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David Grace — dgrace@timesnews.net

As part of her preparations for the Miss Teen USA pageant, Miss Tennessee Teen USA Kristen Rose (right), of Bristol, Tenn., will have dental work done by Dr. Kathy Sanders of Tri-Cities Center for Cosmetic Dentistry.

## Trying for the title

### Bristol native working hard to win Miss Teen USA pageant

This is the first in a series of stories that will follow 18-year-old Bristol native, Kristen Rose, as she prepares for the Miss Teen USA pageant in August.

By MARCI GORE  
 mgore@timesnews.net

Growing up, Kristen Rose tried ballet, horseback riding, soccer and basketball. "When you're a kid, you try everything. And, believe me, I have tried it all. I really just wanted to find something that I was good at," she said.

It looks like the 18-year-old Tennessee High School senior finally found it.

In October, Rose was crowned Miss Tennessee Teen USA in the very first pageant she ever entered.

Rose is the daughter of John and Betty Rose of Bristol. Her older brother, Josh, is a student at East Tennessee State University.

"I had done some little modeling things when I was younger. I was always interested in that kind of thing, but I'd never really thought about pageants because I just didn't want to go in that route really," she said.

But, Rose said, her mother encouraged her to at least give a pageant a shot.

"We know Kim Johnson, who's the [executive] director of the Miss Virginia USA pageant. We've known her for years, and I'm friends with her daughter. We went and talked to her to see if she could tell me about some local pageants that I could do. She was just kind of like, 'If you're going to do it, you might as well go big and do the biggest one you can.' We took her advice, and I did it," she said.

Rose will represent her home state in the Miss Teen USA pageant, slated to be

held in August in the Bahamas.

Along with the Miss Universe and Miss USA pageants, the Miss Teen USA pageant is a Donald J. Trump and NBC Universal joint venture.

Rose said she will spend the next several months preparing for the pageant.

"In Nashville, the [executive] director [of the Miss Tennessee USA and Miss Tennessee Teen USA pageants], Kim Greenwood, has me set up with an interview coach and a trainer who has me on a good, healthy diet and a workout plan to get me in shape. I've got a walking coach. They'll teach me everything I need to know. My interview coach will teach me how to do my interview and get rid of my Southern twang a little bit," she said.

Because her coaches are in Nashville and she is in Bristol, Rose says this presents a bit of a challenge.

"My parents are very supportive of what I'm doing, and they are willing to take me down to Nashville as much as possible. Since I've won, I've been down there three times. I'll probably have to go down twice a month for now, but as the pageant gets closer and closer, it'll be as much as possible," she said.

In addition to spending time with her coaches, one of the first steps in her pageant preparations is a few trips to the dentist.

As a part of her winnings from Miss Tennessee Teen USA, Rose received \$2,500 in dental work from Kingsport's Tri-Cities Center for Cosmetic Dentistry, a sponsor of both the Miss Tennessee USA and Miss Tennessee Teen USA pageants.

Dr. Kathy Sanders says her office has been working with Miss Tennessee USA contestants since 2004 and points out that the time spent with these young



Contributed photo

Kristen Rose won the title of Miss Tennessee Teen USA in October. She will compete for the title of Miss Teen USA in August in the Bahamas.

ladies is so much more than making them look good for just the pageant.

"These girls are already beautiful inside and out when they come to us. They have such a depth of character to start with. They don't come in as your typical teenager with all the frivolous cares of the world," she said. "It's our job to build their confidence even more, to make sure they're confident in the position in which they're in, to make sure they know

they're worth it and they deserve it.

"But we have to be very careful in the way we introduce smile changes to them. I want to make sure they first know that I care about them and that I know they're gorgeous to start with, and whatever we do for them, it would only be an enhancement to their looks."

Besides a comprehensive dental exam that included X-rays and digital photography, Sanders and her staff have provided Rose an oral cancer screening and have brightened her smile with the "Zoom!" Whitening System, which can whiten teeth up to 12 shades in about an hour.

"I loved this. It was just great. My teeth were just completely changed as soon as I got out of the chair," she said.

Rose will visit the office a few more times before the pageant, making sure her pearly whites are in tip-top shape.

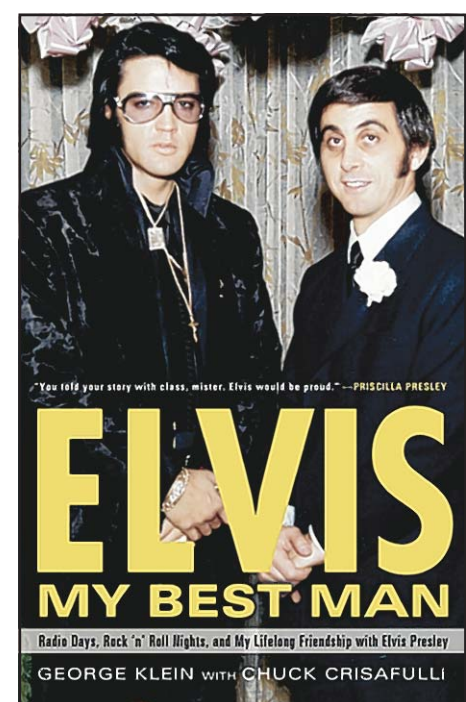
"I feel like teeth are something that everyone wants to look nice. A nice smile and nice teeth are more than just looking good. And Dr. Sanders' office has given me that confidence in my smile," Rose said.

As she juggles both the busy social life that often accompanies the senior year of high school and her pageant preparations, Rose said she keeps in mind something her parents have always told her.

"They tell me if I get overwhelmed, to just remind myself that I asked for this. But I completely love it. I love to stay busy, and I love everything that this pageant has brought me. It gives me challenges sometimes because I have to go out of town and I can't go to a dance or a party with my friends.

"But it's definitely worth it because to

Please see BRISTOL, page 8E



ON THE SHELF

## Elvis pal honors the King

By MIKE HOUSEHOLDER  
 Associated Press Writer

"Elvis: My Best Man," by George Klein. (Crown, 320 pages, \$25)

Elvis Presley is one of the most enduring figures in American pop culture history.

Hundreds of thousands of people still pay each year to see Graceland mansion in Memphis, Tenn., and fork over cash for his music and memorabilia. And he consistently places at or near the top of the annual list of highest-earning dead celebrities.

Not bad for a guy who died in 1977.

He's known around the world simply as Elvis, and his life story has been told and retold in every imaginable medium, from documentaries and movies to biographies and memoirs.

And they keep rolling in.

The latest comes from George Klein, who befriended Presley when they were high school classmates. Klein went on to earn a place in the King's inner circle of friends and employees known as the Memphis Mafia.

"Elvis: My Best Man" isn't a tell-all. Klein makes it clear in the author's note that he "was offered a fair amount" to write such a book after Presley's death.

Instead, what he offers is an insider's view of Presley the man as opposed to Presley the singer, actor and icon.

"So much has been written and said about Elvis Presley that for a long time I didn't feel the need to add my own book to the clamor," Klein writes. "Now, though, I'm old enough to know that I won't always be around to speak of the Elvis I knew."

His Elvis is funny, kind, whip-smart and generous. Presley bought Klein gifts, including a new car, and paid for his wedding — he was Klein's best man at the nuptials, hence the book's title.

Many who write or reminisce about their time with Presley focus on subjects that titillate, but Klein holds off on all of that, preferring to paint a picture of Presley the human being.

The book comes across as an affectionate recounting of the times Klein spent with a man he considered his best friend.

Klein — called "GK" by Presley — offers a stirring account of how Presley coped with the untimely passing of his beloved mother, Gladys, whom Klein calls "the anchor in his crazy life."

"I've come to believe that if Mrs. Presley had lived a full life, Elvis would be with us today," Klein writes.

The book features retellings of Presley's interactions with other famous figures of the era — from Ann-Margret and Steve McQueen to Nat King Cole and James Brown.

"Elvis: My Best Man" also hits on the major points in Presley's life, including his marriage to — and divorce from — Priscilla Beaulieu; his time in the Army; his movie and music careers; and so on.

Klein unlocks the door to the King's court, but what he shows us isn't a tale of sex, drugs and rock 'n' roll favored by other Presley biographers.

His is a tribute and a welcome addition to the mountain of Presley books already on the market.

#### SAVE TIME AND MONEY

## Food pantries, other groups always in need of volunteers

Dear Heloise: I enjoyed the letter you received and your response regarding FOOD PANTRIES' NEEDS.

Several women and I run a food-pantry ministry in our area. There are many needs, including things people don't think of. We recycle used paper and plastic bags for the food to be carried home in. We also use quart- and gallon-size plastic bags and deli containers.

We have a lady who makes homemade soup, chili, etc. It's easier and cheaper to reuse these containers than to buy new ones.

One very important need every month is volunteers. Most food banks and food pantries run on volunteers. A lot of time is given to sorting, packing, setting up and distributing the food.

Some of our families are homebound, so there is a need for someone to deliver their food. I really would like to encourage your readers to call their local food



Hints from Heloise

pantry and see how they can help. Everything we receive and everyone who helps is and always will be appreciated. — L. Sue Race, Mohnton, Pa.

**Sue, thank you for sharing these good hints, and thanks to all of you who help make food banks possible. Volunteers are vital to food banks and so many charity organizations.**

**Every city, town or community has an organization that helps out. Readers, take some time to call and see what you can offer them. — Heloise**

#### Three hints, one reader

Dear Heloise: Here are three of my favorite hints:

I receive flowers several times a year, and the giver always wants to know what they look like and if they are what he or she really ordered. I've started sending a picture of the arrangement with my thank-you note, either by mail or e-mail. It seems to solve those problems, and lets them know how beautiful the flowers really were.

After falling and hurting my shoulder, I find I can't sleep with a regular pillow. A neck pillow — one shaped like a horseshoe — really works great. However, I got tired of taking the pillow out to wash it and then having to restuff it. So, I found a pair of soft cotton shortie pajama bottoms with a drawstring top. I just slip the pillow into it, tie the top, tuck in the strings, pin the legs shut and throw into the wash.

When I was making a sauce, I couldn't

find my whisk quickly and grabbed a beater from my mixer. It works as great as any whisk. — De Powers, Omaha, Neb.

#### Plastic produce bags

Dear Heloise: After hand surgery, I discovered I could open those bags at the grocery store by "scrubbing" them back and forth with the heels of my hands. This also quickly lets me know if I was trying to open the wrong end. — Loretta S., Carlsbad, Texas

#### Candle-jar lids

Dear Heloise: The heavy, glass lids from the candle jars make great paperweights. — Betty, Sheridan, Texas

*Mail a money-saving or timesaving hint to Heloise, P.O. Box 795000, San Antonio, Texas 78279-5000 or e-mail to Heloise@Heloise.com. I can't answer your letter personally but will use the best hints received in my column. — Heloise*

# Senior Center offering new adult education courses

By HELEN LEMMONS  
Special to the Times-News

Most Kingsport Adult Education courses will begin tomorrow, Jan. 11, at varying time periods and fees. They are open to all adults, but Senior Center members will need a lower fee.

You will need to register for these courses at the center and pay at that time. You can see a complete schedule, instructors, locations, and fees at the Web site [www.kptseniors.com](http://www.kptseniors.com). Look for "Adult Education Courses." Call (423) 392-8400 for more information.

If you are looking to learn new job skills, you may want to take one of these courses offered in the evening: "How to Succeed on E-Bay"; "Beginning Computers" and "2008 National Electrical Code (Commercial)."

In the cultural/arts/crafts area, you may take "Beginning Spanish," beginning at 10:15 a.m., Jan. 16; or these evening classes: "Beginning Chinese" (begins Jan. 14); "Introduction to Woodworking"; "Building Bird Houses (Bluebird or Martin)"; "Basic Photography"; "Basic Sewing" (bring your own machine); "Basic Dog Obedience," with our own Cindy Price as the instructor.

These courses are offered in the category of health and exercise: "Yin Yoga" (two sessions); "Strength and Conditioning: Introduction to Weights" (two sessions); "Finding Peace in These Stress-Filled Times" (two sessions); "Tai Chi" (two sessions). All of these are offered in the evening.

Two dance classes will be offered in the evening, "Ballroom Dancing" (two sessions); and "Swing Dancing" (two sessions) taught by the Baumgardners. "Be-

ginning Clogging" will be a morning class on Saturdays, beginning Feb. 2.

**REMINDERS:** Back hallway, Jan. 12, at 10 a.m. On Tuesday, Jan. 12, at 10 a.m. The on Tuesday, Jan. 12, at 10 a.m. Sample different fruits and vegetables.

Terry Ahrens will discuss "Healthy Eating" on Thursday, Jan. 14, in the multipurpose room at 10 a.m. Sample different fruits and vegetables.

The AARP Safe Driving Classes will begin on Wednesday, Jan. 20, from 9 a.m. to 1 p.m.; the second session will be on Friday, Jan. 22. The cost is \$12 for AARP members (bring card) and \$14 for non-members to be paid to the instructor the first day. Please sign up in the office or call to add your name to the list.

Information on Medicare and Long Term Care will be available by United

Health Care on Thursday, Jan. 21 from 10 a.m. to noon at a table in the back hallway.

The Cookie Swap will be on Thursday, Jan. 21, at 12:15 p.m. in the card room. Bring your favorite home-baked cookies to swap (and eat, coffee provided) and the recipe to share.

On Thursday, Jan. 21, join us for a shopping trip to Hanes Mall in Winston-Salem, N.C., with dinner at the Peking restaurant in Wytheville, Va. We will depart the center at 8:15 a.m. and return by 8:30 p.m., weather permitting. The cost is \$5 for transportation; lunch and dinner is at your own expense.

The Kingsport Senior Newsletter (monthly) can be read at the Web site [www.kptseniors.com](http://www.kptseniors.com) if you have access to a computer. The newsletter can be

subscribed to annually and mailed to you, and is also available in the hallway across from the office for 50 cents.

To participate in any of the activities sponsored or presented by the Kingsport Senior Center, you must be a member. To become a member of the center you must be at least 50 or the spouse of a current member. Membership for city residents is \$15 per year. For Sullivan County residents, membership is \$35 per year, and all others pay \$60 per year.

The Kingsport Senior Center, on the first floor of the Kingsport Renaissance Center, 1200 E. Center St., is open from 8 a.m. to 7 p.m., Monday through Friday, and 9 a.m. to noon, Saturday.

If you have any questions you may call the center at (423) 392-8400. Remember "The Fun Begins At 50!"

## Senior Center schedule

The Kingsport Senior Center, located inside the Kingsport Renaissance Center on Center Street is open from 8 a.m. to 7 p.m., Monday through Friday, and 9 a.m. to noon, Saturday.

Most classes held at the Senior Center. Lap swimming is offered at the Dobyns-Bennett High School pool. Classes held at the Greater Kingsport Boys & Girls Club off Stone Drive are designated (B&G). Classes held in the recreation room at First Broad Street United Methodist Church, Church Circle, are marked (FBS).

Membership is open to include 50 and older. For more information, call 392-8400, e-mail [kptseniors@hotmail.com](mailto:kptseniors@hotmail.com) or visit [www.kptseniors.com](http://www.kptseniors.com). For senior services, call 392-8400.

**Activities this week:**  
**Monday**  
8:30 a.m. — aerobics, advanced tai chi (B&G), woodshop (Jan. 19).

9 a.m. — quilting.  
9:15 a.m. — aerobics.  
9:45 a.m. — Happy Day Singers.

10:15 a.m. — strength training.  
11:30 a.m. — beginning line dance (B&G).

12:45 p.m. — intermediate line dance (B&G).  
1 p.m. — table tennis, knitting.

4 p.m. — volleyball.  
**Tuesday**  
8:30 a.m. — woodworking, martial arts, step aerobics

(B&G, Jan. 13).  
8:45 a.m. — mini cardio exercise.  
9 a.m. — ceramics.

9:30 a.m. — strength training, basket weaving, core conditioning (B&G).  
10 a.m. — Renaissance Strings.

10:15 a.m. — sing-along.  
10:30 a.m. — Exercise for EveryBody, power yoga (FBS).

11 a.m. — yoga (FBS), beginning dulcimer.  
12:15 p.m. — Good Neighbors.

12:30 p.m. — lap swimming (D-B), baskets.  
1 p.m. — shuffleboard, pickleball.

1:30 p.m. — piano lessons.  
4 p.m. — basketball.  
4:30 p.m. — ballroom dance practice.

**Wednesday**  
8:30 a.m. — aerobics, woodshop, advanced tai chi.  
9 a.m. — clay.

10:15 a.m. — strength training.  
11:15 a.m. — intermediate clogging.

1 p.m. — table tennis.  
1:30 p.m. — belly dancing (women only).

**Thursday**  
8 a.m. — piano lessons.  
8:30 a.m. — step aerobics, woodshop, tai chi, martial arts.

8:45 a.m. — mini cardio.  
9 a.m. — woodcarving (Jan. 21).  
9:30 a.m. — strength training, core conditioning (B&G).  
10 a.m. — beginning clogging.

10:30 a.m. — yoga (FBS), Exercises for EveryBody.  
Noon — jam session.  
12:15 p.m. — Good Neighbors.

12:30 p.m. — lap swimming (D-B).  
1 p.m. — volleyball.  
4 p.m. — pickleball.

**Friday**  
8:30 a.m. — aerobics, woodshop.  
9 a.m. — genealogy club.

9:15 a.m. — aerobics.  
10:15 a.m. — strength training.  
12:25 p.m. — lap swimming (D-B).

1 p.m. — bridge group, pickleball.  
2 p.m. — art class.  
4 p.m. — basketball 5 p.m. — ballroom dance.

**Saturday**  
9 a.m. — basketball.  
10 a.m. — beginning tennis.  
10:30 a.m. — table tennis.

The computer lab is available to members during normal business hours unless a class is scheduled or in progress. Call the center for information on computer classes.

Camera Club meets monthly. Visit [www.scphgroup.com](http://www.scphgroup.com) for more information.

Karaoke held every third Tuesday.

The yard, exercise, billiards, ceramic and clay rooms, lounge, gym and cafeteria open at 8 a.m. each day and may be used during normal business hours unless otherwise reserved.

## Don't make new year's resolutions; turn 2010 into an adventure a week

By ANGIE LEVENTIS LOURGOS  
Chicago Tribune

"Start a snowball fight with elementary school students.

"Visit Ethiopia.  
"Win a mustache competition."

Kimberly Hula, 27, of Ravenswood, Ill., is campaigning for a twist on the typical New Year's resolution: Rather than shedding 10 pounds or refraining from nail-biting, she's asking everyone to commit to one adventure a week for 2010.

Hula's project, "The Year of 52 Adventures," began with a small group of friends and has grown to about 190 members from around the country and as far as Japan.

Participants brainstorm their own lists of prospective weekly escapades and share them on the blog [yearof52adventures.wordpress.com](http://yearof52adventures.wordpress.com).

"Get hypnotized.  
"Memorize 1 Corinthians 13.

"Pet a spider, or do something eerily spider-related."

Some exploits are intended to spur self-growth or combat a personal phobia.

Others are simply random diversions from the mundane.

"It gives people a chance to challenge their inhibitions and find out what they really want, need and desire," she said.

"Fire a handgun.  
"Eat only raw food for a week.  
"Get dressed up, take my lady to the symphony, drink coffee with pinkies extended."

Hula believes that participants gain a sense of bravery from the communal nature of the project.

She and three other members crossed the first adventure off their respective lists when they jumped into the icy waters of Lake Michigan on Jan. 1.

And Hula plans to participate in her first poetry slam next

week.

"I've found that it's hard to define an adventure, because it's different for everybody," she said.

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[www.DanceTimeKingsport.com](http://www.DanceTimeKingsport.com)

For Information and Registration:  
Allison Bailey Stewart 423.742.0747  
AStewart@charlert.net  
Louise Bailey Dickson 423.323.8874  
LBDickson@charlert.net

## Bristol native working hard to compete well in the Miss Teen USA pageant

Continued from page 1E

be Miss Teen USA would be my dream come true. That has become my goal and I'm going to give everything to it," she said.

Although she has different goals from her friends right now, Rose says they still support what she's doing, and some are even planning to come to the Bahamas to watch her compete.

"This is a very exciting time for me right now. I feel so weird because all of my friends are so excited to go to college and start that whole life. But I don't want the normal path anymore. I want to win this pageant so bad.

"My perspective on things changed a lot more than what I thought it would. I feel like that everyone who knows me, they know how hard I've worked for this. It just makes it a lot sweeter for me, knowing I have their support," she said.

Rose says she knows there are critics of beauty pageants out there who perhaps do not realize how much work goes into preparing for one.

"If you want to try and be a professional basketball player, or a football player, that's just amazing, especially down here in the South — everyone just loves football.

"Honestly, I look at what I'm doing as the same thing. I'm working towards a specific goal. I'm putting everything into it and it takes just as much work as anything else would," she said. "Just because it isn't a sport doesn't mean that it's not important. If anybody thinks it's just about looks, then they really don't know much about pageants because it's really not."

For Rose, though, she says the hardest part is not going to be the interview or the diet and exercise, instead it's the having to accept that this may not be God's plan for her right now.

"I really, really want to win. But I'm not sure if this is what God wants for me right now. I know there's a possibility that it might not be and that scares me because this is something that I want so badly. I've never wanted anything so bad. I'm trying to just think about it this way — that this could open other doors. I feel like all the other things, like the walking and the diet and the exercise, I can do that. This is just something internal," she said.

Rose hopes she can use her position as Miss Tennessee Teen USA to inspire other young girls.

"I want to show them they can do whatever they want to. I feel like girls have such a hard time with self-esteem because, especially, when you're in those awkward ages of like 14, 15 or 16, it's tough," she said. "I know because I went through that and it was a really hard time in my life. I think it's so hard to stay positive being a girl in today's society. I just want to show them that they don't have to be perfect to accomplish something great. You don't have to be stick skinny or blonde or super, super smart. You can just be yourself. I know how hard it is because I



Contributed photo

The staff of Tri-Cities Center for Cosmetic Dentistry, including registered dental assistant Debby Morgan (standing, left), Dr. Kathy Sanders, and registered dental assistant Julie Brown, are working with Miss Tennessee Teen USA Kristen Rose.

was just there a few years ago. I want to show them you don't have to be a certain way. Just be whoever you want to be."

Rose has already received her acceptance letter to ETSU. She says she would like to major in English with a minor in communications and maybe one day go to law school.

But if she wins the title of Miss Teen USA her plans will change.

"If that window opens up for me, I would have the opportunity to move to New York City and go to the New York Film Academy," she said. "The winner gets to live in one of the [Donald] Trump apartments. That would be all paid for. I'd get to go to school in New York for free."

If that happens, Rose says she would consider a career in the entertainment industry.

The Miss Teen USA pageant is comprised of judges' interviews, swimsuit and evening gown competitions. Rose said the contestants will be narrowed down from 50 to 15, and then to five. The top five will then have an on-stage question.

"We had this at the state pageant. Honestly, I can tell you I was just like a ball of nerves. But after I made the top five, I truly believe that God just put his hand on me and all my nerves were gone," she said. "I just felt like I'd made it far enough that I would be happy, and I was just fine. I'm hoping that I'll feel the same way at Teen USA if I'm lucky enough to get that far."

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## Good 'Ole Music & Fun on the Lawson/Kubota Main Stage

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**The VW Boys**  
A Good Clean Variety Show  
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