



**KNOX COUNTY** A Great American Community

## Knox County News

### Senior Appreciation Day incorporates "falls" seminar, picnic and library activities

*September 30th set as special day of activities for seniors*

With the 4th annual Senior Picnic nearing, Knox County announces Senior Appreciation Day, which will take place on September 30, 2009. The day will incorporate the senior picnic, along with a special conference hosted by the Knox County Health Department, a workshop about using library resources, and a miniature health fair.

The Health Department, working with the Knox County Senior Safety Task Force, kicks the day off with its second community-wide Senior Falls Prevention seminar at the John T. O'Connor Senior Center. The free conference gets under way at 8:15 a.m. and requires pre-registration by calling 541-4500.

This year's Senior Falls Prevention seminar consists of four mini-seminars to explain the importance of medication management, vision, home safety, and balance and exercise in maintaining a good quality of life and helping to prevent falls. A panel of experts will be available for participants to ask questions concerning fall prevention.



KCHD will also be introducing its new Stay Active and Independent for Life (SAIL) program, a balance and strength-building fitness program for adults age 65 and older. SAIL is proven to be effective in making seniors stronger and safer from falls and the resulting injuries. Knox County will have the first SAIL program in the state.

At 11:30 a.m. lunch will be provided at the Senior Picnic at Schumpert Park. This year, seniors will be able to attend a small health fair offering health screenings and information; be entertained by the Bluegrass Band from South Knoxville Senior Center; and hear remarks by Mayor Ragsdale. Over 500 seniors have already responded and many more are expected to attend.

After enjoying the sun and social, seniors are invited to close their day by



#### In This Issue

[Senior Appreciation Day incorporates "falls" seminar, picnic and library activities](#)

[Liddington elected Co-Vice President of national clean air association](#)

[More community-based mosquito spraying Sunday night](#)

[Scarecrow Trail comes to New Harvest Park](#)

[Hunger Hike helps get food to those in need](#)

[Season's final Home Landscaping Workshop](#)

[Free diabetes management series continues](#)

**9/28/09**  
**\$1 Hot Dog Sale**  
**To Help Mobile**  
**Meals**

Monday, Sept. 28th  
 4:00 to 7:00 p.m.  
 \$1/hot dog  
 (while they last)

Bearden Earth Fare

attending the "Library Resources for Seniors" workshop presented by Tom Whisman and Emily Ellis at the Fountain City Branch Library from 1:30 to 2:30 p.m. This workshop is designed to show seniors how best to make the most of all the great resources the Knox County Public Library system has to offer.

## Liddington elected Co-Vice President of national clean air association

Knox County's Director of Air Quality Management, Lynne Liddington, has been elected to the position of Co-Vice President of the National Association of Clean Air Agencies (NACAA). She previously served as co-treasurer of the national organization. NACAA is the association of air pollution control agencies in 53 states and territories and over 165 metropolitan areas across the country.



The Clean Air Act charges state and local air agencies with primary responsibility for preventing and controlling air pollution in order to protect our citizens' health and welfare. The associations serve to encourage the exchange of information among air pollution control officials, to enhance communication and cooperation among federal, state and local regulatory agencies, and to promote good management of our air resources.

## Become a Read With Me Volunteer!

Contact Sandy Garber today at 215-4770.

or [sign up online](#)

## Movies on Market Square

**Tonight:**  
*Kung Fu Panda* (PG)

**10/2** *Casablanca* (PG)

**10/9** *Wallace and Gromit in the Curse of the Were-Rabbit* (G)

**10/16** *Indiana Jones and the Last Crusade* (PG 13)

**FREE!!** Movies start around 8:00--as soon as it's dark enough!

## From Flu.gov

Take these everyday steps to protect your health:

- **Avoid touching your eyes, nose or mouth.** Germs spread this way.
- Try to **avoid close contact with sick people.**
- **Stay home** if you are sick for 7 days after your symptoms begin or **until you have been symptom-free for 24 hours**, whichever is longer. This is to keep from infecting others and spreading the virus further.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

## Knox County on Facebook

- [Knox County Happenings](#)
- [Adopt-A-Road](#)
- [Air Quality](#)
- [Emergency Management Agency](#)
- [Health Department](#)
- [Knox Recycles](#)
- [Parks and Recreation](#)
- [Public Library](#)
- [Stormwater Management](#)
- [Young Williams Animal Center](#)
- [East Tennessee Veterans](#)

Become a fan of them all!

## More community-based mosquito spraying Sunday night

*One new area and five follow up sites scheduled*

Follow us on Twitter!

@KnoxHappenings

@KnoxReads

## Knox County Calendar

### September 25

Movies on Market  
Square  
*Kung Fu Panda* (PG)

### September 28

County Commission  
Meeting

### September 30

Knox County Senior  
Appreciation Day

### October 1

New Harvest Park  
Farmers Market  
\*

Big Read: Mayor's  
Discussion Panel  
\*

Community Diabetes  
Management Class

### October 2

Movies on Market  
Square  
*Casablanca* (PG)  
\*

Scare Trail entry  
deadline

### October 5

Splash pads close for  
the season

### October 6

TYN Home  
Landscaping  
Workshop Part 1

### October 8

New Harvest Park  
Farmers Market  
\*

TYN Home  
Landscaping  
Workshop Part 2  
\*

Big Read Event:

The latest lab report has confirmed the presence of West Nile Virus (WNV) in mosquitoes in the Cumberland Estates area of Northwest Knox County. Cumberland Estates subdivision, meaning all areas within Royalview Road, Robindale Road, Willowdale Drive, Silverhill Drive, Newberry Road, Landon Drive and Palmetto Boulevard, will be sprayed this Sunday, Sept. 27, between 9:00 p.m. and midnight by Knox County Health Department (KCHD) vector control staff. Five other areas also will receive follow up spraying recommended by the national Centers for Disease Control and Prevention (CDC) The follow up areas have been previously identified as the following:

- Milligan Street (Northeast Knox)
- Fourth Avenue (I-275 area)
- Carter Community Park
- Alcoa Highway
- Fort Sanders

KCHD follows CDC protocol, and WNV affected areas are sprayed to reduce the mosquito population and the risk of further spreading WNV. Follow up spraying will be on Sunday, October 4, if temperatures stay above 50 degrees. Signs have been erected in the affected areas to alert residents who are asked to stay inside during spraying.

More information on the mosquito control program and the treatment schedule are available by calling 215-5200 or online at [http://knoxcounty.org/health/vector\\_mosquito\\_control.php](http://knoxcounty.org/health/vector_mosquito_control.php).

KCHD also provides the West Nile Virus Fact Sheet and the Public Health Fact Sheet discussing insect bites and repellents. All informational materials may be reproduced and distributed as needed.

## The Big Read continues through mid-October

***Bless Me, Ultima is the focus of the third annual community-wide reading program***

The Big Read got a big start in a big way, and the programs continue through mid October. YWCA and Knox County Public Library have teamed up for the third year to bring The Big Read to East Tennessee.



The community-wide reading program featuring Rudolfo Anaya's coming of age story, *Bless Me, Ultima*, continues until October 15, with great events and programs throughout East Tennessee.

Mayor's Panel Discussion

Thursday, October 1, 2 p.m. at the City County Building, Main Assembly Room// 400 W. Main St.

Come out to see how reading Bless Me, Ultima affected East Tennessee's leaders. Knox County Mayor Mike Ragsdale will moderate a thought-provoking book discussion led by a panel of community leaders. This discussion will also be broadcast on East Tennessee Public Television.

### Ultima as a Symbol of Feminine Spiritual and Cultural Conciliation

Thursday, October 8, 7 p.m. at the East Tennessee History Center, 601 S. Gay St.

As a curandera, Ultima draws on native traditions to provide physical healing. If we look at her character through a literary lens, we find a symbol of a much deeper kind of healing. Join Maria Clark, Associate Professor of Foreign Languages at Carson-Newman College, as she explores the power of this wise woman.

### Hispanic Culture Storytimes

- Sunday, October 4, 2 p.m. at Lawson McGhee Library Children's Room
- Monday, October 5, 10:30 a.m. at Oak Ridge Public Library
- Thursday, October 8, 4:30 p.m. at Bearden Branch Library
- Wednesday, October 14, 10:30 a.m. at Cedar Bluff Branch Library

### Book Discussion Groups

- Sunday, October 4, 2 p.m. at Lawson McGhee Library (has children's activities available at the same time)
- Sunday, October 4, 3 p.m. at La Rumba, 4900 Chambliss Ave
- Monday, October 5, 6:30 p.m. at Cedar Bluff Branch Library
- Friday, October 9, 6 p.m. at Carpe Librum Booksellers, 5113 Kingston Pike #A
- Wednesday, October 14, 7 p.m. at YWCA, 420 W. Clinch Ave.

### NEW THIS YEAR: Blog the Book.

As part of the Big Read, the public is invited to join an online book discussion of Bless Me, Ultima led by literary guides. The book will be divided into four sections with a reading schedule. Each week the guides will discuss that section and the public is invited to join the conversation at [www.knoxlib.org](http://www.knoxlib.org).

## Scarecrow Trail comes to New Harvest Park

**Get your contest application in by October 2nd!**

Pick up a bale of hay, a pumpkin and a gourd or two and get creative. Knox County Parks and Recreation encourages you to enter your most creative scarecrows in the new **Scarecrows in the Park** event on October 22-31 at New Harvest Park, 4775 New Harvest Lane, in northeast Knox County. **Scarecrows in the Park** opens on Thursday, October 22, at 3:00 p.m., at the New Harvest Park Farmers Market, and concludes on October 31st.

The **Scarecrows in the Park** celebration of fall includes a competition among groups to make the best and most original scarecrow. We will place the scarecrows along the New



East Tennessee  
History Center

Community Diabetes  
Management Class

October 9

Movies on Market  
Square

*Wallace and Gromit in  
the Curse of the Were-  
Rabbit (G)*



Suggestions or  
comments?

Story ideas?

You can email our  
[newsletter editor.](#)

## Quick Links

[Knox County  
Office of Neighborhoods  
Public Library  
Public Schools  
Parks & Recreation  
Health Department  
Convenience Centers  
Smart Trips  
Office of Aging  
Senior Centers  
Veterans Services](#)

Harvest Park greenway loop. As folks walk the loop, they will have the chance to vote for their favorites. We will determine the winning scarecrows by a combination of the public votes and the votes of from a panel of celebrity judges.

**To enter, you need to submit a \$10 entry fee and application form by October 2nd.** The Home Depot is donating a bale of straw to each participant.

Both cash and other prizes will be awarded to the winners during a Harvest Festival at the park, on Saturday, October 24, from 11-3 p.m.

The Harvest Festival will feature storytelling, pumpkin painting, and other fall activities. Fall produce from the New Harvest Park Farmers Market will also be available at the Festival.

Entry form and rules for Scarecrows in the Park are available from the [Knox County website](#) or by calling call 215-6600.

All proceeds from the event will benefit the Legacy Parks Foundation, which raises funds for land acquisition, park improvements, and recreation programs in our community.

## **Hunger Hike helps get food to those in need**

***More than 71,000 people in Knox County are at risk of going hungry***

The Hunger Hike is an annual event to benefit churches and pantries which provide food to hungry people in Knox County. Emergency Food Helpers (EFH) is a network of pantries working together to coordinate food assistance programs. Second Harvest Food Bank, a member of EFH, is a major food supplier for pantries, but does not distribute food directly to individuals. Pantries are always in need of financial resources to keep their shelves stocked. That's why the Hunger Hike is held each year. All the funds raised at the Hunger Hike are distributed to participating pantries, according to the designation of each hiker.

The 2.25-mile Hunger Hike will be held on Sunday, Oct. 4, 2009, starting at the TVA Pavilion at Lakeshore Park in Knoxville. Registration begins at 2 p.m. and the Hike will commence at 3 p.m. With a \$15 donation to your choice of food pantry, entrants will receive a canvas Hunger Hike tote bag while supplies last.

### **Food Needs in Our Community**

More than 71,000 people in Knox County are at risk of going hungry and 56,000 residents, or 12.8 percent, of Knox County's population who live below the poverty level have sought emergency food assistance either on a short-term or long-term basis. In 2008-2009, Second Harvest delivered more than 812,000 meals a month through 535 food provider agencies to more than 155,000 children, adults and seniors in the 18 counties of East Tennessee, including Knox County. **Many are first-time, middle-income families who previously donated to food banks and are scared or embarrassed to be requesting food.**

The distribution of emergency food is a significant factor in decreasing and preventing the risk of homelessness, since many people have to choose between buying food and paying other expenses. A strong emergency

food system supports low-income working families in getting the food they need and using their limited funds for rent, utilities or other critical family expenses.

Hardships created by economic recession and low wages for many jobs in Knoxville combine to create the risk of hunger for many individuals and their families. This is the challenge faced by Emergency Food Helpers and the Hunger Hike.

## Season's final Home Landscaping Workshop

***Tennessee Yard Done Right" coming October 6th and 8th***

Did you know that right now is prime planting season to prepare your yard for next spring?

A "Tennessee Yard Done Right" is beautiful, earth-friendly and saves money. Learn how to create one at the Home Landscape Workshop, where you'll receive handbooks and guides, two free soil tests, a rain gauge and a "yard stick" to help you measure your progress toward a "Tennessee Yard Done Right" - one inch at a time.

Knox County is excited to offer one last Home Landscaping Workshop this fall to help you on your way to a beautiful yard this spring.

Tennessee Yards and Neighborhoods will be conducting a two-part workshop on October 6th and 8th from 6pm-9pm at Central United Methodist Church, 201 3rd Avenue.



The program, based on principles that consider yard care needs of homeowners and their families while also helping to protect the community's natural surroundings, will offer tips and advice on the following topics:

- The Land-Water Connection: The importance of water in our community landscape.
- Nine Steps to a Tennessee Yard Done Right: Principles for an earth-friendly landscape.
- Turfgrass Management: Proper care and feeding of Tennessee grass varieties.
- Soils and Mulch: How to give your plants the best chance of survival.
- Home Stormwater Strategies: Managing the quantity and quality of storm water flowing into and from your yard.
- Landscape Design Considerations: Plan before you plant; analyzing your site for sun and water.

Come learn from the experts how to create a beautiful Tennessee friendly yard. The workshop is limited to 25 participants and costs \$35 per person or \$50 per couple. For more information, contact Parci Gibson or [parci.gibson@knoxcounty.org](mailto:parci.gibson@knoxcounty.org). To register, call UT Extension at 865-215-2340.

## Free diabetes management series continues

October community classes open to the public

Knox County Health Department continues its free diabetes management classes in October. The classes will be held at 6:30 p.m. on October 1, 8, 15, 22 and 29 in the auditorium at 140 Dameron Avenue. These community classes are open to the public and attendees may bring dinner,

if desired. Anyone interested should call 215-5170 to reserve space.



The program provides once-a-week diabetes management education for individuals diagnosed as pre-diabetic or who have diabetes. Certified Diabetes Educators (CDEs) from the Fort Sanders Diabetes

Program (part of Covenant Health) will assist Knox County Health Department staff in conducting the classes. Day-to-day management of diabetes can be confusing and overwhelming. These management classes will equip participants with the knowledge and skills necessary to optimally manage their diabetes, including proper diet, medication, stress management and exercise.

In Knox County, diabetes was the seventh leading cause of premature death in 2005. Knox County Health Department is committed to reducing these disturbing rates and encourages anyone interested to sign up for these free classes. Public input on health issues is welcome at [www.healthyknox.blogspot.com/](http://www.healthyknox.blogspot.com/).

Join us in our efforts to make Knox County *A Great American Community*. **Become a part of the conversation.** Tell us about our programs and services that are working for you, and the ones that aren't. **Support our teachers** and the great work they are doing to educate our children. **Get involved** with the workforce development effort. **Participate** in the great events our libraries and parks offer. County government starts with you, the citizen, so **join in!**

**Best regards,**

Mike Ragsdale, County Mayor  
*Knox County, A Great American Community*