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Newsletter (PDF version): <https://bit.ly/NeighborhoodAdvisory-2021-06-29>

1. No Newsletter Next Week
2. City Hosts Fourth of July Events
3. City Offices Close Monday, July 5
4. Knox County Health Department Offers Heart Health Classes
5. Free Lead-Hazard Assistance Available to Low-Income Households
6. What Are The Benefits of Composting?
7. [Knoxville Neighborhoods Calendar](#)

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*Published by the City of Knoxville's Office of Neighborhood Empowerment, we report news important to Knoxville's residential neighborhoods. Include your neighborhood-related event or meeting in this space. Call 215-3232. News deadline: 12 noon on Fridays.*

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### **1. No Newsletter Next Week**

There will not be a newsletter next Tuesday, July 6, but don't worry, we'll be back on Tuesday, July 13, with information, updates, and announcements about fun events and activities!

If you can't make it a whole week without an update from the Office of Neighborhood Empowerment, make sure you're following us on our [Facebook](#) to stay up to date on what's happening in Knoxville.

### **2. The City Hosts 4<sup>th</sup> of July Events**

The City of Knoxville will host Celebration of the 4th at World's Fair Park, on Friday, July 2 and Saturday, July 3.

There will be no food or beverage available for purchase on site. Families are encouraged to bring chairs, blankets and picnic dinners (no alcohol).

Friday, July 2, the Air National Guard Band of the South will present performances by their jazz, concert, and rock bands starting at 6:30 p.m. The line-up will be as follows:

- Concert Band 6:30-7:15 p.m.
- Blue Groove Jazz Band 7:30-8:15 p.m.
- Sound Barrier Rock Band 8:30-9:30 p.m.

After the music ends and the sun goes down, a short small fireworks show will take place from the Fort Kid parking lot, across from the Knoxville Museum of Art.

Saturday, July 3, the Knoxville Symphony Orchestra will perform a free concert in the World's Fair Park Amphitheatre starting at 8 p.m. The concert will be taped by WBIR Channel 10 to be aired on the night of July 4.

The events are free, and all are welcome to join in the celebration.

### **3. City Offices Close Monday, July 5**

City of Knoxville offices will be closed Monday, July 5, 2021 for the Independence Day Holiday.

Waste Connections WILL run residential garbage and recycling routes on Monday, July 5. As a general reminder, Thanksgiving and Christmas are the only days of the year when residential curbside trash and recycling are NOT picked up as scheduled.

Downtown trash and recycling will also run on the regular schedule throughout the holiday weekend.

The City's recycling centers will be open for recycling use; the Goodwill attendant will not be available for household goods donations on Sunday, July 4.

The City's Solid Waste Facility located at 1033 Elm Street will be closed from Saturday, July 3, through Monday, July 5 and will reopen on Tuesday, July 6. Due to the holiday, For July, free for City Residents Day at the Solid Waste Facility will be held on the second Saturday of the month, July 10.

### **4. Knox County Health Department Offers Free Heart Health Classes**

Did you know your heart beats about 115,000 times each day, pumping over 2,000 gallons of blood?

A healthy heart is a critical component of overall good health. Embracing a healthy lifestyle can prevent heart disease and lower your risk of having a heart attack or stroke. You are never too young or too old focus on your heart health.

The Knox County Health Department (KCHD) will be hosting a new, free, community class -- a three-part series covering heart-healthy eating, physical activity, and strategies for a healthier lifestyle (e.g. goal setting and problem solving).

Classes are on Mondays, July 19, 26, and Aug. 2, from 6-7:30 p.m. via Zoom.

Anyone interested in learning more about heart health is welcome to attend.

If you have any questions or would like to sign up, call 215-5170 or email [Mikaela.Mciver@knoxcounty.org](mailto:Mikaela.Mciver@knoxcounty.org).

### **5. Free Lead-Hazard Assistance Available to Low-Income Households**

The Knoxville Lead-Safe and Healthy Homes Program provides free assistance to qualified homeowners, landlords and tenants who want to protect themselves and their family from lead-based paint hazards.

Lead poisoning is a dangerous but preventable health concern. If your home was built prior to 1978 and a child under the age of 6 resides or spends any time at your home, that child may be exposed to lead-based paint hazards and at the risk of being poisoned.

Funding from this program covers the costs of remediating lead-based health hazards, which can include replacing tainted windows, covering exposed porch floors and ceilings, and applying fresh lead-free paint. Check the [City website](#) to learn more about the program and qualifications.

## **6. What Are The Benefits of Composting?**

There are so many benefits to composting. If you have never tried it, here is a non-comprehensive overview to pique your interest.

Indoor composting allows you to compost in small spaces, saving yard space while still reducing the waste your household sends to the landfill.

Aerobic composting uses oxygen and microbes (very small organisms) to break down food waste and other organic matter. This can be used as fertilizer for your indoor plants and/or outdoor garden.

Vermicomposting uses worms! Worm waste and organic matter break down to create a rich compost. Both ways of indoor composting produce many good chemicals including phosphorus, nitrogen, and potassium.

If you decide to compost inside your home, you will want to choose the right container. You want to make sure that whatever type of bin you have (plus the lid) will fit in a cool, dry space and contain your food waste. If you continue this route, grab a book or search on the internet how to continue!

On the other hand, outdoor composting is a great way to save money, produce less waste, and not worry about worms in your home. You can compost in a pile or use a bin. Either way, you will want to keep your compost in a cool dry place, away from direct sunlight and rain to maintain ideal composting conditions. It will help reduce smell and make it more effective.

To compost outdoors, the minimum space you need is 3 feet x 3 feet. It may be helpful to build a barrier around your compost site to prevent critters from rummaging through it. You can also invest in an outdoor composting bin.

By composting, you can reduce or eliminate your need to use synthetic fertilizer. It is also beneficial for the composition of your soil. It adds nutrients and microorganisms that will help your new plants grow.

Composting will help you save money, waste less food, and grow better plants without using harsh chemicals. If you would like to learn more, you may want to grab a

composting book or research composting online to see if you can fit it into your daily lifestyle.

This series of articles is being written for ONE's newsletter in order to continue with the City's re-certification for the [Certified Wildlife Habitat](#) with the National Wildlife Federation.

## **[7. Knoxville Neighborhoods Calendar](#)** (click link for online calendar)

Call 215-3232 to include your neighborhood event or meeting in [this Google calendar](#).

If you are a person with a disability who requires an accommodation to attend a City of Knoxville public meeting, please contact Stephanie Brewer Cook at [scook@knoxvilletn.gov](mailto:scook@knoxvilletn.gov) or 215-2034 no less than 72 hours before the meeting you wish to attend. For an interpreter, contact Title VI Coordinator Tatia M. Harris at 215-2831.

### **Other Calendars**

Additional online calendars that cover events outside the neighborhood realm include:

- [Arts & Culture Alliance](#) (There's More to Knoxville)
- [Arts & Fine Crafts Center Classes](#) (City of Knoxville)
- [City of Knoxville General Calendar](#)
- [Parks and Rec Community Programming](#)

### **About This Newsletter**

*\*\* This Advisory is produced on most Tuesdays of the year.*

*\*\* Ideas and contributions are welcome. We reserve the right to edit submissions.*

*\*\* Deadline for news & calendar items: 12 p.m. Fridays.*

*\*\* May be copied and forwarded via neighborhood email lists and newsletters.*

*\*\* See past issues at our website: <http://www.knoxvilletn.gov/neighborhoods>*

*\*\* Don't have internet access? Call 215-4382 if you need a copy of a particular document.*