

Back to School

Plan for your student's success

Readers Choice Awards

Winners announced!

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Fire up the
Grill

Tips for outdoor
entertaining

Issue 3 | Volume 3 | July - September 2023

State Runner-up

Remembering the 2023
HVA Baseball season



**Don't miss
the Expo!**
See page 5 for details

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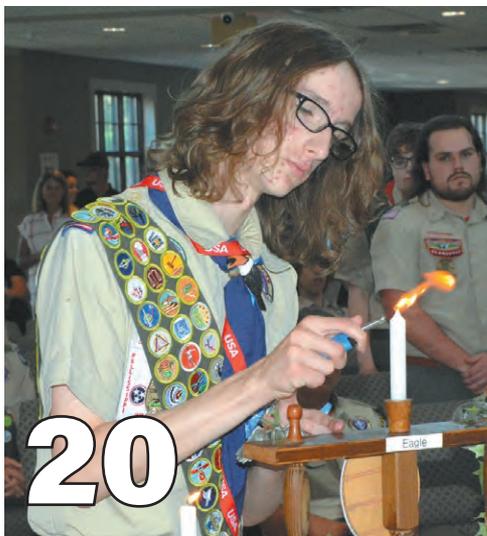
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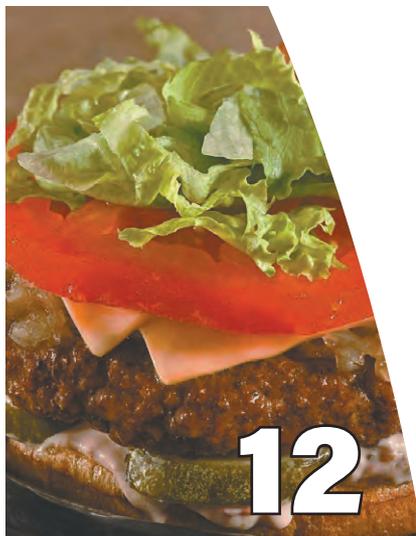
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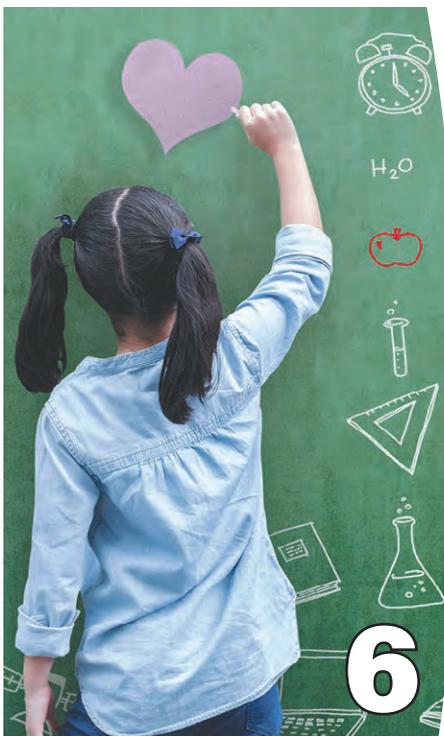
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Plan for your student's school success

With schools starting back in just a few weeks, it's critical for families to begin preparing for the change in routine. And, one of the simplest – and most effective – ways of doing so is by implementing a healthy sleep schedule that prioritizes going to bed at a set time each night and waking up at the same time every morning.

This will result in a myriad of benefits for children, including helping to ensure that they are well poised for academic success during the new school year.

In fact, according to the American Academy of Sleep Medicine (AASM), insufficient sleep can negatively affect grades, decrease motiva-

tion and increase the likelihood of emotional and behavioral issues. As a result, the AASM suggests that children 6 to 12 years old get nine to 12 hours of sleep each night, while teenagers between the ages of 13 and 18 should sleep eight to ten hours.

However, a study by the American Academy of Pediatrics revealed that only 48% of children between the ages of 6 and 17 are actually getting the recommended amount of sleep. Additionally, the study found that the well-rested children were 44% more likely to show curiosity toward learning new skills and information compared to those who experienced lack of sleep.

This means that, as parents, it's crucial to promote healthy sleep habits by keeping to a consistent schedule, limiting the use of technology before bed and establishing a quiet and relaxing setting that encourages deep sleep. It's also important to avoid caffeine before bed and keep TVs and computers out of your children's bedrooms.

In addition to nurturing healthy sleep, parents should strive to be actively involved in their children's educational endeavors. By doing so, the National Education Association says students will be more likely to

See **SCHOOL SUCCESS** on Page 7

School Success

From page 6

earn higher grades, have better attendance rates and experience increased motivation.

As a result, it's essential for parents to provide a home environment that's conducive to learning. This can be accomplished in a variety of ways, including:

- Providing your child with a dedicated homework station that facilitates the learning and studying process. For this, you will need to utilize a quiet area that will enable your child to study without any distractions.
- Helping children implement time management methods like the Pomodoro technique, which focuses on breaking work down into 25-minute intervals, with short breaks of 5 to 10 minutes between each interval. Once four work intervals have been completed, a longer break of about 25 to 30 minutes is then taken.
- Allowing children the opportunity to get their energy out prior to sitting down and completing schoolwork after a long day at school. This can be done by jumping on a trampoline, having a quick dance party in the kitchen or simply kicking around a ball outside.
- Stocking the fridge with nutritious and energy-rich foods kids can snack on while they study. Some of the best brain-boosting snacks include nuts, berries, dark chocolate, avocado and apple slices with peanut butter. In terms of beverages, you'll want to offer your kids water, milk, and fresh fruit and vegetable juices.

~ Rachel Totten







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<p>Sat Aug 12, 2023 Onsite Registration/ Practice 9:00 am Big Air WAVE # 1 10:00 am Big Air WAVE # 2 11:30 am Big Air WAVE # 3 1:30 pm Big Air WAVE # 4 3:30 pm Extreme Vertical (All in one). 5:30 pm</p>	<p><i>The final rounds of competition and award presentations will take place late Sunday afternoon.</i></p>

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Knox County Schools' Chromebook initiative continues

Knox County Schools is continuing its district-wide initiative of supplying every student with a Google Chromebook for the upcoming school year.

Launched in 2020 as a response to the Coronavirus pandemic, the 1:1 plan seeks to ensure that students throughout the district can keep up with their lessons in the case of unusual circumstances. As part of the ongoing initiative, KCS will provide touch-screen Chromebooks for students in kindergarten through second grade, and standard Chromebooks for those in third through twelfth grade.

In the three years since its inception, Theresa Nixon, executive director of academic supports for KCS, said the initiative has proven to be a success, enabling virtual teaching capabilities and boosting the overall learning experience through supplemental tools.

"Teaching and learning is enhanced by using technology for assessment, intervention and enrichment, and daily instruction," she said.

Plus, due to the increase of technology in recent years, using Chromebooks allows students to master foundational skills that are required for success in our modern world.

"As we prepare students for their future, learning to use technology appropriately is a critical skill," said Nixon.

As a result, Freddie Cox, chief technology officer for KCS, noted that the Chromebook initiative aligns perfectly with KCS values.

"The district's 1:1 program supports each of the Superintendent's four priorities – excellence in



foundational skills, career empowerment and preparation, great educators in every school, and success for every student," he said.

Chromebook basics

Running on Google's web-based Chrome OS, Chromebooks have become a popular option for education use, as all assignments are backed up to the cloud. This means that students won't lose their work if their device breaks.

While KCS will provide each student with a free device, an insurance option is available for \$20 to help alleviate the cost of potential repairs. If insurance has not been purchased, parents will have to

pay for any Chromebook repairs, which typically range from \$30 to \$80. Devices deemed a total loss will result in a \$275 charge.

It's important to note that stickers are not permitted to be placed directly on Chromebooks and will not be covered by the KCS Device Insurance. For this reason, students are encouraged to purchase a removable protective case for their devices.

In terms of safety, KCS has implemented a category-based filtering system that will block or restrict certain sites to protect students from accessing inappropriate content like nudity and violence. Staff will also closely

monitor Chromebook use during school hours; however, parents are encouraged to keep an eye on their children's at-home browsing.

Additionally, for those that don't currently have access to the internet at home, assistance could be available through the Affordable Connectivity Program. The income-based program offers a discount of up to \$30 per month on internet service to all households who are approved for free or reduced school meals through the National School Lunch Program.

For more information, visit knoxschools.org/chromebooks.

~ Rachel Totten

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Elder's Ace Hardware

Best Hardware Store

Elder's Ace Hardware

Best Paint/Wall Covering Sherwin-Williams

Best Cell Phone Sales/Service AT&T

Best Jewelry Store BW James Jewelers

See more winners on page 14

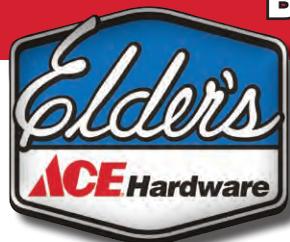
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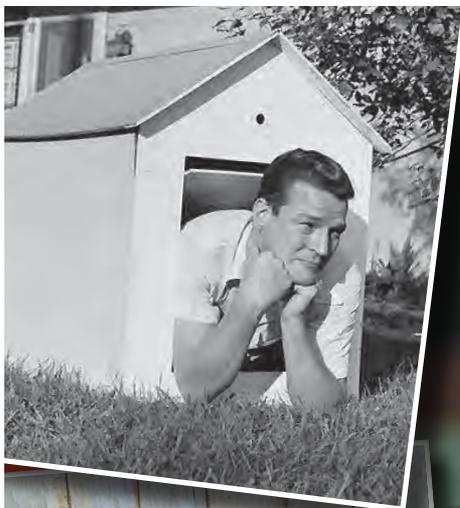


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Chews & Brews



The 'Valley' chow house

Double Dogs, a Hardin Valley chow house with a sporty atmosphere, serves up something for everyone at its restaurant at 10639 Hardin Valley Road.

A bounty of tasty favorites blends with the casual atmosphere to provide a place, such as “Cheers,” — where “everyone knows your name.”

“I think we’re a very family-friendly restaurant, a fun environment,” general manager Suzanne McKenna said. “We service a lot of the community around here — Hardin Valley and Karns.

“Also, our food is wonderful,” she added. “We have a lot of different types of food — burgers, wood-fired pizzas, hot dogs. We serve wings and chicken tenders.”

Additionally, DD has a full bar and an outdoor patio where pets are welcome.

“We make most of our sauces in house,” McKenna said. “Everything is very fresh that we make here. We don’t ship a lot of packaged products in.”

The recipes used have been with the company for “quite some time,” she added.

Guests can start with such favorites as sausage queso and chips,



See **DOUBLE DOGS** on Page 13

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Double Dogs

From page 12

pickled paw prints (dill pickles), Bo's dog bowl nachos, homemade onion rings and spicy cheese toast among others.

Hot dogs entrees range from the Ballpark double dog to the Tillamook dog; along with chicken pot pie, flat iron steak, tuna salad platter, its signature Bo Burger and Chancey Burger, chicken fingers and wings, Buffalo chicken macaroni and salads.

"All our wings and chicken tenders are popular just because of the sauces we make here in house," McKenna said.

With that, sides include hand-cut fries, homemade onion rings and mac and cheese.

The restaurant is open from 11 a.m. to 11 p.m., Sunday through Wednesday, and from 11 a.m. to midnight, Thursday through Saturday.

It has several options to order ahead, which include partnering with Door Dash and Uber Eats; its own online ordering service can be found at doubledogs.biz/hardin-valley/ or by calling the store at 865-470-4447.

"We have a curbside carry-out, so when you order your food we can bring it out to you, so you don't even have to get out of your car when you order," McKenna said. "We also do a lot of catering and large-group

orders. You can call ahead and order those."

Double Dogs was founded by Daniel Davis, founder and owner of Rafferty's Restaurant, who opened the first Double Dogs in Bowling Green, Kentucky, about 17 years ago.

"We have corporate headquarters in Bowling Green," McKenna said. "Our original parent company is Rafferty's Restaurant.

"A lot of people think 'double dogs' refers to hot dogs, but it actually refers to Bo and Chancey, which are kind of our mascots," she added. "It's (Davis's) Labradors."

A gaze around the restaurant reveals "we have a lot of high-top tables," McKenna said. "We do a lot of large parties; and over the weekends, we have softball and a lot of (other) athletic teams that come in here.

"It's just a fun environment," she added. "Kids really enjoy coming here and eating. We serve our kids' meals in dog bowls, which everybody thinks is really cute.

"We've been here quite a while in this community."

As for growth, "we've got a second location at 8910 Kingston Pike ... in the Cedar Bluff-Peters Road area," McKenna said.

Along with the family vibe, "we like to be very active in our local community," she said. "We obviously do a lot of donations for the Humane Society.

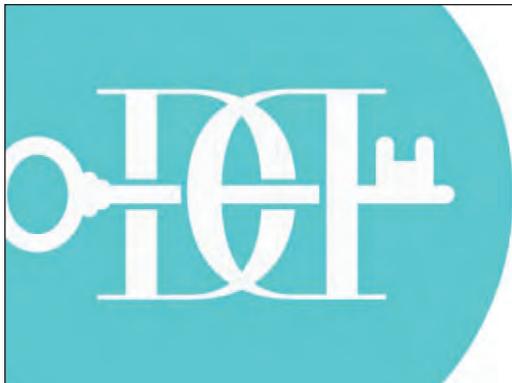
See **DOUBLE DOGS** on Page 16

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Best Pizza Hard Knox Pizza

Best Hamburger Double Dogs

Best Bakery Buttermilk Sky Pie

Best Steakhouse Longhorn Steakhouse

Best Seafood Connors Steak & Seafood

Best Mexican Food Don Gallo

Best Wings Daddy Macs Down Home Dive

Best Asian Food

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Best Family Restaurant Double Dogs

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See more winners on page 18



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Double Dogs

From page 13

“We have our specialty beer, which is the (Braxton) Double Dog Diddley Lager, and every keg we sell, a portion of the keg’s proceeds is donated to our local Humane Society,” McKenna added. “So far, companywide, we have donated \$59,280 since we started that program about five years ago.”

The restaurant also is active in the community in other ways, such as supporting Hardin Valley Academy and Karns High School.

“I try to do as many donations for school programs there (as we can) as far as supporting youth sports, and we have a huge number of staff members who go to school at Hardin Valley (Academy) or have gone to school at Hardin Valley and Karns,” she said. “Right now, I probably have about 15 kids here who either just graduated from Hardin Valley or go to Hardin Valley.

“We really like to be local and support this community,” McKenna added. “We’re a lot of people’s first jobs when they get out of high school, so we take pride in giving a good opportunity to make some money as their first job and give them a positive environment to work.

“We’re just a really tight-knit group, and I think it really makes for a very positive environment.”

By Tammy Cheek



Above: From left, Suzanne McKenna, Brittany Warren and Wendy Jackson

Left: Jordan Glasgow

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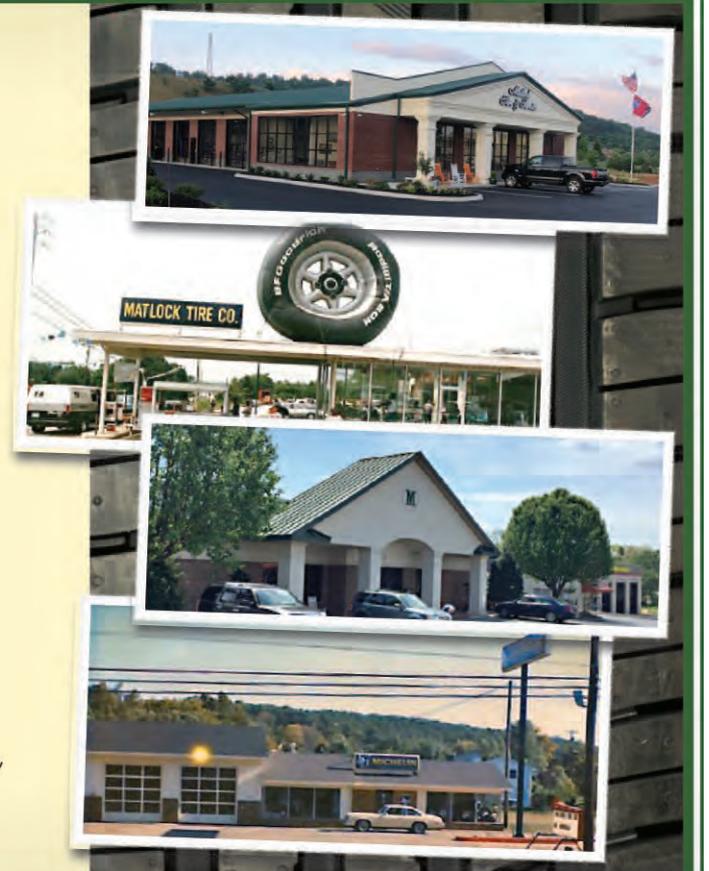
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See more winners on page 26

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After Camden Witt, right, presented the Eagle Charge to his younger brother, Zachary Witt, left, Camden then presented the Eagle neckerchief to Zachary.

Photo by Alan Sloan

A rare BSA 139 achieved by Witt

There was caution when describing, with exact numbers, how rare a feat Zachary Witt pulled off — earning all 139 Boy Scouts merit badges.

One website stated only 544 Scouts nationwide have matched this accomplishment in the more than 100-year history of Boys Scouts of America, as of early July; another stated it's less than 500.

Whatever the number, the Hardin Valley-Karns area celebrated a rare

BSA feat at Witt's Troop 246 Eagle Court of Honor ceremony, in Hardin Valley Church of Christ, Tuesday evening, July 11.

A sizable portion of his merit badges have been earned with 246, based out of HVCC, since joining that Troop in late 2018.

Presenting Witt's Scouting history during the ceremony, Brian Light, Troop 246 Scoutmaster, said Witt "progressed to the rank of Life Scout amazingly in three years, finishing his Board of Review after turning 13.

"Zachary at that time had seen a news article about another young Scout who had earned the rank of Eagle and had earned all 139 merit badges," he added.

"That sparked a fire, that became his goal: to earn all of them."

"The badge that I would say was the hardest for me would have to be scuba," Witt, 18, said about the final of his 139 badges, which was earned early in 2023. "For scuba diving, we were traveling all over the place. I'm also not a very big fan of water, so getting over that fear was rough, but we made it.

"We traveled to Florida to do scuba diving, so it's definitely a long drive and distance," he added. "... Doing water skiing as well is in a

See WITT on Page 21



Photo by Alan Sloan

Lighting of the candle represents Zachary Witt becoming an Eagle Scout, which was part of his Eagle Court of Honor ceremony.

Witt

From page 21

similar category.”

As for the most rewarding of his merit badges, “It’s been a while since I’ve done them in particular, but the citizenship badges ... community, nation and world being the three, I would say, that are the most impactful,” he said. “... Making sure that you know what roles you were able to play on a larger scale, not only in your area, but in the world.

As for starting the count, “From what I recall, the first one that I earned was Inventing,” said Witt, thinking he was age 11.

Having just graduated with honors from L&N Stem Academy, Witt said he will attend Pellissippi State Community College beginning in August, majoring in computer science, before eventually transferring to the University of Tennessee, Knoxville.

“Your conduct along the trail has been excellent,” said Jake Light, 246 Scout and ceremony emcee. “You have rededicated yourself to the principles of Scouting. You have heard the Law of the Eagle, but one more thing is important — your future.

“As an Eagle you become a guiding light to other Scouts below you,” the emcee added. “You become an example to your community. Remember that people expect more of you. To falter in your duties would not only reflect on you, but your fellow Eagles. The torch you carry is not only yours, but theirs.”

After the ceremony, Brian Light said Witt is the first in the BSA Great Smoky Mountain Council of Troops to earn all 139 Merit Badges since 2014.

See WITT on Page 22



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Witt

From page 21

Witt's older brother, Eagle Scout Camden Witt, presented Zachary with the Eagle Charge and the Eagle neckerchief.

The honoree's parents, Rachel and Todd Witt, were recognized before Zachary presented eight mentor pins to major influences in his Scouting career — the first of which to his mother, then later to Camden.

These honorees also included his first Scoutmaster, Larry Rose, when Zachary was with Troop 50.

"Well done, you did everything you said you'd do," Rose told Zachary after the ceremony.

Other mentor pins Zachary presented went to Brian Light, Jim Harris (246 "head assistant Scoutmaster"), Grant Berry (a 246 committee member who helped the 18-year-old earn some of his merit badges, primarily as a counselor), Carl Bylin (the main mentor in Zachary's success with Order of the Arrow, BSA's national honor society, which "became my favorite part of Scouting") and Ron Davis (a major influence on his successful Eagle project who was unable to attend).

~ Story & Photos by Alan Sloan

(Editor's Note: two of the merit badges earned by Eagle Scout Zachary Witt have since been combined into one badge, meaning any Scout able to earn all available badges — if obtaining the now combined badge — would end with 138).

Right: Presenting the Eagle Scout Coin to Zachary Witt, right, is David Williams, Scout executive/CEO of BSA Great Smoky Mountain Council.



Above, left: Zachary Witt, left, is congratulated by Brian Light, his Boy Scout Troop 246 Scoutmaster.

Above: After receiving one of eight mentor pins from Zachary Witt, Rachel Witt gives her son a big hug.

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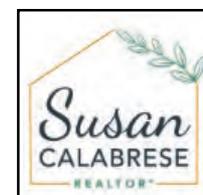
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ASSOCIATES



Back to School Calendar



Knox County Schools Calendar 2023-2024

August

August 1 (Tuesday) First Day for Teachers – In-service (School-based)
 August 2 (Wednesday) In-service Day (PreK-12 System-wide)
 August 3 (Thursday) Administrative Day (Teacher Workday)
 August 4 (Friday) In-service Day (1/2 day -- School-based);
 Administrative Day (1/2 day – Teacher Workday)
 Orientation for 6th and 9th graders
 August 7 (Monday) Administrative Day (Teacher Workday)
 August 8 (Tuesday) First Day for Students (1/2 day for students)
 August 16 (Wednesday) Early Release Day for Students
 August 29 (Tuesday) In-service Day (School-based) (Student Holiday)

September

September 4 (Monday) Labor Day – Holiday
 September 8 (Friday) End 4½-weeks Grading Period (22 days)
 September 17 (Sunday) Constitution Day
 September 20 (Wednesday) Early Release Day for Students

October

October 6 (Friday) End First 9-weeks Grading Period (42 days)
 October 9-13 (Mon. - Fri.) Fall Break

November

November 7 (Tuesday) In-service Day (PreK-12 System-wide) (Student Holiday)
 November 15 (Wednesday) End 4½-weeks Grading Period (22 days);
 Early Release Day for Students
 November 22-24 (Wed.-Fri.) Thanksgiving Holidays

December

December 20 (Wednesday) ½ day for Students
 End Second 9-weeks Grading Period (44 days)
 End First Semester (86 days)
 December 21 – January 2 Winter Holidays (9 days)

January

January 3 (Wednesday) In-service Day (1/2 day -- School-based);
 Administrative Day (1/2 day – Teacher Workday) (Student Holiday)
 January 4 (Thursday) First Day for Students after Winter Holidays
 January 15 (Monday) Martin Luther King, Jr. Day – Holiday
 January 24 (Wednesday) Early Release Day for Students

February

February 5 (Monday) End 4½-weeks Grading Period (22 days)
 February 14 (Wednesday) Early Release Day for Students
 February 19 (Monday) In-service (PreK-12 System-wide)

March

March 5 (Tuesday) Holiday (Presidential Primary Election)
 March 8 (Friday) End Third 9-weeks Grading Period (44 days)
 March 11-15 (Mon.-Fri.) Spring Break
 March 20 (Wednesday) Early Release Day for Students
 March 29 (Friday) Holiday

April

April 1 (Monday) Holiday
 April 19 (Friday) End 4½-weeks Grading Period (23 days)

May

May 23 (Thursday) Last Day for Students (1/2 day for students)
 End Fourth 9-weeks Grading Period (47 days)
 End Second Semester (91 days)
 May 24 (Friday) Administrative Day (Teacher Workday) –
 Last Day for Teachers

*180 Instructional Days**
 4 Scheduled Administrative Days, 2 Unscheduled In-service Days,
 1 Unscheduled Parent-Teacher Contact Hours (formerly Teacher-Parent
 Conference Day), 6 Scheduled In-service Days, 6 Early Release Days
 for Students, 10 Vacation Days

*In accordance with TCA 49-6-3004: 177 student instructional days plus three (3) days due to the daily seven-hour schedule.

Early Release Day Dismissal Times:
 Elementary – 12:30 PM; Secondary – 1:30 PM

Under this calendar Knox County Schools may cancel up to eight (8) instructional days due to inclement weather or serious outbreaks of illness before any makeup days will be required.

Clip & Save
 Check the Knox County Schools site for the earliest news on school closings due to weather.

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See more winners on page 28

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George Lucke, Edward Jones

See more winners on page 29

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See more winners on page 32

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The kids may be preparing to head back to school, but summer isn't over yet. So, why not make the most of these long days and firefly-lit nights with one more backyard cookout? Whether it be a back-to-school celebration or Labor Day bash, there's still time to fire up that grill and bask in all the season has to offer.

But, before you get carried away with party planning, let's cover the basics of perfecting the art of grilling.

Charcoal vs. Gas

When it comes to grilling, the type of grill you choose essentially comes down to personal preference and the type of grilling experience you're looking for. However, both charcoal and gas grills come with their own set of advantages and disadvantages.

Charcoal grills, for example, provide that authentic grilling experience and enrich foods with a distinct smoky flavor. They're also typically inexpensive and more compact than gas grills.

But using a charcoal grill is an art in and of itself, requiring extensive time and effort, as you have to wait for the coals to heat up and carefully monitor the temperature of your food. This makes the cleanup process more time-consuming, as well, since you have to wait for the coals to cool down before disposing of them.

Gas grills, on the other hand, are easier to clean and allow for more precise temperature control. The grilling process is also much quicker

with gas grills, making them an ideal option for those who are short on time or who are grilling for a large number of people.

Maintaining Your Grill

No matter which type of grill you choose, maintenance is vital in order to ensure you get the most out of your grill. This will involve thorough cleaning after each use, as well as proper protection from the weather.

As a result, it's recommended that all grills be stored in a climate-controlled garage or shed in the winter months. If left outside, it will be vulnerable to the elements, oftentimes leading to rust and other damage that can affect its usability and overall performance.

End-of-Summer Foods to Grill

Forget the hamburgers and hot dogs, and elevate your end-of-summer cookout with these grilling favorites.

- **Chicken Wings:** Pat wings dry before drizzling with oil and seasoning with salt, pepper and garlic powder. Grill the wings for about 20 minutes, flipping every few minutes, until reaching an internal temperature of about 175 degrees Fahrenheit. Then, toss the wings in different sauces like buffalo, garlic parmesan and honey barbecue.

- **Baby Back Ribs:** Rub oil on ribs and coat with a spice mixture consisting of brown sugar, salt, pepper, garlic powder, paprika and onion powder. Grill your ribs for about two hours, baste with barbecue sauce and continue cooking for another 10 minutes on each side until the ribs are tender.

See GRILL on Page 37



Get ready for fall entertaining

Fall will soon be upon us, bringing with it the brilliant red-orange hues of dying leaves, Vols football and the incessant aroma of burning wood. The change in seasons also brings the perfect opportunity for outdoor entertaining.

With the crisp air and cooler temperatures, fall is an excellent time to get together with family and friends to celebrate the new season. In addition to simply hosting a cookout or dinner party on the deck, there are many unique gatherings that can be planned during the autumn months, including:

- **Backyard Bonfire:** Break out the fire pit, lawn chairs and cozy blankets and curl up around the fire for a night of endless conversation with your friends and family. Whip up a batch of homemade apple cider and relish in the ambiance of fall. S'mores, of course, are also a must.
- **Outdoor Game Night:** Encourage each person to bring their favorite board game and spend a nostalgic evening reminiscent of your childhood. Offer finger

foods like pumpkin bars or perhaps a charcuterie board, along with some amber ale or chardonnay, and bask in a one-of-a-kind evening of laughter.

- **Pumpkin Carving:** Purchase a variety of pumpkins in different sizes and shapes, some carving tools and paint for a family-friendly event that can be enjoyed by all ages. Provide a chili bar with all the fixings and set up other harvest-themed activities like apple bobbing or cornhole for an ideal fall get-together.
- **Slumber Party:** Decorate your outdoor space with fairy lights and blow up a few air mattresses for a slumber party under the stars. Haul out an old TV or projector and watch an old film with some popcorn and hot cocoa and make it a night to remember.
- **Football Watch Party:** Don your orange and your largest television screen for an epic afternoon of Tennessee football. Grill up some wings and potato skins and ask your guests to bring their favorite chip or dip and preferred beverage. Be aware, however, that Vols watch parties tend to get a bit wild; yet there's still no better way to welcome the autumn season.

~ Rachel Totten




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College Corner

Academic Calendar Fall Semester 2023



21-Aug	Classes begin for all students at 8 AM (Module A ,D, E and G)
4-Sep	Labor Day, Campus and Offices CLOSED
22-Sep	Classes and Examinations end for Module A
25-Sep	Classes begin for Module B
29-Sep	Last day to drop a Module B
29-Sep	Final Grades Due for Module A by 8 AM
6-Oct	Classes and Examinations end for Module G
9-Oct	Mid-point of semester
13-Oct	Fall Break
13-Oct	Classes and Examinations end for Module/Term E
16-Oct	Classes begin for Module F
20-Oct	Last day to drop a Module F
16 to 20-Oct	Advising Week
23-Oct	Registration begins for Spring semester
27-Oct	Classes and Examinations end for Module B
3-Nov	Final Grades Due for Module B by 8 AM
20 through 26-Nov	Thanksgiving Break for ALL students beginning at 8 AM
22 through 24-Nov	*Campus and Offices Closed
27-Nov	Classes resume at 8 AM
1-Dec	Classes end for Traditional undergraduates
4-Dec	Examinations begin for Traditional Students
8-Dec	Classes and Examinations end for ALL students
12-Dec	Fall Final Grades due for Module C, D, and F by 8 AM



August 21	Classes Begin TN eCampus
August 23	Schedule Confirmation and Fee Deadline 2 for full, 1st 5-, 7-, 10-week sessions
August 29	Waiver / Discount Forms Deadline for all terms
September 4	Holiday, Labor Day, College Closed for all terms
September 6	Financial Aid Refunds - Begin Releasing for full, 1st 5-, 7-, 10-week sessions
September 21	Classes Begin for 2nd 5-, 10-week sessions
October 2	Expunge 1 for 2nd 10-week session
October 6	Mid-term Grades - End input
October 7	Mid-term grades available for students view
October 9-15	Fall Break for all sessions
November 2	Classes Begin for 3rd 5-week session
November 3	Grades due in Enrollment Services by 4:30pm for 1st 10-, 2nd 5-week sessions
November 18	Graduation Application Deadline (Failure to meet this deadline means your name will not appear in the Commencement ceremony program) for all sessions
November 23-26	Holiday, Thanksgiving, College Closed
December 2	Classes End for full term
December 4-7	Final Exam Period - for full sessions
December 8	Classes End for 2nd 7-, 10-, 3rd 5-week sessions
December 8	Commencement Ceremony
December 13	TN eCampus classes end (includes final exam period)





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Reading ability affects students in all subjects

If there is one skill that increases students' academic success the most, it is reading. Krista McGrath of the Knoxville Huntington Learning Center emphasizes that reading ability is essential not only for literacy development but also for learning subjects like math and science.

"Children who grapple with reading at a young age and do not overcome those challenges often go on to struggle in other subjects too," she says. "At Huntington, we see that a student's reading ability is directly linked to their writing ability. But we also know that weak reading comprehension is not a standalone problem. The ability to read well is critical for understanding new concepts and ideas in all subjects. As students move from grade to grade and material becomes more complex, that lack of strong reading ability can prevent them from progressing in subjects like math and science, which require critical thinking, problem-solving and data interpretation."

Learning Depends on Reading

Put simply, McGrath says that reading is the gateway to acquiring new knowledge. Here are a few examples of how students rely upon their reading skills in other school subjects:

- **Writing** –When students read a prompt, they need to understand how to develop a wellwritten response to address that prompt. Writing is the active form of reading and students must

understand how words make sentences, sentences make paragraphs, and paragraphs bring thoughts together in an essay or story.

- **History** –Students encounter numerous facts, details, cause-and-effect situations, as well as new vocabulary and old historic terms when learning history. Reading helps them understand a specific event and the impact it had on a community.

- **Math** –Math requires reading and breaking down a word problem which includes recognizing the need for multiple steps, identifying the core question, and creating numerical equations to solve the problem.

- **Science** – Students need to sift through scientific terminology, learn to read data, and understand a written hypothesis. Literacy is vital for scientific study: read; research; write; repeat.

McGrath adds that while the signs of reading struggles are often fairly obvious, it takes time for parents to see reading problems impacting other subjects. "In early elementary school, a subject like science might involve doing hands-on experiments more than having students read and interpret data," she says. "So, a child who has problems with reading might not necessarily struggle with science. However, as time goes on, those reading deficits will start to hold back that student from succeeding in other subjects. The problems can become more obvious across multiple subjects."

Reading Well Begins with Reading for Pleasure

Reading for fun helps students improve their vocabulary, communication skills, interpretation skills, research

See READING on Page 44

Grill

From page 30

- **Bratwurst:** Boil a few cans of beer with sliced onion then add brats, salt, pepper and garlic powder and cook for about 10 minutes. While the onions continue simmering, grill your brats for about 10 minutes, turning every few minutes until they are no longer pink in the middle. Check for an internal temperature of 160 degrees Fahrenheit and serve with the cooked onions and mustard.

- **Corn:** Peel back the corn husks, remove the silk and spread butter, salt, pepper and your choice of seasonings over the corn. Close the husks back up and wrap in foil then grill for another 20 minutes.

- **Potatoes:** Cut potatoes into wedges and parboil for about 10 minutes. Drizzle with oil and toss the potatoes in salt, pepper, paprika and garlic powder before grilling them facedown on the grate for about five minutes. Flip the potatoes and grill for an additional five minutes.

- **Veggie Medley:** Slice up a variety of different vegetables, such as peppers, onions and mushrooms, and coat them with oil, salt and pepper. Place the vegetables directly on your grill rack and cook until tender and lightly seared. Then, remove the veggies to indirect heat so they can continue cooking all the way through.

- **Cinnamon Apples:** Place thinly sliced Honey Crisp apples on foil and season with sugar, cinnamon, ginger and nutmeg. Then, cover the apples up with the foil and poke a few holes on top to allow air to escape before grilling over indirect heat for about 20 minutes. Top with whipped cream or a scoop of vanilla ice cream.

- **Toast:** Using your favorite bread, brush each slice with oil and cook until grill marks appear – about two minutes on each side.

Handling Meat Safely

Because foodborne germs thrive in warm weather, it's crucial to ensure you follow some basic protocols while grilling out. When handling raw meat, the Centers for Disease Control and Prevention recommends that you always:

- **Separate the meat from other foods:** Raw meat should always be separated from other food items even when shopping at the grocery store. This means placing meat packages in individual plastic bags and putting them in their own area in your shopping cart.

- **Chill the meat prior to grilling:** Raw meat needs to be kept at a temperature of 40 degrees Fahrenheit or below until it's time to grill, even if it's marinating.

- **Wash your hands and work surface:** Thoroughly washing your hands both before and after touching the meat is essential in preventing foodborne illnesses. Additionally, you should clean any cooking surfaces with hot, soapy water prior to handling any raw meat.

- **Check your grill and tools for any residual juices:** You will also need to be sure to use clean utensils when removing cooked meat from the grill before placing it on a clean plate.

- **Utilize a food thermometer:** Fish and whole cuts of beef, pork, lamb, and veal should reach an internal temperature of 145 degrees Fahrenheit, while hamburger and other ground beef should reach 160 degrees Fahrenheit. Poultry and pre-cooked items like hot dogs should be cooked to 165 degrees Fahrenheit.

- **Refrigerate any leftovers:** Any leftover meat should be stored in covered containers and placed in the refrigerator or freezer within two hours of being cooked.

~ Rachel Totten



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State runner-up

Great pitching, a memorable 'Hilltopper' blast, 3 wins vs. FHS add up to HVA baseball excellence

Top: Austin Bolding (12) celebrates a home run against Farragut with his excited HVA teammates, including catcher Ty Denton.

Three victories against a perennial power and huge rival, Farragut, while eventually claiming a Division I-Class 4A state runner-up trophy — not to mention District 4-4A championships in both league and tournament play — highlighted an outstanding baseball season for head coach Tyler Roach's Hardin Valley Academy Hawks.

Super pitching performances after battling out of the state tourney losers bracket saw HVA (33-7 final record) allow just two runs in a three-game stretch (2-0 win against Centennial, followed by a pair of 4-1 victories versus Collierville), which paved the way for the second-place finish.

Highlighting the state pitching performances was a complete-game (seven inning) gem by Will Webb versus Collierville, allowing just one earned run, four hits and no walks with eight strikeouts.

On top of that, Webb helped his own cause with a two-RBI single in the bottom of the fifth inning, helping the Hawks overcome a 1-0 deficit.

See **BASEBALL** on Page 40



Colton Denton of Hardin Valley Academy makes contact at the plate during the Class 4-4A state title game May 26.

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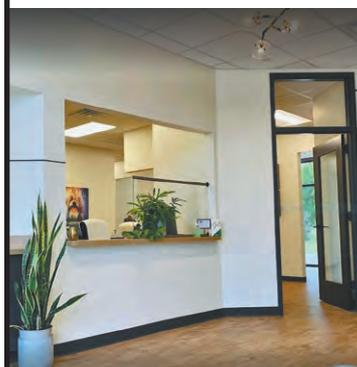
~ S Reed

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~ J DeVilliers

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Snippets



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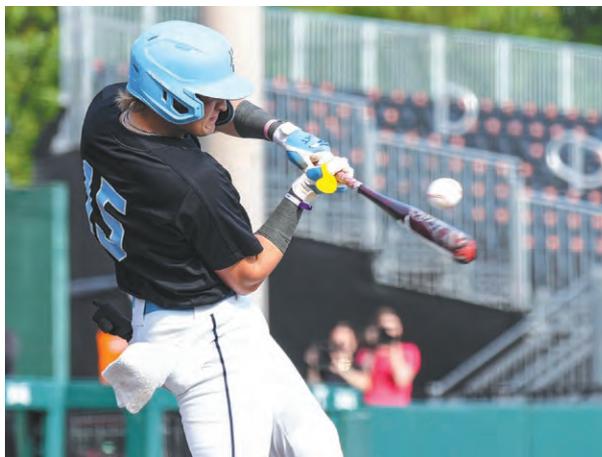
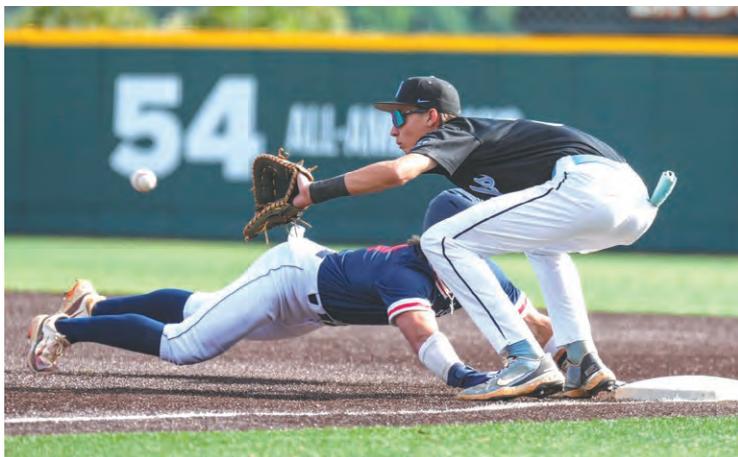
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Baseball

From page 38

Of course, when reviewing Hardin Valley's stellar season, perhaps the most dramatic moment came in Steve Spurrier's old stomping grounds.

Trailing top-ranked Johnson City Science Hill 7-6 in game two of the best-of-three Sectional series at SHHS to determine one of the eight

Class 4A state tournament berths, Hardin Valley got the big blow from senior catcher Ty Denton.

Named the district's Offensive Player of the Year while also earning All-Region 2-4A honors, Denton ended the Hilltoppers' season with a two-run walk-off blast over the fence, sending the Hawks to Murfreesboro with a 8-7 victory and 2-0 series win.

In terms of individual season

honors, Roach was named 4-4A's Co-Coach of the Year with Dave Prichard of Bearden.

Other All-District player honorees from HVA were Webb, Carson Hoffmeister, Jacob Dillon, Austin Bolding, Henry Ferguson and Adam Baker.

Hawk McKeon Maas was named to the district's All-Academic team.

~ By Alan Sloan

Clockwise from top left: Jacob Dillon, Hawks first baseman, is the look of concentration during this District 4-4A Tournament Championship game versus rival Farragut, won by HVA, HVA Hawk Ty Denton connects at the plate, Caleb Neely, HVA center fielder, makes a catch during an eventual win at Bearden.

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Kids' Corner



Find the Hawk

WINNER

The winner of the Find the Hawk contest for the April 2023 edition of Hardin Valley Living is

Isaiah Shubert

Isaiah received a gift card from Hard Knox Pizza!



Thank you to Hard Knox Pizza for their sponsorship of the Hawk contest, and congratulations to Isaiah!



Find the Hawk

This hawk has been hidden in this issue of "Hardin Valley Living!" Search through the pages to find the hawk. When you do, fill out this form and mail or bring it to: **farragutpress, 11863 Kingston Pike, Farragut, TN 37934**

Location of Hawk (page number, description of hiding place):

Name: _____ Age: _____

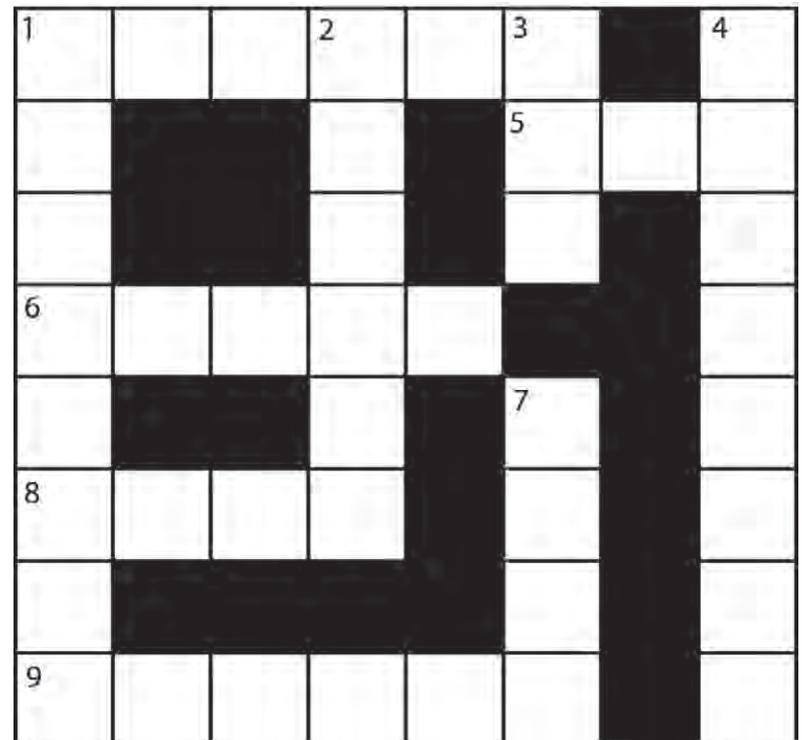
Parent Name: _____

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If correct, you will be entered in a drawing for prizes to be held **September 1, 2023**. Winner to be announced in the next edition of Hardin Valley Living. (Ages 12 and under are eligible.)

CROSSWORD PUZZLE



ACROSS

1. Place for learning
5. Singular
6. Midday meal
8. Display of excitement
9. Period of learning

DOWN

1. Full of talent
2. Units of measurement
3. "Laughing out loud"
4. Educators
7. In charge of school

1. Skillful 2. Ounces 3. LOL 4. Teachers 7. Dean

Down

1. School 5. One 6. Lunch 8. Fuss 9. Lesson

Answers:
Across



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Owners, Matthew and Krista McGrath

Reading

From page 36

ability and much more. Parents can encourage their child to read in many simple ways. McGrath offers a few suggestions on how to raise a reader:

- Take your child to the library from a young age to explore their programs and reading activities.
- Ask about what your child is reading. Talk about the characters they find interesting, what they think will happen in the next chapter, their predictions for the ending and more.
- Let your child see you "fun reading." Be a good influence!
- Read books together. Read to your child often when they are young, and as your child becomes a more independent reader, they can read to you. For older students, plan to read the same book as your child and make time to discuss important events in the book or end-of-chapter chats.

"Reading is essential in school, but we remind parents that reading is also a wonderful pastime that children can enjoy throughout their entire lives," McGrath says. "And of course, the more children read, the better they become at it. Parents should do their best to encourage their child to read for fun because the effects are significant and long-lasting."

What To Do When a Child Struggles with Reading

It's hard to convince a child who struggles with reading to ever think of it as a fun activity. These struggling students are frustrated, and it is hard to get them motivated. Learning to read is a complex, multi-step process, and children must acquire the fundamentals to become strong readers. Only then will they be able to read fluently, comprehend what

they read and experience the joy of reading. "Reading comprehension involves constructing meaning by connecting what a child reads with what they already know," McGrath explains. "Without the fundamentals, however, children will have a hard time making that leap."

What should you do if your child has difficulty with reading? Call Huntington. Our individualized reading programs help students acquire the reading skills they need to advance in school. Huntington's tutors work one-on-one with students, first performing an academic evaluation to identify a student's current abilities and areas of weakness. Then, they design a customized program of instruction to help students learn and master the skills they are missing.

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~ Story submitted by Huntington Learning Center



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