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Evamag

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Blaiklee Alexis Faye Tassos, who weighed in at 8 pounds and 9 ounces, was born at 10:27 a.m. on April 24, 2008. She is the daughter of Michael and Tiffany Tassos of New Market. Duy-Thu P.D. Martin, M.D., a board-certified obstetrician and gynecologist, was the attending physician. The family's newest member joins two other children, Adara, 5, and Jamie, 3.

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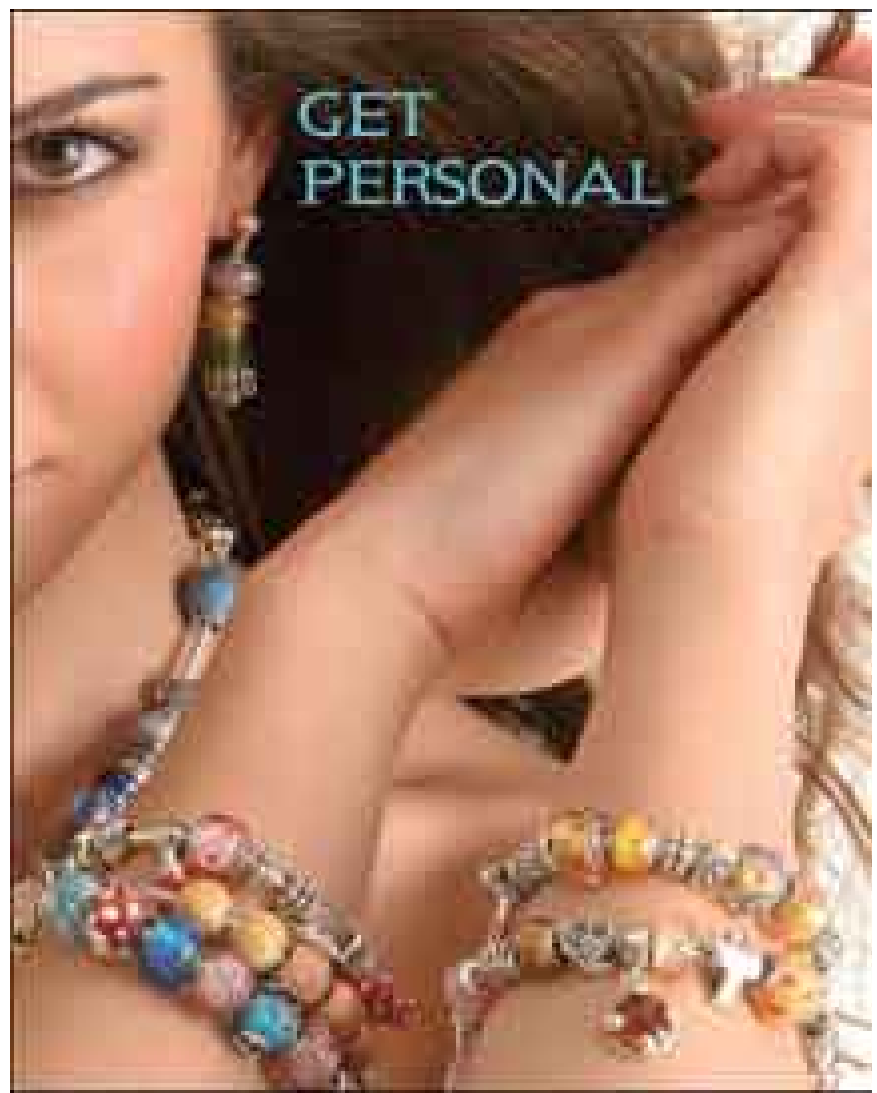
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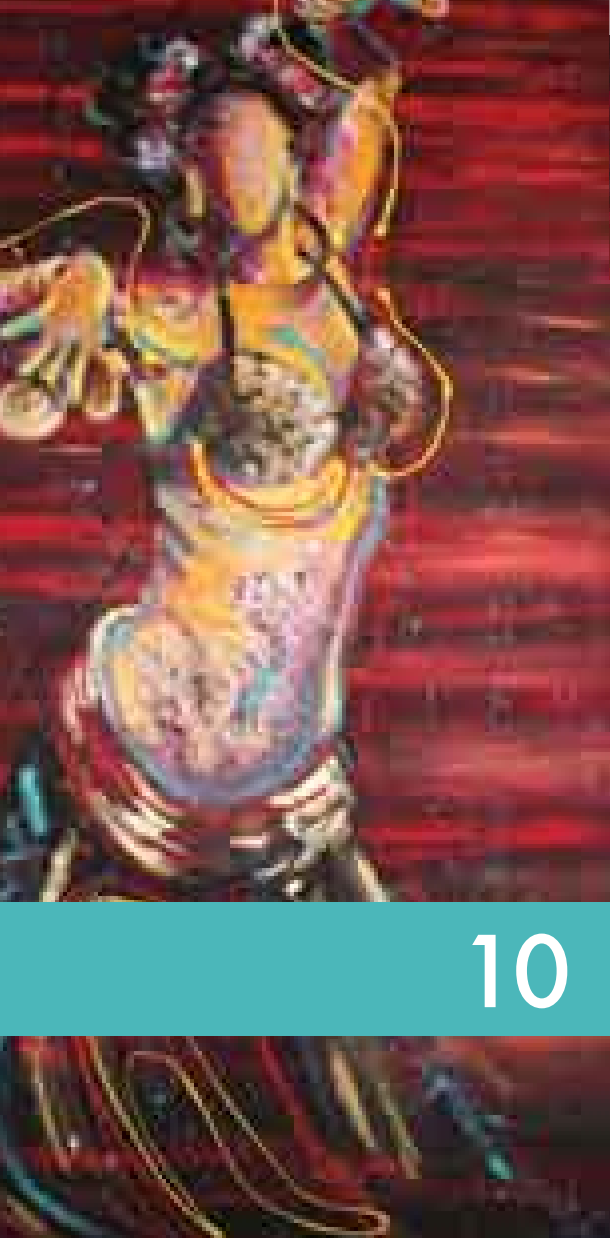
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OCTOBER



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EvaMag

ON THE COVER

Volume 3 Issue 10

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Dear EvaMag Readers,

Welcome to the October issue dedicated to your health. If you are looking for an article that might scare you into healthier thinking regarding your body then contributing writer Rupa Ved's Harboring Your Health might be the article for you.

If your body is stressed because of the financial crisis that everyone keeps telling us we are in, then take control and look President George Bush in the eye and tell him you are going to buy a business and that his recent speech challenged you. Then ride your bike down to the Three Rivers Market and pay twenty-five dollars for a share in Knoxville's Community Food Co-op as Miriam Williamson explained in her article for EvaMag's Bite This.

Add some spice to your life with contributing writer Serena Dai's article Culturally Fit and eating healthier might be more exciting than you think.

And nothing is going to move unless you move it, so the old adage continuously rings in our ears reminding us that "a body in motion tends to stay in motion." So gather up your friends, co-workers and families and sign up for the annual Race for the Cure on October 11 at Knoxville's World's Fair Park.

With this issue we hope you are inspired to take care of your mind, body and soul.

Regards,

Donna Starr
Publisher

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get out

SMOKY MOUNTAINS HARVEST FESTIVAL

Music, crafts, food & performances take place in the Great Smokey Mountains. October 1 - 31. Call: 865.453.8574

TENNESSEE FALL HOMECOMING

A festival to celebrate the history & culture of the Appalachian area. October 9 - 12, For more information, call: 423.494.7680

BOO! AT THE ZOO

Knoxville's largest Halloween event. October 16 - 19 & 23 - 26. 5:30 - 8 p.m. trick or treat down the Boo! trail. Wear a costume for fun! Tickets: 865.637.5331 ext. 300. For more information: knoxville-zoo.org

KNOXVILLE MUSEUM OF ART

Tradition/Innovation: American Masterpieces of Southern Craft & Traditional Art. October 4 - January 11. For more information: knoxart.org

JAZZ FOR JUSTICE PROJECT

Friday, October 17, 8 p.m. Barataria in the Old City (formerly Blue Cats). Music activism for Northern Uganda.

GHOSTS & GHOULS WALKING TOUR

Downtown Knoxville with Blount Mansion. October 27 - 31, 7 p.m.

SAFETY CITY HALLOWEEN

Knoxville Police Department hosts safe alternative for families on Halloween of Concord Street between Kingston Pike and Sutherland Avenue. Wednesday, October 31, 5 - 8 p.m.

CORN MAZE & PUMPKIN PATCH

Hay rides to the pumpkin patch to pick your own pumpkin. 11 acres, 900,000 stalks of corn and 5.3 miles of trails. Open September 19 - November 1.

THE HAUNTED CAVE

30 minute tours through 1,000 feet of spooky natural cavern. October 21 - 22, 28 - 29 & 32. For more information: thehauntedcave.net

BREWERS' JAM

12th Annual Knoxville Brewers' Jam. Saturday, October 11 at World's Fair Park.

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PHOTO/BRETT GARVEY

Bite this

Three Rivers Market, Knoxville's Community Food Co-op, A Healthy Connection

By MIRIAM WILLIAMSON

On North Broadway, just a mile away from downtown Knoxville, is a yellow and blue building with only four parking spaces in front. Many people may drive past without noticing it, but to others, Three Rivers Market, Knoxville's Community Food Co-op is their grocery store.

"Because we are a co-op, we are really owned by the community," says Chris Buckner, the education services manager for Three Rivers Market. "And we have a real concern for the community.

For \$25, anyone can purchase a share and become an owner, which holds a wide range of benefits.

First of all, owners help make decisions for the co-op. This includes what items are ordered and sold, who is elected as a board member and other ideas for change. Secondly, the fair shareowners, or anyone who owns eight or more shares, annually receive a percentage of the profit of the store. There also are special sales and discounts for owners.

Rachel Swinney, a fair shareowner who has been a part of the co-op since the '80s, explained that one of the best parts of Three Rivers Market is that there are owners, as opposed to members.

"As an owner, you buy a share," says Swinney, "but if you move away and can no longer make use of the ownership, you can sell it back. So you're not losing the money, you're investing it."

In addition to being owned by it, Three Rivers Market also helps the community by selling local products. "We try to stock as my local things as possible," says Buckner. "We really try to develop a relationship with local producers and growers."

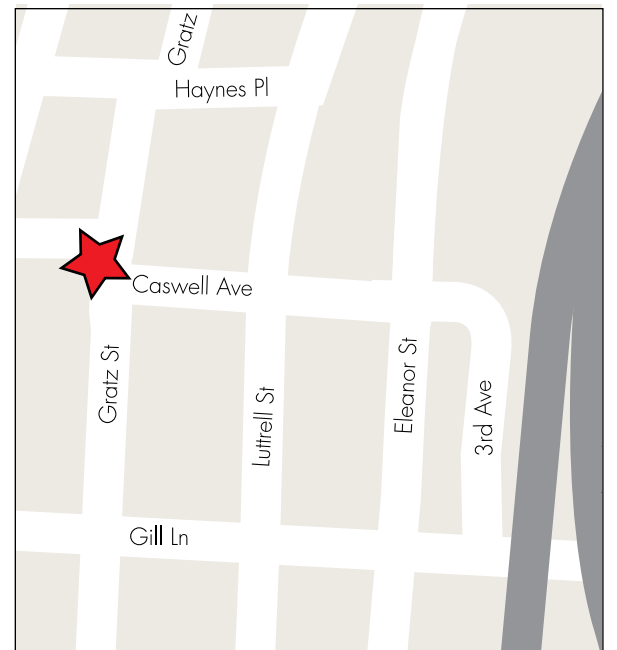
Some of these local vendors include Cruze Farms Milk in East Knoxville; Meze, a Knoxville-based Middle Eastern food vendor; Buried Treasure Supplements, a local vitamin and supplement company; Golden Roast, which sells locally roasted coffees; and Lakeview Farms, which provides much of the fresh produce at Three Rivers Market.

But buying locally is better for the consumers, also. While the money is returned to the community, the transportation process is considerably shortened. "Usually produce is going to be a lot fresher," says Buckner. "It's going to taste a lot better, and it doesn't have to travel as far. Plus, it's kind of fun to know where your food comes from."

Three Rivers Market may only have a few aisles, but it has a wide variety of products. "There are a few things that I pick up other places sometimes," says Swinney, "but I use it as my primary grocery store, and I have for years."

If there is something missing, the co-op helps its customers find the products they need. Buyers in each section are available to help place special orders. But the size can still be a disadvantage for Three Rivers Market. Swinney says she would like to see the store expand to accommodate more customers. "Right now it's a little bit precarious for my friends who are in wheelchairs or handicapped. It's hard for them to get up and down the aisles easily. It's just because the space is limiting." Swinney says plans for expansion have been discussed. "I know the co-op is working toward having a bigger space, so I have understanding and patience."

Regardless of the size or available produce, one of the main draws of Three Rivers Market is the atmosphere. Customers say the employees are welcoming and friendly, and most of all helpful. "Most of all, you know you are



supporting things locally, and it goes back even into the pockets of the owners," says Swinney. "We know what happens to the money and I want to support a store where that's true. And it's a great community of people; it's a great place to run into friends, and have a great conversation even just in the aisles."

Miriam Williamson is a junior studying journalism at Elon University.

Culturally Fit

By SERENA DAI

Most Americans like to think we are the best at everything-like men's swimming at the Olympics for example. But when it comes to keeping up a healthy lifestyle, Americans can benefit from looking at the habits of other cultures. According to the World Health Organization, the life expectancy of women in the United States is 80 years old. That number seems high, but the U.S. has a low life expectancy when compared with other developed nations. Women in countries such as Japan, France, Spain and Australia all live longer, with Japanese women living longer than anyone else in the world. But no fear, lovers of life! Here are some healthy practices that we can borrow from other countries.

Take time to eat meals

Women in Spain, Greece and Italy eat their meals more slowly. Dining over a long period of time helps digestion, since it usually takes about 20 minutes to signal the brain that you are full. Not only does it discourage overeating, but also the more relaxed mealtime

creates a more comfortable atmosphere. When a person is not in a hurry, food can be processed more easily and more efficiently.

Small portion sizes

The average portion size in France is 25 percent smaller than the average American portion size, according to a study by the University of Pennsylvania. The study examined portion sizes at a variety of food vendors, and some items are as much as 80 percent larger in the US than they are in France. In Japan's Okinawa region, they practice "hara hachi bu," which means "eight parts out of ten." They stop eating after they get 80 percent full. CNN Health recommends that to mimic the Okinawa's, you should stop eating at the first sign you are full, use smaller plates to measure out your meals and eat more foods high in fiber, which make you feel full.

Less meat, more veggies, and wine

In countries like Greece, vegetables and whole grains comprise most of the diet. Studies show that three or more servings of produce can lower the risk of heart disease and stroke. In a Harvard University study, women who ate the most fruit and vegetables had a 20 percent lower risk of developing heart disease.

Drinking one or two glasses of red wine every day might also reduce the chances of heart disease. In France, a country with one of the lowest instances of heart disease in the world, women drink a moderate amount of wine at meals.

Low-cholesterol foods

Japan doesn't have the highest life expectancy for nothing. The diet of Japanese women is heavy with fish, rice and seaweed, which keep heart disease and cancer rates low. If you can't stand sushi or don't even know where to buy sushi, do not fear. Cholesterol is only found in animal products, so just try to find recipes that don't require egg yolks, and order a vegetarian dish instead of a steak dinner. Keep in mind; brown rice is healthier than white rice.

These are just a couple of small habits that others around the world put into practice. While we may be able to pride ourselves on men's swimming, we can still learn from the healthy practices in other countries and incorporate them into our own lifestyles for a healthier, longer lifespan.

Serena Dai currently attends Northwestern University's Medill School of Journalism. She enjoys optimism, Alexander Hamilton and the human experience.



Auto Adviser

What's New in the Auto World for 2009

By BUNNY SIMMONS

Everywhere you go, you hear about gas prices. And rightly so! It has cramped our budgets, affected the decisions of almost everything else we buy and it doesn't appear that prices will drop significantly anytime soon. Big automakers know this, and they are scrambling to meet demands and make products that fulfill the American Dream of a vehicle being high tech, plush, safe, and economical to operate. As a result the Smart Car was conceived.

Have you seen those tiny, zippy cars around town? The ones that almost look like a kid's toy? They are the smallest cars available in the United States. It is called the Smart car, and it was built in Germany to rival the Mini.

The Smart Car goes way beyond just being small. It is 40 inches shorter than the Mini, gets an estimated 40 miles per gallon and boasts all the features of its larger counterparts, such as air conditioning, a full-view roof and a plush interior.

Originally built for just a driver, Smart car is coming out with "Smart Fortwo" in 2009 at a base price of \$12,000, making it a very economical vehicle. What's down side? With only 12 cubic feet of cargo space, it will not carry many groceries, and it is designed to run on premium fuel only.

So what are the rest of the automakers up to? Other than changing their new lines to feature more hybrids, fuel-efficient crossovers (CUVs) and smaller cars, they are gearing up to wow us with their technology.

For example:

– Some cars are taking voice recognition and the Internet to a whole new place – your car – meant for use by passengers only, of course. Chrysler and Ford both now boast voice activated Web connections that can check e-mail and download music and movies. Also, almost all automakers have an iPod interface available.

– Nissan now has a standard feature called the "Intelligent Key." This is a key that will start your car with the push of a button? Wouldn't that be great when it's 15 degrees outside in the winter?



– Honda has come up with a new windshield called an "acoustic windshield" that will block outside noise and keep the car quieter while you enjoy your music.

All the manufacturers also want to keep us safer while we drive. Lincoln will feature headlights that swivel up to 20 degrees with the turning of the steering wheel to help drivers see better at night. Honda has designed front-seat headrests that automatically go up and forward if a vehicle is hit in the rear to help passengers avoid whiplash.

Whatever you're looking for, you can probably find it. But just a few words regarding that old saying, "Be careful what you wish for, you might get it." Smaller may not always be the most efficient depending on your lifestyle. If you downsize to a smaller car, but you can't load car seats, groceries, shopping and your dog, you don't gain much in the way of efficiency. And be careful about some of the cars that boast about higher mpg – they often require premium gas, which costs more at the pumps.

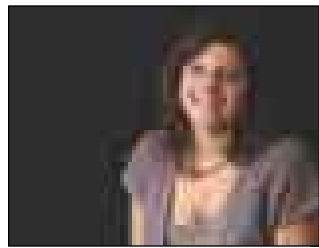
Bunny Simmons has been in the car business for over 25 years and is ASE certified. She works at King Collision Repair where you can e-mail her at bunnys@king-collision.com with any of your automotive questions. In her spare time, she volunteers for the Humane Society of the Tennessee Valley.

SMART CAR CHECKLIST

- Voice Recognition
- Acoustic Windshield
- Intelligent Key
- Internet
- High MPG

Humor

What Crawled Up Yours?



By NICOLE UNDERWOOD

Isn't it funny sometimes when figurative language can create a mindset for literal meaning?

My first real job out of college was not exactly in a desirable location for a city-dweller, since it was about 50 miles outside of Chicago. This left me with a long commute, but to live where I wanted and drive an hour or so each way was a worthwhile sacrifice.

I amused myself on my return trip by exploring towns between work and home. Shopping in these various towns was a perfect pastime because it was the first time in my life I had a decent-sized paycheck and no homework or studying beckoning me back home. In fact, my carefree existence without pet or mate resulted in many extended shopping excursions and many pounds of takeout food consumed on the drive.

It was on one of these trips that I heard an old phrase and filed it in the back of my brain: "What crawled up yours?"

Quite often, I listened to talk radio to pass the time. Rambling gibberish and driving haze allowed many things to enter my subconscious.

I stopped at one of my favorite stores, The Gap, to check out the latest fashions. After trying on at least two

or three wardrobes, I picked a couple of pieces to buy and continued my trek home. It was the frustration with my body and the way things fit that led me to my next stop, a sports store, to try different exercise equipment. My work and commute hours weren't conducive to gym workouts during the week, so I figured some at home equipment might be my solution.

I walked through the aisles a bit overwhelmed by the number and styles of large exercise equipment. Treadmills, stair masters, stationary bikes, versa climbers... you name it. I had to get on and try each of them.

I was cruising along on the stationary bike when I first felt it — a sharp pinching pain in my anus. I immediately attempted to stop (which takes a few seconds when you are rolling like I was) to see if the pain would subside. It did. I began to pedal and just about the time I reached a good pace, it returned: a paralyzing pinch in my butt, almost worse than the first one. I glanced around the equipment to see if anyone noticed my wide-eyed, flinching reaction. My mind raced as to what was wrong. Spastic colon? No, I didn't even have to go to the bathroom. I didn't think it was intestinal, but what was wrong?

I gingerly stepped off the bike and tiptoed to the treadmill. I only managed a couple of strides before it returned, forcing me to grip the side rails in sheer fear. What in the world is happening to me? I wondered. I began to panic — something was definitely wrong. An explanation came quickly to my mind... Something had crawled up my butt and died... and now it is trying to get out!

I walked backwards to the far aisle at the end of the store, avoiding people in fear that if something was crawling out, keeping my back to the wall would conceal it. I know it sounds crazy, but I will use the excuse that when

you panic, your intelligence is cut in half and therefore the gibberish placed in my brain from talk radio that something can crawl up your butt and die became so real, I had trouble thinking of anything else.

I backed all the way to the end aisle of the store and did a quick swipe down the back of my pants. I used the finger-swipe choking technique, hoping to free the obstruction. Nothing. I performed a second swipe, remembering I was in a public place. No bug, no nothing. I knew I had to leave.

I practiced deep breathing to calm my panic as I fled the store, stepping carefully as to not bring on another anus attack. I told myself how crazy it was to believe a hard, crunchy dead beetle was going to fall out of my pants when I dropped them at home. I tried to think of other plausible explanations, but could only picture myself explaining the type of anus pain and nature of the attack to my family doctor. Irritable bowel? Anal fissure? Hallucinations?

Luckily the sports store was close to my apartment, so I kept my hands on the wheel instead of digging around in my britches in my dark car. I zoomed up the stairs, butt-clenched for fear of attack, and ran straight to the bathroom. As I dropped my drawers and sat upon the toilet, I saw it come out. There, in the toilet, lay the end of a plastic tag from the The Gap. My mind took me back to the dressing room, when a pair of pants caught onto my underwear and broke half a tag in half. I then fell onto the floor, pants at my knees, reeling with laughter.

Nicole Underwood is a mother of four young children: two 7-year-olds, a 4-year-old and a 1-year-old, plus stepmother of a 15- and an 11-year-old. She is happy to report she has not had a similar anus attack in the last 13 years.

the PROWESS of Power Foods

BY RUPA VED

Struggling to sneak in nutrients like omega-3s, fiber, iron and protein into your diet? If you are one of many trying to repair your body by refining your diet and incorporating exercise into your life, the first step is to know how your body uses foods and what benefits you the most.

1 Flaxseeds

Whole or ground, the nutty seeds are rich alpha linolenic acid, which convert into concentrated omega-3 fatty acids. Omega-3s lower blood pressure, protect the heart and produce anti-inflammatory hormones that can help reduce asthma, migraines, osteoporosis and rheumatoid arthritis. The agents in flaxseed halt prostate cancer growth in men and protect women from breast cancer, and they are loaded with fiber and magnesium. You can easily get your daily recommended dose (two tablespoons – packed with 3.5 grams of omega-3s and 5.4 grams of fiber) by hiding them in meals, making them easier to consume. Every morning, sprinkle a teaspoon on peanut butter toast or cereal, and in other meals, consistently incorporate one tablespoon in dishes such as whole wheat pasta, stir-fry or vegetable enchiladas. Flaxseeds are also easy to disguise in salads, soups, cereal, hummus, muffin/pancake mixes, on pizza and countless other dishes.

2 Blueberries

In his book *Superfoods Rx*, Steven Pratt says that just one serving of blueberries provide as many antioxidants as five servings of carrots, apples, broccoli or squash. In addition to lowering the risk of heart disease, blueberries promote healthy skin and reduce wrinkles, as well as diminish risks for Alzheimer's disease and cancer. Blueberries are delicious on their own, but they taste even better in yogurt, smoothies or low-fat vanilla ice cream.

3 Extra Virgin Olive Oil

Olive oil is rich in flavor and antioxidants, particularly polyphenol, which helps to prevent bone deterioration. Monounsaturated fats in olive oil reduce risks for cardiovascular disease, high blood pressure and LDL cholesterol, and also lessen gastrointestinal inflammation. Replace butter and other oils with extra virgin olive oil and use it on salads, bread, in sautéing vegetables and in pastas.

4 Avocado

Though high in fat content, avocados are rich with healthy, monounsaturated fat. The nutrients in avocado promote HDL cholesterol and help lower LDL cholesterol. They contain potassium, which helps fight high blood pressure and risks of stroke. Vitamin K in avocados helps the blood clot, as well as increases bone strength. These creamy treats are gems on their own, but they easily can be used in sandwiches, salads and dips.

5 Whole Wheat

Selecting foods that have the label "100% whole wheat" is the only way to gain nutritional value from wheat products. Whole grains contain an abundant amount of fiber, which helps prevent gallstones and inflammation of the colon. Some studies have shown that consuming whole wheat can help women stay slim, as well as prevent diabetes. Make it a habit of eating flavorful whole wheat pasta, whole grain cereals and using wheat flour.

There is no way to capture every facet of nutritional value of these foods, and this short compilation is only the beginning of how easy it is to start incorporating health into your life.

Rupa Ved is a freelance writer in Knoxville who enjoys learning the science behind everyday foods (if for no other reason than to justify her ravenous dark chocolate addiction).

Health

Harboring Your Heart

By RUPA VED

Heart disease doesn't have to be a silent killer. It doesn't have to be the leading cause of death in United States, killing one person every 34 seconds. Knowing the risk factors and paying critical attention to your health are the first steps in diminishing the possibility of heart disease.

Approximately 500,000 women per year die from heart disease, which involves blockages in the arteries. For women, heart disease related deaths surpass the number of deaths due to breast cancer, diabetes and other diseases. "Women are less likely to survive a heart attack than a man, and they should be mindful of heart disease starting in their early 40s," says Jennifer Brinkmann, M.D. at University of Tennessee Family Physicians West. She explains that the greatest factors contributing to heart disease are diabetes, smoking, high blood pressure, high cholesterol, obesity and family history. "Smoking is the worst thing you could do for yourself, especially if you have a family history of cardiac diseases," says Dr. Brinkmann. For women especially, smoking is an invitation for a heart attack, and it accounts for more than half of the heart attacks that occur under age 50.

The good news is that it's never too late to start reversing these risks. Individuals with diabetes, a family history of heart disease, hypertension and high cholesterol should consult their doctors in an effort to lessen their chances of a heart attack.

Though some factors such as family history and age cannot be controlled, healthy diets and lifestyle changes can be a good place to start. "Sometimes cholesterol can be worse in women since they tend to be older when they get heart disease, typically around age 60," says Dr. Brinkmann.

Diabetics should maintain their blood sugar, and of course, everyone should incorporate exercise into their daily lives. "A sedentary lifestyle and those who perceive a great amount of stress are characteristics that are highly associated with the development of coronary risk," says Dr. Brinkmann. "Walk a minimum of 30 – 45 minutes a day, five days a week. Carve out time for your personal life." Exercise reduces stress, raises HDL cholesterol and lowers blood pressure, all of which offset cardiovascular problems.

A smart diet goes hand-in-hand with exercise. Incorporate nuts, fruits, vegetables, whole grains and olive oil into your meals. For example, oatmeal lowers cholesterol and contains fiber, and the body actually uses bad (LDL) cholesterol to digest it. Omega-3s, which are found in salmon, flaxseed, walnuts and soybeans, also lower levels of LDL cholesterol and lower fat content in the blood stream. Fruits and vegetables, especially those high in vitamin C, are a must, and it's easy to sneak these in if you add blueberries or raisins to your oatmeal, use vegetables with hummus or have fruit smoothies.

If you have a family history of heart disease, doctors typically begin to check for indications of a potential heart attack by evaluating different ordinances, such as a deficit in folic acid, elevated cholesterol and blood pressure, narrowing of the arteries and narrowing of the blood vessels in the arms and neck, as well as diabetes. "Vascular metabolic problems coalesce with all these elements to form heart disease," says Dr. Brinkman.

It is imperative to know the symptoms of a heart attack in order to combat risk of death. While pain or pressure in the chest is a more obvious signal, for women, there are often more subtle indications of a heart attack, such as shortness of breath, nausea, dizziness, neck and shoulder pain and excessive sweating. "A heart attack doesn't always feel like a shock pain. It's more of a dull or heavy pain that can travel through the left side of the neck or arm," says Dr. Brinkmann.

If you think you may be having a heart attack, she recommends immediately calling 911 and swallowing an aspirin while the ambulance arrives.

"Aspirin sends blood to the heart and slows down the progression of a heart attack if a blood clot has developed," she says.

Knowing the causes, symptoms and elements that generate a greater risk for heart disease is pivotal in prevention. Women as early as their 30s should research their family history and discuss potential risks with a doctor. It's never too late to begin an exercise routine and a nutritional diet. Whether you're 35 or 90, every step helps to eliminate the danger of cardiovascular disease.

Rupa Ved is a writer in Knoxville and thinks everyone should start walking a few extra steps towards a healthy heart this month.

“Women are less likely to survive a heart attack than a man, and they should be mindful of heart disease starting in their early 40s.”

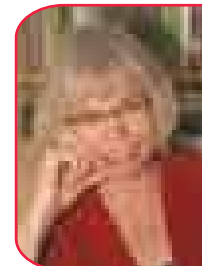
JENNIFER BRINKMANN
M.D. at University of Tennessee
Family Physicians West.

Heart Disease: Know the Symptoms

If you notice any of the following symptoms, it is important to contact your doctor.

- A feeling of fullness (bloating) in the stomach with a loss of appetite or nausea.
- Extreme fatigue or decreased ability to complete daily activities.
- A respiratory infection or a cough that has become worse.
- Fast heart rate (above 100 beats per minute).
- New, irregular heartbeat.
- Chest pain or discomfort during activity that is relieved with rest.
- Difficulty breathing during regular activities or at rest.
- Changes in sleep patterns, including difficulty sleeping or feeling the need to sleep a lot more than usual.
- Decreased urination.
- Restlessness, confusion.
- Constant dizziness or lightheadedness.
- Nausea or poor appetite.

Source: WebMD.com

Phosphorescent
WakeA story about poet
Linda Parsons Marion

By DEBRA DYLAN

Mindful of my mother's barometric weathers

Local poet Linda Parsons Marion knew she had to “break and till the difficult ground of childhood and its aftermath,” when she set out to write *Mother Land*, her powerful new volume of poetry.

As a child, her mother's undiagnosed and untreated bipolar disorder drove the frightened girl “through Alice's looking-glass, under quilts, [and] behind chairs until storm clouds lifted.”

At age 11, Parsons Marion left her mother to live with her father and stepmother. “I can't imagine making such a life-altering decision at 11, but I somehow knew I had to save myself.”

The author's mother, who is now 77, wasn't diagnosed until age 73. “That diagnosis was an enormous weight lifting! It was literally the key that unlocked the flood of poems in this book.”

We walk into whatever light
waves us through

As a young girl, Parsons Marion coped with the stress in her life by reading, watching movies and developing a few close friendships. She began writing seriously as a young adult.

“All of these pursuits were lifesaving and helped fill and center me. The reading and films took me outside of my private sorrow and anger; the friendships and writing moved me inward to explore, discover and grieve – rather than stewing alone in anger or denial. I've read it's important to find ways to mother/father yourself. Find an adult friend or relative who can help fill the emptiness and help you grow as a person, and turn the anger or disillusionment into productive emotions. It can set you on a firmer path toward wholeness and healing. I realize how very lucky I was to have a stepmother who gave me safety and shelter.

She bundled me in woven creel,
feathered fern and sage

“Because I moved a great deal as a child, the house/home and all of the rituals of domestic life represented the core of my longings and strivings in the world. At age 11, when Parsons Marion found the courage to leave her mother behind, she also left behind aunts, uncles, cousins, and a dear grandmother.

“*Mother Land* is largely a tribute to my stepmother, who married my father at age 20 and took me in when she had young children of her own.” The most touching and tender moments in *Mother Land* center around this young woman with the black ski pants, convenience foods and excellent record collection. In the poem “Aqua,” Parsons Marion describes herself as a minnow, “swept along” in her stepmother's “phosphorescent wake.”

“She literally saved me from an uncertain fate. My stepmother feels humbled by these poems but, along with my maternal grandmother, she was my rescuer.”

While the earth ends one day barren,
steaming with ancient argument, it wakes
beloved with child, this ground,
this slow brew of time

For decades, Parsons Marion endured tense and awkward visits with her mother. “Because the antipsychotics have softened her moods and temperament, I feel far less threatened now and don't dread visiting her as I once did. She's never forgiven me, never fully understood why I had to leave. I don't want to hurt my mother with this public display of her illness, regrets and downfalls. Forgiving my mother does not, and cannot, ever erase her behavior or lack of mothering. She's my greatest, most difficult lesson.”

In writing *Mother Land*, Parsons Marion said she had to speak the truth, “had to be heard, if only for my own sake, my own health. As I've promoted *Mother Land*, the audience has been extremely receptive. I feel the book has an audience beyond the usual poetry crowd. I believe this book has an expanding life that could speak to adult children of bipolar parents. I think just knowing we are not alone in our suffering and bewilderment—and that writing can be a therapeutic coping device—is a great comfort.”

Debra Dylan has a bachelor's degree in English literature from the University of Tennessee and is a contributing writer/editor with EvaMag and assistant producer for EvaMagLive.

How safe are energy drinks

By CAROLINE REDMOND

Teas and sodas are not the only drinks lined up in gas station and grocery store fridges. Next to them, in cylinder-shaped aluminum cans, are energy drinks. Many brands, in colors from silver to neon green, attest to the growing popularity of these beverages.

U.S. consumers have been fueling this market. According to WebMD's article “Energy Drinks Pack a Caffeine Punch,” consumers across the country spent \$744 million on these drinks in 2006, a 34% increase from 2005.

The growth and popularity of energy drinks is not surprising. U.S. culture often seems to entail late partying and demand hard work without offering the time to rest or eat. Thus, people often look for an energy fix to keep themselves going through the day or into the night.

How safe are these drinks, though? They are often marketed as helpful, rather than harmful, but can the promise of instant energy really come without consequences?

People in the United States are not the first to ask this question. According to the International Herald Tribune, France had a ban on certain energy drink products until this July, when the European Union forced the country to remove the ban because the danger of the products could not be proven.

There are certainly many things unproven about these drinks, but one way to try to determine their risks and benefits is obviously to look at their ingredients.

To explore these ingredients and more are two registered dietitians and licensed dietitians/nutritionists. Virginia Turner is a dietitian for the University of Tennessee Medical Center and Karen Wetherall is a dietitian for Knoxville's Tranquil Eating Associates and the director of the University of Tennessee's dietetic internships.

Beginning a survey of energy drink ingredients are B vitamins. According to Turner, “They are a source of energy and part of our nutrient needs for energy, but people can get them from bread and cereal.” Most people easily get these vitamins without energy drinks.

Amino acids are another common ingredient in these drinks. “Amino acids are the building blocks of protein,” says Wetherall. “These are things that can naturally be

found in food, but when you pull them out there are some potential concerns.” In fact, France's ban was based on the concern that the amino acid taurine might dangerously speed heart rate.

In addition, energy drinks include herbal supplements such as ginkgo and ginseng. According to Turner, ginkgo is reported to aid with mental performance and ginseng with stress management, but both of them can actually counteract blood-thinning medication.

The most prevalent energy drink ingredients, however, are those seen everywhere in the United States: sugar and caffeine. With regard to the sugar in these drinks, Turner says, “There are a lot of calories there, but no nutritional value.” Wetherall attributes this as one cause of obesity, saying people often do not realize how many empty calories they drink.

Many of the energy drinks also have a lot of caffeine, although the amount is often equivalent to a cup of coffee. According to Turner, “They claim that they can give you the rush or the energy to uplift you, but they're not doing it in the healthiest way with all the extra caffeine.”

Wetherall emphasizes that there is a danger beyond the individual ingredients, however. “The real problem with the energy drinks is their cumulative effect,” she says. “Mixing a variety of things that stimulate you is where the danger and the risk can come in.”

According to Wetherall, one risky scenario occurs when young people drink energy drinks. “Not only do they have smaller bodies,” she says, “but they aren't used to the ingredients, so they're more sensitive to them.”

In addition, energy drinks can be dangerous when mixed with alcohol. Turner says, “It jazzes you with all the caffeine, so it gives you a false sense of not being drunk and having the ability to drive.”

A final worrisome scenario entails athletes and the caffeine in these drinks. According to Wetherall, a little caffeine can actually help athletes to burn fat. On the other hand, she says, “People might be at higher risk for nervousness, anxiety and even diarrhea.”

Caroline Redmond is a sophomore at Maryville College pursuing a double major in literature and writing. She enjoys drinking energy drinks but tries to limit them to late nights and long drives.

MacNaughton see the cuts before he makes them. The sizing of the components is much more perfect than the older eyeball procedure many surgeons still use now. It's a more exact way to do it. The incision is also smaller. They call it minimally invasive surgery.” The results are a very different recovery timetable, more accurate fitting of the knee replacement prosthesis, and a better alignment of the new prosthesis with the existing bones according to Mrs. McGeehon.

“When I first started working with knee replacement patients usually when they came in they were still pretty miserable at three months post-operation. Now with the minimally invasive surgery and use of the computer system it seems like at their six week visit they are doing great. A lot of times the three-month visit is more of a social call. Their recovery times seem faster and their motion is improved.”

There is a personal reason for Dr. MacNaughton's interest in computer-assisted knee replacement surgery: He himself had a knee replacement. “I suffered along with everyone else through that process. I felt that for individuals in their middle years or younger patients putting the knee in as accurately as possible would be of benefit.” He added that studies show the computer-assisted technique can be 25 percent more accurate than the standard technique.

*Sarah Scoonover is a fiction writer at work on her short story collection *The Miracle of Electricity*. You can see her writing at *EvaMag* or online at *ashavose.com*.*

Health

Cutting Edge: Knee Replacement Surgery

By SARAH SCOONOVER

Women comprise 60 percent of new cases of osteoarthritis of the knee, according to a recent study in *The Journal of Bone & Joint Surgery*. This same study also found that women wait longer to pursue knee-replacement surgery than men do, often putting their mobility and quality of life on hold indefinitely.

If so many women are experiencing pain caused by osteoarthritis of the knee joint, why aren't they getting medical attention?

Dr. Mark MacNaughton, an orthopedic surgeon in Knoxville, has recently purchased a machine that addresses many of the difficulties of total knee replacement surgery with a new technology: computer-assisted total knee replacement surgery.

“Once you lose that cushioning effect, many times patients will get what they call ‘bone on bone contact’ and that is very painful for people.” In the knee replacement procedure, Dr. MacNaughton actually resurfaces the ends of the bone, very much like recapping a tooth. Dr. MacNaughton makes his cuts on the tibia bone and at the end of the femur bone. Then, he resurfaces it with metal and plastic implants.

The real difference in the method is the new technology, the computer-assisted part of the surgery. McGeehon explains the benefits of the new technology for the surgeon.

“It's like landing an airplane using a simulator,” says McGeehon. “The computer navigation system lets Dr.



wild

By DEBRA DYLAN

“There is no mistaking Annie Fletcher painting,” says local fine arts photographer Shelly O’Barr. “Her marks are unique and poised. Her colors are fierce and emotive – a bold union of pure originality. No one else is putting paint on canvas quite like her,” says O’Barr.

Fletcher, an undergraduate student in the University of Tennessee’s fine arts drawing program, didn’t pick up a paintbrush until only four years ago. An avid drawing enthusiast all her life, she was burned out and wanted to try something new. A muse came in the form of Knoxville’s Gypsy Hands Dance Troupe, which incorporates a fusion of tribal belly dancing, sword work and fire spinning. Fletcher says, “The way they moved and controlled their bodies was amazing, and the lines created in their movement was so inspiring...I went to every show I could.”

Claire Metz, a Gypsy Hands Dance Troupe member and instructor, says she remembers when Fletcher would come to Gypsy Hands dance classes and would sit in a corner and sketch while the dance students practiced. “I was always energized by Annie’s presence. I enjoyed how the artist and dancers were simultaneously being inspired by each other. It was a nice experience to have a female artist endeavor to capture the femininity of belly dancing.”



“Her marks are unique and poised. Her colors are fierce and emotive – a bold union of pure originality. No one else is putting paint on canvas quite like her.”

SHELLY O’BARR
Local fine arts photographer



Above: “Rain”
Left: “Swordgirl”

“Each painting takes on its own stylistic qualities and characteristics depending on the inspiration. And, I’ve always been drawn to color. Anywhere there’s color, my eye goes to it immediately.”

ANNIE FLETCHER
Painter

Heart

A LOOK INSIDE ANNIE FLETCHER’S ART

Fletcher deftly captures the spirit and beauty of the gypsy dancers in her vibrant and lush paintings. One is immediately drawn into the dancer’s world by Fletcher’s distinct intermingling of bold colors suggesting movement and softer shimmering colors representing the dancer’s body and costume. Fletcher explains, “Each painting takes on its own stylistic qualities and characteristics depending on the inspiration. And, I’ve always been drawn to color. Anywhere there’s color, my eye goes to it immediately.” The beauty of these paintings is not lost on well-respected local artist and fan, Walt Fieldsa, who describes Fletcher’s work at “rhythmic and provocative.”

Fletcher’s paintings are also distinct because of their size. “What I love about painting is how much easier and quicker it is to make large pieces. Most of my paintings are on a larger scale, and acrylic paint is perfect for painting quickly. The color in oil paint is so much more vibrant and richer, but you really have to have a lot of patience because it takes forever to dry. If I can’t finish a piece in one to three sittings, I end up getting bored with it and it never gets finished,” she says.

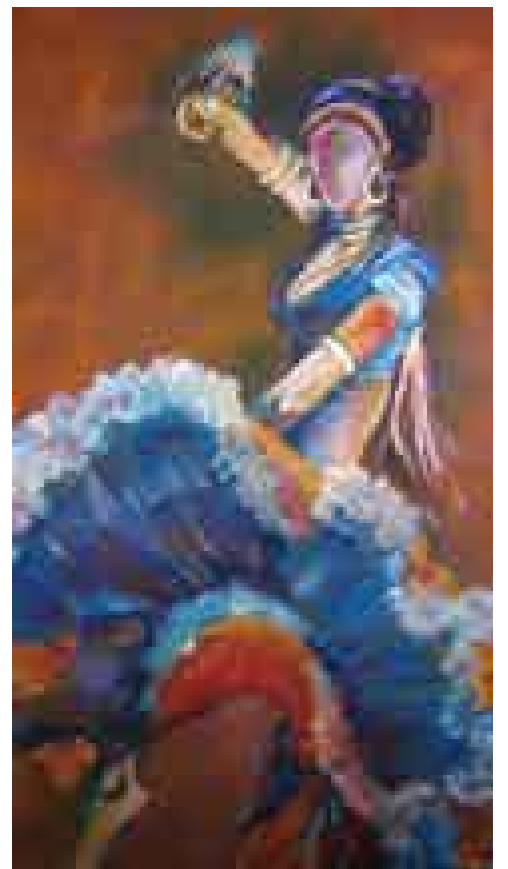
Her portfolio also includes a cabaret series inspired by the ladies of the Yard Dogs Road Show burlesque troupe. She also gives a nod to Andy Warhol with her “Blue Elvis” color-block painting. Also a prolific illustrator and cartoonist, Fletcher’s mischievous and vain “Drrtgrll” character has

many fans, including local musicians Brandy Robinson and Christa DeCicco. She also has a series of paintings and sketches of nude and semi-nude women lounging in pensive poses. The use of luxurious thick paint and the soft muted faces of her unmistakable feminine images could easily leave one hypnotized.

“The first time I ever sold a piece of art, I could hardly believe it. I had done commissioned pieces before, but I had never hung in a show. The first painting I ever sold was three or four years ago at a small show at the Preservation Pub. It was the first belly dancer painting I had ever made, as well as the first painting I had ever made. It was sold to a friend on mine. It’s such an unreal feeling when people buy your art.”

Her work is currently on display and for sale at the Stir Fry Café restaurants in Turkey Creek and Asheville, North Carolina. Samples of her work are also available at www.myspace.com/anniefletcher.

Debra Dylan is a contributing editor and writer for EvaMag. She is also an assistant producer for EvaMagLive.



Above: "Flamenco"
Right: "Glitter"

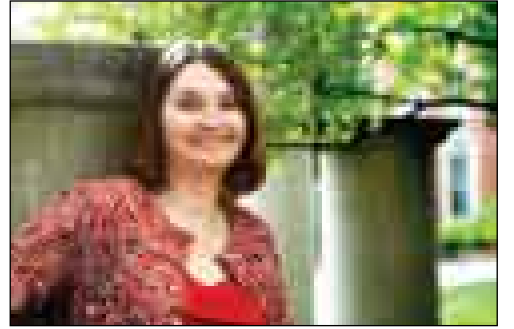
Local Music

Rock 'n' Roll

Community Service



PHOTO/IZZY HUDGINS



KIM WEBBER

By MIRIAM WILLIAMSON

Kim Webber got her start in the music industry in the mid '80s by working the door part-time at a small venue in Charleston, South Carolina. Next, she worked for an alternative music festival. When she wound up back in Knoxville, her hometown, she and a few friends began promoting a friend's band, the Dirtclods. Eventually, she moved to Nashville to make her way into the music industry.

She worked with a friend to book bands one night per week at a club. While there, she formed business relationships with numerous musicians and bands, and she was even voted by Nashville critics as the city's best booker in 1999.

"It turned into a pretty much full-time job," says Webber. "It was as full time as I wanted to be."

But in 2000, Webber was diagnosed with multiple sclerosis, a condition where the body's immune system attacks the central nervous system.

"I had symptoms about five years before it was even diagnosed," says Webber. "In 2000, I had an exacerbation [of my symptoms], and I was in rehab for a long time." The type of MS Webber has, called relapsing-remitting, causes exacerbations, or relapses, that can lead to problems such as numbness and loss of vision.

"People were really worried," says Webber. "The artists in town had a benefit for me to make sure I had enough money until my disability started or I could get back on my feet." The benefit was called "Kim Fest: A Musical Benefit Series for Kim Webber," and it lasted four days. More than 20 musicians volunteered to perform to raise money for her medical and living expenses. The musicians included Ryan Adams, Tommy Womack, Trent Summar, Peter Case, Scott Miller, Robbie Fulks and Lucinda Williams. "They held me over for the six months I had to wait between working and getting disability," says

Webber. "A lot of people helped and contributed. It was really nice, and I'm really blessed."

Webber lived in Nashville for five more years before returning to Knoxville. "I came here because it was home. I had managed artists, executive-produced an album ... I had done everything I wanted to do."

Webber has now found a home at the Time Warp Tea Room on North Central Street. It is an intimate, unique tearoom and coffee shop that serves as an all-ages music venue. "[Webber's] a friend of a friend," says Dan Moriarty, owner of the Time Warp. "So she wound up here. She's been booking bands for me for a couple of years."

Along with some friends, Webber works to bring talented musicians to the venue and helps promote the events. "We've put together a kind of rock 'n' roll community service," she says. The group calls itself "Beauty Shop Media" because of a joke with Phil Fuson, one of her business partners and friends. "His mother used to tell us, 'Well they say if you put two things like that together, it'd blow up,'" says Webber. "We always wondered who 'they' were, so we decided they were three ladies at a beauty shop."

The group has brought a variety of musicians to Knoxville and to the Time Warp Tea Room, and Webber is trying to bring even more acts and events to the community. She wants to create a monthly independent film night where filmmakers are invited to show their videos on the big screen at the Time Warp Tea Room.

She says she wants to bring The Doyle and Debbie

Show, a duo act that presents a parody of country music's tradition, to the Time Warp Tea Room. She also has a long list of returning acts that she says she would love to invite back for another show, including Kim Richey, the John Cowan Band and Mike Farris.

Webber says that if she could see any band – past or present – play, she would pick The Beatles, without a doubt. "I'd like to see them somewhere really crowded and smoky, in the '60s – early '60s." She even has a tattoo of John Lennon on her shoulder that she got for her 40th birthday.

Because of the lesions in her cerebellum, Webber's MS has mostly caused problems with her balance. She uses a walker or cane, and she can't drive. However, she says most of her friends are more than willing to help her out. "The best way to get a ride is that I can say, 'Well, we can park in the handicapped spot!'"

MS also has affected her guitar playing ability, so she now plays the mountain dulcimer and the Autoharp. She will be playing the Autoharp at the Time Warp Tea Room's "The Knoxville Girl Memorial Murder-a-Ballad Invitational" event on Halloween at 8 p.m.

Webber doesn't let her health issues affect her motivation as a booking agent. "I really love it," says Webber. "For me it's been good because it's been a way I've kept involved with music. I think being active in it is good for me – health-wise and spirit-wise. Everybody has a talent, and I think this is mine."

Miriam Williamson is a junior at Elon University.

KIM WEBBER
Music supporter

Title IX



Knoxville Revolution

By SERENA DAI

When a line of women in bright spandex rolled into to parking lot on tall bikes, I knew I was at the right place for this month's Title IX. They dismounted and parked their bikes as they unclipped their helmets. They cheerfully chatted amongst themselves, and together they talked to me about their commonality. These women are all a part of Knoxville Revolution, a cycling club for women.

Knoxville Revolution started about five years ago as a racing team, but it soon evolved into a non-profit club based on women's bike riding. They meet once a month, usually with a bike ride beforehand. At the meetings, the women decide what projects they want to get involved with, which in the past have included support for other bicycling clubs and raising money for bicycle safety awareness.

As a club, Knoxville Revolution makes their presence known in the racing community by volunteering at racing events and putting their literature in bike shops across town. Many of the bike shops, among other businesses in the area, will sponsor the club. The money goes to providing the club with jerseys and the opportunity to host events.

"Last year we hosted a bicycle race. We didn't make a lot of money," says club President Susie Isaac-Harms. "[But] we're not in it for raising a ton of money."

Now the club has about 40 members. The women's ages span from their 20s to mid-50s, and their cycling skill levels have just as wide of a range. "[I've] met several talented, motivated people, and it's a joy to see them excel. Some of these are new riders, and it's a joy to see them improve riding," says Isaac-Harms. "Rides offered by the cyclist shops can be intimidating if you're a novice rider. They can be faster than you're prepared to ride. They can be all men, and who wants to ride with all men?"

New women lead each ride, meaning a different part path each time. "The hardest challenge is to try to get members out to ride because schedules are hard," Isaac-Harms says. Each year they try to plan a century bike ride that benefits the community in which it's held.

In addition to the rides, the club also invites guest speakers like nutritionists and bike technicians come to the meetings to speak. "[The technicians] teach you the skills to have women be self sufficient on their bicycles," says Isaac-Harms. Knoxville Revolution also advocates



PHOTO BY KAREN CLEMENTS

Members of Knoxville Revolution take a break from cycling on the Will Skelton Greenway in Ijams Nature Center.

issues such as bicycle safety and commuting to work. When a fellow cyclist died several years ago, Knoxville Revolution helped spread the word about safety and helped raise money for the cause. The club also donated money to put up some of the bike racks in front of Barley's in the Old City.

Aside from the riding and the guest speakers, the best part seems to be the company. "[The club] helps women find other women to ride with...men aren't as fun to talk to on rides," says Isaac-Harms. "They don't gossip as well."

Serena Dai currently attends Northwestern University's Medill School of Journalism, but she calls Knoxville home.



LOCAL BUSINESS

Impromptu Home & Garden Accessories

By JEANNA GREUX

If you're looking for a unique interior style for your home, or want to winterize your landscaping, Impromptu Home & Garden Accessories and Interior Creations is your best bet. They offer a wide array of unparalleled services. Open for the past 12 years, owner Tamara Judd has used her talents to help residents of East Tennessee fulfill their home renovation needs by achieving beautiful interior design. As the daughter of Dan and Beulah Hall – who've successfully owned and operated Greater Tennessee Floor Covering since 1963 – Judd divided her time between working for the family business and decorating homes for free. After 11 years of providing complimentary services, she decided to utilize the experience she gained and opened a thriving business of her own. And once you've visited her store, you'll understand why.

Upon entering the doors at Impromptu, you'll find two rooms tastefully filled with various vignettes that serve as displays to several of Judd's interior creations. "This helps give the customer some idea of what my tastes are

and what I can do," says Judd. "If they are interested, I can set up a consultation to do a complete walkthrough of their home with them and discuss what type of budget they might have in mind." Accordingly, Judd shares any discounts that she receives with her customers and charges a flat rate of \$125 for consults and \$70 an hour for renovations. But no job is too big or small for her to handle.

Sometimes, I just change out light fixtures," says Judd. "Other times, I renovate the whole home." Complete makeovers can include different painting techniques to add dimension and color to plain walls, or the replacement of kitchen cabinets and flooring altogether. Bedrooms, bathrooms, family rooms, and dining areas are also popular spaces that she remodels. But what's most important to Judd is the relationship that she shares with her clients. Their happiness and personal input is her first priority. And obviously, she's doing something right because all of her referrals have come from word-of-mouth.

Although Judd thoroughly enjoys meeting and working with clients inside their homes, Impromptu carries a wide variety of exterior accessories and decorum as well. Lofty

concrete statuary, water fountains, gazing globes, and planters adorn the storefront and are available for purchase. "Any of these items can be customized and painted to match the home," says Judd. "We also offer a maintenance program that includes the draining and covering of ponds and fountains to get them ready for the winter season," she adds. And large items such as statues, ponds, waterfalls, and fountains all come with accessible delivery and setup – perfect for when springtime rolls around again. As for now, Judd advises that we winterize our homes and yards.

Impromptu Home & Garden Accessories & Interior Creations is conveniently located nine miles from the center of Maryville. You can contact the members of their friendly staff at 577-8428 to inquire about services, or visit Tamara Judd at 5901 Chapman Highway in Knoxville. Store operational hours are Monday through Saturday from 10 am until 6 pm.

Jeanna Greux is a contributing writer for EvaMag. She'd like to thank Ms. Judd for her kindness and enjoyed browsing her store.

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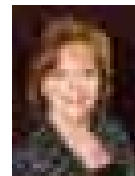


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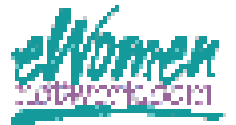
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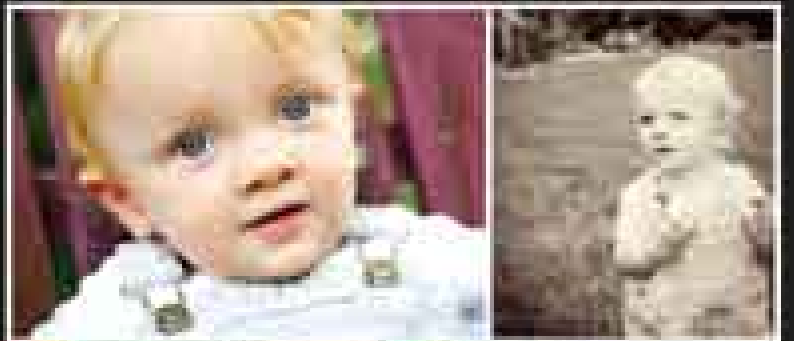
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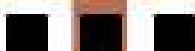
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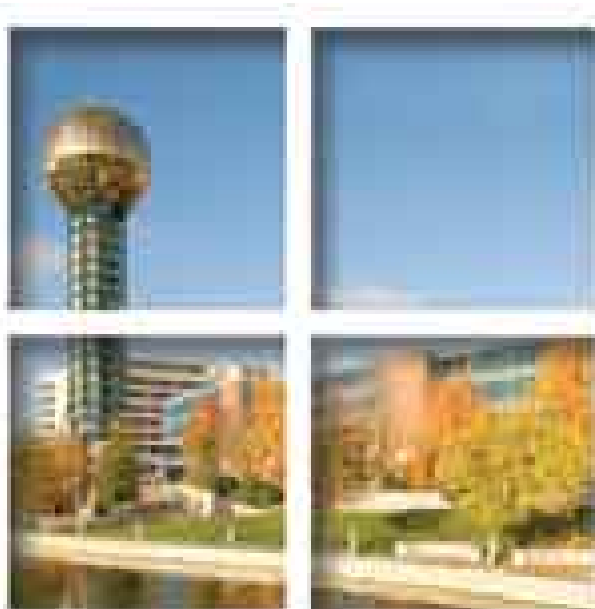
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A medium bodied refreshing Pale Ale made from the finest English barley and hops.

Woodruff IPA

A full bodied, traditional IPA, well balanced with a healthy dose of English hops. Reminiscent of "National" Knoxville IPA.

New World Porter

A deep bodied, smooth, flavory and a cooling heat topped just enough to complement the strongest chocolate notes.

Downtown Nut Brown Ale

A beautiful deep brown hue and a nutty sweetness identify the state of the true Pennine England.

State Street Stout

Creamy and substantial, this brew is bursting with the flavor of dark roasted grains.

Downtown Blonde Ale

The light bodied blonde displays a smooth malt note and a hint of that flavor in the finish.

Ale

An early German ale, the full bodied Dusseldorf style exhibits a rich, nutty hoppy color. Special note: imported from Munich and an authentic, really good to the exceptional brew.

You can order kegs of any style of our craft beers with 7 days notice.



KNOXVILLE'S OWN AVAILABLE AT DOWNTOWN GRILL & BREWERY

865.633.8750 WOODRUFF.COM