

Faith & Family

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Saturday, February 23, 2013

Playtime

FREE FUN

Make some jewelry and tour a museum today. The Frank H. McClung Museum on the University of Tennessee campus hosts a family day from 1:30 to 4 p.m. today. Museum educators will give visitors tours of the museum, including a stop at its latest traveling exhibit "Splendid Treasures of the Turkomen Tribes from Central Asia." That exhibit is filled with elaborate, beautiful jewelry, and that's the reason behind the jewelry-making session. The craft-making supplies are provided, and children may take their jewelry project home. The museum is at 1327 Circle Park Drive.

KIDSTUFF

"Kidstuff," a live music show from WDVX-FM Radio, is 10-11 a.m. today. The event hosted by Sean McCollough is at the WDVX studios at the Knoxville Visitors Center, 301 S. Gay St. Today's performance features the Rockin' Kidstuff Band with Kevin Abner and the girl band The Pinksters. If you go, you can be part of the audience for the show that's also broadcast on the radio. It's free. For more information, see www.wdvx.com.

STEP RIGHT UP

The Ringling Bros. and Barnum & Bailey Circus is at the Knoxville Civic Coliseum today and Sunday, Feb. 24. Shows are 1 and 5 p.m. today and 1 and 5 p.m. Sunday. Tickets before service fees, for ages 2 and older are \$15, \$20, \$25, \$35 or 55. Tickets are at www.knoxvilletickets.com, at 865-656-4444 or the coliseum box office. The coliseum is at 500 Howard Baker Jr. Ave.

"Other things may change us, but we start and end with the family."

Author Anthony Brandt

'RAISIN IN THE SUN'

The University of Tennessee's Clarence Brown Theatre presents "A Raisin in the Sun" on select dates this month and next. Shows are 7:30 p.m. today, Feb. 27-March 2 and March 6-9 with 2 p.m. Sunday matinees on Feb. 24, March 3 and March 10. Tickets are \$25 for an adult, \$19 for a senior citizen, \$12 for UT faculty/staff or a non-UT student and \$5 for a UT student for Wednesday or Thursday shows; \$30 for an adult, \$25 for a senior, \$15 for UT faculty/staff or a non-UT student and \$5 for a UT student for a Friday, Saturday or Sunday show.

A LOT OF BULLS

Professional bull riders — and bulls — are competing at 7:30 p.m. today at the Thompson-Boling Arena. Tickets, before any service charges, are \$10, 20, \$30 or \$45 for adults and \$10 for children ages 2 to 12. Tickets are at www.knoxvilletickets.com or 865-656-4444.

By Amy McRary, mcrarya@knoxnews.com

BLACK HISTORY MONTH

Time to talk

Retired UT prof hopes upcoming book helps start conversations about race

By Trillia Newbell
Special to the News Sentinel

As a boy, John Oliver Hodges practiced survival skills employed and taught by his mother.

"In order to survive, we had to understand 'our place' and to behave in certain ways: We were expected to go to the back of the homes of whites; we could not look directly at white women and had to cast our eyes to the ground; we had to agree with what whites said, even if we knew it was ridiculous; we did not receive nominations by our congressmen to attend military academies; the white state universities were closed to blacks; we were not served in public restaurants, even if we worked there; we did not serve on juries; if one black was accused of a crime, especially involving white women, all blacks were in danger," he said.

Born in 1944, Hodges, a retired professor from the University of Tennessee, has memories of growing up in the impoverished, segregated Mississippi Delta and has penned his experience in his book "Delta Fragments" (University of Tennessee Press, June 2013).

"Growing up, I really never considered myself poor. We certainly did not have what whites had but we managed. Only after I left did I realize just how poor we were," said Hodges.

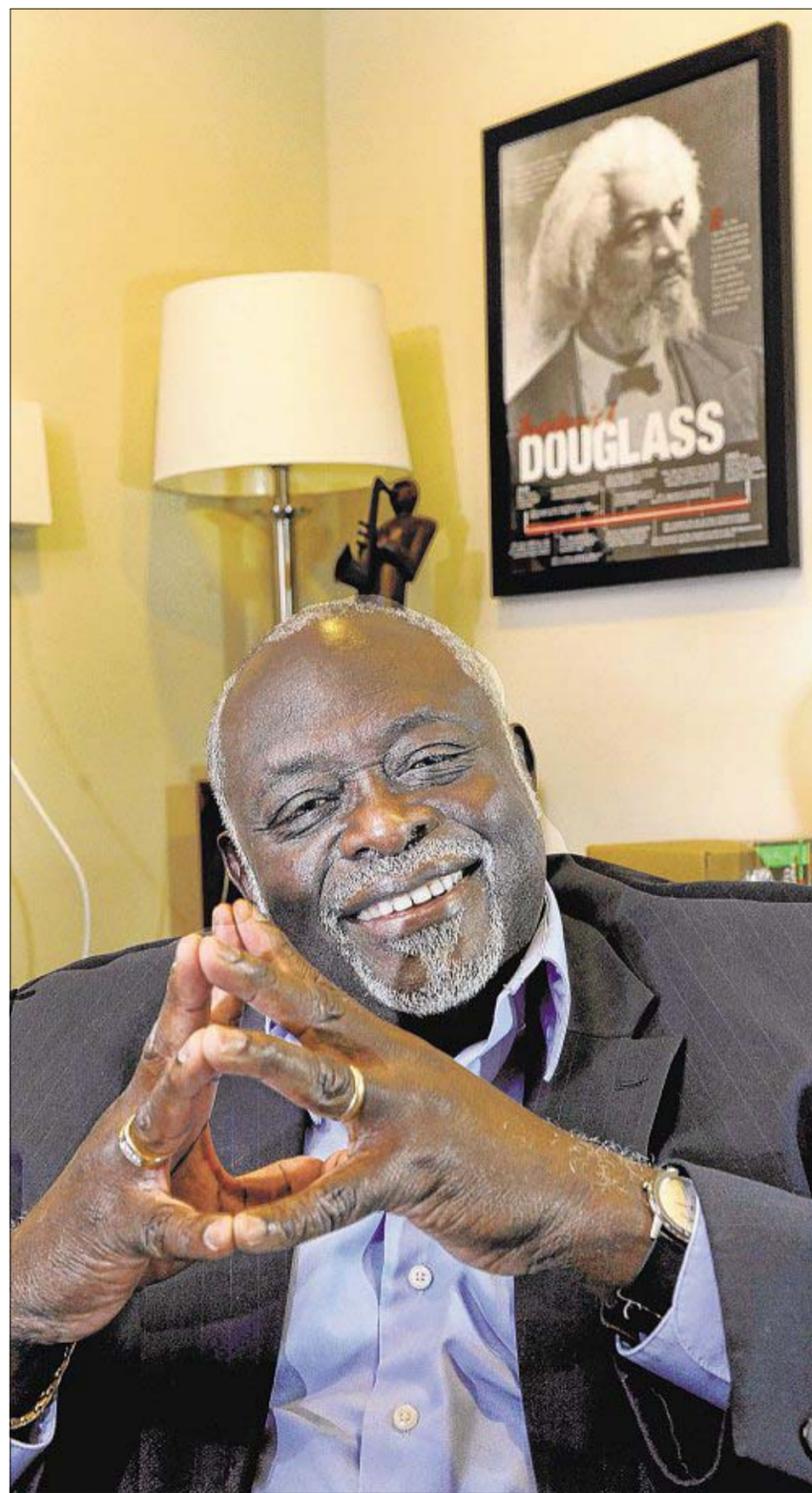
The publication of "Delta Fragments" will mark the 50th anniversary of Hodges' graduation from high school in Greenwood, Miss. The book, which is part autobiography and part critical essay, is his attempt to mine the experiences of his life and address issues relating to the Civil Rights Movement, the black church, black-white relations, and African-American culture.

"I wrote the book in order to engage the South in the kind of dialogue that was impossible during my youth. I feel that blacks and whites are now prepared to undertake such a dialogue," said Hodges.

Life in the Mississippi Delta was difficult for Hodges mainly because of the racism he endured.

"I attended segregated schools for the entire time I was in Mississippi. It was the only thing that I knew. In Mississippi and the South in general, the schools were separate and unequal," he said.

Yet despite the learning conditions,



UT retired religion professor John O. Hodges in his home office in East Knox County. Hodges has written a memoir about growing up a sharecropper's son in the Jim Crow South.

his teachers persevered and challenged Hodges to do well.

"We had loving and caring teachers who seemed to take a deep interest in us. Some of my teachers were also very good and had a national reputation. One such teacher was Leola G. Williams who was the drama coach of Morgan Freeman and Tanea Stewart," he said.

Hodges was involved in the Civil Rights Movement as a teenager in the early 1960s. His work consisted mainly of voter registration drives in his hometown of Greenwood and in other Mississippi Delta towns. During this period, very few blacks were able to vote because of intimidation by whites and the passage of several "unjust laws."

Yet through it all, due to the support of his mother and teachers and the sacrifice of his stepfather, Hodges was awarded opportunities at prestigious schools.

"I grew up with a stepfather who made this one memorable sacrifice: he

promised the plantation foreman that if I was permitted to go to school rather than to the cotton fields, he could be much more productive. After all, he explained, I would only get in his way. This was a tremendous sacrifice and act of kindness on his part," he said.

Hodges attended Morehouse College in Atlanta and then the University of Chicago Divinity School where he received his PhD in religion and literature, with a specialty in spiritual autobiography.

It is at the University of Chicago that he met his wife of 40 years, Carolyn. The couple met as first-year graduate students in 1969, she was in the Department of German Languages and Literatures (now called Germanic Studies). They were drawn to each other in part because of their interest in literature and language.

Upon graduation, the couple moved to Knoxville taking jobs at the University of Tennessee, where he worked

See BOOK, 6D

Stations of the Cross allows Christians to walk His walk

Lent is a season set aside in the Christian liturgical calendar for penance for sins and preparation for Easter. An ancient and prayerful devotion that incorporates both is the Stations of the Cross.

From the earliest centuries, Christians have expressed their devotion to Christ and His sacrifice on the cross by tracing His steps along the Via Delorosa, the Way of Sorrows, in Jerusalem. The earliest extant account of such a pilgrimage was written by Egeria in the last years of the fourth century. In a letter to her sisters back in Gaul, she describes the liturgies that were celebrated at the churches that marked the important sites along the way Jesus



BOB HUNT

walked to Calvary.

For those unable to make such a pilgrimage, there developed the devotion known as the Stations of the Cross, a prayerful way of following Jesus along His sorrowful trek that could be done at home or at one's local church, usually on Fridays of Lent. While associated especially with Catholic churches, today many Lutheran and Episcopal parishes have embraced the devotion, sometimes

adapting the number and content of the stations according to their spiritual needs.

The fourteen traditional stations are:

1. Pilate condemns Jesus.
2. Jesus accepts His cross.
3. Jesus falls the first time.
4. Jesus meets His mother.
5. Simon helps carry the cross.
6. Veronica offers her veil to Jesus.
7. Jesus falls the second time.
8. Jesus speaks to the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of His garments.

11. Jesus is nailed to the cross.

12. Jesus dies upon the cross.

13. Jesus is taken down from the cross.

14. Jesus is placed in the sepulcher.

The devotion exploits all the senses to bring the believer into the experience of walking with Jesus in His suffering, so to join Him in His suffering, even to unite one's own suffering with His. We hear with our ears the announcement of each station and the Scriptures that accompany them. We proclaim with our voices the songs and prayers that express our love and thanksgiving for our Savior, and our prayers for mercy and grace. We see

the imagery of each station displayed in paint, or wood, or stone. We touch our knees to the ground as we profess our faith that, "By Your holy cross You have redeemed the world." We smell the incense and watch it slowly rise to the rafters, representing our prayers rising to heaven. All of this lifts our minds and hearts to the Lord, Who gave Himself for our sake. "By his stripes we were healed" (Isaiah 53:5).

Jesus said, "If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me" (Luke 9:23-24). The cross comes to us when we strive to live

See HUNT, 6D

FAITH & FAMILY

New asthma test helps doctors prescribe treatments

By Gracie Bonds Staples
The Atlanta Journal-Constitution

Fall and winter can wreak havoc on asthma sufferers. Parents of asthmatics know this, perhaps, better than anyone.

Inhaled corticosteroids, which might have an impact on children's growth, are often used to treat the condition. But, for some, the therapy may be unnecessary.

A new, noninvasive breath test called fractional exhaled nitric oxide, or FeNO, has taken away much of the guess work about whether a patient should be on inhaled corticosteroids. The test is helping to guide treatment decisions and is the first to measure airway inflammation — the major underlying cause of asthma.

"With one breath into a handheld device, physicians can measure the level of inflammation in a patient's lungs," said Dr. Stanley Fineman, an allergist at the Atlanta Allergy & Asthma Clinic. "If FeNO levels are high, that signals that the patient's lungs are inflamed and the asthma is out of control." By measuring airway inflammation, physicians can determine whether a steroid is the appropriate therapy and at what dose.

The Southeast, including Atlanta and East Tennessee, is among the worst regions of the country for air pollution, according



Dr. Stanley Fineman puts Hannah Claire Brown, 8, through a Pulmonary Function test at the Atlanta allergy & Asthma Clinic in Marietta, Ga.

PHIL SKINNER/ATLANTA JOURNAL CONSTITUTION

to the Centers for Disease Control and Prevention. Knoxville frequently

ranks among the nation's top 10 "Asthma Capitals" determined by the Asthma

and Allergy Foundation of America.

Atlanta's springs have been especially hard on Matt Brown's 8-year-old daughter Hannah Claire.

Twice this past year, Fineman has had to resort to corticosteroids use so Hannah could breathe. And, each time, Brown said, he and his wife have worried about how long-term use might impact her growth.

"Taking any medicine can lead sometimes to another illness, which leads to something else, so you don't always know if you're better," he said.

Although there is cause for concern, Fineman said, parents should talk to their doctors before starting or stopping steroid use.

"In general, inhaled steroids are much less risky than oral steroids," he said. "A child is better off taking an inhaled steroid on a regular basis than taking an oral steroid every few months."

This is because inhaled steroids go straight to the airway where the inflammation is and therefore have less systemic absorption with fewer potential long-term side effects.

"One of the things people need to understand is that the use of corticosteroids can be lifesaving," Fineman said. "As long as you monitor the effects and the side effects, then you should be able to control any potential

side effects and minimize them."

We asked him to recall the three most common questions parents have about steroid use.

Q: How do I know whether inhaled corticosteroids are necessary?

A: A physician typically determines whether inhaled corticosteroids are the best course of treatment, based on the severity of the patient's asthma. Traditionally, a physician will talk to patients about their history and symptoms (coughing or wheezing), perform a physical exam and testing — like lung function, to get a clearer picture of each patient's individual asthma. By measuring FeNO levels, physicians can better determine if steroids are the appropriate course of treatment and if dosage might need to be increased or decreased.

Q: If my child isn't taking his or her medication as directed, will my doctor be able to tell?

A: Sometimes, but not always. In general, it is very difficult to measure

a patient's adherence to medication because asthma is such a variable disease, meaning symptoms can wax and wane depending upon a patient's exposures to triggers. Studies have shown, however, that FeNO levels can be helpful in determining whether patients have been taking their steroid medication as directed by their physician.

Q: How can I talk to my doctor about adjusting my child's dosage?

A: The three most important pieces of information that a parent, caregiver or individual should share with their doctor are the types of symptoms that the child has been experiencing, how frequently the child needs to use their bronchodilator inhaler and what sort of physical limitations the asthma symptoms have been causing. If a patient's asthma is under control, a physician may consider reducing the dose. If the asthma is not under control, you might want to adjust medication or treatment recommendations.

HUNT from 1D

the gospel faithfully, and suffer the consequences of such from a world that disdains devotion to the will of God and the priorities of His kingdom.

Lost friendships, lost opportunities and, in some circumstances, even lost jobs or lost lives. There is a cross to carry, too, in the smaller sacrifices of physical pleasures denied, and of time and money given that we would rather spend on our own wants

and needs. It's the smaller sacrifices, as often as not, that reveal the true quality of a Christian soul.

The Stations of the Cross remind us, in a dramatic way, of the sacrifice Jesus offered for our sake. It's a small sacrifice, indeed, to take the

time each week of Lent to walk His suffering way with Him.

Bob Hunt is a registered nurse who works in pediatrics, a husband and father of three daughters. He contributes a monthly column on parenting and sharing one's faith.

BOOK from 1D

in the Department of Religious Studies until his retirement in December of 2010. He also served as chair of Africana Studies for five years. Carolyn continues to work at UT as Vice Provost and Dean of the Graduate School.

When asked what motivated him to defy the odds stacked against him, his answer was simply "Poverty."

"Being poor and wanting to improve one's condition is a great motivator. The black church encouraged me as well as my parents. The church told me that I was smart and could accomplish anything I wanted to accomplish. So I thought of being, at different times, a doctor, a lawyer, a congressman, perhaps even president. And no one thought that

achieving any of those goals was impossible. I did not want to let them down.

"Considering their belief in me, I feel that I have woefully underachieved. But there is still time."

Now living in East Knox County, Hodges recognizes improvements to the general social acceptance of African-Americans and acknowledges the lack of blatant racism, but believes there continues to be a need for growth.

"The problems are more subtle today and perhaps more complex as well. They seem to be more institutional; they are how we do business. For example, a university is searching for a senior level position but indicates that applicants should have served a period in a similar position. On its face, this seems reasonable. But then you realize that you have only a few women

and blacks who may qualify since they do not have the experience. They have not had the opportunity to gain such experience," he said.

One solution, he suggests, is to speak "openly and honestly about our differences and not pretend they do not exist."

The Hodges have one

son, Daniel, who works in Dallas, Texas, as a computer engineer. Hodges dedicated his book to his former teachers and students and to his son.

"Delta Fragment" is available for pre-order at the University of Tennessee Press website at <http://utpress.org/catalogs/> for \$34.95.

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7:15 (8:45) (9:40)

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IDENTITY THIEF (DIGITAL) (R) 1:15 4:10 7:05 (9:55)

MAMA (DIGITAL) (PG-13) 12:15 2:40 5:05 7:30 (9:55)

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SIDE EFFECTS (DIGITAL) (R) 11:40 2:15 4:50 7:25 (10:00)

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SNITCH (DIGITAL) (PG-13) 2:00 4:40 7:20 (10:00)

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