. However, regardless of how outdoor tradition shows its face, its survival relies on being passed—either through story or exploration—to the next generation.

In the Tennessee-focused outdoor show, *Tennessee Uncharted*, produced by Knoxville companies Designsensory and PopFizz in partnership with the Tennessee Wildlife Resources Agency (TWRA), tradition rests at the core of nearly every adventure upon which host and Tennessee musician Erick Baker embarks—the outdoor traditions of his family, the TWRA, and the people the crew meets while filming.

A Season 1 episode takes the crew to Baker's childhood stomping grounds at Reelfoot Lake in West Tennessee—a place he hadn't been in nearly 10 years. The crew stays with Baker's parents while filming, and they listen to his parents tell stories of the bi-weekly fishing trips with the kids, as well as never-before-heard stories of the retrofitted school bus his dad used to stay in while at fishing camp as a kid. Baker later joins his seventh grade science teacher and his cousin on a duck hunt.

“Tradition is generational,” says Joseph Nother, creative director at Designsensory. “You either were exposed as a kid or not, but if you're not getting exposed to that tradition, there's a bit of a knowledge transfer and oral tradition lost.” One of the show's goals, he says, is to “dig in and explore what those traditions are.”

It's just that idea that propels the TWRA to offer hunter education classes, student training weeks, and wildlife restoration programs, many of which are highlighted on the show. “There are a lot of people out there that haven't had a mentor to get them outdoors,” says Don King, information and education chief at the TWRA. However, the show acts as a mentor in its own way, he says, passing down traditions to viewers and encouraging them to explore. ✕

Rebecca Webster is a senior writer for Cityview.

**Tennessee
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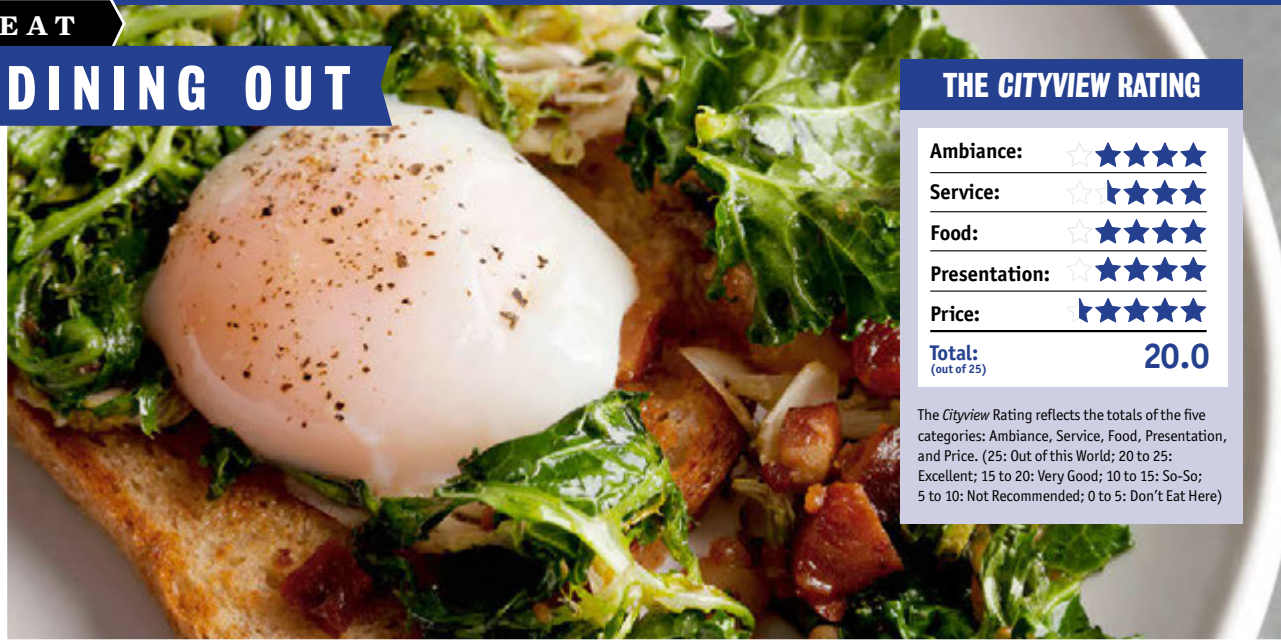
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DINING OUT



THE CITYVIEW RATING

Ambiance:	☆☆☆☆☆
Service:	☆☆☆☆☆
Food:	☆☆☆☆☆
Presentation:	☆☆☆☆☆
Price:	☆☆☆☆☆
Total: (out of 25)	20.0

The Cityview Rating reflects the totals of the five categories: Ambiance, Service, Food, Presentation, and Price. (25: Out of this World; 20 to 25: Excellent; 15 to 20: Very Good; 10 to 15: So-So; 5 to 10: Not Recommended; 0 to 5: Don't Eat Here)

Knox Mason

Downtown meeting place with an unpretentious, innovative menu

CHEF MATT GALLAHER started his own restaurant—Knox Mason—two-and-a-half years ago after four years as a sous chef at Blackberry Farm, four-and-a-half years on the road feeding stars such as Martina McBride and Tim McGraw, and two years as Bill and Crissy Haslam's chef in the Tennessee Governor's mansion.

Knox Mason's setting—a long and narrow storefront on the trendy 100 block of South Gay Street—combines informality with sophistication. Muted lighting from wall lamps with squared-off cloth lampshades accents light blue walls hung with black-and-white photos. The long and inviting bar fills each evening with an eclectic crowd from the downtown arts and business scene, attracted by a beer list ranging from Duck-Rabbit Milk Stout and PBR pounders and an extensive, Algonquin-type cocktail list. A table up front can accommodate larger groups (no reservations are taken for parties under six). With a dozen intimate tables lining the wall, tables are close together. A pleasant sound level makes private conversations possible, but the spirit of the place encourages neighborly exchanges.

"People tend to like to chat it up," says Natalie, our waitress for the evening. And indeed—you'll often find someone from the Knoxville Power 20—or a sure-to-be rising star—eating at the restaurant.

The entire staff at Knox Mason is generally friendly and accommodating—although the wait staff does have to move fast to cover all their tables; the price of a popular watering hole.

Gallaher's passion is using local and regional ingredients, and at Knox Mason you will find Bourbon Barrel Smoked Paprika, Circle V Farms eggs, and Noble Springs goat cheese, in addition to many local vegetables, quail from Georgia, and trout from North Carolina.

Among the appetizers, the country ham croquettes—round balls of melted cheese and ham covered with breading—are an unexpected treat. The smoked duck wings in Muddy Pond sorghum are sweet, tasty, and crunchy.

Outstanding main courses include a Mitchell Farm filet mignon that truly melts in one's mouth—served with asparagus, fingerling potatoes, and spring peas. A farro risotto dish with carrots, roasted oyster mushrooms, Sea

Island Red Peas, and dollops of spring "pisto"—green peas, foraged ramps, soft herbs, and marcona almonds—offers a fine combination of flavors. One miscue: The slow-roasted pork shoulder with potato dumplings, spring peas, and tender greens in locally foraged ramp broth is disappointing in the amount of pork.

On the side, collard greens with ham, cider vinegar, and brown sugar is different and perfectly cooked. The Sweetwater Valley mac and cheese with cheesy cracker crumbs will satisfy the most discriminating younger member of any party.

Don't miss the stand-out desserts, including a peanut butter cup that combines peanut butter mousse, chocolate, and whipped cream. The banana pudding is creamy and set apart by its topping of toasted marshmallow fluff. House-churned ice cream is smooth and satisfying.

Salads are \$7 to \$8. Most of the main dishes are between \$15 and \$17; ribeyes and filets just \$24. Sides are a reasonable \$4 to \$5, desserts just \$5. Adding it up, your bill at Knox Mason might be half of a similar evening at higher-priced establishments. ✕

131 South Gay Street, 37902
865-544-2004
www.knoxmason.com
Mon-Thurs: 4 p.m.-11 p.m.
Sun-Sat: 4 p.m.-12 a.m.
Sat Brunch: 10 a.m.-2 p.m.



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HUNGRY FOR MORE? Let one of Knoxville's Top Chefs satisfy your cravings. This month's dining guide leads you straight to the cream of the crop—the restaurants we love, recommend, and visit often. When it comes to exquisite entrées and delectable desserts, there's no shame in playing favorites. Send our compliments to the chefs!

Bistro by the Tracks

You can expect a high-quality dining experience at this casually elegant eatery [see "Dining Out," November/December 2014]. Bistro incorporates local ingredients throughout its diverse menu, including Benton's Bacon, Cruze Farm's cream, and Maryville's Vienna Coffee. Treat yourself to the **Grilled Filet of Beef** over sweet Yukon gold potatoes and a shitake mushroom sauce followed by **White Chocolate Bread Pudding** with white chocolate, raspberry coulis, pomegranate, and milk chocolate ice cream. Not ready for the meal to end? Walk next door to Bistro's aptly named wine bar, Drink.

215 Brookview Centre Way, Suite 109; 865-558-9500
www.bistrobythetracks.com
 Mon-Fri: Lunch 11:30 a.m.-2:30 p.m.
 Sun-Sat: Dinner 5 p.m.-close



Blue Coast Grill & Bar

Industrial design goes chic at Blue Coast Grill and Bar in downtown Knoxville, where whimsical recycled whiskey bottle lamps hang above the bar, and wooden booths line the walls. That stylish, upcycled decor is echoed in its contemporary-meets-classic American menu. Enjoy regulars' favorite drink, **Big Orange Crush**: hand-squeezed orange juice, Pinnacle orange vodka, and ginger ale. The **Corn & Shrimp Chowder** is a must-try, as well as the hickory-smoked **Romey's Salmon** in honey champagne glaze. Try the **Chocolate Ganache Cake** for dessert.

37 Market Square; 865-243-2300
www.bluecoastgrill.com
 Sun-Sat: 11 a.m.-10 p.m.

We'd love to hear from you.
Tell us your picks for
Knoxville's hot spots to eat.
Email our dining editor at
dining@cityviewmag.com.

Connors Steak & Seafood

Burger joints beware: This upscale steakhouse is bringing the heat. Established in 2004, Connors maintains a friendly atmosphere and attentive wait staff even in its busy hours. Excellence costs a pretty penny, though, with dinner for two averaging \$120. But when it comes to fabulous filets and scrumptious seafood, there's nowhere better. We simply insist you try the velvety **Signature Lobster Crab Bisque**, the **Blue Cheese Filet**, and the classic **Connors Prime Rib**.

10915 Turkey Drive; 865-966-0933
www.connorsrestaurant.com
Sun-Sat: 11 a.m.-10 p.m.

The Original Copper Cellar

A Cumberland Avenue staple for four decades, the Copper Cellar caters to every taste and budget. Upstairs, the Cellar's high-energy sports bar ambience pairs perfectly with casual fare such as salads, sandwiches, and burgers (don't miss the **Volunteer Burger** with a side of **Tennessee Blue Cheese Grits**). Downstairs, the original Cellar offers a more sophisticated, secluded dining experience, complete with a separate menu of prime rib (the **Ale Steak** marinated with olive oil, mustard, and soy sauce is a crowd favorite), seafood, and coffee made in a golden antique brewer.

1807 Cumberland Avenue; 865-673-3411
www.coppercellar.com
Sun: Upstairs 2:30 p.m.-9:30 p.m.,
Mon-Thurs: Upstairs 11 a.m.-11 p.m.,
Downstairs 5 p.m.-10 p.m.,
Fri-Sat: Upstairs 11 a.m.-12 a.m.,
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The Crown & Goose

Small and intimate with a large draft beer selection, this Old City restaurant and bar is modeled after England's famous pubs. Even the menu stays true to British tradition with classics like **Fish & Chips**, breaded with a crispy panko crust, and house-made **Bangers & Mash**. For those who would rather start small, the **Pimento Cheese and Benton's Bacon Hush Puppies** will leave your stomach and your wallet satisfied. Frog & Toad's Dixie Quartet, the house band, performs jazz on the weekends, playing tunes as smooth as creamy English ale.

123 South Central Street; 865-524-2100

www.thecrownandgoose.com

Mon-Wed: 11 a.m.-11 p.m.

Thurs: 11 a.m.-12 a.m.

Fri-Sat: 11 a.m.-1 a.m.

Sun Brunch: 11 a.m.-3 p.m.

(Bar stays open after kitchen closes)



Holly's 135

New to the historic 100 block of Gay Street, Holly's 135 is chef Holly Hambricht's third culinary venture. By day, 135's menu mirrors that of Holly's Corner and Holly's Homberg, serving classic favorites such as the **Ricky Ricardo**, a variation of a standard Cuban sandwich. The menu takes a creative twist after four, offering dishes such as **Mumbai Avocado Salad**, an Indian-inspired take on guacamole, and the **Webster**: roasted lamb ribs, tzatziki salad, and crispy naan. And if you're feeling thirsty, know that 135 is the only Holly's location featuring a fully stocked bar.

135 Gay Street; 865-300-8071

www.hollyseventfuldining.com

Mon-Sun: 11 a.m.-10 p.m.

The Icon

The Sunsphere is Knoxville's quintessential historic landmark, a testament to the innovation and creativity of our "scruffy little city." But it's also home to The Icon, an upscale restaurant and lounge housed on the fifth floor. In addition to a stunning 360-degree view overlooking the sprawling city, The Icon boasts an equally impressive menu (now overseen by former Rouxbarb chef Bruce Bogartz) featuring rich appetizers such as **Goat Cheese Beignets** with pepper jelly, as well as knockout entrées such as **Bone-In Local Pork Chop** with pimiento bacon mac-n-cheese, greens, and ginger apples.

810 Clinch Avenue; 865-249-7321
www.knoxvilleicon.com
 Sun-Mon: closed
 Tues-Thurs: 4 p.m.-12 a.m.
 Fri-Sat: 4 p.m.-2 a.m.

The Orangery

Here's to the ladies who lunch, whose "je ne sais quoi" sophistication inspired Kristopher Kendrick to create a polished French café in Knoxville more than 40 years ago. Named after Marie Antoinette's lush greenhouses, The Orangery is now counted among Knoxville's premier restaurants [see "Dining Out," March/April 2015], serving expertly crafted dishes that truly capture carefree European elegance. Lifelong devotees favor the decadent **Filet Medallions & Lobster Crêpe Duo** or the **Lobster & Mushroom Crêpes** (with roasted lobster tail, two mushroom crepes, and a cognac lobster cream) for dinner, or the creamy **Quiche Lorraine** for brunch. Finish your bon voyage with a glass of crisp French wine—it would be a faux pas to do otherwise, non?

5412 Kingston Pike; 865-588-2964
www.orangeryknoxville.com
 Mon-Thurs: Lunch 11:30a.m.-2p.m.,
 Dinner 5:30p.m.-10p.m.
 Friday: Lunch 11:30 a.m.-2 p.m.,
 Dinner 5:30 p.m.-11 p.m.
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Seasons Innovative Bar & Grill

The seasons come and go in East Tennessee, but Season's Innovative Bar and Grill is a perennial favorite among Knoxville natives. Sumptuous aromas wafting lightly from the kitchen, Seasons' menu, and sleek, modern décor present a feast for the senses with imaginative creations such as **Brie en Croute**—melting double cream brie encased in flaky puff pastry topped with pear and brown sugar jam. The artistry continues with an almond-encrusted **Kentucky Bourbon Rack of Lamb** plated alongside bleu cheese mashed potatoes.

11605 Parkside Drive; 865-766-5331

www.seasons-cafe.com

Mon-Thurs: 11a.m.-9 p.m.

Fri-Sat: 11 a.m.-10 p.m.

Sun: 10:30 a.m.-8:30 pm



Sunspot

Carnivores and vegans, businessmen and college students, families and couples alike—Sunspot's crowd-pleasing multicultural menu has something for everyone. Influenced by the flavors of the Caribbean, Latin America, and the American Southwest, Sunspot cooks up piping hot favorites such as **Curry Tofu Tacos** or **Pan-Fried Tilapia** with buttermilk cheese grits, sweet corn, and a bell pepper cream reduction. Thirsty? Soak up the sun with a vibrant house cocktail: The **Pomegranate Cosmopolitan** or perhaps **The Hendrix**, a gorgeous blend of gin, cucumber, and dry vermouth.

2200 Cumberland Avenue; 865-637-4663

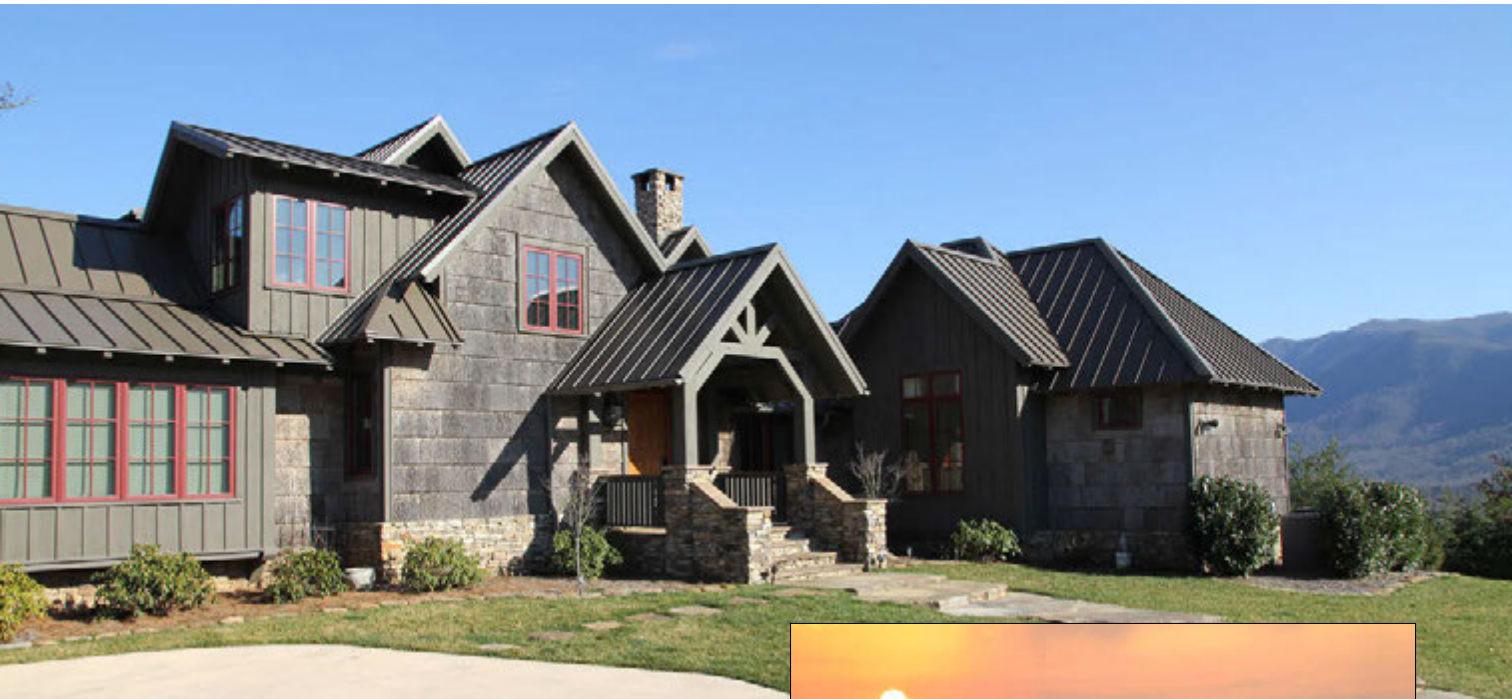
www.sunspotrestaurant.com

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Story by Mark Spurlock

Every Structure Tells a Story: Knox Heritage and the Value of Place

THE DISCOVERY THAT conservation is not the antithesis of progress evidences maturity in both the individual and society. Where youth sees regressive nostalgia, the older and (hopefully) wiser adult recognizes that only through the preservation of what is fine do we ever advance beyond trial and error—and error again. Many life coaches say we ought to spend our twenties trying out new things and discarding them—and then spend our thirties deciding which of those things are worth hanging onto.

Knoxville architect and President of the Knox Heritage Board of Directors Rick Blackburn expresses a similar personal education about structures and design. “When I was in school studying to be an architect,” says Blackburn, “I wanted to be the next I. M. Pei. All of us thought our mission was to build modern, futuristic buildings.”

He recalls a professor telling him and his classmates that “preservation is the future”: “Right, old man,” Blackburn

muttered at the time. Yet today he has adopted that professor’s admonition as his own. “Only by preserving history,” says Blackburn, “can you chart where you want to go. You learn from your mistakes and build on your successes.”

Blackburn and the other members of Knox Heritage believe that buildings are like people, each having its unique story to tell. And just as we study the biographies of the great men and women of history in hopes of emulating their examples, preserving and restoring Knoxville’s architectural past teaches those who do it valuable lessons about where we are and where we came from—and also about how to construct a better built environment for the future.

Former Board President Annette Brun concurs: “There’s this misconception that we’re a bunch of lunatics standing in front of bulldozers, but actually we’re strategic compromisers. We come to the table with solutions and recommendations so everyone wins.”

Historic Westwood

One big win for Knox Heritage is its new headquarters in the Adelia Armstrong Lutz House, known as Westwood, on Kingston Pike, which is celebrating its 125th anniversary this year. A Queen Anne home (meaning, for example, that it has an asymmetrical facade, a turret, and a dominant, front-facing gable), the 5,200-square-foot Westwood has 10 bedrooms, 10 fireplaces, and a 22-foot vaulted ceiling in the wing where the artist Lutz once painted.

In 2012 the Aslan Foundation—created by attorney and philanthropist Lindsay Young for the purpose of “preserving and enhancing the natural beauty, assets, and history of the Knoxville area”—bought the property for \$570,000. The foundation then donated Westwood to Knox Heritage with the stipulation that it become the organization’s permanent headquarters. In April 2014 Knox Heritage moved in. As a headquarters for a group dedicated to the preservation of historic build-



Westwood was built as a “wedding promise” in 1890 by John Edwin Lutz and his wife, Adelia Ann Armstrong Lutz. Adelia was Tennessee’s first professional female artist, and the house is filled with her decorative frescos.

Photograph by Mike O’Neill

ings, Westwood is a great fit, especially because Knox Heritage accomplishes much of its mission through education. Besides a gorgeous, one-of-a-kind office space, Westwood offers a teaching environment that furnishes the perfect “hands-on” classroom.

Knox Heritage Executive Director Kim Trent says that although her group exists to advocate for historical preservation, it would not be successful without all of its workshops and materials that inform the community about the subject: “Every month we have a free ‘Preservation Network’ workshop here at Westwood that is open to the public. Some call it a support group for owners of old homes.” Expert guest speakers talk about topics that range from gardens to restoring historic wood windows to historic electrical and plumbing work.

“Preservation requires knowing about materials—and how to take care of these houses and develop tools for their preservation,” says Trent. “You

have to understand easements, the federal historic process. Many projects take years to come to fruition.”

Knox Heritage and the Arts and Culture Alliance (ACA) have always had a connection, but since the purchase of Westwood that thread, in the words of ACA Executive Director Liza Zenni, “has strengthened into a rope”: “We have a very strong tie since Westwood became a bona fide historic home of Knoxville. We had six, and now we have seven. I think only Savannah has as many historic homes in the Eastern United States.”

Part of that relationship is financial and fund-raising, and part of it is helping Westwood go through the StEPs program, a rigorous set of standards developed by the American Association for State and Local History to help nonprofits build self-sustainable museums, as is the intent with Westwood. “StEPs has all these marks you have to meet,” says Zenni, “to create a successful nonprofit. It will make sure Westwood is

building capacity from the ground up. And we will be alongside, planting and hoeing the garden with them.”

Every other month ACA will convene a meeting during which the East Tennessee Historical Society will check in with Westwood as part of the StEPs process to ensure that everything remains on track. In January, as part of creating the museum, Knox Heritage began training its first set of docent volunteers to lead visitors through Westwood and enrich the experience of touring the home.

Lloyd Branson House

Perhaps Knox Heritage’s most significant new project is the 1922 home of Knoxville artist Lloyd Branson, a portrait painter who worked in Knoxville for approximately half a century beginning in the 1870s. A teacher as well as practitioner, Branson influenced many other Tennessee artists, including Catherine Wiley and Beauford Delaney (an important figure in the Harlem



Photograph courtesy of Taylor Family
Photograph Albums, McClung Historical
Collection, Knox County Public Library



Enoch Lloyd Branson (1853-1925), best known for his portraits of Southern politicians and depictions of early East Tennessee history, built his house in 1920. The house was recently included in Knox Heritage's Fragile Fifteen list of endangered houses.

Renaissance), and several of Branson's paintings are part of the Smithsonian collection in Washington, D.C. He was also occasionally a sculptor: In 1892 he designed the 48-foot Confederate Monument at Bethel Cemetery that overlooks the Mabry-Hazen House.

Branson Avenue is named after him, and although his studio occupied the real estate where the Tennessee Theatre stands today, his last residence still remains on his namesake street: number 1423. It is the house where he finished his portrait of World War I hero Alvin York and where his funeral was held in 1925. Knox Heritage acquired the home from the city with plans to renovate it and, in the words of Blackburn, "sell it to some lucky home owner."

"The Branson House is a good example of how this process works," says Blackburn. "You can't come in and redevelop an entire neighborhood. Instead, you rebuild a one-off and that provides momentum. Over time, property values go up, other homeowners start remodeling, and the whole neighborhood improves."

The Branson home also exemplifies how restoration can be a long process, as Knox Heritage first began work to acquire ownership in 2012 but discovered complications with the legal title to the property. Last year the organization placed the home on its "Fragile Fifteen" list, chiefly because of problems associated with water leaks that Knox Heritage set about repairing. The house had also been damaged by a makeshift fire started by squatters.

Knox Heritage finally bought the property in January for \$10,000 and estimates that, once restored, it will be worth around \$130,000. "I'm a big believer in the rights of property owners," says Brun, "and so I like seeing property values go up when everyone collaborates."

Trent adds that the Branson home's relatively low price should not be taken as an indicator of its true value to the community: "We've lost so many cultural landmarks: James Agee's, Nikki Giovanni's, and Cormac McCarthy's homes. Without stabilization of this property,

continued neglect had the potential of causing the loss of another structure associated with one of Knoxville's top talents." Knoxville is not alone in this sometimes-Philistine approach to the houses of literary greats: In Los Angeles, science-fiction writer Ray Bradbury's home and office for 54 years was bulldozed earlier this year (less than three years after his death) simply to make way for new construction.

For buildings, as with people, sometimes the diagnosis comes too late, and the story comes to an end. The boyhood home of McCarthy burned the year after Knox Heritage named it Knoxville's most endangered local building. Trent says of the once-resplendent-and-still-striking Pickle Mansion—in the Fort Sanders Neighborhood, which is currently number 1 on Knox Heritage's list: "It's right on the edge because it's been open to the elements for so long." The expense of restoring and preserving the mansion may exceed any recoverable value.

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Knox Heritage recently announced that the Regas Square project is the latest recipient of a Save Our Signs grant. The historic sign will soon feature reconfigured letters from the word “restaurant” to say “square.”



Building the Future

During the housing meltdown, *Better Cities and Towns* Magazine determined that cities that continued to grow the most (in terms of building permits) correlated with those having the highest percentage of highly educated 18- to 34-year-olds. The “creative class” tends to be the most recession-proof demographic. Permits rose in the creative-class cities five times as much as the national average, and almost nine out of 10 of the permits were for housing in the core city’s “very walkable” neighborhoods.

Brun says that creative people, besides wanting to congregate with each other, are attracted by unique, interesting environments that have stories to tell and an inspirational ambiance: “Those who embrace preservation the most are usually between 23 and 40, not grannies with lace curtains. So preservation really ties into economic development. By taking an old structure and turning it into loft space, for example, you create a place where artists can live and work. It’s how our downtown has come back to life.”

Although it may be counter-intuitive, the best way to revitalize a neighborhood or downtown, then, is not to gut it and start over with brand new structures. Rather, economic development depends on admiring, respecting, and growing those spaces with history and character. “Our organization exists for the community to make it a better community,” says Blackburn. “Through historical and cultural awareness, obviously, but better economically too.”

Trent adds, “What we are really dedicated to is making great places to live. It’s about getting people involved in their neighborhoods, building community, and a wonderful future.”

In October, Knox Heritage will host the regional preservation conference downtown at the East Tennessee History Center with the theme of “People and Places: Solutions for Weaving the Past into the Future.” Donovan Rypkema, one of the top preservationist economists in the country, will speak on place economics as a driver for community.

How You Can Help

Both Knox Heritage and the East Tennessee Preservation Alliance are nonprofits. You can become a member for as little as \$50 (\$25 for students and seniors) by calling 865-523-8008 or using the form on their Web site (www.knoxheritage.org). You can also contribute to the J. Allen Smith Endangered Properties Fund, Knox Preservation Fund, or the Capital Campaign.

The organization welcomes new volunteers. As Trent says, “We like having a diverse base of volunteers and board members, partly because we call upon all kinds of expertise while working on a project. Some volunteers contribute insight, and then others learn from the experience. Because our mission is community-driven, it also helps to have representatives and input from all parts of the community—from architects to students.” ✕

Mark Spurlock is a senior writer for Cityview.

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NEW RESTAURANTS IN THE SMOKIES

By Katy Koontz

THE NEXT TIME you're looking to chow down in the Smokies, you'll have several new major chain and local hotspot options. What caused the biggest stir? **Paula Deen's Family Kitchen**, slated at press time to open in late April on the Island in Pigeon Forge. Food is served family style here, and the tiered seating provides every table with a view of the Island's popular show fountain. Paula Deen's also includes a retail store, similar to the one that opened in Gatlinburg last June.

Harpoon Harry's seafood restaurant was also slated at press time to open in Pigeon Forge in April, and with 26,000 square feet of indoor-outdoor space that can hold up to 650 people, this is one of the largest restaurants in East Tennessee. The interior includes rough-cut red cedar, black walnut, and cherry wood grown locally. Professional carver Randy Boni created more than 60 elaborate wood carvings throughout the restaurant, which includes a wine room, a sushi bar, and a stage for live entertainment (complete with dance floor).

After more than a dozen years in Gatlinburg, the **Hard Rock Cafe** packed up its guitars and moved last May to Pigeon Forge (into the space formerly

housing Tony Roma's). The new digs include a stage for live music and a 52-inch, high-resolution, interactive touch wall that allows guests to take a virtual tour of Hard Rock cafes around the world, including their hefty music memorabilia collections. New to the local collection are a vintage lace dress from Taylor Swift, hats worn by John Lennon, Liberace's custom-made boots, and Michael Jackson's sequined stretch pants.

In addition to these larger chain restaurants, several unique local eateries have also opened their doors within the past year. Here's a look at some of the most interesting:

Crockett's Breakfast Camp, Gatlinburg's newest pancake house, opened last fall where Maxwell's had stood for decades before it closed five years ago. The place is named for David "Crockett"



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Maples, an early local settler who married Mary “Polly” Ogle and served in the Union army during the Civil War. The couple ran a supply store at the base of Mount LeConte and housed travelers for extra income, becoming famous for the hearty breakfasts they provided. Today, one of Crockett’s great-great-great-grandsons is a partner in the venture.

Crockett’s has a hunting camp atmosphere, with a stacked-stone fireplace, a pot-bellied stove, mounted animal heads, and wooden ceiling beams. The menu is even printed inside a mock old-fashioned newspaper (the *White Oak Flats Daily Post*, echoing the original name for Gatlinburg).

In addition to inch-thick pancakes, Crockett’s serves country ham and sugar-cured ham, waffles, Big Tennessee French toast, fried bologna, moonshine sausage, corned beef breakfast hash, pan-fried pork chops, shrimp and grits, and cat head (drop) biscuits, as well as other typical morning fare. All the egg dishes come with Cherokee sweet corn pone on the side. Still hungry? Order one of Crockett’s huge cinnamon rolls.

Information: 865-325-1403; crockettsbreakfastcamp.com

The verdict is in on **Courthouse Donuts**, a fixture in downtown Sevierville since January and located directly across the street from the Sevier County Courthouse. The owners are completely guilty of allowing customers to design their own doughnut in three stages. First, choose your icing (chocolate, vanilla, sugar glazed, or the dip of the day), then a topping (from well over a dozen options, such as peanuts, coconut, M&Ms, sea salt, pretzels, sprinkles, mini marshmallows, and the house favorite—Fruity Pebbles cereal), and finally select a sauce to drizzle on top (Reese’s peanut butter, chocolate, marshmallow cream, key lime, caramel, strawberry, or raspberry).

If you’re not feeling particularly creative, choose one of the shop’s favorite recipes: By the Campfire (chocolate icing, graham cracker topping, and marshmallow drizzle), At the Ocean Deck (vanilla icing, golden grahams topping, and key lime drizzle), Southern Classic (chocolate icing, peanut topping, and caramel drizzle), Yabba Dabba Donut (vanilla icing with Fruity Pebbles cereal topping), Chocolate Death (chocolate icing, Oreo topping, chocolate chips, and Hershey’s chocolate drizzle), and Key Lime Pie (vanilla icing, golden grahams topping, and Key lime drizzle). Or deliberate over the donut of the month

(May’s offering is the choco-hoglet, in honor of Bloomin’ BBQ & Bluegrass festival: chocolate icing with crispy bacon topping and a caramel drizzle).

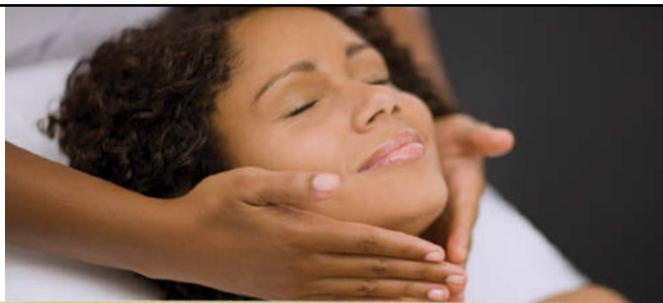
The java here includes Cliff Tops (a locally roasted blend), as well as Guatemalan Huehuetenango (mild), Columbian decaf (moderate), and Marseilles French Roast (intense).

Information: 865-286-9073; www.courthousedonuts.com

If you’re a fan of the fine Indian food at **Sitar Indian Restaurant** in Knoxville, you’ll undoubtedly be pleased to hear that the same folks were slated at press time to open another restaurant on the Parkway in Sevierville at the end of April. (There’s a third Sitar’s in Chattanooga, by the way, but the Nashville and Birmingham, Alabama, locations have closed.)

In typical Indian restaurant tradition, lunch is served buffet style while dinner requires ordering off the menu. You’ll find plenty of typical Indian specialties here, including pakora (vegetable fritters), vegetable and meat samosas (a type of turnover stuffed with curried potatoes and peas or minced meat), chicken tandoori (chicken marinated in yogurt and mild spices, roasted in a traditional tandoor oven), chicken tikka (cubes of chicken roasted in the tandoor oven), and





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botti kabab (marinated lamb, broiled in the tandoor oven and served with rice). Also prepare to be tempted by a variety of naan: traditional Indian bread. For dessert, the specialties include kheer (Indian rice pudding with cardamom) and mango ice cream.

Information: 865-366-1380

Sawyer's Farmhouse Breakfast, opened last July in Pigeon Forge, is already locally famous for its home-made syrups, including peanut butter, cinnamon cream, maple, and blueberry. Pour them over pancakes (topped with blueberry, strawberry, banana, M&Ms, or Hershey's chocolate chips), fruit crêpes (peaches and cream, strawberries and cream, or mountain berries and cream), or French toast (the hands-down favorite? Bananas foster).

For meatier fare, order the Mountain Man platter—three eggs, home fries, biscuits with sausage gravy, three but-

termilk pancakes, and one piece each of bacon, sausage, and country ham. The Sawyer's Special Breakfast ("The Forge") includes two eggs, home fries, biscuits with sausage gravy, and your choice of smoked bacon, sausage, country ham, or sugar-cured ham. You can even order chicken and waffles here.

Sawyer's is also open for lunch, serving a wide variety of burgers and sandwiches (including peanut butter and jelly sandwiches with the crust cut off for kids).

After your meal, pose for a picture with the 15-foot rooster out front, and then head next door to the Three Bears General Store (owned by the same family as the restaurant) to cash in your voucher for a free quarter-pound of fudge. ✖

Information: 865-366-1090

Katy Koontz, author of *Family Fun in the Smokies* as well as the *Smoky Mountain Travel Guide* app for smartphones, writes regularly about the Smokies for Cityview.



Smoky Mountain BACK ROADS

Looking for a short cut to save time? Or maybe you just want to avoid traffic. Here are two tips for getting around the Smokies more easily:

From Sevierville to Pigeon Forge:

To avoid all the traffic on the Parkway when you're traveling south on Highway 66, go as far as the major intersection near the courthouse in Sevierville. Then turn left at the light onto Dolly Parton Parkway (US 411/441). After about one mile, turn right onto Veterans Boulevard, and in five miles the road will take you to traffic light #8 in Pigeon Forge.

From Townsend to Sugarlands:

Not a fan of lots of twisty-turny roads? Avoid the most serpentine section of Little River Road from Townsend to Sugarlands Visitor Center by turning off of Townsend's main drag of East Lamar Alexander Parkway *before* you enter the park—taking Wears Valley Road (Route 321) north. After about nine miles, take a right onto Lyon Springs Road, which at the park's border becomes Wear Cove Gap Road and leads to the Metcalf Bottoms Picnic Area. From there, turn left onto Little River Road to get to Sugarlands, near the Gatlinburg entrance to the park.

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By Oana Harrison

FROM FARM TO TABLE: AN EAST TENNESSEE AWAKENING

What is the shortest distance between you and a healthy meal? The answers are many—but here is a hint:

Start with your local farm!



WITH MORE THAN HALF of our state dedicated to farming and farmers' markets popping up throughout East Tennessee, farm-fresh and healthy eats are at your fingertips. Depending on your cooking skills or preference, you can either look for raw produce or aim for already-prepped locally grown food. The go-to places for farm-fresh ingredients are local farms through Community Supported Agriculture (CSA) programs, farmers' markets, or various specialty aisles in grocery stores. For a ready-made meal, try one of the many food trucks in the area, hire a caterer, or have a sit-down meal at a local restaurant.

But how to know which sources use local farm products?

Nearly half of Tennessee is farmland—that's almost 12 million acres! Ranging from a couple of acres to several thousands, the 79,000 farms in the state provide cattle, poultry, dairy, fruit, and vegetables—and many farm-fresh products can be found at farmers' markets. The Market Square Farmers' Market is perhaps the best known in Knoxville, but more than 50 other locations are throughout East Tennessee. [You can find a full list of locations at picktnproducts.org.]

Who is bringing what to the markets? One great source: Tune in to *The Tennessee Farm Table* on 89.9 WDVX FM at 9 a.m. on Saturdays. Host Amy Campbell's passion is connecting growers,

producers, farmers' markets, restaurants, and consumers. She knows farming firsthand—she has been a grower and an heirloom seed collector as well as a manager and founding board member of the Maryville Farmers' Market. The radio show provides tips on eating organic on a budget, shopping farmers' markets, and cooking with unusual ingredients—all in an effort to maximize what's in season. "Buying locally grown produce is good for everyone," says Campbell. "You eat healthy food and you support the local economy. And, if you aren't a DIY cook, you can always find great food sourced locally at grocery stores such as Just Ripe or you can have a sit-down meal at The Plaid Apron or

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Knox Mason.” [See “Dining Out” on page 52 for a review of Knox Mason.] “Knox Mason, for example, serves local produce such as Benton’s Bacon and Riverplains Farm Eggs—and they spice up the meals with Bourbon Barrel Smoked Paprika and Tennessee Sunshine Hot Sauce, too! It doesn’t get any more local than that!” [Learn more about Amy Campbell and her show at tennesseefarmtable.com.]

FINE DINING, FINE FARMS

If you are looking for white-linen dining, you can still enjoy the goodness of locally sourced produce—all while savoring the beauty of Tellico Lake. Chef Robert Allen of Citico’s Restaurant & Club in Lenoir City (at WindRiver: A Lakefront and Golf Community) searches for the finest ingredients at local farms such as Century Harvest Farms and Eco-Rich Farms, both in Greenback, and Mountain Meadows Farm in Heiskell.

“This part of the country has everything you want—goats, sheep, cows, pigs,

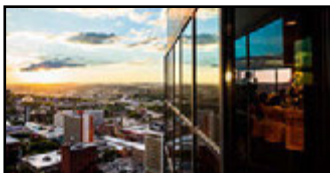
chickens—and they are everywhere,” says Allen. “For grass-fed beef, I often turn to Century Harvest Farms.” The 200-acre farm practices sustainable agriculture and is part of the Century Agricultural Products group, which recently purchased Just Ripe in downtown Knoxville.

For fresh herbs and lettuce, Chef Allen visits Eco-Rich, an aquaponic farm. (Aquaponics is a food-farming system that combines aquaculture and hydroponics in an integrated soil-less system.) The farm has a unique setup, based on the symbiotic relation between flora and fauna—in this case: Tilapia fish produce three of the six essential nutrients for plants (nitrogen, phosphorous, and potassium) and deliver them organically, without the need for man-made chemical fertilizers. “I am lucky to get fresh herbs and lettuce out of season because they grow inside,” says Allen. [For more info on Citico’s, go to windriverliving.com/citicos.]

Butler & Bailey, a family-owned grocery store located in the Rocky Hill area of

West Knoxville, is a great spot for local produce and meat [butlerandbaileymarket.com]. The store offers quality local meats and fresh produce, including Cruze Farm’s milk, Hubert Williams Farms’ Grainger County tomatoes, and Sweetwater Valley Farm’s cheese. “Although buying local or organic might cost more, it’s definitely worth it,” says Allen. “Customers understand the benefits. The trend used to be finding new ways to cook food but now that is changing. The focus now is on the product being used and nutritional value. We are fortunate to be in a forward-thinking and knowledgeable food area—and I’m glad to be a part of it.”

In summer months, berries are the “in” produce. “May and June are especially great if you love fresh berries,” says Chef Allen. “Berries are like candy—only good for you! Mountain Meadows Farm provides great quality berries. I use them in salads with fresh crisp greens, in desserts, and as garnish. I just can’t get enough of them!”



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Strawberry
Balsamic Fizz

Family owned and operated since the 1970s, Mountain Meadows Farm focuses on non-GMO seed and uses an Integrated Pest Management system, preventing pests through a combination of biological control, habitat manipulation, modification of cultural practices, and use of resistant varieties. The results? Spectacular and delicious berries!

This is what brings Kiki Sambat, the owner of Savory & Sweet Food Truck [savoryandsweettruck.com], to Mountain Meadows Farm each year. "One of our best-selling desserts is a strawberry rhubarb crisp," says Sambat. "I typically get strawberries from Mountain Meadows and the rhubarb is sourced from a different place every year—just depending on who has it and enough of it. The crisp is served with Cruze Dairy Farm vanilla ice cream. Since strawberry season is fleeting and at a little different time every year, we serve this recipe April through May."

Sambat shares Allen's sentiment about the abundance of fresh products in the area. "We truly are lucky to live in this area of the country," she says. "The prevalence of these amazing products also makes the food on the table spectacular as well. I am inspired by the number of new restaurants popping up in the Knoxville area [see "New Knoxville Restaurants in Bloom," page 86] with a farm-to-table theme—and I love to peruse what products they are using and in what dishes. This food movement is so

important because it helps the farmers actually make a living doing the important work of providing high-quality food for the residents in their surrounding area—and forgoing the cost of shipping and distributing across many miles."

The Savory & Sweet truck is famous for its Bonnaroo presence—and the truck's famous and delicious creation: the fried avocado taco. "We are actually attending more festivals this year than ever before, adding Hangout Music Festival [May 15 through 17 in Gulf Shores, Alabama; hangoutmusicfest.com] and Forecastle Festival [July 17 through 19 in Louisville, Kentucky; forecastlefest.com], just to name a couple."

FINE DRINKS, TOO

Craving a casual drink? How about some locally crafted beer—which you can find at the Public House neighborhood bar on West Magnolia [www.knox-publichouse.com]. At the Public House you can also enjoy local snacks free of distractions: no TVs, no live music, and no smoking here. The Public House specializes in craft cocktails, has a small but delicious wine list, plenty of beer, southern-inspired food, and general good times. The three owners—Laura Sohn, Eric Ohlgren, and David Sneed—always wanted to open a restaurant or bar with a different feel than anything else in Knoxville. "We are all committed to contributing to the vibrancy of Knoxville—which means supporting other small businesses and local purveyors in our process," says Sohn. "We source as much as we can locally, whether it's our Benton's Bacon or



Get the Recipe for this and more of The Public House's farm-fresh delights on **PAGE 170**.

buying collards from the Urban Agriculture Center at the Knoxville Botanical Gardens. We use local vendors such as Century Harvest Farms, The Spotted Trotter, Tellico Grains, Flour Head Bakery, Cruze Farm, Looking Glass Creamery, and Bull's BBQ. I can't say enough about how lucky we are to have all of these amazing producers within what is essentially arm's reach."

The Public House features seasonal items and hosts special events around local food and drinks. "May 19 and June 28 are our monthly Sunday Suppers," says Sohn. "Both dinners will feature chefs that focus on regional and local ingredients. Our customers definitely seem to go out of their way to support something local."

With so many options around you for fresh local food, Knoxvilleans have no excuse for not eating healthy! So head out to a farmers' market, local grocery store, food truck, or restaurant and enjoy a delicious meal—all the while supporting your fellow Tennessee growers! ✕

Oana Harrison is a senior writer for Cityview.





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Transformation Knoxville

PART ONE: THE JOURNEY BEGINS

By Nathan Sparks

I had a wellness epiphany last year. I found myself tiring while performing tasks that were never before cumbersome. I wasn't hiking as much nor making time to kayak or rock climb—activities I've spent a good portion of my life doing. My physical health just wasn't where I wanted it to be.

The life of a publisher is a busy one. I would wake up early, spend hours at my desk or in meetings with clients, and often forget about meals. If it weren't for the stash of power bars at the office, I often wouldn't have much to fuel me through the day. However, when I started to examine my physical wellbeing, I realized that what I was putting in my body wasn't helping my situation.

It was around the time of this internal struggle that I watched two influential documentaries—*Fed Up* and *180 Degrees South*. They made me come to some pretty startling conclusions about my health and the goals I was—or wasn't—setting for myself. In *Fed Up*, producers explore the obesity epidemic in the United States and how heavily related it is to our elevated sugar intake. I never anticipated that a simple 90-minute film could change my mentality and help me understand a lot about my health. I was eating so much refined sugar that my body was depending on it—and when I went without, my energy level crashed.

In *180 Degrees South*, Jeff Johnson recreates the 1968 expedition taken by climbers Yvon


Chouinard and Doug Tompkins to Patagonia. Watching Johnson venture to reach his goal resembled a dream to me, and it made me wonder: *Am I giving my all to staying healthy? Am I living the life of an adventurer instead of hiding behind a desk and simply “talking the talk”?*

When I came up with “no” as my answers, I set out on my own journey. I was ready to alter my mindset, reset my health, and truly start living again.

MY PARTNERS

A journey to change is only as good as the resources you utilize. So when it was time to choose experts who would help me achieve my wellness goals, I went with fellow business owners whom I felt inspired by: Scott and Michelle Williams of Totality Living Well. Scott and Michelle have athletic backgrounds and work with clients one-on-one to help them take charge of their health. Ironically, while I was trying to map out my own health journey, Scott and Michelle were helping clients embark on their own. They were guiding clients through, what they called, “90-day transformations.” They were meeting clients where they were in life and helping them arrive at places of balance.

Scott and Michelle were obviously two people who led healthy lifestyles and set positive wellness examples for their kids, so when I inquired about the transformations they were supporting clients through and shared my personal reasons for desiring change, they jumped at the chance to help me. After a few meetings with my new well-



ness gurus, we dubbed my challenge Transformation Knoxville and reached out to friends at WBIR-TV to find a female—with just as hectic of a lifestyle—to join us.

Enter Becca Habegger. A multimedia journalist for WBIR-TV, Becca had been searching for the right opportunity to take ownership of her health. However, like me, she needed support to begin. When I filled her in on the details of Transformation Knoxville, Becca jumped at the chance to be involved—and so the challenge began.

LET'S TRANSFORM

Our initial encounters with Scott and Michelle had multiple objectives: to help them understand where Becca and I were in our lives, both physically and mentally, and to help us to learn about their backgrounds and discuss our mutual expectations for the time we would work together. These meetings were also intended to establish our goals.

I spoke with Scott about my struggles last year with my diet and energy level, but I also spoke about my sons. While I am doing this for myself, I am also doing this for Ethan and Troupe, who are 18 and 8 respectively. We have spent a great deal of time outdoors together, hiking, fishing, swimming, and kayaking, and I've done what I can to set a good example for them. I wanted them to lead healthy lives, but I struggled with how I could encourage that if I wasn't fully on-board with taking care of my own health. They are an enormous motivating factor on this journey.

My overarching goal is to reach optimal health. I want the six areas of my life—physical, mental, spiritual, business, home, and social—to be in balance, and I can honestly say that this focus on the physical realm has pushed me to examine the other five areas and make positive changes to each and every one.

For Becca, this challenge is about creating a sustainable pattern of wellness. The journey for her is not necessarily about being what she calls

“stick thin,” but rather about looking and feeling healthy, energized, and trim.

Scott and Michelle worked together to help create individualized workout and nutrition plans for Becca and me, based on our lifestyles and goals. We later split up based on gender knowing that Scott and Michelle have spent years studying how food, exercise, routines, and supplements uniquely affect the male and female bodies.

MONTH ONE

After developing our plans, the first 30 days began. At first, I had this inaccurate perception that trainers were there to simply count your reps and tell you what to do on machines. However, my experiences with Scott and Michelle quickly nipped my assumptions in the bud. Trainers are more than simply cheerleaders for health; they support you with research-based knowledge and help you to truly understand your body.

In our initial meetings, Scott and Michelle took our measurements and calculated our body fat percentages. The first training sessions were dedicated to checking our levels of fitness and learning who we are as people. This knowledge helped them create workout plans that dovetailed with our personalities and lifestyles.

In the first month, I trained three days a week with Scott after work and spent my off days doing cardio on my own. After only an hour of working out with Scott, I am dog-tired and ready for a nap, but that is simply a sign that I've worked hard. Becca has echoed similar sentiments: The workouts are challenging—but rewarding. One of the most intriguing aspects of our training sessions is that we never repeat an exercise in subsequent sessions. This design keeps our muscles confused and our bodies guessing, and it helps to stimulate muscle growth.

The nutrition portion of this journey has been just as influential. While the



plans that Becca and I follow are unique to one another, they focus mainly on eating clean. No refined sugars. Almost no alcohol. Plenty of water. Three-day rotating meal plans again keep our bodies guessing. Aside from being personal trainers, Scott and Michelle are additionally certified nutrition specialists.

Becca and I have both fallen into routines with our diets, and I'm proud to say that I've lost the taste for power bars at the office. We eat smaller meals every few hours throughout the day, and I pack all of my meals in an incredible cooler I found while doing some web research. Made by Six Pack Fitness, the Innovator Six Pack Bag allows for organized meal management. I prep a day's worth of

meals the night before and in the morning pack my cooler. It prevents me from reaching for an unhealthy snack throughout the workday; everything is proportioned and ready to eat. It coincides with the idea that if you're never hungry, the body doesn't need to store fat; instead, it burns fat.

Becca is constantly on-the-go, so she has found success in using a calorie counting app for her phone by a company called FatSecret. She also prepares her meals ahead of time, but the app allows Michelle to send Becca meal plans and help Becca keep track of her intake throughout the week. There is even an option to track workouts and calories burned.

The notion that you have to deny yourself food to lose weight is a myth. In fact, the healthier you eat, the faster your metabolism and the better you feel.

RESULTS

Before we knew it, our first 30 days of Transformation Knoxville came to a close. While I haven't seen an enormous difference in my weight, I feel a positive change in my body and energy level. Clean eating has become simply part of my routine. Becca said it best: The first month was about shocking our bodies into a new healthy regimen. I feel strong and can visualize my goals every day.

Becca saw a roughly 3 percent loss in body fat in the first month, and she lost about 8 inches combined across her body. Prior to the challenge, working nights often led Becca to sleep pretty late the next day in an attempt to make up for late nights, but now she finds herself waking up early, eating a healthy breakfast, and heading to the gym. The biggest change, she tells me, is in her confidence level.

Scott and Michelle wanted us to adjust to the first set of changes before introducing other aspects to the journey. As we move into phase two of our challenge, we will continue to refine our meal and workout plans, adding supplements and exploring new ways to find balance in our lives. I've recently introduced holistic massage therapy to my regimen to help deal with past negative experiences, but that's a discussion for another installment.

In the end, Transformation Knoxville is showing itself to be a success. Here's to the rest of the journey and putting my health first.

You can follow the progress at www.TransformationKnoxville.com

CONTINUED ON PAGE 168



Habegger (left) and Sparks (right), with the guidance of Michelle and Scott Williams (center), developed diet and exercise plans to help them thrive.

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A SOLDIER ONCE... AND ALWAYS

A series of Sunday milestones for veteran Freddie Owens helps to trace a life full of twists and turns.

Sunday. In the life of longtime Knoxville Fred—his friends call him Fred—that one day of the week holds an almost eerie significance.

In fact, the arc of Owens' seven-decade journey can be traced by connecting the dots of six momentous Sundays. Most of them mark not only personal milestones but also historic events, from World War II and the Cold War to the Civil Rights movement and Vietnam—including a now-famous ambush there that has haunted Owens throughout most of the 50 intervening years.

His first Sunday, however, was a happy occasion: April 27, 1941, the day Freddie James Owens was born in Tampa, the eldest of 10 siblings in a devout Christian family. As his mother, Georgia, was giving birth, the newborn's father, St. Nazier Owens (everyone called him S.T.), was overseas serving as a radio teletype operator in the U.S. Army Signal Corps.

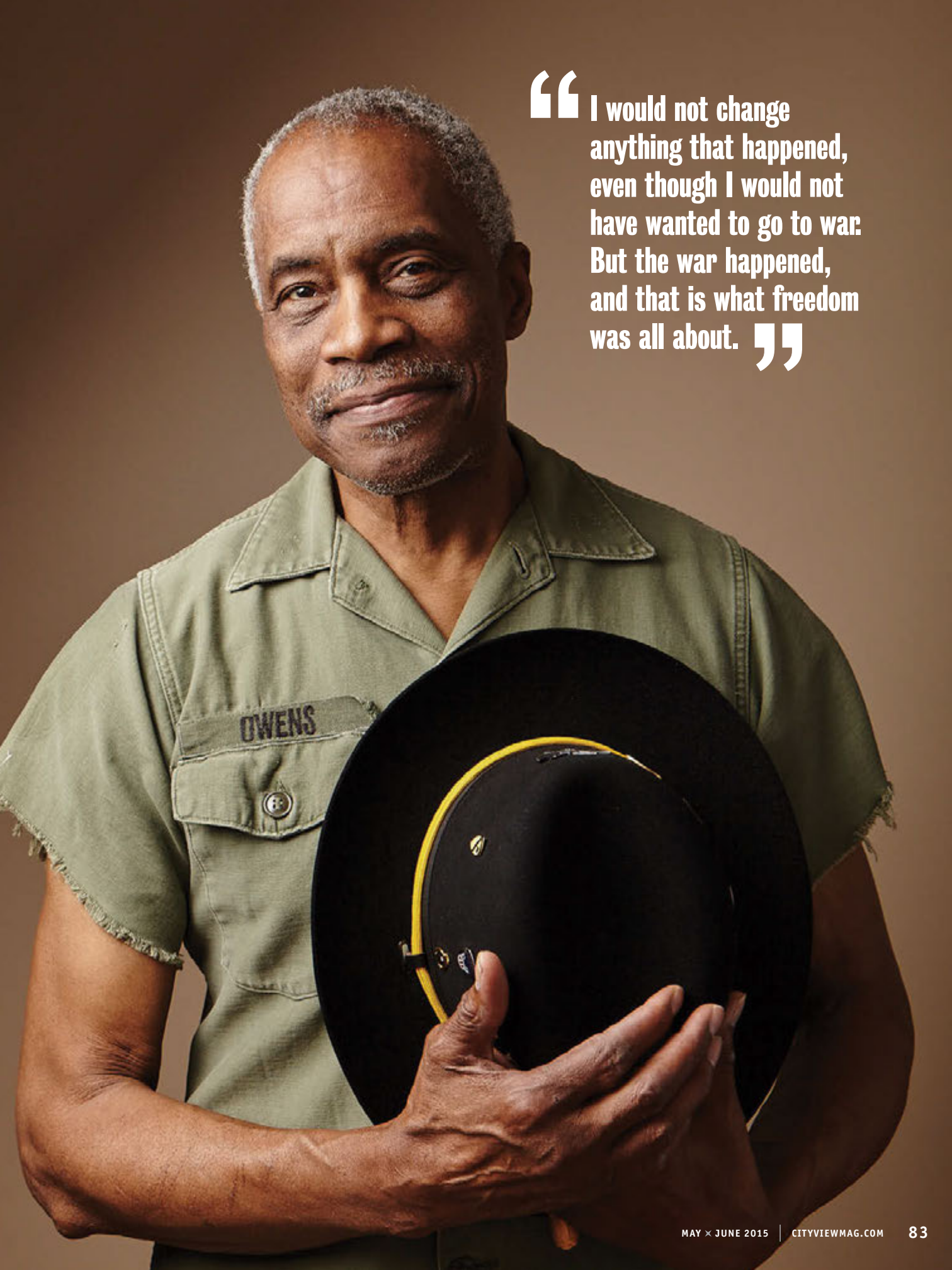
Freddie grew up in what he would later describe as a largely sheltered, stable black community. Yet his life was far from tranquil; he survived a family tragedy in his teens that radically shifted his outlook and responsibilities. Along the way, he was an attentive student and standout athlete—in football, basketball, baseball, and golf—through his graduation from Middleton High School in 1960.

SURVIVAL AND SADNESS

The second Sunday, seven months after Owens' birth, was December 7, 1941. On that infamous date, his father was serving aboard the *USS Arizona* at Pearl Harbor when the Japanese attacked. As he would later recount to his son, the elder Owens had ventured topside "to get some air" when the first bomb blast ripped through the ship's bow, catapulting him off the deck and into the harbor.

He swam to safety, becoming one of the 334 service members on the *Arizona* to survive; the other 1,511 perished, most of them entombed in a watery grave. S.T. would continue to serve throughout

Story by Phil Newman • Photography by Tyler Oxendine



“ I would not change anything that happened, even though I would not have wanted to go to war. But the war happened, and that is what freedom was all about. ”

World War II—as his own father before him had served in World War I—setting a tone and an example that Freddie Owens would follow in the decades ahead.

And yet the father would not live to see his son begin his own service as a soldier. S.T. became a truck driver after the war, and in 1955 he died in a tragic accident when the lumber rig he was driving overturned.

Naturally, the stunning loss left 14-year-old Freddie heartbroken. “He and I did a lot together, a lot of mechanical work,” says Owens, a hint of sadness still in his voice 60 years later. On the day of the accident, Freddie was putting together the transmission of a 1947 Buick. He was excited to share the progress with his dad upon his return from work. “After that, I didn’t want anything to do with anything mechanical ever again,” he says.

His father’s passing also left Owens as “the man of the house” to care for his nine younger siblings while his mother worked. “I grew up overnight,” he says.

After high school, Owens had a scholarship offer to play football at Texas Southern University in Houston, yet he opted to continue the family’s legacy of military service.

The third of those six crucial Sundays came early in Owens’ career as an Army infantryman stationed in Germany. On Sunday, August 13, 1961, he found himself in Berlin, positioned on the line between Soviet and American tanks, engaged in a tense standoff as the German Democratic Republic (GDR) laid the first blocks in the Berlin Wall and the Iron Curtain era of the Cold War began.

“That was as scared as I have been in my whole life—even more scared than I would be later in Vietnam,” says Owens. “We were afraid all hell was about to break loose.” To his relief, no major battle ensued.

FREEDOM’S COST

The fourth Sunday, March 7, 1965, found Owens on a far different battlefield. Having been reassigned stateside

to Fort Benning, Georgia, the year before, Owens traveled to Selma, Alabama, and on that spring morning embarked on the 54-mile, Selma-to-Montgomery march for Civil Rights.

The journey was an abrupt one. Only a few blocks out of Selma, the 600 marchers were met at the Edmund Pettus Bridge by state and local lawmen wielding billy clubs and dispensing tear gas. The violence led to the day becoming known as Bloody Sunday, and it was one of several turning points that helped lead to passage of the landmark Voting Rights Act of 1965 only five months later.

Owens’ participation in Bloody Sunday was emblematic of his involvement in the movement that in many ways defined his generation, a symbol of his passion to advance the cause of equality both among civilians and in the military.

In August, Owens was sent to Vietnam as one of the original members of the 1st Calvary Division (Airmobile), an air-assault force out of Fort Benning. Almost exactly 50 years later, his first days and weeks remain etched into his mind and heart.

“That first month and a half, we did patrols up and down Vietnam,” he says. “We lost our first individual at an ambush site, and I had to literally hold him for the remainder of the night and morning, knowing he wasn’t going to survive because we couldn’t bring a helicopter in.”

A PROMISE HE COULDN’T KEEP

And so it was that the fifth Sunday arrived that fall, on November 14, 1965, the first day of a gruesome conflict that essentially ushered in the Vietnam War era for the United States: the Battle of La Drang.

Owens fought alongside Commander Hal Moore and his fellow soldiers in that four-day engagement that went horribly wrong for the United States, beginning with an ambush that led to what Owens recalls as “a slaughter” before his eyes. The dark chapter in American military history was later memorialized in



Moore’s and Joseph Galloway’s book *We Were Soldiers Once...And Young* and in Randall Wallace’s 2002 blockbuster film *We Were Soldiers*, starring Mel Gibson.

It was a bloody harbinger whose real-life cast of characters included then-Major H. Norman Schwarzkopf, who later became the general and commander-in-chief of Central Command (CENTCOM) and orchestrated U.S. operations in Iraq during 1990’s Operation Desert Storm.

Owens sustained a thigh injury during the battle and was evacuated, but his wound was comparatively minor. Just as he had cared for his younger siblings back home, so Owens had helped to lead many of the soldiers through advanced individual training (AIT) at Fort Benning and had come to view many of them through a fatherly lens. Now, many of them were gone.

“I had told them I would make sure they got back alive,” he recalls. “But as reality sunk in and the casualties added up...” The toll was staggering. “We lost 307 guys, and about 235 I knew, knew their families. I had to really deal with that when I came back from Vietnam. I *didn’t* deal with it for about 35 years.”

As a testament to his relationships with the perished soldiers, Owens has stayed close to the daughters and sons of several fathers who died at La Drang. “They refer to me as their Papaw, and I refer to them as my other grandkids.”

Owens returned to the battlefield, then sustained another injury—a severe trigger-finger wound—before finishing his tour and returning to the United States in September 1966.

HEARTACHE AND HEALING

Even as he gradually began to show symptoms of post-traumatic stress disorder (PTSD), Owens went on with his life and career after Vietnam.

He became an Army recruiter, retired from the military in 1975, went to college to study education, taught school for several years in upstate New York, and then worked for the U.S. Postal Service for 15 years.

During his time as a recruiter in Rochester, New York, in 1973, he welcomed a potential enlistee named Diana Lockwood into the station. Instead of selling her on service, he made a more personal appeal. "I told her, 'No, you're way too pretty to go into the Army,'" he says with a smile. She didn't. The pair kept in touch, reconnected, and wed in 1988. They've made their home in West Knoxville since the mid-'80s, when Diana went to work for Baptist Hospital. The house is often a full one; Owens has seven children, 16 grandchildren, and seven great-grandchildren.

Owens is a multiple award honoree for his service. The litany of recognitions he has received includes the Combat Infantry Badge, Air-Assault Badge with Star Cluster, Bronze Star with Valor Device, Purple Heart with Cluster, Air Medal with Combat Cluster, Presidential Unit Citation, Vietnam Service Medal, Republic of (South) Vietnam Gallantry Cross, and Army Commendation medal.

Even so, the awards meant little as his grief and sadness reached a near-debilitating level throughout the 1990s. After trying to cope on his own, he sought outpatient and inpatient help through the VA Medical Center in Salem, Virginia. With Diana's encouragement, he fought to get to the source of his pain and realized he had been unable to let go of the haunting memories of La Drang.

The sixth pivotal Sunday came in 1998, when an angry, bitter, cynical Owens took a giant step back toward the Christian faith of his youth by reluctantly visiting a church with his wife for the first time in memory.

To his surprise, during the message the pastor mentioned that he was a Vietnam veteran. Owens perked up. The two connected, and three months later Owens rededicated his life to God and began to bask in the love and grace he had been unable to receive since the war.

Still, the road ahead had its bumps. On September 11, 2001, Owens was finishing an inpatient PTSD program in Salem when the Twin Towers were hit. One of those killed was a close comrade from Vietnam, Rick Rescorla (who is featured on the cover of Moore's book). The news "brought me to my knees," says Owens. "You're not supposed to lose one of your best friends in a tower hit by terrorists."

The pain helped to bring more of Owens' angst to the surface. Over the next several years, with help from his

pastors and counselors, he was able to release his bitterness, extend and receive forgiveness, and find a measure of freedom from the past.

FAR FROM RETIRED

Six isn't just the number of those significant Sundays in Owens' life; it's also the number of job titles under his email signature—a clear signal that being a septuagenarian doesn't mean slowing down. He serves as President of Vet to Vet Tennessee, Co-Chairman of the Knoxville Veterans Regional Mental Health Council, Founder of the Soldiers Heart Ministry at Redemption Church, a Legacy Peer Support Group Peer Facilitator, a Knox County Veterans Treatment Court Mentor, and Chairman of Faith Based Community Committee.

Most of his energy is focused on giving back to fellow veterans, especially to those facing PTSD. "Unless you've gone through it, you can't understand it fully," he says. "It is a tough, nasty world to navigate." He offers support to veterans and urges them to avoid isolation: "Find a therapist, get the counseling you need, and if you have to go to in-house treatment, take it and get back on track."

Even as busy as he stays, Owens also takes time to reflect on his journey, and he gives thanks even for its most challenging twists and turns—including the prostate cancer he was diagnosed with in 2010.

"You make out of life what you put into it," he says. "I would not change anything that happened, even though I would not have wanted to go to war. But the war happened, and that is what freedom was all about. My uncle was killed in Korea, my father served in World War II, my grandfather served in World War I, one of my sons and daughters served in Iraq. Sometimes, that is just what it takes." Whether it happens on a Sunday or not. ✕

Phil Newman is a senior writer for Cityview.

Owens received multiple awards and honors for his service in Vietnam.



New Knoxville Restaurants in Bloom

By Hanna Lustig and
Alexandria Rodriguez

THE WEATHER OUTSIDE is heating up—and so is Knoxville's food scene. The past year brought a surge of sizzling new dining options, offering tastiness and familiarity as well as quirkiness and nuance. The restaurants on the pages that follow are the cream of the crop. Using

innovative techniques and food options, local chefs provide a gastronomical mélange that reflects Knoxville's deeply rooted passion of both foodies and restaurateurs, as well as its diverse culture and rich history. So: Let's catch up on some of Knoxville's most-recent restaurant debuts.



FIVE BAR

A theme of simplistic diversity flows throughout Five Bar's menu and décor. A gaggle of chandeliers from 1930s and 1940s Italy and France hang at various lengths from the ceiling, and the chalkboard menu's clear writing above the bar reads simply "The Five." Five Bar offers a limited but carefully curated selection of five starters, five signature entrées, five wines, and five beers. Co-owners Charles Morgan III and Cris Eddings agree that simplicity—and a deliberately minimal menu—helps them focus on the best available products. Dinner favorites include the ribeye, "The Catch of the Day" from Harbor Docks in Florida, and white chocolate bread pudding; Sunday brunchers can look forward to jazz from local artists and a new brunch menu addition: fresh vegetable and Boursin cream frittata.

Opened: September 18, 2014

Location: 430 South Gay Street

Known For: New American

What You'll Spend: \$40 to \$50

Hours: Sun: 10 a.m.-10 p.m., Mon-Thurs: 11 a.m.-10 p.m., Fri-Sat: 11 a.m.-12 a.m.

Web site: www.five-bar.com

THE FRONT PORCH

Originally from West Virginia, co-pastors of Crossroads Christ Fellowship and co-owners of The Front Porch in Powell, Bart and Cindy Elkins fell in love with the people of Tennessee—and a 105-year-old historic home. The house was originally built and owned by the Gill family in 1910, and the Elkins recently oversaw its careful renovation. "It was no easy feat to convert the old home and still maintain the integrity of the building," says Bart Elkins. "People love the astounding

beauty and the charm that passes table to table." But the beauty and charm doesn't stop at The Front Porch's interior. The blackberry, an East Tennessee all star, is integrated into several of the menu items, including blackberry lemonade, the blackberry pastry, and the blackberry barbeque duck breast. "We try to bring that local flair using the local blackberry," says chef Cinnamon Kennedy. "These are the foods that represent East Tennessee. We're trying to help people experience the taste that makes you think of home," says Cindy Elkins. "It's kind of like coming to grandma's house—if grandma were a gourmet chef."

Opened: January 9, 2015

Location: 1509 West Emory Road

Known For: Southern Cuisine

What You'll Spend: \$40 to \$50

Hours: Tues-Thurs: 3 p.m.-9 p.m., Fri: 3 p.m.-10 p.m., Sat: 11 a.m.-10 p.m.

Web site: www.facebook.com/thefrontporchlife

GRUJO'S

Quick to prepare and loved by many, doner kebab is one of Germany's favorite street foods. After moving to the United States from Heidelberg with her American husband, Julia Jones found herself without access to this street food staple. "We really wanted something different, what's really not here in this area yet," says Jones. Determined to fill that void, Jones opened GruJo's German Fast Food in Powell and hired the best cook she knows to run the kitchen and recreate the taste of home. "I have my mom here," says Jones, smiling. "She's just the greatest cook you will ever find." GruJo's now specializes in fresh kebab made with chicken or beef and lamb rotisserie meat, topped with fresh vegetables. They also offer another German standby: schnitzel, a seasoned and breaded pork loin.

Opened: November 14, 2014

Location: 1420 East Emory Road

Known For: German Street Food

What You'll Spend: \$10 to \$15

Hours: Sun-Thurs: 11 a.m.-9 p.m.,
Fri-Sat: 11 a.m.-10 p.m.

Web site: www.grujos.com

NOT WATSON'S KITCHEN + BAR

Not Watson's, with its yellow double-doors and playful name, experiments with diverse ingredients and colorful dishes, such as cheddar cheese-infused chicken and waffles with a side of bourbon syrup and spiced watermelon. "You'll always have a really good time," says chef and general manager Beau McKee. "We have an energetic vibe and fresh, vibrant food that others just don't have here." Not Watson's honors co-owner Glenn Kirtley's childhood memory of the historic Watson's Department Store and offers innovative food and flavors. After years of traveling, Kirtley decided to pay homage to the flavors he experienced by creating a place that celebrates food culture. The popular 9th

Street Philly and the Chicago dog offer inspiration from two of Kirtley's favorite cities. "We're always experimenting with new things to put on the menu, including some vegetarian options," says McKee. Herbivorous customers may enjoy the portobello sandwich with melted Brie, while the tender-fried Alligator Po' Boy with fresh greens and spicy remoulade often leaves carnivores begging for more.

Opened: August 27, 2014

Location: 15 Market Square

Known For: New and Traditional American

What You'll Spend: \$30 to \$40

Hours: Mon-Thurs: 11 a.m.-10 p.m.,
Fri-Sat: 11 a.m.-12 a.m., Sun: 11 a.m.-9 p.m.

Web site: www.notwatsons.com

OLIBEA

"My earliest memory was of waking up to the smells and sounds of breakfast," says chef and owner Jeffrey DeAlejandro. "The sound of bacon sizzling in a pan, the smell of pancakes cooking, and homemade cinnamon rolls baking—that was my happy spot." Known by many as the man behind the pubby food at the

Crown & Goose, DeAlejandro has taken his passion for breakfast right across the street. The freshly painted mint-green doors give the storefront a vibrancy that sweeps throughout the entire space, from the exposed brick and local artists' work to the spice of his Mexican-infused dishes. OliBea manages to bring its customers locally sourced, fresh ingredients without killing their wallet. And if you're not a breakfast person, OliBea's good vibes and dill-brined fried chicken biscuit with whipped sorghum and chow-chow topping may make one out of you yet. "Whatever happened the day before doesn't matter because today is a fresh start," says DeAlejandro. "Today's going to be good because I had breakfast. I want to give customers that same great experience." OliBea is considering extending its hours from 8 p.m.-3 a.m. for the late-night Old City adventurer.

Opened: December 13, 2014

Location: 119 South Central Street

Known For: Breakfast/Mexican Fusion

What You'll Spend: \$20 to \$30

Hours: Sun-Sat: 7 a.m.-1 p.m.

Web site: www.olibea.net





RAMI'S CAFE

Basel Natour needed a fresh start and a new career. The store he'd been managing for 11 years had just closed, and while he loved working in retail, the hours left him little time to spend with his family in the evenings. Taking a cue from brothers Pete and Bassam, who own Pete's Coffee Shop and Sami's Café, respectively, Basel opened a third location in the Natour family empire: Rami's Café. "What we're offering is what I think people have been looking for, especially in this area," says Natour. "North Broadway doesn't really have a nice casual sit-down family atmosphere for breakfast and lunch." Named after Natour's youngest son, Rami's brings the delicious homestyle omelets and hoagies you'll find at Pete's downtown or Sami's in Bearden to the wider Knoxville community. A knack for the restaurant business appears to run in the family.

Opened: January 5, 2015

Location: 3553 North Broadway

Known For: Homestyle American Breakfast and Lunch

What You'll Spend: \$10 to \$15

Hours: Mon-Sat: 7 a.m.-3p.m.

Web site: www.facebook.com/Ramis-Cafe

THE FRENCH MARKET CRÊPERIE

Masters of *l'art de vivre*, the French are revered for their impeccable taste and timeless sophistication in all areas of life. And when Knoxville couple Susan and Allen Tate decided to open a second location of their beloved crêperie, they remained faithful to that refined aesthetic. Inside, bleached wood counter tops and sleek black metal patio tables pair beautifully with walls coated in a shade of pastel green, a hue chosen for its resemblance to Parisian rooftops. A perfect embodiment of French luxury and Southern charm, The French Market's menu offers authentic sweet and savory crêpes, croissant sandwiches, salads, omelets, and desserts made with imported and locally sourced ingredients as well as coffee drinks made with Lavazza Italian coffee and a selection of European beers. Customer favorites include classics such as Ham & Swiss Cheese and Strawberries & Cream—but more adventurous eaters are rewarded for ordering unconventional combinations such as The Monte Cristo, a traditional crêpe made with ham or turkey, butter, strawberry jam, and powdered sugar; or the Goat Cheese with Walnuts crêpe served with a side of artichoke

hearts or fig jam. Purists, however, will fall head over heels for the Crêpes Suzette, made with Grand Marnier cognac, butter, sugar, caramel, and whipped cream. Paris is for lovers, after all.

Opened: September 5, 2014

Location: 161 Brooklawn Street

Known For: Crêpes

What You'll Spend: \$10 to \$15

Hours: Mon-Sun, 11 a.m.-10 p.m.

Web site: www.thefrenchmarketknoxville.com

CAZZY'S CORNER GRILL

Things are as good as new at Cazzy's Corner Grill, now featuring a vibrant menu overhaul, new management, and renewed customer-oriented service. "It's been a pretty seamless transition since October," says general manager Torey Hess, a food veteran who has experience at Calhoun's, among other restaurants. With new management staff from the Copper Cellar family, customers can look forward to old favorites, such as a version of the Sloppy Joe sandwich called Cazzy Joe, a Pastrami burger topped with a fried egg, and new dishes, such as baked cod; chicken frittata; and a vibrant Spa Salad with marinated artichoke hearts, cooked asparagus, chickpeas, red peppers, and a balsamic reduction on a bed of greens. What hasn't changed is Cazzy's goal to bring a trend-setting spirit to classic American cuisine. "We're trying to get back to our roots," says Hess. "We want to be that great spot for people to come in and enjoy high-quality service. We want customers' experience here to really resonate in a way it didn't before."

Opened: 2012, new management in October 2014

Location: 2099 Thunderhead Road

Known For: New and Traditional American

What You'll Spend: \$30 to \$40

Hours: Mon-Thurs: 11 a.m.-10 p.m., Fri-Sat: 11 a.m.-11 p.m., Sun: 11 a.m.-9 p.m.

Web site: www.cazzyscorner.com

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BLUE MASON COFFEE

It's not just the caffeine—Blue Mason Coffee is generating quite the buzz in Knoxville. Run by UT alumni Calvin Dillinger and Margo Ingram, Blue Mason specializes in uncomplicated drinks that honor the “art of coffee”—a counterpoint to elaborate, New Age Starbucks creations. “We believe in the simple things in life and coffee is the same way,” says Dillinger. “A good cup of coffee doesn't have to be a frappuccino, it doesn't have to have all these artificial syrups in it. It can be a cup of coffee with some natural sugar cane—and it can be excellent, if you do it right.” Simplicity, however, does not preclude ingenuity. The “Signature,” one of Ingram's favorite items, combines coffee, espresso, chai, honey, and cinnamon in a warm, unique drink poured like a latte. Brewing only locally roasted, fairly traded, direct-source organic beans alongside pastries made by Knoxville baker Abbie Jones, this small town shop strives to support the community locally and farmers globally. “The customers that come in your door every single day that are regulars are partnering with you in what you're doing,” says Dillinger. “It means a lot. It's not transactional when you're a small business; it's relational. I absolutely love that.” ✕

Opened: September 13, 2014

Location: 2920 Sutherland Avenue

Known For: Coffee and Pastries

What You'll Spend: \$10 to \$15

Hours: Mon-Fri: 7 a.m.-6 p.m.,
Sat: 9 a.m.-6 p.m.

Web site: www.thebluemason.com

Hanna Lustig and Alexandria Rodriguez are interns at Cityview.

{ FRESH FRANCHISES }

BAD DADDY'S BURGER BAR

Be gone, Burger King. Bad Daddy's Burger Bar invites you to truly “have it your way.” Although the menu offers many specialty burger combinations, such as the “Bacon Cheeseburger on Steroids,” discerning customers can also custom build a perfect burger from the bun up using a vast list of local and artisanal ingredients.

Location: 11683 Parkside Drive

Web site: www.baddaddysburgerbar.com

BRENTZ

Nestled on Cumberland Avenue, Brenz Pizza Co. is a one-stop shop for artisan pies for those who don't want to spend too much dough. Handcrafted and piled high with tasty toppings, specialty pizzas such as the Grecian Goat or the Spicy Hawaiian are modern takes on age-old recipes. Looking to ditch Domino's forever? This regional upscale chain delivers, too.

Location: 1705 Cumberland Avenue

Web site: www.brenz pizzaco.com

DICKEY'S BBQ PIT

Dickey's Texas-style sauce and hickory-smoked meats might make believers of Buddy's devotees. With an on-site burning pit at every location, this franchise stays faithful to tradition. Teamed up with Southern sides such as fried okra and potato salad, it's hard to resist their fall-off-the-bone ribs and moist pulled pork sandwiches.

Location: 11483 Parkside Drive

Web site: www.dickeys.com

HURRICANE GRILL AND WINGS

Surf's up! Life's a beach at Hurricane Grill and Wings. With 30 island-inspired flavors, Hurricane lets wing connoisseurs customize an order with many glazes, rubs, or sauces.

Location: 319 Lovell Road

Web site: www.hurricanewings.com

LA ROSA'S

When it comes to pizza, La Rosa's keeps it in the family. The menu is filled with tried-and-true Italian recipes passed among generations for more than 60 years. Dine in, carry out, or do delivery—piping hot pizzas and calzones await.

Location: 9169 Kingston Pike

Web site: www.larosas.com

TOM + CHEE

Grilled cheese and tomato soup grow up at this fast-spreading casual diner. Indulge your inner child and your inner foodie with more than 20 sandwiches and three soup variations. Fancy grilled cheese varieties include a “Mushroom + Swiss” combination and even a grilled cheese donut. Like the company's motto commands: “Eat what's fun!”

Location: 9159 Kingston Pike

Web site: www.tomandchee.com



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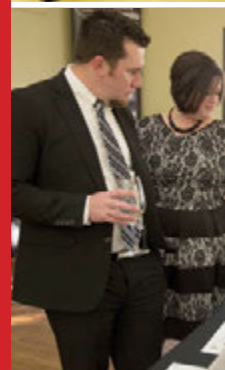


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CITYVIEW TOP CHEFS *Knoxville*

AN EARLY-SPRING CHILL HUNG in the air as guests filed into the warmth of Lighthouse Knoxville on Saturday, March 28. Attendees found rows of artfully plated fare, glasses anticipating a first pour of wine, and soft jazz filling the vast expanse of the venue. Top Chefs 2015 had begun.

This year, entrées and desserts were created by 10 of Knoxville's most acclaimed chefs. After careful consideration, diners scored each dish between 1 and 10—and chefs with the highest scores earned the title of Knoxville Top Chef. Many guests also participated in a silent auction that ran throughout the event, where bids were placed on local businesses finest wares.

A portion of the event's proceeds went to Knoxville Area Rescue Ministry and Second Harvest Food Bank. KARM provides meals, shelter, and recovery support for Knoxville's homeless, and Second Harvest Food Bank is the region's largest hunger-relief charity.

So, without further delay, let's get to know some of Knoxville's culinary masters and their finest foods.

Food and chef photography: Bryan Allen and Jennie Andrews
Event photography: Jimmy Chiarella and Lauren Blankenship







• **FRANK ALOISE** •

★ **COPPER CELLAR** ★

I grew up in a very large Italian/Sicilian family. Food is the center of our culture.

I cook the way my family cooks.



• **CURTIS BATES** •

★ **BLUE COAST GRILL** ★

I'm self-taught—I read a lot and look at what's trendy. I love flavor profiles and blends.



• BRUCE BOGARTZ •

★★★★★ I C O N ★★★★★

I always liked the creative outlet cooking provides. I wasn't very good at traditional arts. Food was a good medium for me.



• SPENCER BRADFORD •

★★ THE ORANGERY ★★

As chefs, we have to follow our passion and remember what it's all about. Give an experience they'll never forget, and love what you do.





• JEFF CARTER •

BISTRO BY THE TRACKS

I knew I wanted to be a chef early in high school. My dad was a huge influence there—and he continues to inspire me today.

• BRANDON CRUZE •

★★★ SUN SPOT ★★★

My family and my upbringing inspire my work. I'm a Navy brat—I was born in Morocco and then we moved to Florida—so I experienced a lot of different flavors.



• MARK DAVIS •

★★★ CONNORS ★★★

*The daily challenge,
the teamwork, the
people I've been
lucky enough to work
with—that has been
my driving force.*



• JEFFERY DEALEJANDRO •

★ CROWN & GOOSE ★

*At the end of the day,
my love of food keeps
me in the business. I
am truly blessed my
wife and kids allow me
to chase this dream.*



• HOLLY HAMBRIGHT •

*** HOLLY'S ***

*I like trying new things,
doing new things. I
get tired of cooking
the same ol' same ol'.*



• DERON LITTLE •

*** SEASONS ***

*There's some wonderful
fellowship that happens
around a dinner table.
For me to be involved in
that is an honor. I want
to make people happy.*



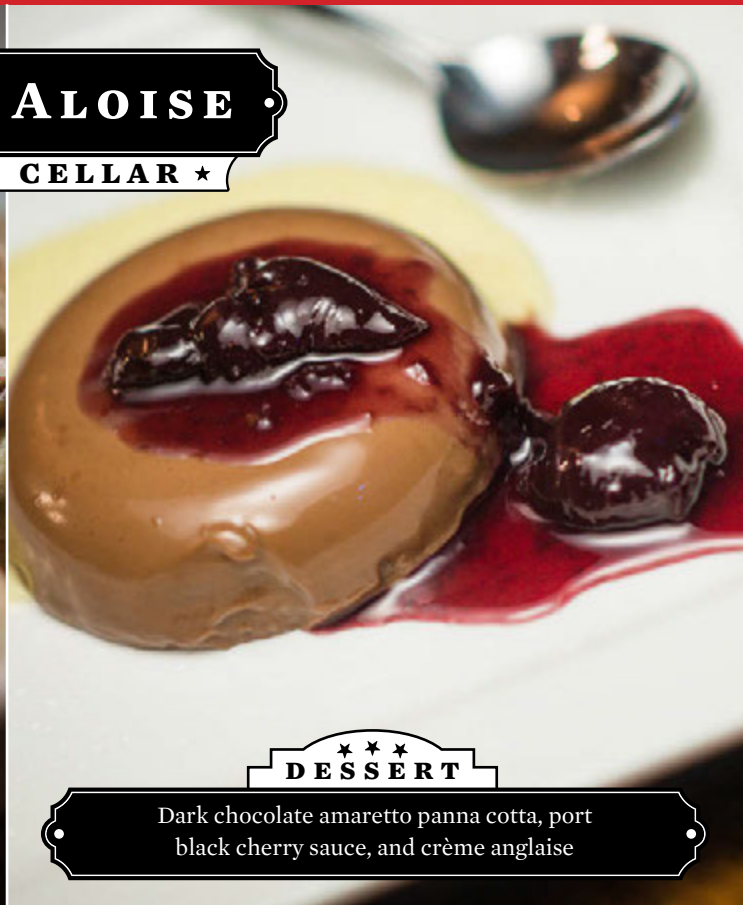




FRANK ALOISE
★ COPPER CELLAR ★

ENTRÉE

Homemade gnudi pasta, wild mushrooms, and sherry cream



DESSERT

Dark chocolate amaretto panna cotta, port black cherry sauce, and crème anglaise



CURTIS BATES
★ BLUE COAST GRILL ★



ENTRÉE

Hickory-smoked prime rib with prosciutto and duxelles wrapped in a puff pastry topped with a Jack Daniels mustard glaze



DESSERT

Blueberry cream cheese pudding pound cake with homemade lemon verbena ice cream topped with a blueberry coulis and pistachio brittle



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• BRUCE BOGARTZ •

★ ★ ★ ★ ★ I C O N ★ ★ ★ ★ ★



★ ★ ★
ENTRÉE

Green chile cheeseburger sliders served with duck confit tater tots and pimento cheese fondue



★ ★ ★
DESSERT

White chocolate banana pudding topped with MoonPie crumbles

• SPENCER BRADFORD •

★ ★ THE ORANGERY ★ ★



★ ★ ★
ENTRÉE

Sea bass served over broccoli rabe, topped with a vegetable medley and cream sauce



★ ★ ★
DESSERT

Poached pear with crême anglaise, chutney, nuts, chocolate, and red wine & honey reduction

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Chris



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June, 9th
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smoked quail with
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JEFF CARTER

BISTRO BY THE TRACKS

ENTRÉE

Smoked pork shank, whiskey barbeque sauce, baked Sea Island red peas, chow-chow, BBQ pork rinds

DESSERT

Brown sugar cake, Muddy Pond sorghum, Belle Meade bourbon, orange reduction, Luxardo cherry

BRANDON CRUZE

SUNSPOT

ENTRÉE

Seared tuna confit with brussels sprout kimchi and served with shiitake/pork belly stir-fry with sambal and cilantro

DESSERT

Cruze Farm buttermilk tart with whipped strawberry and shortbread crumble

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Sweet Corn Tamale Cakes



Chocolate Mousse Cake



Strawberry Short Cake



German Chocolate Cake

MARK DAVIS

★ ★ ★ CONNORS ★ ★ ★



★ ★ ★
ENTRÉE

Porter braised short ribs with portobello mushrooms and red pepper cheese grits



★ ★ ★
DESSERT

White chocolate cranberry bread pudding with bourbon caramel sauce

JEFFERY DEALEJANDRO

★ CROWN & GOOSE ★



★ ★ ★
ENTRÉE

Potato-wrapped quail stuffed with spicy cheddar, baked beans, BBQ quail leg, pickled seasonal vegetables



★ ★ ★
DESSERT

Sopaipilla with honey ice cream, seasonal fruit preserve, raw sugar nest



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[feyt] - noun: a day of celebration; a feast or festival; to entertain

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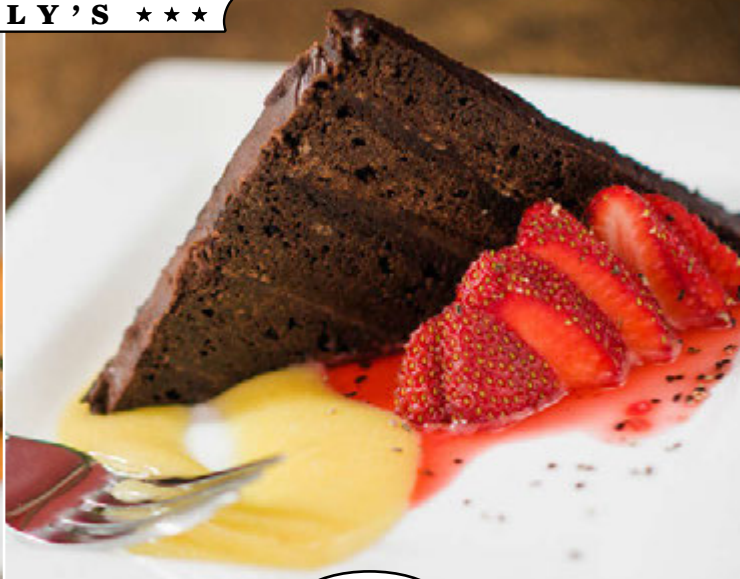
HOLLY HAMBRIGHT

★ ★ ★ HOLLY'S ★ ★ ★



★ ★ ★
ENTRÉE

Minty lamb meatballs with feta served with wild mushroom "risotto" and tomato vinaigrette



★ ★ ★
DESSERT

Espresso terrine served with lemon curd and warm black peppered strawberries

DERON LITTLE

★ ★ ★ SEASONS ★ ★ ★



THIRD
ENTRÉE
PLACE

★ ★ ★
ENTRÉE

Veal rack-en-croute with duxelles presented on Gorgonzola Yukon potato purée with a prosciutto port wine demi



THIRD
DESSERT
PLACE

★ ★ ★
DESSERT

Key Lime pie presented on a brown sugar graham cracker crust, crowned with a Grand Marnier meringue & almond tuile

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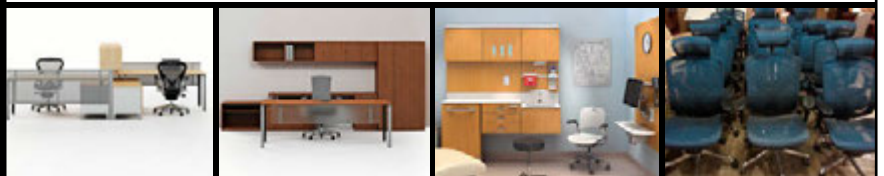


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Cityview would like to extend thanks to all of those who contributed to the success of the 8th Annual Top Chef's event.

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Many thanks to the chefs and restaurants that participated in our competition—this event would not be possible without you!



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Laughs in
Flowers."

—Ralph Waldo Emerson



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A special part of the Top Chefs event is the Silent Auction, overseen by the Tennessee Food Service Group.

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Second Harvest Quick Facts

7,743

SQUARE MILES OF THE 18 EAST TENNESSEE COUNTIES SERVED

12.6 MILLION

NUMBER OF MEALS SERVED EACH YEAR

95%

EFFICIENCY RATING

549

NUMBER OF NON-PROFIT PARTNERS:
• FOOD PANTRIES
• SENIOR CENTERS
• SOUP KITCHENS
• SHELTERS
• GROUP HOMES
• SCHOOLS
• YOUTH ORGANIZATIONS
• REHABILITATION CENTERS
• NON-PROFITS WHO FEED THE HUNGRY

34

FULL-TIME EMPLOYEES

23,000

VOLUNTEER SERVICE HOURS

4 STAR

RATING FROM CHARITY NAVIGATOR

87,356

SQUARE FEET OF WAREHOUSE + FREEZER / COOLER

16

NUMBER OF TRUCKS OWNED AND OPERATED



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The Wine is Fine in East Tennessee

By Whitney Heins

THE SUN IS SHINING, birds are chirping, flowers are blooming—and grapes are growing—so the time is right to enjoy nature's bounty. Vineyards and wineries are sprouting up all across the state, offering a variety of wines and sipping environments for oenophiles and amateurs alike.

While Tennessee's wine business looks to be only just budding, the Volunteer state is not new to the craft. In the late 1800s it appeared

that with its fertile, rolling hills, Tennessee would be a leader in the field. But Prohibition crushed the state's grape crushing and fermenting dreams. That is until about 30 years ago—when we slowly began staging a vintners' revival.

Today, Tennessee lays claim to almost 50 wineries, 150 vineyards, and four wine trails crisscrossing the state—with several spots producing national and international award-winning wines.

While our soil can support many types of grapes, the Muscadine vari-

ety grows very well in the Southeast. For this reason, a bulk of the wines created here features these thick-skinned, juicy morsels that when crushed and fermented create a sweet wine. However, if your taste buds tingle for bolder wines, don't despair. Our region's wineries pride themselves on creating a range of flavors.

Here, *Cityview* tours a selection of our region's wineries. All offer free tastings and friendly service most days of the week.

east tennessee wineries index

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118 Tsali Notch Vineyard: Madisonville

Blue Slip Winery: Knoxville

Chances are the word “vineyard” conjures the pastoral imagery of rolling green hills lined row after row by grape vines. As Knoxville’s first winery and Tennessee’s first urban winery, Blue Slip Winery, which opened in 2009, challenges this vision—but in a good way.

The winery moved to a new location inside the Historic Southern Railway Station in Knoxville’s Old City last year. The space lends a modern yet historic feel to your tasting experience. Indeed, the owners of Blue Slip took great care in maintaining the historic integrity of the 1903 building, which is listed on the National Register of Historic Places.

“We removed the layers of previous renovations, such as sheetrock, drop ceilings with florescent lighting, and carpet to expose the original barreled ceilings, the original Tennessee marble, and stamped concrete flooring,” says owner Linn Slocum. “The original brick walls were also exposed to reveal architectural features.”

Visitors will find the cozy tasting room tucked away past the lobby along with two elegant ballrooms, which feature marble floors and intricate woodwork, making Blue Slip a popular destination for weddings and special events. Much of the rest of the building is dedicated to the winemaking craft itself—all done on the spot from processing and aging to bottling.

Despite the urban setting, Blue Slip is a “farm-to-glass” winery. “Because we are a small winery and because we use only Tennessee fruit, we know the grower and the vineyard,” says Slocum. “And, because our wines are made in small lots, we are able to maintain the varietal characteristic of the grape.”

Blue Slip’s list features more than 20 red, white, and fruit wines. Local favorites include Rocky Top Blush, a sweet blend of Cayuga and Steuben grapes; Cynthiana, a full-bodied red reminiscent of a hearty Cabernet Sauvignon; River City Red, a sweet and fruity wine often

sipped after dinner; and Cayuga White, a crisp, tart, and fresh white similar to a Sauvignon Blanc. Prices range from \$16 to \$22 a bottle.

CONTACT: www.blueslip.com; 865-249-7808

SOMMELIER’S SELECTION: The hearty **Big Blue**, a blueberry wine that uses 100 percent local blueberries, goes best with blue cheese.

Cades Cove Cellars: Townsend

At Cades Cove Cellars, you can sip wine while doing some good. A dollar from every bottle sold goes to the Appalachian Bear Rescue, a black bear rehabilitation facility in Townsend.

“Our family has always loved experiencing the beauty that the Great Smoky Mountains have to offer,” says owner John Birkholz. “We have hiked, camped, backpacked, kayaked, rock-climbed, and participated in many other wonderful outdoor activities in the Smokies. For that reason, it was very important for us to get involved in a charity that gave back to the Smokies.”

Another reason: The bears made sure their presence was known. When the winery was under construction, they tried to break into the chiller unit that is used to stabilize the wines. Claw marks can still be seen on the machinery.

While the physical location of Cades Cove Cellars, located off East Lamar Alexander, is relatively new, the winery is three years old and the staff’s combined winemaking experience surpasses 50 years. “We believe our wines are special because of our passion for wine-making,” says Birkholz. “We use a blend of old-world techniques and modern technology to make sure they are the best they can be.”

Visitors are welcome to step up to the tasting bar—located inside a cabin-like tasting room. “We were very careful to make sure the winery had

the right ambience to fit the Smokies and add to the customer’s experience.” Bottles include different facts about the area. The winery offers flavors ranging from completely dry to sweet; the Blackberry and Raspberry wines are most popular. Prices range from \$12.95 to \$19.95 a bottle.

Cades Cove Cellars also hosts unique events—including a monthly “Stretch and Sip” yoga class followed by a private wine tasting social, and holiday-themed events such as Christmas and Sweet-heart markets.

CONTACT: www.cadescovecellars.com; 865-325-9463

SOMMELIER’S SELECTION: The **Blackberry** wine makes an excellent reduction to top Key Lime pie.

Nolichucky Vineyard: Russellville

Nolichucky Vineyard embodies a true pastoral setting. Situated on the Nolichucky riverbed and surrounded by sweeping hills, the vineyard has no shortage of scenic views. With a “Grape Barn” that houses a tasting room, large deck, two-story gazebo, and pavilion, several spots invite you to linger after a tasting. “Our vineyard is truly a little slice of heaven that I love to share with everyone,” says Jillian Bryan, who manages and operates the facility.

Bryan says she likes to get to know her guests and make them feel at home on the property. “We welcome the public to visit the vineyard for leisure, family picnics, educational trips, photo sessions, walking, swimming and other river activities—or just to drop in and say hello,” she says. The 15-acre vineyard is located directly off I-81 at exit 15 in Hamblen County and is the first licensed “farm winery” in Tennessee. Farm wineries’ wine is made entirely from fruit grown on the property.



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The vineyard is the brainchild of Bryan's mother, Katie Martin, who in 2008 spearheaded the land's transformation from a tobacco farm to a vineyard growing grapes such as Riesling, Steuben, Traminette, Catawba, and Concord.

Nolichucky's wines have been in the sweet to semi-sweet range, but Bryan says she is looking forward to some drier wines this year. Prices for a bottle range between \$15 to \$25. Nolichucky is also a spot for many events including weddings, its annual Bridal Extravaganza and Jam in the Vineyard Summer Music Series events, and a Harvest Celebration Dinner Party, held in August, and featuring a gourmet family-style dinner.

CONTACT: www.nolichuckyvineyard.com;
423-312-6755

SOMMELIER'S SELECTION:

The **Catawba**, a floral semi-sweet pink blush, pairs well with soft cheeses and spicy foods.

Stonehaus Winery: Crossville

The owners of Stonehaus Winery proudly hold bragging rights for blazing the commercial vineyard trail in Tennessee. Before founding Stonehaus in 1991, the Wheeler and Ramsey families opened the state's first licensed winery in 1979. Stonehaus's winemaker and visionary, Fay Wheeler, also known as the "the grandfather of Tennessee wine," was instrumental in getting the Wine and Grape Act enacted in 1977—which permits wineries to open in any county, wet or dry, providing the grapes were grown in Tennessee.

Sitting atop Tennessee's Cumberland Plateau, with easy access off I-40 at exit 320, Stonehaus is a popular stop for travelers and destination for tourists. Sit outside at a picnic table or lounge in the large tasting room and enjoy Stonehaus's wide spectrum of wines made from the dryer sparkling

Seyval Blanc and the sweeter Muscadine grape.

The Orange Squeeze, a light, sweet, orange juicy wine, is a popular choice for tailgating parties. Other favorites include the Raspberry Mist—a sweet, light red wine with raspberry and grape flavors, and the Cumberland Gold—a sweet, peachy wine. With a list that includes more than 20 "still" and "sparkling" wines, ranging in price from \$12.95 to \$19.95, there is certainly something for everyone.

If wine isn't your thing, give the lauded homemade fudge a try. Stonehaus offers a multitude of flavors for this treat, as well, but we hear snickers and rum nut are the best. The winery also sells gourmet foods, gifts, and toys. If you can't make it to Crossville, don't worry. As Tennessee's only winery with statewide and multi-state distribution, Stonehaus wines can be found in liquor stores in Memphis, Nashville, Chattanooga, Knoxville, Tri-Cities, and all points in between. The wines are also distributed to liquor stores across the country as far north as Michigan and as far south as Alabama.

CONTACT: www.stonehauswinery.com;
931-484-9463

SOMMELIER'S SELECTION:

The **Chardonnay** matched with chicken makes an excellent meal.

Sugarland Cellars: Gatlinburg

Keeping with the mountain theme, Sugarland Cellars is a full-service winery located on the Parkway in Gatlinburg at the mouth of the Great Smoky Mountains National Park. The history of the city is featured on the labels and throughout on guided tours. Indeed, guests seem to rave as much about the hosts and guides as they do Sugarland Cellars' wines.

The large tasting room provides ample space to catch up with friends and enjoy the wines—crafted from regionally grown grapes in the foothills of the Smokies from people who have been farming for generations. Wines range from sweet to semi-sweet to dry. Favorites include 1802, a Burgundy-style red wine, and Baskins Creek Blanc, a white wine that features citrus and honey flavors. Most bottles sell for around \$12.

Sugarland Cellars' labels feature more than just fun facts about the area. Some also feature art by renowned East Tennessee artist Robert A. Tino. Each season, Tino creates a limited edition wine label capturing the beauty of the Smokies. Only a thousand bottles with the special label are sold—and \$5 from each bottle is donated to the Friends of the Great Smoky Mountains National Park, a nonprofit organization whose mission is to preserve and protect the park. The winery has raised more than \$40,000 for the group.

CONTACT: www.sugarlandcellars.com;
865-325-1110

SOMMELIER'S SELECTION:

The sweet and decadent **Elkmont**, made from a raspberry and blackberry hybrid, is best served with a slice of raspberry-drizzled cheesecake.

Tsali Notch Vineyard: Madisonville

Tsali Notch Vineyard, located just nine miles off I-75, is folded into the lush foothills of the Smokies and ringed by sweeping mountain views. Visitors can taste the wine "right in the middle of the vineyard where the fruit is grown," says manager JD Dalton.

The vineyard specializes in growing Muscadine grapes, which span more than 6,000 vines on 21 miles of trellis, covering 35 acres of the 202-acre estate. "Muscadines are only grown in the



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south—and that makes Tsali Ranch a true southern farm winery,” says Dalton. “This fruit combines health benefits with a taste both delicious and sweet. They have their own unique taste that we refer to as the muscadine ‘twange.’”

Despite growing only Muscadines, Tsali Ranch harvests six varieties—enabling the ranch to craft a myriad of wines including reds, whites, blush, and sparkling. Favorites include Dragging Canoe, a semi-sweet dry red wine made from the Noble grape, and the French Broad, a light crisp blush wine with a touch of red from the Noble variety.

In 2014, the vineyard won several awards in The Wines of The South Competition. In 2015, it won several in the San Francisco Chronicle Wine Competition. Bottles run between \$15.99 and \$22.99.

The vineyard property includes a large party barn, a reconstructed log building tasting room, and a recently refurbished 19th-century two-room farmhouse called The Jackson Lounge. Tsali Notch is a popular destination for weddings and other special events. Also, if you visit during September and October, you can pick the Muscadines for your own juice, jelly, and winemaking. The vineyard also participates in a number of events including the increasingly renowned National Muscadine Festival, a celebration of the native fruit held jointly with the City of Sweetwater, as well as civil war reenactments, a fried green tomato festival, pumpkin festival, and moo-fest, among others. ✕

CONTACT: www.tsalinotch.com; 423-506-9895

SOMMELIER'S SELECTION:

A bottle of robust and oaky **Dragging Canoe** is sure to be a hit at your next hamburger cookout.

Whitney Heins is a former news anchor/reporter for WATE-TV and a former public relations specialist and science writer for the University of Tennessee. This is her first feature for Cityview.

Wine in Grocery Stores



After more than seven years of debate, legislation that would let grocery stores sell wine finally passed last year. But hold your “Cheers.” You can’t add wine to your grocery list until July of next year at the earliest—and you won’t be able to pick it up at stores everywhere across the state.

The proposal allowed for local referendums on selling wine in retail food stores in cities that already allow by-the-drink liquor sales. This past November, 78 municipalities voted yes.

In our region, those municipalities include:

Anderson: Clinton, Norris, Oak Ridge

Blount: Alcoa and Maryville

Cocke: Newport

Cumberland: Crossville, unincorporated Cumberland County

Hamblen: Morristown

Knox: Farragut, Knoxville, and unincorporated Knox County

Loudon: Lenoir City and Loudon

Roane: Harriman, Kingston, and Oak Ridge

Sevier: Gatlinburg, Pigeon Forge, and Sevierville

So when can you start picking up the booze in these municipalities? Most grocery stores can start selling wine July 1, 2016, but those located within 500 feet of a liquor store have to wait until July 1, 2017, unless the liquor store owner gives consent to start selling sooner.

Don’t count on being able to pick up a bottle at your local Walgreen’s or Weigel’s. Pharmacies and convenience stores do not qualify for licenses because of a 20 percent food requirement in the law that states stores must sell at least that much food to sell wine. In addition, the legislation only allows grocery stores to sell beer and wine—and not spirits.

For those wanting to imbibe on a Sunday: Remember—this is still the South. Wine and liquor sales—even in grocery stores—are still forbidden.

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By Catherine Norris

TECHNOLOGY IN THE KITCHEN TAKES THE CAKE

You too can look like a pro with these handy, high-tech kitchen gadgets.

MOST OF US DON'T HAVE the time or energy to commit to preparing gourmet dishes everyday—which is why these revolutionary kitchen devices come to play. Whether you're trying to maintain a healthier food plan or looking to whip up two quarts of homemade gelato, the world of food technology is expanding to meet every chef's need. From cooking with your smartphone to making homemade bread in under an hour, these tools will make your tastebuds sing. Health junkies and cuisine connoisseurs unite: These gadgets are a dream-come-true for any kitchen.

JUICEPRESSO COLD-PRESS JUICER

As juicing becomes increasingly trendier in the world of health and fitness, a reliable and long-lasting juicer is one of the most sought-after kitchen appliances today. The Juicepresso cold-press juicer's slim design and powerful DC motor guarantees it to last at least seven years with daily juicing. The Juicepresso operates at a slow 40 RPM but juicing time remains the same as other speed juicers; the difference is that slowly pressing your fruits and vegetables allows more juice to be extracted—40 percent more than traditional speed juicers. Juicepresso is extremely quiet and easily cleaned with its three-in-one screw design—just rinse and put in the dishwasher.

www.juicepressousa.com, \$499





CROCK-POT SMART SLOW COOKER

Belkin's home-automation technology smart-phone app WeMo has revolutionized crockpot cooking. Used with the Crock-Pot Smart Slow Cooker, the app allows you to have remote access to all cooking functions on the crock-pot. You are able to adjust temperature, change cooking time, check status, and cut power all from the convenience of your smartphone. The app also sends your mobile device a reminder when the food is done. The crock-pot itself is easily set up and operated, with a six-quart capacity. The cooking functions can also be controlled by manual operation directly on the unit. The crock-pot is made with cool-touch handles and dishwasher-safe stoneware and glass to allow for easy use and cleaning.

www.belkin.com, \$129.99

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Grow your own vegetables and herbs in your kitchen without the mess of soil. Made with NASA-proven technology, the dirt-free hydroponics and fast-growth LED lighting optimizes plant growth. The LED lighting function uses various colors for different purposes: white speeds growth, blue yields bigger harvests, and red is reserved for growing tomatoes and peppers. The AeroGarden has a computerized brain that promotes nutrients for whatever plants you choose to grow. The device contains a 1.2-gallon water and nutrients reservoir, an adjustable lamp arm that extends up to 24 inches, and an alterable trellis system. Plants in the AeroGarden grow five times faster than in soil; pre-seeded pods are guaranteed to grow with the patented, specially formulated Liquid Nutrients. The AeroGarden also includes a 7-Pod Gourmet Herb Seed Pod Kit that contains Genovese Basil, Thai Basil, Chives, Cilantro, Curly Parsley, Dill, and Mint.

www.aerogarden.com, \$279.95





PREP PAD

The Prep Pad is more than just a kitchen scale: Not only is it able to measure your food, but it also determines the nutritional content of everything placed on it. Using an app, specify what you are weighing manually or with a barcode, and the Prep Pad displays helpful and accurate dietary information including calories, protein,



fats, and carbs. The app has more than 300,000 foods in its database, and is also able to sync with the popular Jawbone Up fitness tracking wristband. The Prep Pad has a unibody aluminum base with a food safe top, and has a one-year battery life.

www.theorangechef.com, \$149.95



EGG MINDER

Already at the store, and forgot to check if you needed eggs? When used with the Wink app, this smart egg tray is able to connect wirelessly to your mobile device to let you know how many eggs you have in your refrigerator, as well as how long they have left before they go bad. The device uses LED notification so you know which egg is the oldest, and the app notifies you when you're running low so you can check your inventory remotely. The Egg Minder is able to hold as many as 14 eggs at a time.

www.quirky.com, \$49.99



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www.kitchenaid.com, \$199.99

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www.delonghi.com, \$199.95

Catherine Norris is a contributing writer for Cityview.



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The Unbroken Circle: Keeping Pace with Knoxville's Adaptive Athletes

by Mark Spurlock

***“I’ve always thought of the body as a circle.
If you take a piece away, then you develop other
capabilities. Eventually the circle becomes whole again.”***

– Warren Miller, director of *The Movement*, a 2011 award-winning film about adaptive winter sports

Standout.

Those in local sports media like to use that word to describe an eye-popping high school prospect mulling a commitment to the University of Tennessee Volunteers. Besides having distinctive physical talent, the most sought-after stars in spectator sports are often attention-attracting crowd-pleasers who put fans in the seats. Consequently, some professional athletes appear to care as much about their public personas as about the games. Competition, after all, is about distancing oneself from the pack.



Not so when the greatest challenge an athlete must overcome is his or her own body. “Everybody wants to fit in, and everybody wants to be able to wear the same kind of clothes,” says Leslie King, a Certified Prosthetist Orthotist at the Hanger Clinic in Maryville. She is describing a recent donation from Marc Nelson Denim of several pairs of small-batch craft jeans for use by prosthetic wearers. But she then segues into how that same desire to belong is what motivates adaptive athletes to compete in the sports they do: “Everybody wants to be able to climb, go out on the water, and just feel accepted—to wear the cool clothes and do the fun things.”



What defines an adaptive sport, says King, is not so much the participants or the sport itself but the modifications made so everyone can participate, preferably on a level playing field. “Adaptive sporting is taking the equipment you would typically use or the tools you would need and adapting them to help someone go climbing, either in a climbing center or outside. Or go for a run. Or get into a kayak.”



Skis

Take skiing. “Hanger has microprocessor knees,” says King, “that actually read your body position—where you are in space—and the knee can predict your next move. So if you’re going downhill, the knee will stiffen and give you more stability. Going uphill or in stumble recovery—all these situations are built into this little computer that sits inside the knee itself. The prosthetics are a little heavier, but since it’s helping propel you forward, it doesn’t feel as heavy.”

Although some participants have the high-tech prosthetics King describes, others rely on modified skis:

- **Mono-ski:** For skiers who have sound upper-body strength and balance, the mono-ski is used in a sitting position, generally by those who have lost both legs or are otherwise unable to use them.
- **Bi-ski:** Also operated from a sitting position, the bi-ski provides better balance and is for those with multiple sclerosis, muscular dystrophy, cerebral palsy, spina bifida, brain injury, or individuals with spinal cord injuries.

- **Dual-ski:** The skier sits in a seat on a frame above the actual ski. In contrast to the low seating of the mono-ski or bi-ski, this structure looks more like a wheelchair that has skis instead of wheels. It allows navigating some of the most difficult skiing routes.

- **Three track:** For skiers who have two fully functioning arms and one fully functioning leg, this ski is a traditional, full-size ski.

- **Four track:** In this arrangement, the skis have only minor modifications, but may have both a ski bra and outriggers for stability. Adaptive skiers with lower leg amputations or partly functioning limbs can use it.

“If you’ve seen the paralympics, particularly downhill skiing,” says King, “the seat they sit on is adaptive equipment.”

A couple of hours away from Knoxville at Beech Mountain in the Smokies, program coordinator Al Kaye of the Patricia Neal Center each winter runs the oldest adaptive ski clinic in the

country. In January, the clinic celebrated its 34th year. “We usually have more than 80 skiers,” says Kaye, “and we have a waiting list of folks from age 4 to more than 70.”

Bristol-born and Clarksville resident Heath Calhoun won a silver skiing medal at the 2014 Winter Paralympic Games in Sochi. After losing the use of her legs, Knoxvilleian Carly Pearson began snow skiing in 2004, the first of many adaptive sports she chose to take up. “The experience was awesome, and it made me realize what was still open and possible for me,” she says. She has been participating in the Beech Mountain clinic since 2003.

Likewise, the same techniques and technologies used in snow skiing can be applied to waterskiing. “We have braces with microprocessor components at the hips,” says King. “We have hands in which the individual fingers move and grip.” But as with snow skiing, adaptive waterskiers are not always reliant on the latest prosthetic advances: They can often use the same equipment as their non-adaptive peers. Sit-skis, outriggers, and shoulder slings can assist all levels of ability to slalom, compete, jump, and do everything else fun on the water.



Paddles

According to Disabled Sports USA, a nationwide organization with 100 chapters in 37 states dedicated to providing disabled youth and adults with sports and recreation activities, kayaking and canoeing have become widely popular in the disabled community in recent years. The organization attributes this popularity to many physically challenged participants being able to use standard kayaks and canoes—which makes the sport more affordable—although modifying the equipment can improve the experience.

King explains: “In adaptive kayaking, we have a special seat that Hanger bought. It has extra padding and an especially tall back and sidearms that attach to the kayak. If someone is paralyzed mid-spine, they don’t have a lot of trunk control, so the seat supports their body. It enables people with different types of disabilities to go out and enjoy life.”

The more basic difficulty with paddle sports, however, is getting physically challenged participants down to

the water. Once in a boat, many have extremely fit upper bodies, such that, for example, an instructor would provide the same basic training and information to a boater who has full use of his or her legs as to one who does not. Even so, driving near to the shore of a body of water and putting in with a lengthy kayak or canoe is a tremendous obstacle to overcome if a person cannot walk.

Ijams and River Sports Outfitters plan to make that challenge easier in 2015. “We hope to open a completely accessible dock on the Tennessee River in the spring,” says Assistant Director Mary Thom. “We’re redoing the pavers on the plaza to facilitate wheelchair traffic. The stones are awful to navigate, even if they’re pretty. And you can’t read the signage if you’re in a wheelchair.”

Ijams temporarily installed an EZ Launch dock last year, says Thom, and the system—which allows kayakers and canoers to launch independently and safely—will soon be ready for public use again. “We want Ijams to be the best park in the community for disability access,” she says, “and completely

compliant with ADA standards.” Ijams has partnered in this endeavor with the University of Tennessee’s Outdoor Program, which has done much of the physical work necessary to modify the park’s landscaping.

King says of the new dock: “You can wheel down to it, come out of your chair, and slide on the slide board and scoot right down into the kayak. And then you push out into the water and come right up. The hardest part about kayaking is getting in and out of the kayak. Once you’re on the water, it’s easy.”

Besides Ijams’ new facility, Knoxville’s adaptive sports community also looks to benefit from the Grassroots Outdoor Alliance’s raising last year of more than \$10,000 for Catalyst Sports to develop a new adaptive paddling program that should put more than 200 people with disabilities in boats within the first year. Eric Gray, founder and executive director of Catalyst Sports, says, “We are excited to provide more than just a new activity on the water but the opportunity for a permanent positive lifestyle change.”



Al Kaye, second from right, has been a clinical specialist with PNRC since 1981 and is program coordinator of the Patricia Neal Innovative Recreation Cooperative (IRC). Through the IRC, Kaye has introduced thousands with physical disabilities to the benefits of sports and recreational activities. PNRC and Covenant Health applaud Al's passion for providing these wonderful experiences to so many.



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Wheels

Matthew Porterfield has been racing his wheelchair since a fellow body-builder gave him a special racing chair soon after he lost the use of his legs when he was 18. Now, 16 years later, he says he prefers the wheelchair to hand cycling because he feels his performance relies on his own body, rather than gears: “This is equivalent to running or jogging. I thoroughly enjoy the intensity of the effort.”

Through the Patricia Neal Center, Porterfield has engaged in many adaptive sports—from waterskiing to basketball to para-sailing—but he always returns to racing, where he has enjoyed the most success, winning the 2012 Derby Marathon in the Wheelchair Division. “It’s what I started out with and it offers more avenues to pursue,” says Porterfield. “I’ve been around

the world. It’s taken me places I never would have dreamed of.”

Here in Knoxville, adaptive athletes can participate in tandem cycling each month on Cherokee Boulevard thanks to Club VIBES (Visually Impaired/Blind Enhanced Services). The two- to three-hour ride combines pilots (who steer the bikes) with stokers, or visually impaired cyclists who give the pedaling their all. The organizer, Sue Buckley, says, “It’s a sport in which the visually impaired can give 100 percent and be just as competitive.”

Vance Tibbetts is a volunteer pilot. “I thought my biking days were over,” he says, “but Sue put me on the front, and both my kids enjoy it.” Being upfront can be a challenge, however, until the pilot develops experience with the tandem bicycle. “If the stoker scratches his head back there, you feel it,” says Tibbetts. “And if you’re in the back, you have to

put your total trust in the pilot.” His son, Joe, rides with a junior Olympian, and Tibbetts loves how the two are so competitive: “It’s sometimes hard for the visually impaired to get exercise, but they can sprint for 100 miles.”

Buckley recalls another highly competitive cyclist: “Some adaptive athletes are preemies, and preemies can have more than one challenge to overcome. They can be visually impaired, for example, and also have a prosthetic limb. This one tough cookie had been cycling for years with all these blisters on her thigh from her prosthetic leg. We put her in touch with Hanger, and they got her a better one.”

That’s the kind of story you hear over and over when you talk to adaptive athletes. It’s a sports community that is as much about cooperation and communication as competition.

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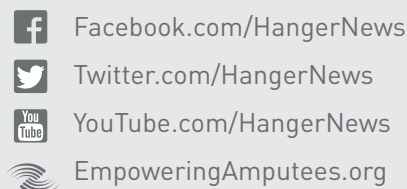
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Walls

Perhaps no other sport epitomizes the adaptive movement as much as climbing and its inherent metaphor of struggling upward. In Knoxville, at least, climbing also enjoys good facilities and extensive participation. Some of the reasons for climbing's popularity include:

- As an indoor-outdoor sport, it can be enjoyed year-round.
- The contained space of climbing makes it safe and easily modified to accommodate different types of athletes.
- The minimal equipment is affordable.
- Almost everyone can do it with some help.
- Climbing can give an almost immediate sense of accomplishment.

As King explains, "It doesn't take long to climb up the wall, and then the climber feels just fantastic about themselves! They're excited, they've made it to the

top, the goal was met, and so it's easy to have that feeling of, *Hey, I did it!*"

Some climbers are visually impaired. Others have had a stroke and may not have good body control or be unable to move their arms and legs. The latter require *belaying*, in which two different people climb on each side of the adaptive athlete. In turn, these two people have their own belayers, resulting in a team of six helping coach someone up the wall. The belayers, says King, offer encouragement and give advice: "Let me help you place your leg on this hold. Let's see if you can reach up to your right—two o'clock—and grab the yellow hold up here.' If you should fall, your belayers would have you."

At the River Sports Outfitters Climbing Center on Sutherland Avenue, which is available for free to adaptive athletes the first Saturday each month, anyone can volunteer. The regular volunteers who are always on hand, however, are climbers themselves and—in some cases—physical therapists. Sometimes the PTs bring their own patients, and already know how to work with adaptive athletes and relate to them. To King the latter is key: "To climb

the wall, the biggest skill you need is to be able to trust somebody. That's really the only thing required to do this. You have to know that you're not going to get hurt. And that's hard for folks sometimes. Our wonderful volunteers make it easier."

The experienced volunteers in fact make it so almost anyone can eventually succeed without any prior training. Carly Pearson, who has been climbing for two years, recalls another climber named "Thor," who weighed more than 200 pounds and could make it only about two feet out of his chair when he first started. "Now he gets to the top of the wall," she says. "Climbing provided him with the hope and opportunity to accomplish something he didn't think he could."

Ijams Nature Center has cleared a new climbing area near Mead's Quarry for outdoor climbing and are making the trail accessible for anyone in a wheelchair. In nice weather, the facility will allow adaptive climbing outdoors, according to Thom.

Charles Van Anda, the manager of the River Sports Outfitters Climbing Center (which has partnered with Ijams to provide all equipment on the wall



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project), says the wall is 35 by 15 feet and features 20 climbing routes: “It’s for sports climbing with bolts every 5 to 10 feet and is open to everyone.”

Like all adaptive sports, climbing with adaptive athletes is not always about new technology but mostly about creativity and people putting their minds together. “For instance,” says King, “we have an adaptive chair called a Wellman. It’s almost like a hammock. I put you in this chair, and I buckle you in, and there’s a pulley system with a 1 to 5 ratio. So if you can use your arms enough to lift one fifth of the weight of your body, you can push up and pull down. Without even being able to use your legs, you can take yourself to the top and be attached to the ceiling of the climbing center.”

Paying for equipment like the Wellman are why Catalyst Sports and other

nonprofits must raise money, King points out: “Until we raised money, we didn’t have a Wellman chair for Knoxville, so we had to ship it back and forth to Nashville or Atlanta. Once the first Saturday rolled around, and it wasn’t here. Now we have our own.”

Balls, Etc.

Two adaptive sports, beep kickball and goalball, actually require sighted athletes to adapt to *them*. Executive director of the Tennessee Association of Blind Athletes Ricky Jones explains that both are designed for visually impaired athletes, and so the sighted must wear blindfolds: “Everyone is on a level playing field when competing.”

Beep kickball is played like regular kickball except the ball emits a beeping noise to let the unseeing players know where it is. Players use only two

bases, and play stops as soon as the ball is retrieved.

Goalball is similar to soccer in that a team scores by causing the ball to go off the field on the opponent’s side. Jones describes it as very fast-paced, and Sue Buckley says it can also be a bruising experience: “All that getting up and diving down on the floor is brutal. I was going swimming with my brother once after playing, and he said, ‘What happened to you?’ I didn’t realize all the big bruises I had.” A gentler experience for the visually impaired, says Buckley, can be had with rail bowling, in which bowlers use a guide rail to position themselves on the alley.

Goalball is not the only sport in which adaptive athletes can sometimes surpass their fully able counterparts. Buckley recalls when she went wave surfing off the California Coast, and her sighted partner helped her by letting her know when

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Adaptive Sports



a wave was coming and how to shuffle her feet to avoid stingrays. Later, however, Buckley impressed the partner by riding a wave all the way to shore: “I never had any problem catching a wave because I could feel it so well through my legs and feet. My friend, though, kept looking at the horizon and as a result wiping out.”

Once again on the subject of how adaptive athletes must have a great capacity for trust, Buckley also remembers the first person who coached her in the water: “They asked for a volunteer to step forward to help me, and at first no one did. Then I heard this young voice say she would. Later, when we came back in for lunch, I asked her what college she went to, and she told me she was only 16. I had been trusting my life for the past several hours to a 16-year-old.”

Running is another sport in which technology has famously allowed adaptive athletes to *almost* level the playing field.

In 2012, Oscar Pistorius became the first double amputee to compete in the Olympics, and last year *Cityview* profiled Kingsport’s Blake Leeper, who won a gold medal and three silvers at the IPC Athletics World Championship. King disputes, however, any notion that constantly improving prosthetics give these athletes an unfair advantage: “Even with the carbon-fiber advances, trying to balance on them requires a lot of core strength and an extraordinary ability to flex at the hips. It also takes a ton of energy.”

Regarding the vast array of adaptive sports available, King says: “Knoxvillians need to know we’re doing it. We have programming in place. The Patricia Neal Center has all sorts of offerings, from archery through skeet shooting. The Amputee Coalition has a ropes course, and Ijams is putting up a ropes course, too. We have a lot of options,

and a lot of the options don’t cost anything to do them.”

Adaptive sports are as diverse as the athletes who participate and as their non-adaptive equivalents. As King says, “We’re all just people. If something were to happen to me today, I hope a program out there would help me return to doing activities that I love to do and would make me feel like I’m fitting in and enjoying life—instead of sitting in a wheelchair and not knowing if anything was available to me.”

She finds her day-to-day work at Hanger rewarding—“every patient you see you’re doing something helpful or wonderful for”—but she highly recommends volunteering with these athletes as well: “I just like to see people be happy and feel good about themselves, doing things everyone else is doing. When you see their smiles, it’s always very moving and makes you very warm and fuzzy on the inside.”

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people >

RICKY JONES

CARLY PEARSON

SUE BUCKLEY

JOE TIBBETTS

MATTHEW PORTERFIELD

LESLIE KING



Ricky Jones, the executive director of the **Tennessee Association of Blind Athletes (TABA)** and sometimes goalball player, hopes that by the spring or summer his Nashville-based organization will have a club in East Tennessee: “We’re looking to establish relationships for sponsorships and funding, as well as facility use. We’ve been talking to the Department of Parks and Recreation. Our plan is to organize goalball, tandem cycling, swimming, beeper kickball, and several other activities in Knoxville.”

Jones long lived in Oak Ridge and Knoxville, so the new club would be a kind of homecoming for him. His plan is to have a community day here in early- to mid-April to demonstrate two to three sports that will be offered on a weekly basis: “We will focus on youth from kindergarten to age 18 and secondly veterans. The programs will be both low and high impact.”

According to TABA statistics, about 70 percent of the more than 50,000 school-age children nationwide who are blind or otherwise visually impaired do not participate in even a limited physical education curriculum.



Carly Pearson, board member at **Catalyst Sports**, thought after a fall in 2002 that her life as a highly athletic person was over. She was fighting fires for the National Park Service when she fell 20 feet into a rocky ravine and became paralyzed. “I wound up in some water, so I’m lucky to be alive,” she says, “I could have drowned.”

Thanks to adaptive sports, however, her fear of a sedentary life has proved to be unfounded: “I felt like a caged lion before I discovered this outlet. Now the cage door is open.” Through snow-skiing, the triathlon, para-cycling, and now climbing, says Pearson, “I can identify with parts of my former self. For me, the biggest thing sports bring to my life is to be driven and motivated. It lifts my spirits to do new things.”

She hopes in her work now to do the same for anyone else who might be in the same place she once was: “If you’re in fear of seeking the possible, reach out and let others guide you through the process.”

Sue Buckley started **Club VIBES** (Visually Impaired/Blind Enhanced Services) along with her husband after attending an adaptive sports conference in Nashville held at the Tennessee School for the Blind. She realized someone needed to get the word out to mainstream schools about how easily the sports she saw demonstrated could be implemented in any athletic program. “When those unfamiliar with adaptive sports encounter a visually impaired person or an amputee, their reaction is often, ‘You can’t do this,’” she says. “So in mainstream schools, the child winds up being left on the sideline. But if you change it just a little, yeah, they can.”

Besides evangelizing for adaptive sports, Buckley and Club VIBES teach students how to have a good attitude when dealing with someone who does not realize that they are fully capable of participating: “They don’t need to get upset but should be an advocate and an educator.” Additionally, the organization helps with social media, including helping parents feel their vision-impaired children will be safe on Facebook and other sites.

“We’re open to anyone who is legally blind, even adults,” says Buckley, “so I hope your readers pass that info onto their friends. The unsighted may not read *Cityview*.”

“If you’re in fear of seeking the possible, reach out and let others guide you through the process.”



South Doyle senior **Joe Tibbetts** was skeptical when he went to his first athletic event in Nashville—until he saw all the different sports available to him. He has since become an avid tandem cyclist with his father, Vance, and his 14-year-old sister, Sophie. He prefers cycling because of the rapid pace. As a stoker, his role is to provide as much pedal power as he can, and he enjoys going all out so much that his father—who is a bit slower—often pilots one of the newer stokers. When not participating in an organized ride, Joe and his dad sometimes head out to McDonald’s, for example, on the “Tibbetts Trek” (the family name for the tandem bicycle), because Joe still has some limited vision: “When I’m in the car, I can’t tell all the things that are passing by through the windows and glare. But when I’m on the bike, I can catch a lot more.”



If there was a *Who’s Who of Adaptive Sports in Knoxville*, perhaps the most prominent name featured would be **Leslie King**, who—in addition to her prosthetic work at the **Hanger Clinic** and despite her self-effacing manner—appears to be involved in every aspect of the local adaptive-sports movement. She is what Malcolm Gladwell refers to as a “connector”: someone who is good at moving between social circles and linking her friends and acquaintances with one another. When Eric Gray, the director for Catalyst Sports, wanted to expand the nonprofit into Knoxville, he came to see King. “He walked in one day about a year and a half ago, she recalls, “and said, ‘Hey, I’m Eric, and I do adaptive climbing.’”

“And I said, ‘You are at the right place because I love that sort of thing.’ I went to an event Catalyst was hosting in Atlanta, and I just loved it. I brought the idea back to Knoxville, and we’ve now started a chapter here.”



Matthew Porterfield chairs the **Eskimo Escapades**, which for more than 20 years has raised money for the Patricia Neal Center’s Innovative Recreation Cooperative (IRC). The event on the Knoxville Riverfront takes place in frigid January, hence the name, and is open to skiers, wakeboarders, tubers, and other water sports aficionados. Porterfield says, “I’m giving back to those who helped me. The Patricia Neal Center made me who I am.” By doing so, he wants to dispel the notion that the disabled are always the recipients, rather than providers, of aid.

He says adaptive sports are the same activity anyone else would do; only the circumstances are a little different. One of the direct beneficiaries of the Escapades is the IRC’s free Adventure Amputee Camp that encourages children with amputations or limb differences to stretch their potential and imagination. “Don’t give yourself an excuse,” says Porterfield. “All you have to do is do it. If you ever get to see the smiling faces of the amputees—that will be enough to motivate you.”

“Don’t give yourself an excuse...
All you have to do is do it.”



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Fifty States of Gray

**Living Longer & Larger
in an Older America**

by Mark Spurlock





“That is no country for old men,” W. B. Yeats wrote of his native Ireland, which at the beginning of the Twentieth Century was roiled by a young and revolutionary population. America’s baby boomers likewise proclaimed in the 1960s, “Don’t trust anybody over 30,” but Jack Weinberg—the Berkeley student leader who minted that phrase—has since seen 70 slip beneath his oars. As the baby boomer tidal crest ages, the United States is becoming a country for and of the old. According to U.S. census estimates, 15 years from now, one in five Americans will be more than 65 years of age—versus the fewer than 7 percent when Yeats sailed to Byzantium. In Knox County that share of the population is already more than 13 percent.

Our elderly are also living longer, and the average 65-year-old American in 2015 can expect almost two additional decades of life.

These demographic sea changes have significant financial consequences for individuals as well as federal, state, and local governments. Not only are Social Security, Medicare, and private pensions and retirement plans feeling the budgetary toll of serving greater numbers of recipients for longer periods of time, but all of us when saving for the future must consider the likelihood of a substantial portion of our lives spent in retirement.

Besides extra longevity, medical advances hold the promise of a healthier, more active old age. To maximize

those added years and take advantage of the scientific breakthroughs, however, we will have to work harder and plan smarter. In fact, we may even find ourselves still helping care for elderly relatives when it’s our turn to retire!

Financial Planning: PAYING THE BILLS

Although historically low interest rates are good for home buyers and the real estate industry, they limit the return available on savings to conservative investors like retirees. BlackRock—the largest asset manager in the world, according to the *Wall Street Journal*—estimates that someone hoping to retire 10 to 15 years from now must accumulate \$14 in assets for every \$1 he or she expects to realize in annual lifetime income; for example, if you want to draw \$50,000 per year in retirement, you would need \$700,000 in the bank.

The Employee Benefit Research Institute (EBRI) says that currently those who have underfunded their retirement need on average between \$70,000 and \$100,000 more set aside to avoid being “at risk.” Because women generally have longer lifespans than do men, women—especially single women—often have almost twice the shortfall in their retirement nest eggs as their male counterparts.

Many of life’s expenses diminish after retirement, but the great excep-

tion is *health care*. Health care costs have long been increasing at a faster rate than inflation, especially the costs of long-term care. For most Americans, health care costs will double over the course of their retirement.

Those over age 65 account for more than one-third of total prescription drug spending. Dr. Robert K. Beam, owner of Dogwood Family Practice in Seymour, Tennessee, says that his patients are seldom aware of how much medication is going to cost or understand the Medicare “doughnut hole” in coverage between where Medicare stops paying 75 percent of drug costs and the out-of-pocket maximum. He says one way to reduce drug expense and postpone hitting the Medicare limit is to shop around because not all pharmacies charge comparably: “The two big chains are the worst offenders—sometimes marking up their drugs 1,000 percent. I’ve helped numerous patients who were struggling to meet their medical expenses simply by telling them to change their pharmacies.”

In EBRI’s models, the biggest factor affecting whether a prospective retiree has sufficient funds saved for retirement is whether *home health care and nursing home expenses* are included in projections. According to the U.S. Department of Health and Human Services, 70 percent of those turning 65 today will need long-term care services, and on average they will need care for almost three years at a total cost of around \$240,000.



Unsurprisingly, Tennessee insurers offer long-term care insurance to help individuals and families protect themselves against such an expensive contingency. For consumer information on this product, go to the American Association for Long-Term Care Insurance Web site: www.aaltci.org/long-term-care-insurance.

Medicaid is another resource for those who financially qualify. In Tennessee, long-term care is part of TennCare and is called CHOICES in Long-Term Services and Supports. To qualify, you must have an income less than \$2,200 per month and cannot have assets (other than your home) in excess of \$2,000. Additionally and as with all Medicaid-based programs, CHOICES has a five-year “look back” window on asset transfers, meaning any gifts or transfers made within 60 months of the date of your application for Medicaid creates a penalty period during which you are ineligible for government help. The period lasts a number of months equal to how many months of care you could have paid for (on average) using the assets you transferred.

Except for the narrow exception of “special purpose trusts,” the only assets that the government will not consider are those that have been in the trust for more than 60 months and that the trustee does not have the discretion to distribute to the person attempting to qualify. Matthew B. Frère, an attorney certified as a specialist in elder law with Guyton & Frère, says, “Trusts are a valid



planning technique, but unfortunately clients usually come to us in a difficult situation because they have already received a diagnosis that requires immediate nursing care, rather than 60 months from now. The alternatives we can then suggest to them depend on their family situation.” (*For more on trusts, see “Protecting Your Assets” below.*)

The beauty of an *annuity* is that it (in theory) guarantees you steady income no matter how long you live, removing part of the guesswork. In 2014, the U.S. Treasury Department began allowing employees to convert part of their 401(k)s and IRAs into longevity annuities with guaranteed lifetime payouts. The cap is 25 percent of your account or \$125,000, whichever is less. This new option for retirees reflects that fewer employers are offering defined-benefit pensions, making it difficult for most Americans to achieve the security of open-ended payments available to our parents’ generation.

Nevertheless, annuities are not without their disadvantages:

- Annuities are poor hedges against inflation.
- Annuities are guaranteed only by the assets of the selling company.
- Once purchased, annuities offer little liquidity or other flexibility.

Financial Planning: PROTECTING YOUR ASSETS

Although you may have heard everyone needs a will, Knoxville asset-protection attorney Phil Bryce recommends a different legal tool: an irrevocable living trust. Part of the reason for that recommendation, he says, is wills must be filed with the probate court and are public documents: “Anyone can go down to the courthouse and take a look at your will after you die.”

Trusts are confidential. More importantly, in 2007 Tennessee passed the Tennessee Investment Services Act, which Bryce says made Tennessee one of the three most “trust-friendly” states in the United States: “You can create a Domestic Asset Protection Trust (DAPT) here that will shield your assets from almost every creditor, including the IRS and the Tennessee Department of Revenue. If your attorney does it correctly, even the Feds can’t bust it because creditors have to prove it was established to ‘purposefully defraud.’ That’s usually hard to prove.”

Additionally, Tennessee’s Limited Liability Corporation (LLC) laws increase the state’s favorability to asset protection. According to Bryce: “The only remedy for a creditor in Tennessee in going after your interest in an LLC is what’s known as a charging order. That means the creditor can attach a portion of, for example, a dividend you receive,

According to U.S. census estimates, 15 years from now, one in five Americans will be more than 65 years of age.



but the creditor has no means of taking assets in the LLC from you.”

A trust that can help shield assets from the Medicaid look back is the new ABLE Account, which was signed into law only last year. Monica Franklin is a certified elder law attorney with Tennessee Elder Law and writes a quarterly column for the Tennessee Bar Association on elder law: “An ABLE account resembles a ‘first party’ special needs trust in that it is a mechanism for the individual with a disability, his family, or friends to contribute money for his special or supplemental needs without affecting his means-tested government benefits.”

She adds, “We use the Medicaid exception trusts, including a pooled trust for our clients over age 65, and we use another Medicaid exception trust, which we call a Payback Trust. There is no Medicaid penalty for a person to transfer assets to these trusts.”

Attorney Bryce says tax consequences have also changed over the last few years: “It used to be ‘please don’t tax me,’ but now—as strange as it may sound—you want to be taxed.” The explanation is the

“free step-up in basis” caused by current estate tax law, says Bryce: “Government gives each spouse an approximately \$5.3 million ‘coupon’ with a carryover for that portion the spouse doesn’t use, or \$10.6 million altogether.”

As an example, if a spouse dies and leaves property that has appreciated by \$1 million during his or her ownership, the surviving spouse wants that appreciation recognized immediately rather than trying to lower the fair market value of the assets, as in the past. Otherwise, if the surviving spouse sells the property, the appreciation will become a capital gain and then be subject instead to capital-gains tax.

“In Tennessee,” says Bryce, “we don’t have a gift tax, and the federal government is not going to tax an estate below \$5.3 million. Many attorneys honestly don’t understand this and are still doing it the old way”—that is, postponing recognizing the asset’s gain until it’s sold.

In fact, because Tennessee laws have changed and are continuing to evolve, Bryce says it’s imperative that residents hire an expert in elder law for financial

planning: “If as an attorney you do estate and asset planning, but don’t do Medicaid planning, you’re possibly committing legal malpractice.” Whereas Tennessee requires attorneys to receive 12 hours of continuing education each year, Bryce says his team does 100 hours: “The smartest estate planning attorneys don’t always get elder law because it takes a lot to stay up to date on this. Ask your attorney if they read fiction. If they say yes, hire someone else because a good elder law attorney doesn’t have the time.” Even better, according to Bryce, they should have training as a CPA.

He concludes: “Asset protection is an art with trade-offs. An effective DAPT can cost \$6,000 to set up, but you can save hundreds of thousands of dollars.”

A final part of asset protection is preparing end-of-life instructions or *living will*. “A lot of seniors don’t have one,” says Dr. Beam, “but it’s something I’m very passionate about because of how I’ve seen it affect families.” He explains that survivors avoid guilt and family disunity when they know they have carried out their loved one’s wishes—rather than having to make those decisions themselves.

ENVIRONMENTAL PLANNING

Although for many the vision of a happy retirement is relocating to a warm-weather location in a down-sized, low-maintenance house, others prefer to stay in the home they have lived in and improved throughout their working lives. Not only do they not want the disruption that moving entails and the loss of a familiar, comfortable lifestyle, they may also want to keep in touch with lifelong friends and stay near their children and grandchildren. One way to extend the livability of a current home is to remodel or otherwise modify it for senior well-being through key upgrades and intelligent planning.

This retirement option is called aging in place. It’s what New Yorker Mary Shamon chose for her mother after the

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latter broke her hip on two different occasions, causing Shamon to have to hop quick flights to Knoxville. “She’s a very young 72 years old and doesn’t need extra help,” says Shamon, “but she has fallen a couple of times.”

Shamon opted for aging in place because her mother did not want to relocate to New York: “After rehab, she wanted to go back home. We’re all going to get older, and I have to put myself in her situation.”

Consequently, Shamon hired Woodruff Construction—which specializes in aging-in-place remodeling—to redesign her mother’s stairs and install a new, stronger railing. “My sister and I have to give her every opportunity to keep living in her own home,” says Shamon.

The National Association of Home Builders (NAHB) has developed a checklist for older adults who want to pursue aging in place:

- Budget how much money you can spend on adapting the house.
- Ask friends, family, and co-workers who have had similar work done to recommend contractors.
- Use the NAHB’s directory of remodelers to locate a professional, preferably a Certified Aging-in-Place Specialist (CAPS).
- Make sure the professional is licensed in your state.
- Ask for a written estimate of all work.
- Hire based on experience doing the work you need, rather than the cheapest price.

Janet Neely, a Knoxville-based CAPS, says reasons for choosing aging-in-place can be financial or cultural, but “the goal is modifying the home to help folks be where they want to be, and to be as active and mobile as possible in the community.”

Before looking for a contractor and taking on a major home modification, however, you can make budget-friendly changes to your home now to accommodate the elderly. Focus on preventing falls: According to the National Council on Aging, one out of every three Americans over age 65 falls each year. The council expects the annual cost of these falls to reach almost \$60 billion by 2020. Even when an elderly adult survives a fall, the result can be a dramatic deterioration in quality of life, leading to fewer activities, physical decline, depression, and social isolation.

Here are some ways to make your home more fall-proof:

Check out the bathroom, where the National Institute on Aging says 80 percent of senior falls occur. Make sure towel racks are secure and can offer support if needed. Better yet, install grab bars in easy-to-reach places. Another simple fix is a shower chair for those who have difficulty standing throughout a shower but for whom getting in and out of a bath is equally difficult. Make surfaces less precarious by putting non-

slip mats in both the shower stall or tub and on the floor where a senior must step. Finally, a raised toilet seat will make using the commode easier. When necessary, put another grab bar close by.

Secure pathways, especially rugs and stairs. Do not use throw rugs, unless they have double-sided tape or a non-slip backing. Remove any pathway impediments, including appliance or other electrical cords, trash cans, and excessive furniture that create hazards to travel. Keep stairways free of any obstacles and check stair rails to ensure that they offer support in the event of a stumble.

Dr. Beam advises, “When you are purchasing a home you plan to stay in for the rest of your life, buy one that doesn’t have stairs.”

Lighting is crucial, according to the NAHB. In an elderly-safe home, all bathrooms, bedrooms, and hallways need night lights. Any bed in which an elderly person sleeps needs a lamp or light switch within easy reach, and all outdoor walkways and entrances should be well lighted after dark.





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As you and your loved ones are beginning to think about elder care, there are some questions you must ask:

- Are you hiring an at-home assistant to help with your needs? Is there a caregiver agreement in place?
 - Are you getting your maximum assistance from Medicaid? Have you set up a Medicaid Asset Protection Trust?
 - Did you or your loved ones serve in the military? Are you taking full advantage of Veteran's Aid & Attendance?
 - Are you worried that you might have waited too long to get help? Do you have a last-minute plan of action?
-

CAREGIVER AGREEMENT

A caregiver agreement is a vital part of home health care services because it specifies the amount and the specific services for which the caregiver will be paid. A caregiver agreement needs to be in place before services are started so you can legally reimburse your expenditures. Many large home health firms have a premade caregiver agreement. If the firm you choose has one in place, great! Be sure to send it to your attorney to review. If the firm is smaller, it may not have a pre-made caregiver agreement. If that's the case, your attorney can draft one.

MEDICAID ASSET PROTECTION TRUST

An attorney can help you form a Medicaid Asset Protection Trust, which will move your assets into an irrevocable trust. The beneficiaries will be people you trust—family members or not. After five years with your assets in this trust, you can apply for Medicaid coverage to pay for some—if not all—of your needs without running into “look back” repercussions. You can then ask the trust's beneficiaries to take money from the trust to supplement your needs not being met by Medicaid.

VETERANS AID & ATTENDANCE

I now ask everyone if they are a veteran or if their parents are veterans because the pension available to them is fantastic. Most people don't know where to get straight answers. We do a lot of Irrevocable Veteran's Asset Protection trusts that qualify veterans for the Aid and Attendance Pension, which also can additionally help them in their Medicaid Planning. It just depends on the particular case. Many people complain to me that if they had only known, they would have done this long ago.

This does not purport to cover all of the planning opportunities that are out there. Others may be right for you. If you have any questions or would like to know more, contact me for a consultation. I also have materials that I share for free with people to help them understand certain strategies. Remember the old saying, "If you fail to plan, you plan to fail."

Call Jeannie Reed at 865-690-5566 or e-mail phil@brycelawoffices.com.

Visit our website at www.BryceLawOffices.com

CRISIS PLANNING

In situations where no pre-planning has been done but the need for care is imminent, we can help employ strategies to accomplish the goal of procuring needed care while protecting and preserving assets. These strategies can still be used to preserve significant assets from long-term care costs.



PHIL BRYCE has more than 30 years of experience as a professional advisor (CPA, and Attorney) in the fields of Estate and Tax Planning, Asset Protection, and IRS representation. He additionally is a Department of Veteran's Affairs Accredited Attorney. Phil has been voted numerous times as one of Knoxville Top Lawyers in *Cityview* magazine and was listed in 2013 as one of the Top Lawyers in Tennessee in the *Legal Network*.

FINDING HELP

According to the Bureau of Labor Statistics, two of the fastest-growing occupations between 2012 and 2022 will be personal care aide (53 percent growth rate) and home health aide (48 percent). The same demographic changes driving costs are also driving the employment market, meaning both retirees and those looking for help in caring for retirees will have greater choices than ever before.

Unfortunately, opportunity often inspires Gold Rush-like greed so that many disreputable companies want a cut of the senior-care pie by taking advantage of those consumers who look only at cost. The Associated Press reported that in 2012 nearly half of all home care workers lived at or below the poverty level, and that nationwide the median pay was \$9.70 per hour—4 cents less than fast-food workers. Hiring and keeping qualified staff is next to impossible for such miserly agencies.

Penny Bandy, owner of East Tennessee Personal Care Service (ETPCS), says that clients have to be very careful and selective when trusting someone to come into their home and provide care to a loved one. Her company offers staff dental, vision, and disability insurance, a 401(k) plan, vacation, and incentive bonuses to increase retention because she says it's important that a client work with a familiar, established caregiver, rather than constantly having to adjust to someone new. (The *Wall Street Journal* reports a 43 to 75 percent turnover of nursing aides each year.) "My staff are trained on the specific needs of an individual, and we choose a caregiver who fits the personality of the client," says Bandy.

The number of companies selling home-health franchises has more than quadrupled in the past 15 years to 56, and the number of franchise locations has gone up more than 20 fold to well over 6,000. Even though such franchises require little investment upfront and are often more profitable than their independent competition, Bandy is proud that



ETPCS remains her personal company.

"I've been doing this for more than 20 years," says Bandy, "and the most gratifying thing to me is the testimonials of our clients who say, 'Your caregivers were heaven-sent to our family.' " During February's bad weather, Bandy had staff who stayed 36 hours or more straight with their charges, rather than leave seniors stranded and alone: "When we do go, we always tell them, 'Call us back when you need us.' "

Besides verifying that a prospective home health agency is licensed—as is legally required in Tennessee—ask the following questions to help evaluate their qualifications and quality of care, according to the Mayo Clinic:

- Has Medicare certified the agency as meeting federal requirements for health and safety?
- How does the agency screen employees? Can the agency provide references—including doctors and other professionals—who have experience working with it?
- How does the agency train, supervise, and monitor caregivers? Do caregivers receive continuing education?

"A caregiver service charges about \$21 per hour in our community," says attorney Franklin. "However, they usually do

a background check, some training for caregivers, provide worker's compensation insurance, and are bonded. They also handle all the payroll tax."

Although hiring an individual home health aide yourself may appear cheaper than the services of an agency, it is also far riskier—even if you have firsthand knowledge of the applicant. The IRS deems the aide your employee, meaning you are responsible for both Social Security and income tax withholding. Finally, you assume liability regarding the worker for work-related injuries he or she receives on the job, any injury to the person being cared for, and even a third party injured on the premises by the worker.

"When these caregivers are paid in cash, there is no paper trail for us to provide to Medicaid, if Medicaid is ever needed," says Franklin. "Other issues are: What if the caregiver suffers an injury while providing care? What if they sue the client?"

Attorney Frère concurs: "You can't give them cash and think that's the end of it. You assume tax responsibilities. At the very least, contact your home-owners insurance to see whether your current policy is adequate or what additional coverage you need."

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the “tatters” of aging we learn wisdom. Yet for the wisest and healthiest of us that time of life will come when singing and dancing are not as easy as they used to be. In deciding to move a retiree needing additional care out of his or her home and into a facility, ask:

1. In an emergency, is someone nearby who can get the person to medical help? Can someone take care of his or her affairs, such as tending to a pet, the house, mail, and so on?
2. How many of the senior's day-to-day tasks can still be performed without assistance?
3. Does he or she have convenient transportation?
4. Does he or she evidence deteriorating mental health? Dementia conditions such as Alzheimer's require constant monitoring for the person's safety.
5. What are the opportunities for socializing and recreation in the existing location?
6. How safe is the neighborhood where the senior lives?
7. Can the senior self-administer medications or other health regimens and therapies?
8. What is the senior's attitude toward the move?

While answering the questions above and calculating a budget, you should also consider which type of care facility is best. As the level of care and services offered increase, the monthly cost will increase as well.

- **Independent senior living:** For seniors who are still physically and mentally self-sufficient but who may need or would like help with routine chores like laundry, meal prepara-

tion, and housekeeping. They also offer seniors who may be isolated in their current homes the opportunity to socialize with their peers. Staff may not be available 24/7 at an independent senior living facility.

- **Assisted living:** For seniors who require help with daily activities, including doing their laundry and taking their medications. Meals are typically prepared by staff in a common kitchen, and sometimes residents eat in a common area, too. Staff are available 24 hours a day.
- **Alzheimer's or memory care:** These facilities overlap with both assisted living and nursing homes, but are distinct in that they are especially designed to keep residents from accidentally leaving the premises. They likewise are more expensive because patients with memory loss are so reliant for others on their well-being.
- **Residential care homes:** Like traditional nursing homes, except the facilities are located within ordinary neighborhoods and have only a few residents. They typically cost less than a nursing home, and some clients prefer the more personal feel these facilities offer.
- **Nursing homes:** For patients with serious debilities or medical conditions, their name refers to the full-time medical staff available to help with a patient's treatment and therapy. Much like hospitals, they have visiting hours and varying levels of patient autonomy.

If you do decide on a nursing home, the *Centers for Medicare and Medicaid Services (CMS)* ratings can help you evaluate which nursing homes in the area offer the highest quality of care. The CMS calculates its ratings by making on-site health inspections and using state survey agencies to assess staffing and

other quality measures. In February of this year, the CMS revised its five-star system, making it more difficult for a facility to earn top scores.

CMS results can be accessed at www.medicare.gov by putting a zip code or city and state into a search form. The CMS currently gives the following nursing homes within 25 miles of the center of Knoxville five stars overall (“much above average”):

- Fort Sanders TCU (1901 Clinch Avenue, 865-541-1581)
- NHC Healthcare, Fort Sanders (2120 Highland Avenue, 865-525-4131)
- NHC Healthcare, Knoxville (809 East Emerald Avenue, 865-524-7366)
- NHC Healthcare, Farragut (120 Cavett Hill Lane, 865-777-4000)
- Senator Ben Atchley State Veterans' Home (One Veterans Way, 865-862-8100)
- Shannondale of Maryville Health Care Center (803 Shannondale Way, Maryville, 865-982-4599).

Also look at a nursing home's use of physical therapy and other engagement with residents. “The best defense against physical degeneration in the geriatric population is weight training,” says Dr. Beam. “You can delay impairment through aggressive physical exercise. It's the same with the brain. Our minds can continue to function for a much longer time, so why not try to pick up a musical instrument or a foreign language? Even in Alzheimer's patients the progress of the disease can be slowed when we keep our minds challenged.”

Finally, he says, life must have meaning: “Once we're done with our career and raising our family, we still have to maintain a purpose in life. Purpose is essential to a happy, healthful retirement.”

Mark Spurlock is a senior writer for Cityview.

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Established in 2012, and headquartered in Portland, Oregon, Blue Harbor Senior Living has become a leading provider of senior living facilities in the country. With 26 properties across the nation, from the banks of San Jose, California, to right here in Knoxville, Blue Harbor is known for creating living environments tailored to the people and communities they work in, with unique care services you won't find anywhere else.

Raintree Terrace

Located in Bearden, the beautifully designed living spaces and comforting community areas at Raintree Terrace offer a luxurious, yet affordable option for those looking or needing to move into a senior living facility. You'll find many residents referring to their new home as more of a resort. Inviting outdoor sun porches, cozy community rooms, and a spacious dining room with soaring ceilings and a breathtaking stone fireplace promote community and conversation between residents, both new and established.

The beauty of this community is complemented by its unique activities for residents. All throughout the Raintree Terrace community, residents have the chance to focus in on their health and wellness. Our Activities Program encourages them to reignite old passions, such as gardening and caring for pets, and promotes independence and vivacious activity throughout the neighborhoods.

One of the neighborhoods at Raintree Terrace, the Illuminations Memory Care neighborhood, offers specialized care for residents with dementia or Alzheimer's,

providing them with a balanced, warm, and comforting environment to live and interact with neighbors. The dedicated Illuminations staff work every day to promote safety, security, and well-being for residents.

Raintree Terrace focuses on all aspects of a resident's wellness, providing them with the quality of life they deserve as they age.

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Maple Court

Nestled in a pastoral setting in Powell, surrounded by land rich with agricultural history, Maple Court seems more like a retreat than a senior living community to new and established residents. Stunning outdoor patios with unbelievable views, beautiful communal spaces that promote conversation, and an elegant dining space with varied and flavorful menu are all pieces that make up a normal day at Maple Court.

Through our Activities Program, residents are encouraged to participate in creative and educational activities.

The program even provides outlets for volunteering, affording residents opportunities to live holistically.

Perhaps most distinct about this facility is its Illuminations Memory Care and Respite Care programs. While you may find a small community of Illuminations residents at Raintree Terrace in Bearden, Maple Court offers a much more extensive living program for those living with dementia or Alzheimer's. The neighborhood and staff aid residents going through memory changes by helping them focus on what they can do rather

than on what they cannot. The community supplies a safe haven for those dealing with memory loss, and family members can rest assured that their loved ones are leading fulfilling lives at their new home.

The Respite Care program at Maple Court additionally offers short-term care for seniors who need it, providing them a powerful glimpse into the life of long-term residents at the community.

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Under new management, the Raintree Terrace and Maple Court communities bring residents everything that Blue Harbor Senior Living facilities have become known for since 2012: comfort and ease. This new team carries with them a dedicated focus to delivering the finest care for residents, and those residents know they've chosen homes where they can trust and build connections with each and every person they meet.



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By David Valone

Estate Planning and Divorce



Revising an estate plan during a divorce is an important task—as the plan secures the decedent's wishes.

WHEN YOU ARE IN THE middle of a costly divorce, one of the last complications you want to think about is more legal bills. Nevertheless, in addition to a good family-law attorney, any litigant in a divorce proceeding needs to hire competent legal advice in revising his or her estate plan. Unfortunately, divorce proceedings can often take years to resolve, so postponing necessary revisions

until after the divorce becomes final risks outcomes in probate court that are contrary to the decedent's intentions and wishes.

Although you may have prepared a will and clear instructions as to what you want to have happen upon your death, you created those legal documents in a situation that has changed vastly as a consequence of your impending divorce. Worse, if you do not have a will and die during the divorce

proceeding, your spouse under Tennessee law will automatically receive one third of your estate—and depending on whether you have children or grandchildren—perhaps all of it.

Moreover, courts in Tennessee often look to the spouse as the natural personal representative or executor when decedents do not leave wills. Bear in mind, too, that your spouse will have sole custody of your minor children in the event you die, so any portion of

your estate that passes directly to them will in all practicality go to your spouse. Now might be the time to create a trust for your children.

Thanks to 2013 revisions to Tennessee's Uniform Trust Code, our state has some of the strongest trust laws in the country in the sense of safeguarding the wishes of the trust's creator. Consequently, if as part of your estate planning you have established or want to establish a trust, it would behoove you to do so under Tennessee law, rather than the laws of some other state.

Finally, what will happen to you if, rather than dying, you are incapacitated in some way? Until your divorce is final, your spouse remains your next of kin and the person by default who will make decisions about your care and treatment.

Beneficiaries

Although some states restrain the transfer of marital or community property during a divorce proceeding, in Tennessee a divorcing spouse must generally file an injunction to prevent such transfers (except for real estate titled to both spouses). Unless an injunction specifically prohibits changing beneficiaries, however, the spouse can still modify life insurance policies, for example, because the courts do not consider such a change a transfer of property (*Bell v. Bell*, Tennessee Court of Appeals, 1994).

Retirement plans are a special case. Specifically, if you have a 401(k) plan, your spouse will automatically receive that money if you die during the divorce proceedings regardless of who is listed as the beneficiary, unless he or she has signed a *notarized*

written waiver. This exception applies to any retirement plan "qualified" under federal law. Additionally, the spouse can withdraw the waiver should you attempt to change beneficiaries. Even a prenuptial agreement does not cause the spouse to lose his or her rights: The waiver must be signed after marriage.

Retirement accounts can remain tricky after your divorce is final. The federal Employee Retirement Income Security Act trumps state (Tennessee) law and generally enjoins plan administrators to pay funds to beneficiaries, rather than involving administrators in litigation or requiring that they be informed of state practices. Hence, regardless of any wills, divorce decrees, or other legal documents, make sure that all your retirement plans designate the correct beneficiaries.

Your Will

Of course you can change your will anytime you like, regardless of marital status. Nevertheless, the Elective Share provision of Tennessee law (Tennessee Code 31-4-101) limits how much you can disinherit a surviving spouse. That is, even in the event of a will stating otherwise, the survivor can elect to take a share of the decedent's estate based on the number of years the marriage endured. A will may, for example, specify that the surviving spouse will receive only \$1, but the spouse can waive the designated amount in favor of an elective share. How much of your estate your estranged spouse would be entitled to depends in Tennessee on the length of the marriage:

- Less than three years: 10 percent.
- More than three years but less than six: 20 percent.
- More than six years but less than nine: 30 percent.
- More than nine years: 40 percent.

Durable Power of Attorney

How do you specify that you want someone other than your spouse to make medical decisions for you? Tennessee Code provides that a resident can, in the presence of two witnesses or a notary public, designate a durable power of attorney for health care decisions. The person designated is someone you trust to make medical decisions for you—including those involving end-of-life—in the event you become incapacitated. Usually you will also have a living will that formalizes your wishes in these circumstances, and it is the job of the person you have designated to ensure these wishes are carried out by health care providers.

The form to grant a medical power of attorney can be downloaded and printed from the State of Tennessee's website: www.tennessee.gov/comaging/documents/dpoahc.pdf.

As you can see, divorce proceedings and divorce itself complicate estate planning. Even before your divorce is final, therefore, you should begin working with a qualified probate attorney to secure the best legal assistance available throughout this process. ✕

David Valone is a veteran family law attorney who has been practicing law in Knoxville, Tennessee for the past 28 years. He is a sole practitioner who has tried thousands of cases in most counties in East Tennessee. Mr. Valone is also certified as a Family Law Mediator by the Tennessee Supreme Court. His areas of concentration include cases dealing with divorce, child custody, and child support issues.

By Bruce Fox

Mucking Around With Workers' Compensation



Tennessee legislators are revisiting last year's changes to workers' compensation laws—but the results may do more harm than good.

LAST YEAR IN JULY, TENNESSEE'S workers' compensation laws changed drastically as a result of legislation passed in 2013—changes that I've described in previous columns as largely detrimental to the working men and women of our state. With Tennessee General Assembly Senate Bill 721, which will allow employers to opt out of the state's

workers' compensation program altogether, legislators this year are revisiting their shoddy job and mucking around with it some more. The result will further gut the average employee's rights and protections.

The bill's sponsor in the House, Representative Jeremy Durham [R-Franklin] says that this year's legislation is partly in response to employer

"dismay" with the previous changes. Not content with half a loaf, these employers apparently want the bakery, too! Last year's changes eliminated the role of trial courts in deciding compensation cases; the new legislation would give employers control over the worker's doctor's office as well.

According to the Center for Justice and Democracy at the New York Law

School, opt-out laws like SB 721 mean “an employer can decide whether a worker qualifies for any benefits. It can handpick the doctor who examines the worker.”

Supporters of SB 721 would have you believe this result is a feature, not a bug. A story in *The Tennessean* quotes State Senator Mark Green [R-Clarksville], who is sponsoring the bill in the Senate, as saying, “Employees feel better taken care of [because] employers have more input on medical care, and the employee gets back to work in a shorter amount of time.” Does that reasoning even make sense? Would you want a company doctor deciding in consultation with your boss whether your job-related injury needs further treatment or not?

Additionally and regardless of the extent of your injury, the law puts a three-year cap on your medical expenses—limited monetarily to \$300,000.

Durham argues that the bill is balanced because, when employers opt out of workers’ compensation, they also waive their exclusive remedy protection. Under standard workers’ compensation, employers are protected from lawsuits by their employees by participating in the government-sponsored plans. Neither side has to prove fault when an employee is injured on the job because both the employer and employee have effectively agreed to let the state decide the appropriate remedy.

Under the new law, Durham says, “Employees can bring a tort,” if they feel the employer has treated them unfairly—as though this stipulation levels the playing field. It does not, but rather takes us back to a century when employees were much more at the mercy of their employers before

the progress represented by workers’ compensation. Historically, the person injured was regarded as having assumed all risk by simply agreeing to work at a given job (“known hazard” defense) or, in the case of being hurt through the fault of a co-worker (“fellow servant doctrine”), the employer was still not to blame. Since the Twentieth Century we have recognized in American society that accidents on the job are inevitable, and that consequently who is at fault in any such accident is less important than making sure the injured party is taken care of.

For example, what is to prevent an employer from having an employee sign an arbitration agreement as a condition of employment? That is, despite Durham’s assurance, workers can still find themselves forced to present their case in some arcane arbitration system set up by the company rather than in a court of law. Even in the latter, consider that the testifying doctor who examined the employee immediately after the accident will have been one of the employer’s choosing.

Two states, Texas and Oklahoma, already have opt-out laws similar to the legislation Green and Durham propose. The Oklahoma law currently faces a constitutional challenge on the basis that it denies due process to employees because employers are able to waive their rights with employees having no recourse in the courts. Employees who work for opt-in firms enjoy greater legal rights than those who do not.

Here in Tennessee, participation of public employees in the current system has long been optional, yet 98 percent of municipalities opt in. Why do private

sector workers deserve less legal protection than those in the public sector?

Other criticisms of SB 721:

- Government programs such as TennCare, Medicaid, Social Security, and food stamps will have to pick up the tab for employees who do not receive just compensation from their employers.
- If large employers opt out, then workers’ compensation premiums will be higher for small businesses.
- The bill contains no provision for permanent and total disability.
- The State of Tennessee loses enforcement control over firms that opt out, including benefit amount, eligibility, and delivery mechanism.
- Because the bill has no medical fee schedule, the cost of medical care will be higher on most claims.
- Employers will be able to “self fund” their plans completely as the new legislation drops a requirement that the employer evidence that the plan is insured through a third party. If such an employer simply goes out of business, an injured worker is left without a job and holding the bag—a bag full of medical bills.

To be sure, bill supporters argue the legislation is going to save Tennessee businesses money. The question is whether companies should increase their profits on the backs of workers who have been injured and even disabled while making those profits possible. ✕

Bruce Fox has practiced law for more than 30 years and has successfully represented clients at every trial and appellate court level of the Tennessee State Judicial System. Learn more at www.foxandfarleylaw.com.



Lucas Richman's KSO Finale

AROUND TOWN

Interview continued from page 30

of thousands of people that would come to these concerts. The concerts were built around the concept of an 82-piece touring orchestra playing music from all six films of the saga—using film clips. When the orchestra played the first B flat major chord that opened the Star Wars fanfare, a powerful roar erupted from the gut of the audience. Everyone felt this. It was not about the film; it was the power of the music.

CV: In your concerto, *In Truth*, you write each movement based on the Hebrew teaching of truth to oneself, to one's world, and to one's spirit. What experience did you draw on to write these? What does "truth" represent to you?

LR: It's all about perception. We each have different truths that we hold to be true. I came here when I was just about to turn 40. Now I'm 51. I had come to a landmark in my life where I had to look inside and ask: "Am I doing what I thought I was going to do? What do I expect to be doing henceforth? Am I doing the things that make me happy? Am I following my own truth?" For me, finding truth is ongoing. It's not like I think I've discovered what truth is necessarily. I just hope this piece about evaluation inspires others to look at themselves in the mirror with honesty.

CV: You won a Grammy Award in 2011 for Best Classical Crossover Album for conducting the Royal Philharmonic Orchestra on Christopher Tin's classical/world fusion album, *Calling All Dawns*. Do you plan to return to the non-classical world of conducting or continue to write your own pieces recreationally?

LR: I'm still involved in all kinds of music. I have not left the commercial world. While people know me primarily for my classical works here in Knoxville, I've continued to conduct scores, the most recent for the HBO film, *Behind the Candelabra*, Marvin Hamlisch's last score. I plan to continue to write film scores and music for the theater—and anything else that comes my way and piques my interest.

CV: Since 1997, you've held the BMI (Broadcast Music Incorporated) Conducting for the Film Composer Workshops. What is that experience like and will you continue?

LR: We're already in preparation for the 18th year in August. When I look out at the field of composers at a dinner or award show, I look through the crowd and now see about 150 of my students. Each one will have a story about how my class affected their own creative life—whether or not they're actively conducting recording sessions or in concert halls.

That's how the whole thing with Mr. Tin came about. He was one of my students at the BMI workshop. It's been a tremendous experience, and I love giving back. One of the ways I can give back is by teaching.

CV: Has it all come full circle, then?

LR: Absolutely. As any teacher will tell you, you learn about your craft through teaching. There are the things you do naturally, but when you're obliged to figure out what it is that one's doing and put it into words, it makes one step back. Then those rules, those edicts that you teach, that you pass on to other people, will actively be at the forefront of your mind for yourself.

CV: This is the end of your time with the KSO as a tenured conductor. What's next?

LR: I'm certainly not retiring. I'll be guest conducting with orchestras. I'm very blessed to be doing it. I think if the idea of creating music and recreating music were taken away from me, I would be at an extreme loss. I am defined by my creative output—as a person, as a father, in every capacity, I am what I do. There might be a time in which I'm not able to make a contribution as a conductor or as a composer, and at that time I'll make that decision. But I don't think that time has yet come! I'm open to many possibilities. ✕



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CONTINUED FROM PAGE 80

PART ONE: THE JOURNEY BEGINS

WELLNESS GURUS

Totality Living Well made its debut in Knoxville in April 2014. Owners Scott and Michelle Williams met just months before opening the company. Scott's fitness-based company, Scott Williams Fitness—which focused on personal training, targeted diet plans, hormonal guidance, and neuromuscular massage therapy—was booming in the city. Michelle's new holistic family nutrition company, Eats Best, was starting to gain momentum. After meeting, the two quickly fell in love, were married, and decided to fuse their businesses into one with the goal of offering both local and national residents individualized holistic wellness plans to help put their bodies into balance.

The company is built on a four-part foundation—nutrition, movement, environmental wellness, and personal balance—and together Scott and Michelle help clients find their ultimate level of health. “It’s so much more than just eating right. It’s so much more than just moving your body a certain way to get an aesthetic result,” says Michelle. “It’s about the health habits that you form for yourself.”

Michelle has been working in the nutrition and wellness field for roughly 15 years. A former triathlete and long-distance runner, she concentrates on researching the utilization of holistic nutrition principles and movement on achieving optimal results for women. Scott, a former athlete in sports such as football and track and field, has spent a good portion of the last 25 years looking at health as the “complete package.” With bodybuilding in his background, he has trained individuals from nearly every major sport to help them accomplish their fitness goals.

Both Scott and Michelle are certified nutrition specialists that help clients develop healthy routines. While often they work with clients individually on their journeys, the two pair up to create individualized plans for those looking to venture through transformations.

Learn more at www.totalitylivingwell.com ✕

Scott and Michelle Williams of Totality Living Well are the healthy living power couple guiding Sparks and Habegger to complete wellness.



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FARM FRESH BERRY Recipes

Robert Allen's Meringue-Topped Fruit

Fruit

- 1 lb. blackberries, fresh or frozen, cut into ½-inch pieces
- ½ cup sugar
- 1 teaspoon grated fresh ginger
- 2 cups (1 pint) fresh strawberries, hulled and halved or quartered

Meringue

- 3 large egg whites, room temperature
- ¼ teaspoon cream of tartar
- ½ cup sugar

Preheat oven to 350°F. Stir blackberries, sugar, and ginger in a medium bowl. Divide the mixture evenly among six 8-ounce ramekins. Place the ramekins on a baking sheet and cover tightly with foil. Bake until the fruit is softened, 25 to 30 minutes. Remove from the oven and remove the foil.

Carefully tuck strawberries between the chunks of blackberries. The texture variation makes a nice bite. Add a layer of your favorite granola or nuts.

Beat egg whites and cream of tartar in a large bowl with an electric mixer on medium until soft peaks form. Gradually add sugar and continue mixing until the egg whites are glossy and hold peaks. Spoon beaten egg whites over each portion of fruit. Use a thin spatula to spread the meringue into decorative peaks.

Return the ramekins to the oven and bake until the meringue is lightly browned, about 10 minutes. Let cool for at least 10 minutes. Serve warm or at room temperature.

VARIATION

This dish can be made in a deep-dish pie pan instead of individual ramekins; the recipe and timing are the same.

Savory & Sweet Truck's Strawberry Rhubarb Crisp

- 4 cups fresh rhubarb, diced
- 4 cups fresh strawberries, hulled and halved
- 1 ¼ cups sugar
- 1 ½ teaspoons orange zest
- 1 tablespoon cornstarch
- ½ cup orange juice
- 1 cup all-purpose flour
- ½ cup light brown sugar, lightly packed
- ½ teaspoon salt
- 1 cup quick-cooking oatmeal
- 1 ½ sticks butter, diced
- Cruze Dairy Farm vanilla ice cream

Preheat oven to 350°F. Toss rhubarb, strawberries, ¾ cup granulated sugar, and orange zest together in large bowl. Dissolve orange juice with cornstarch and mix into fruit. Pour mixture into an 8 × 11-inch baking dish. In the bowl of an electric mixer fitted with a paddle attachment, combine flour, remaining ½ cup granulated sugar, brown sugar, salt, and oatmeal. With the mixer on low speed, add the butter until the mixture is in crumbles. Sprinkle the topping over the fruit in baking dish, cover completely, and bake for 1 hour until the fruit bubbles and the topping is golden brown. Serve with a scoop of homemade ice cream.

Public House's Strawberry Balsamic Syrup

- 1 pint of fresh strawberries
- 1 cup sugar
- 2 cups water
- ¼ cup balsamic vinegar

DIRECTIONS

Simmer all ingredients for 20 minutes. Blend in food processor or with a hand blender to break up strawberries and to make syrup a consistent texture. Do not strain out the fruit. For more syrupy syrup, add a little more water.

The Public House's Strawberry Balsamic Fizz

DIRECTIONS

Combine 2 ounces of syrup with 5 to 6 ounces of Brut Champagne or any dry bubbles.

The Public House's Strawberry Balsamic Tonic

DIRECTIONS

Combine 2 ounces of your favorite gin with 1 ounce of syrup over ice and top with soda water. Garnish with a cucumber slice.



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BUSINESS SPOTLIGHT

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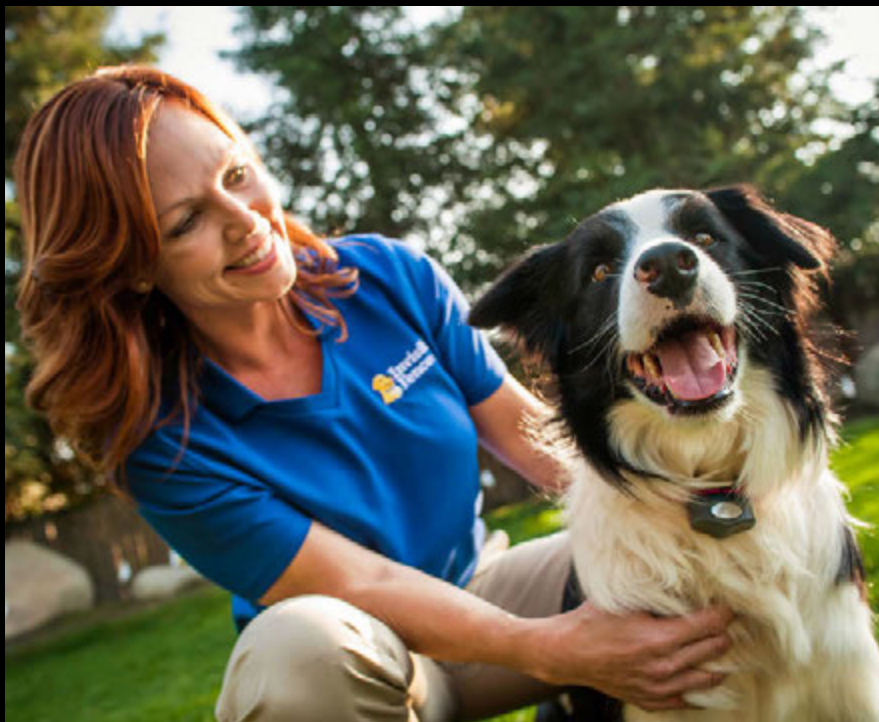
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BUSINESS SPOTLIGHT

K-BIDUSA

K-BIDUSA Online Auctions began in 2013 with a simple goal: Combine the energy and excitement of live, in-person auctions with cutting-edge technology to create the best possible experience for both buyers and sellers.

K-Bid, which started in 2002, evolved from a simple website where a handful of staff members conducted an auction or two each week to include K-BIDUSA: A master affiliate in Tennessee with access to more than 200,000 bidders and a growing national network of independent affiliates.

Owner-operator Tom Schoenfelder—who has been in the auction business for years—manages K-BIDUSA from the corporate headquarters in Knoxville. According to Tom, the company has “more than 11,000 items for sale, from trucks to tractors to commercial equipment, from trinkets to collectibles, and from the mundane to the obscure.” New items are added each day.

K-BIDUSA offers convenient, anytime and anywhere bidding from a variety of desktop and mobile devices, and its auction software is unbelievably user-friendly. Tom explained that “registration to bid is easy, and bidders don’t pay unless they win.

“What makes this online auction concept different from others is that buyers needn’t fear purchasing a damaged item.” Mandatory inspection periods for each auction provide opportunities for full disclosure.

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BUSINESS SPOTLIGHT

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Owner Gerald Allison founded Rocky Top Air in 2009. With more than 25 years of experience in the heating, ventilation, and air conditioning, or HVAC, industry, his hope was to ensure that Knoxvilleians live in comfort all throughout the year, and over the past five years, he and his team have done just that.

Rocky Top Air provides high-quality heating and air conditioning services to residential and commercial customers alike in East Tennessee. When a client is in need of an upgrade or repair to their heating or cooling systems, Rocky Top Air technicians—many with more than 10 years of experience in the field—are available to head to client properties 24/7 to get right to work. All technicians are certified by North American Technician Excellences, or NATE, and continue to keep themselves up to date on the latest advancements in the HVAC industry. The management team itself brings more than 100 years of HVAC experience to the table.



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Ryan Blair

Story by Noelle Harb • Photography by Tyler Oxendine

Ryan Blair is a passionate artist. The unassuming, vibrant spirit that radiates from his work—acrylic paintings, wood cutouts, and large sculptures—stems from his simple desire to create. His eye for redeeming abandoned objects into works of art brings a textured vitality to his pieces. Most recently, bottle caps, license plates, old signs, and wooden boxes have captivated his attention.

An Indiana native, Blair has spent the last decade in East Tennessee, and the move—along with his proximity to the mountains—has heavily influenced his work. In particular, the bluegrass and Americana music of the WDVX radio station has a distinct thumbprint on his art, while the texts and textures the former Yee-Haw Industries have added a uniquely Knoxville flavor to his craft. Despite his many influences, Blair insists that he loves to create for the simple pleasure and freedom it gives him. “Art is soothing for me—it’s a place where there’s no right or wrong answer,” he says. “I get nervous when I have to be lofty about it.”

Having grown up with a pencil in hand, becoming an artist seemed like the most obvious career path for Blair. What he did not anticipate, however, was becoming an art educator to thousands of children in rural elementary schools. He has opened the eyes of children to the vast world of the arts, an accomplishment that he considers one of his most treasured achievements. “I love teaching in the more rural areas where art is definitely not the focus of a lot of these folks,” says Blair. “My goal is to try to give them a broad taste of aesthetics and history.”

Ryan Blair’s work will be on display from June 5 to 27 in the Balcony Gallery of the Emporium Center (100 South Gay Street; 865-523-7312; www.theemporiumcenter.com). The exhibit will house an entirely new collection of wooden box sculptures and canvases. Robin Surber’s photography will also be displayed.

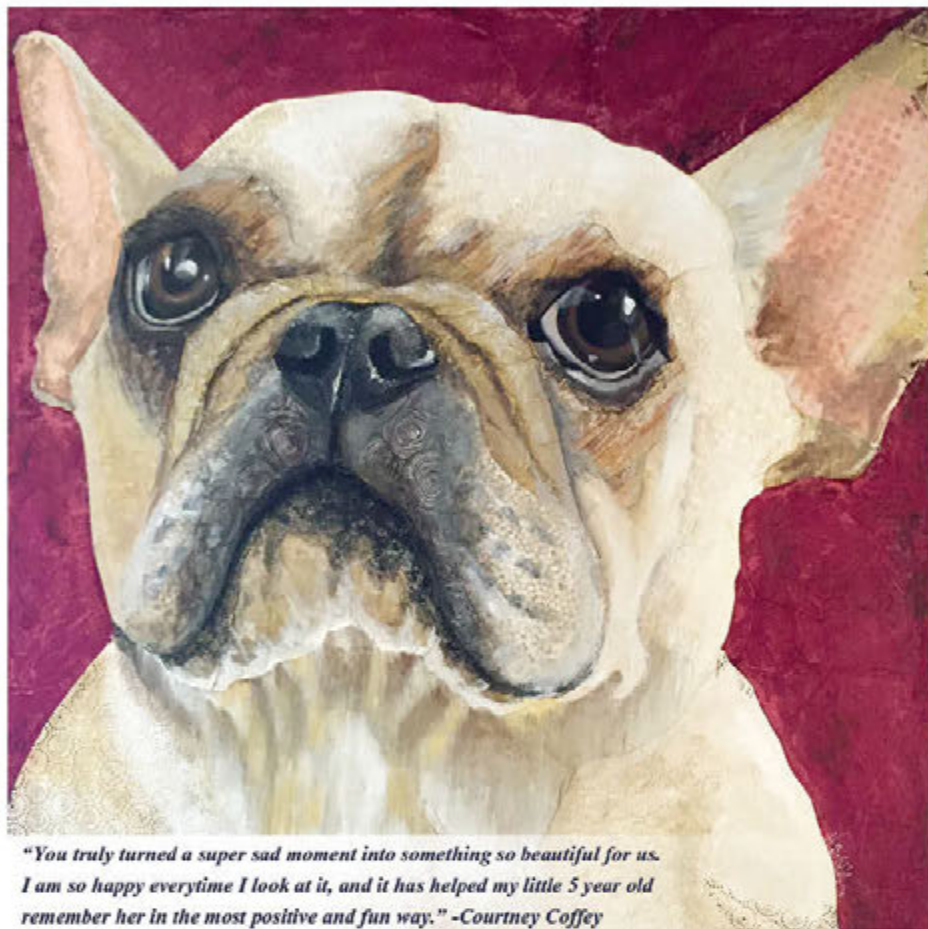


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