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‘STP-Champion’ robber hits First Horizon

STAFF REPORTS
editor@farragutpress.com

FBI Special Agents along with the Knox County Sheriff’s Office units are searching for the suspect responsible for the robbery of First Horizon Bank, 11685 Parkside Drive in Farragut, Monday, Jan. 10 (submitted security cam photo, right).

“At approximately 2:15 p.m. ... the suspect entered the bank and approached the tellers, handed them a note and demanded money,” stated a report from Darrell DeBusk, public affairs officer with FBI’s Knoxville Field Office.

“The tellers complied with the demands. It is believed the suspect fled the bank towards Campbell Station Road.”

No further information was avail-

able at deadline Tuesday afternoon, Jan. 11.

“According to information developed in the investigation and witness statements, the suspect was described as a white male with a slender build. He may be in his late 20s to early 30s,” the reported further stated. “He was wearing a gray shirt with the ‘Champion’ logo on the front, blue jeans, a gray toboggan with the ‘STP’ logo on the front and a white face mask.”

Meanwhile, all four Farragut primary through high school public schools went on lockdown before 3 p.m., Monday.

If you know this person or have information on the robbery, call the FBI’s Knoxville Field Office at 865-544-0751, KCSO at 865-215-2243 or your local law enforcement agency. An online tip can be submitted at: <https://tips.fbi.gov>.



Kilt Trip

Farragut man does 10,000-mile U.S. hike in special, ethnic attire

TAMMY CHEEK
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Farragut resident Nicholas “The Wandering Kiltsman,” Cornett, 35, recently completed the American Triple Crown trail systems — the Appalachian Trail, the Pacific Crest Trail and the Continental Divide Trail — becoming one of less than 500 to achieve that goal.

Cornett hiked 10,000 miles in three years on some of the most difficult and remote terrain in the United States.

“I’m glad that I was able to finish what I started,” Cornett said. “Now I just need to figure out the next step to take.”

Along with that three-trail feat, he did it all wearing a kilt.

“I always wear a kilt,” said Cornett, a Farragut High School Class of 2004 graduate, filmmaker and former Navy



Photos submitted

(Above left, above) Farragut resident Nicholas “The Wandering Kiltsman” Cornett stands on the ledge at McFee Knob (above), a part of the Appalachian Trail, in Virginia.

Corpsman. “It’s the only way to live.”

While his paternal grandmother has the Scottish genes — “she traced her lineage of the MacDonald clan back to the 1600s” — he was introduced to wearing the kilt while attending the Scottish Highland Festival in July 2016 in Los Angeles.

“I was given a kilt by my ex-sister-in-law,” he recalled. “I wore it all weekend and then came home and threw away all of my pants because I decided I was only going to wear a kilt.”

“It’s more comfortable, it’s an automatic conversation starter; people become a lot less shy around you,” Cornett added. “It’s amazing what people will come up and ask you.”

He added the kilt also is cleaner than slacks, more convenient and more practical for hiking.

“For me, as a hiker, sweating is an issue,” he said. “People complain about chafing. I don’t. And, they stay cleaner longer, especially if they are made from real wool.”

While living in Los Angeles and going through a divorce in 2018, Cornett said he decided he needed to change up things.

Development plans feature N. Watt Road-Harrison Lane

MICHELLE HOLLENHEAD
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Farragut’s Municipal Planning Commission will consider a rezoning request during its regular Thursday, Jan. 20, meeting which, if approved, would be the first step in constructing a mixed-use development along North Watt Road.

The issue to rezone 9.22 acres at 421 N. Watt Road from General Commercial to Neighborhood Convenience Commercial was a discussion-only topic during both the Town Staff/Developer meeting Tuesday, Nov. 30, and the FMPC meeting Thursday, Dec. 16 — and is on the Thursday, Jan. 20 agenda for discussion and public hearing.

The property fronts “North Watt Road within the Town and extends westward into Loudon County, where it also has frontage along Harrison Lane,” according to a Town report.

Tentative plans shared with Town officials proposed 40 attached single-family town homes along with space for commercial/retail construction and a community use playground.

“It is consistent with the Future Land Use map,” Town Community Development director Mark Shipley said during the Nov. 30 meeting. “Conceptually, it shows a mix of residential and non-residential construction ... looks to be (simi-



St. Clair

See KILT TRIP on Page 4A

See DEVELOPMENT on Page 4A

business

“We thought we would open at midnight New Year’s Eve to offer the new sets. ... We had so many families come in together and buy sets; they went home to build together to ring in their New Year,”

- Pat Burnett, owner of a business selling family hobby fun. (Read story beginning on page 3A)

community

“I flushed ice cubes down the (commode), wore my pajamas inside out, and my teacher said to sleep with a toothbrush under our pillow. She said if we did all that, (it) would probably come — and it did,”

- Julia Logan Horne, 7, whose special wish came true. (Read story beginning on page 7A)

sports

If (the schedule) is not preparing you for the post-season and exposing some of your weaknesses, you’re probably not playing who you need to. ... I’m pretty confident knowing exactly what we need to work on,”

- Jeremy Parrott, whose senior-laden team is thinking big. (Read BHS boys and girls stories on page 11A)

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Winning ‘Flair’ for December Town Sampler \$240 champ



Photo courtesy of Stephen Krempasky

Kristina Longmire, right, took off a few minutes from her job at Homes and Land in Farragut to join International Flair Jewelers’ owner, Uri Freijanes, to accept her prize package as Shop Farragut’s Town Sampler December Contest winner. She began the New Year with a prize package valued at \$240 (all prizes are transferable): \$25 gift cards from International Flair, Big Kahuna Wings, The Town Framery, Jet’s Pizza and Costco; \$25 gift certificates from Belk Men’s Store, The Farragut Table and Tennessee Cutlery; and four admissions & skate rentals from Cool Sports (\$40 value). The January contest is a \$245 value: a \$30 gift certificate from Farragut Cleaners; \$25 gift cards from Goodwill at West End, Brickhouse Collectibles, Elliotts Boots Shoes Sandals and Linda’s Hallmark; \$25 gift certificates from Fruition Café. Salon 1551, and JCPenney; and four admissions & skate rentals from Cool Sports (\$40 value). Enter at: <https://wfiv.com/contests/20/shop-farragut-january-2022>



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KCSOreports

• At 10:22 p.m., Saturday, Jan. 8, a Knox County Sheriff’s Office unit observed an alleged violator’s vehicle, black in color, traveling on Lovell Road near Parkside Drive. His vehicle changed two lanes without using the vehicle turn signal, then pulled into the McDonalds parking lot. Officer initiated a traffic stop and made contact with the alleged violator, who provided necessary documents. A check through LEIDS confirms alleged violator’s driver license “is suspended for multiple violations, including failure to pay child-support and failure to provide insurance. He was issued a misdemeanor citation and released,” the KCSO report stated.

• At 1:10 p.m., Jan. 8, an officer responded to the intersection of Highstone Lane and Wardley Drive on reports of a hit-and-run vehi-

cular accident. Officer came into contact with the victim/vehicle owner, who said he was driving his 2014 Ford Fusion near the intersection of N. Campbell Station Road and Kingston Pike “when an older lady started coming into oncoming traffic, striking him in the rear bumper on the passenger side,” a KCSO report stated, adding the suspect “did not stop to swap information.” Victim then left the scene of the accident and drove to the above intersection to speak with officers.” Estimated value of damage was listed at \$300.

• On Jan. 8, officers were dispatched to an Outlet Drive address in reference to a simple assault. Upon making contact with alleged victim and suspect, the officer reported the suspect “was being very loud and disorderly

See KCSO REPORTS on Page 4A

Town, county, other election ’22 info told

STAFF REPORTS
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Several county, state and federal races are up for election this year, as are the offices of Farragut mayor and two aldermen seats — one each in the North and South wards.

Current Mayor Ron Williams had indicated he will be running for re-election, as has North Ward Alderman Scott Meyer.

South Alderman Ron Pinchok is term limited and cannot seek re-election.

No other potential candidates had formally announced at presstime Tuesday, Jan. 11.

The first day candidates may pick up petitions to run for Farragut office is Monday, Feb. 7, according to Knox County Election Commission. Petitions must be returned by April 7 — and April 14 is the last day to withdraw.

Potential candidates may visit the Election Commission’s main office at the Old Courthouse in Downtown Knoxville, 300 Main St. Suite 229, or the West office (site of the former West Knox Senior Center), 109 Lovell Heights Road.

Knox County’s primary election is Tuesday, May 3, with its General Election Day and Town of Farragut Election Day Thursday, Aug. 4.

towncalendar

• Farragut Museum, 11408 Municipal Center Drive in Town Hall, is taking a hiatus as it prepares for its newest exhibit, “The Craftsmen of Yesterday,” featuring antique farm tools and other implements.

The museum, which closed Monday Jan. 10, will remain closed through Monday, Jan. 31, and will re-open at 11 a.m., Tuesday, Feb. 1, with the exhibit. “Visitors will travel back in time to see the fascinating tools used by farmers in this area during the early to mid-1900s,” the Town’s website stated. “In conjunction with the exhibit, the Museum will unveil a country store scene on the vignette.”

A special “Friends of the Museum” preview is scheduled for Jan. 31. Those who

are not already a Friend of the Farragut Museum and would like to attend the event may sign up during the preview. Admission is free and open to the public.

Typical museum hours are from 11 a.m. to 2 p.m., Monday through Friday. For more information, call 865-966-7057.

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Is Your Mother or Father Falling? 3 Balance Systems Your Doctor May Be Forgetting To Mention

By - Leading Physical Therapist, Dr. John-Mark Chesney

Last week I introduced you to what I refer to as the “downward spiral” of having a fall. In short, I highlighted how one fall can lead to much more serious issues, ultimately including things like depression and decreased enjoyment in life. And while this may have been a rough way to start the conversation about balance and fall prevention, I also promised to brighten things up by sharing some useful information about improving balance and staying active.

If your mother or father has experienced a fall, you probably already know how life-altering it can be. Besides any physical injury that occurs, the real damage tends to occur a little more slowly over the following weeks and months. Once a fall happens, the whole world changes. There used to be confidence, and now there is doubt. What happens if the next fall is more traumatic?

As balance decreases, your activity level gradually declines, and a few things start to happen. First, you become less mobile, and by default your strength and balance start to decline. Second, you don’t get out as much as you used to. Things like going for walks with a friend or spouse, or just going out and socializing with friends start to become too much to handle.

If you or a loved one are caught in this downward spiral and are looking to reduce your risk of falling and regain your active lifestyle, I have good news for you: there’s a lot that can be done! Let’s first take a look at the 3 balance systems that control your balance and help keep you stable.

- The “3 Balance Systems”**
1. **Vision:** constantly sends input to your brain telling you where your body is in relation to your surroundings.
 2. **Sensation/Spatial Awareness:** this second balance system has a few features. First, the pressure along the bottoms of your feet gives your brain input when you shift your weight. Second, you have special receptors in your joints that tell your brain where you are in relation to space.
 3. **Inner Ear:** your inner ear, aka your “vestibular

lar system”, sends input to your brain regarding the movement of your head in relationship to gravity. The sensation of spinning is also referred to as “vertigo”.

Read what Betty had to say regarding troubles with her balance because of damage to one of her balance systems:

“I love working in my flower beds but a few weeks ago I fell in my yard when I stepped awkwardly. I was lucky I landed in the grass because I have osteoporosis and doubt my hip would have survived if I had landed on the sidewalk. I live by myself and was scared of falling again outside- and wondered if my gardening days were over. Luckily I was able to get back my confidence with the proper therapy. I am quite pleased now and have the best looking rose bushes on my street!”

Damage to any of your 3 Balance Systems can have a negative impact on your ability to maintain your balance. However, people who fall and then become less active typically have issues with weakness of these systems, which is very treatable.

Since Betty took care of her balance issues early on, she is now able to enjoy gardening to her heart’s content.

If you can relate to Betty’s story or maybe your loved one is having trouble remaining steady on their feet, or maybe has already had some falls, then I encourage you to schedule a FREE no obligation telephone call with our balance and vestibular certified specialist. We will take the time to listen to your story and recommend the best course of action for preventing another fall. You can request a free phone consult by calling or texting us at (865) 351-0615. We currently have 6 of the phone consults available.

Stay tuned for more information about how to improve your balance and prevent another fall in my article next week. Also feel free to access other balance resources on our website: www.simplypt.com/balance-resources/

The author, John-Mark Chesney, is a Doctor of Physical Therapy and Owner of Simply Physio. He’s happy to answer any questions about balance and fall prevention by phone or text at (865) 351-0615 or by email at john-mark@simplypt.co

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Ringling in New Year at BrickHouse

Legos releases lend fun way to celebrate at midnight

MICHELLE HOLLENHEAD
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While typical New Year’s Eve revelers waited with noise-makers and glasses of champagne to ring in the new year, dozens of Lego fans patiently waited outside BrickHouse Collectibles in West End Center to start 2022 with new projects in hand.

“Lego has two huge release dates every year — Jan. 1 and Aug. 1 — not sure about why those specific dates, but we thought we would open at midnight New Year’s Eve to offer the new sets,” BrickHouse Collectibles owner Pat Burnett explained about the special open house held from midnight to 2 a.m., Saturday, Jan. 1.

He had flooded social media with previews of specific sets in the days leading up to the event, showcasing new offerings from the Ninjago, City, Minecraft, Disney and Star Wars lines, as well as a Creator line model Shelby and brand-new Chinese New Year sets — but was still surprised at the number of Lego enthusiasts who flooded the store.

“We had about 60 transactions, and well over 100 people came,” Burnett said. “It was

awesome. Our New Year’s Day was off the charts.

“It just shows the enthusiasm people have and their love for Lego,” he added. “We had so many families come in together and buy sets; they went home to build together to ring in their New Year.”

Farragut residents Thomas and Ginny Herrick and their children, Sam and Lily, were among those very families.

“Our whole family loves Lego, but my husband and son were the most excited to peruse the new sets,” Ginny said. “Thomas had his eye on a new Technic Mustang to add to the other Lego cars on display at our shop (Thomas Tuning and Service). Sam, who is 12, has started collecting the Architecture skyline sets and was excited to get the new Singapore set. Lily, my 10-year-old animal lover, got a little parrot to build.

“Our whole family has embraced Lego,” Thomas added. “It is something I have loved since I was a child, going back to when my grandfather bought me my first set. It is great to be able to support any local business, and it makes it even better that BrickHouse provides a wholesome activity



Michelle Hollenhead

BrickHouse Collectibles owner Pat Burnett holds two of the hottest new Lego releases — a Chinese New Year set and a Ford Mustang Shelby — that were among the most sought after during the New Year’s Eve Lego release party that began at 12 a.m., Saturday, Jan. 1.

all of us enjoy without a screen or electricity.”

“It was a fun, family-friendly activity when so many NYE celebrations are geared toward adults,” Ginny said. “We even ran into some other neighborhood kids while we were there.

“Also, we really appreciate having BrickHouse Collect-

ibles in the community. We want to support Pat and help keep his shop thriving. As small business owners ourselves, we know how important it is to connect with the community. Pat did a great job of that with the NYE event, and we were glad to join in the fun,” she added.

“As a bonus, we get to build some new creations at home.”

At 51, Burnett himself is among the many adult Lego enthusiasts who continue to purchase and build sets regardless of age.

“I love Lego so much,” he

See BRICKHOUSE on Page 5A

Air Masters sells Town biz to Russell & Abbott H&C

TAMMY CHEEK
tcheek@farragutpress.com

Air Masters Heating and Cooling, a home-based business along Buttermilk Road in Farragut, was sold last week to Russell & Abbott Heating and Cooling, 2124 E. Broadway, Maryville.

While Russell & Abbott marked its 44th anniversary in 2021, Air Masters was founded in 2003 by owners Brian and Alisa Baker.

“My wife and I are retiring due to health issues,” said Brian Baker, whose company provided residential heating and air conditioning services primarily in Blount, Knox and Loudon counties. “I wanted to be sure my heating and air customers continue to be well taken care of.

“We have worked hard to build a special relationship with our customers, so it was important to us to ensure they will be in good hands,” he added. “The Russell & Abbott team members are experienced professionals, and they stand behind their service.



Photo submitted

Long-time Maryville heating and air conditioning company Russell & Abbott, represented by Melissa Meck, has purchased Air Masters Heating and Cooling, a home-based business in Farragut, represented by former co-owner/co-founder Brian Baker.

My customers can trust and rely on them to do the right thing.”

As the Bakers had worked out of their home, “we just moved all the operations into our business and merged the two together,” Russell & Abbott CEO Chris Hurley said. “We are looking at expansion

possibilities of where we may go and what we may do.

“We’re certainly looking into (a location in Farragut),” he added.

“I want this to be a seamless transition,” Russell & Abbott president Melissa Meck said.

See AIR MASTERS on Page 5A

businessbriefs

• Khann Chov will join Keep Knoxville Beautiful as executive director Friday, Jan. 14.

Chov is an East Tennessee native with roots in Chattanooga. She moved to Knoxville to attend the University of Tennessee in 1999.

Since then, she has been a part of Knoxville’s environmental community through work with Knoxville-Knox County Community Action Committee, AmeriCorps, CAC Beardsley Community Farm and University of Tennessee.

She is an AmeriCorps alumna, serving with Knox County Schools between 2004 and 2006 with recycling, composting, school gardens and water quality initiatives.

She is most known her for her accomplishments at CAC Beardsley Community Farm, where she served as farm manager and eventually its director of urban agriculture. Her work at CAC Beardsley Community Farm allowed her to form dozens of partnerships focusing on food security and sustainable agriculture. There, she wore many hats as the organization blossomed over the years. She has a wealth of experiences with volunteer management, education programs, event planning, grant writing and fundraising.

• Powell Auction & Realty, LLC., recently named Philip Hopper as executive vice president of real estate.

In this role, he will lead the full spectrum of the company’s work in real estate, including commercial and residential properties and land.

• The Trust Company of Tennessee recently hired Marc Foster as senior trust officer.

Based in the firm’s Knoxville office, Foster has decades of experience and passion for people, which will complement the firm’s team, according to Daniel Carter, president of The Trust Company of Tennessee.

Foster earned a Bachelor of Science degree in economics

See BRIEFS on Page 5A



Hopper



Foster

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New hotel planned adjacent to TopGolf, part of Farragut Station development

MICHELLE HOLLENHEAD
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Farragut's Outlet Drive Entertainment district will be adding a hotel in the months ahead.

A SKORE brand hotel is to be built on the east side of the under-construction TopGolf property as part of the Farragut Station development.

Its site plan will be considered by Farragut's Municipal Planning Commission during its Thursday, Jan. 20, meeting.

Rusty Baksa and Chad Brown of Land De-

velopment Solutions attended the Town Staff/Developer meeting Tuesday, Jan. 4 to discuss plans. The four-story hotel will feature a bar and gym, will offer 106 rooms and include 16,000 square feet per floor.

Town Mayor Ron Williams, who attended the Staff/Developer meeting, said he believed the hotel would be the first of its kind in the state.

Baska said plans call for the property to be subdivided, but added he is not sure what will be built on other portions of the property.

TopGolf is on line to be completed sometime this summer.

Kilt trip

From page 1A

"That gave me the opportunity to go and do this hike I've been thinking about since I was in middle school," he said. "I had learned about the Appalachian Trail, but I hadn't learned about the Triple Crown until I started hiking the Appalachian Trail.

He started his hikes with the Appalachian Trail on April 27, 2019, at Springer Mountain, Georgia, and walked to Baxter State Park in Maine, where he summited Mount Katahdin. Cornett said it took six months to complete the first leg of that journey. He lost 80 pounds over the AT hike, so he spent two months eating ice cream and recovering before returning to his quest.

Cornett headed south to the Florida National Scenic Trail, walking 585 miles before he was stalled by COVID and "people got a little crazy, so I left."

He also had hiked a section of the Pinhote trail along parts of Alabama and Georgia.

"Then I went to the Continental Divide Trail. From the Canadian border in Montana to the Mexican border in New Mexico, he said the CDT "was the longest, most strenuous hike of the three," but "my personal favorite."

Still, "the Continental Divide is a weird one because you pick your own trail because it's not one solid trail," Cornett said. "It's like a spider web that goes down, so it can be anywhere from 2,500 miles to 3,000 miles."

That hike took five months. After taking four months to recover afterward, he took on the Pacific Crest Trail, the third and final hike, in April 2021 and finished in late Au-



Photo submitted

Farragut resident Nicholas "The Wandering Kiltsman" Cornett checks out the scenery at Kearsarge Pass as he enters King's Canyon National Park in California.

gust. That trail took Cornett from Mexico, through California, Oregon and Washington to the Canadian border.

"The Pacific Crest Trail — the entire time — I was racing against fall fires that were happening in Colorado, Oregon and Washington," he recalled. "You could see it a little earlier than most people, and there are updates and trail networks."

"The focus of the PCT being to finish, there was not much time for luxury or slowing down to smell the roses, Cornett added.

Now, Cornett is setting his sights on walking the Te Araroa — The Long Pathway — in New Zealand, a 3,000-mile route stretching from Cape Reinga in the north of New Zealand to Bluff in the south. He also is considering walking through Europe.



presstalk

671-TALK (8255)

or editor@farragutpress.com

• Looking at the "Road upgrades a must to handle growth" by the Vice Mayor of Farragut (op/ed column, Opinion page 4A, Jan. 6 issue), I find it ironic that she's talking about controlling growth with the traffic problems in Farragut — which, ironically, if you'd quit issuing building permits for all the subdivisions, maybe we wouldn't have any other future traffic issues. The Town of Farragut is already at its max and does not need anymore development, especially neighborhoods.

Presstalk rules

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 - Libelous and malicious comments will not be published;
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Development

From page 1A

lar] to what they are doing at the Swan Farm."

Pointing specifically to the planned playground, Shipley commented, "one objective is to blend the residential and non-residential to have a common amenity they can both share."

"It looks like something a lot of young families are looking for," Vice Mayor Louise Povlin said during that same Nov. 30 meeting.

In discussing the project Dec. 16, FMPC vice chairman Ed St. Clair noted potential sight distance issues.

"Near the crest of that hill ... looking ahead, (we) need to make sure we understand site distances and whatever improvements need to be made," he said.

"We are somewhat concerned about the location where the drive comes out,

and the cut-through traffic element," assistant Community Development director Bart Hose said.

"The applicant turned in a concept plan, to have an idea of what they are proposing, but this is just a rezoning phase. The plan's not really under consideration," he added.

"Any development plan that goes on the site, would be fully evaluated, as would any other site development plan."

Project applicant Robert Campbell of Robert Campbell and Associates told the gathering he was aware of a potential issue with sight distance, and is working on ensuring any issued be addressed.

Several Watt Road area residents attended the Dec. 16 FMPC meeting to find out more about the plan, including Mark Wagers, who spoke publicly and said he personally didn't have "any trouble" with the plans for the new development.

KCSO Reports

From page 2A

while detained, causing people to stop and stare, which interrupted them from conducting their normal business." The suspect "appeared very intoxicated, having glassy eyes, slurred speech and could not

walk under his own power," the report added. Alleged victim said he told suspect to leave. However, "he refused and swung at" the suspect, the report stated. Alleged victim said he placed suspect on the ground and held him until officers arrived. A witness verified what the alleged victim said.

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Photo submitted

(Top) Thomas Herrick and his wife, Ginny Herrick, alongside their son, Sam, and daughter, Lily, (above) were among about 100 Lego enthusiasts visiting BrickHouse Collectibles during the first hours of the New Year Saturday, Jan. 1.

BrickHouse
From page 3A

said. “It’s one of the main reasons I opened my shop (in 2020), even during the pandemic. It just doesn’t seem like work. Plus, I get to know the kids and their parents, and everyone becomes more like friends and family members.”

While BrickHouse Collectibles has many “regular” cus-

tomers, Burnett said business has been “absolutely unbelievable” over the last year.

“It seems we see new faces every day,” he said, crediting word of mouth and social media as contributing factors, most notably Tik Tok and You Tube influencer “Mini Superheroes Today,” who came to the store earlier this year.

“He did a video and posted it, and we have had so many

people come in and say they found out about us that way,” Burnett said.

Although Lego sets are about 80 percent of BrickHouse Collectibles’ inventory, the specialty shop also offers comic books, action figures, Pokemon and many other unique collectible toys and items.

For more information, visit the shop at 163 West End Avenue or call 865-392-1019.

Air Masters
From page 3A

“Air Masters customers can still use the same phone numbers they are used to, plus Brian will be available to us on a consultative basis should the need arise.”

“Customers can expect that we are qualified to service any brand of equipment, and if a new system is needed, there are many options within our exclusive Onyx line of high-efficiency equipment with financing terms for almost anyone,” she added.

“Russell & Abbott has won numerous awards, recognition and accolades,” a company press release stated. “For the past several years, Russell & Abbott Heating and Cooling has been a Reader’s Choice award winner.

“Russell & Abbott was named the 2015 Business of the Year, an award given by the Blount Chamber of Commerce,” the release further stated.

“Both companies are dedicated to serving the community and providing excellent customer service.”

Additionally, Russell & Abbott will offer Air Masters Heating and Cooling customers the opportunity to join its “Comfort Club.”

“This membership program offers priority service, two seasonal system tune-ups and a professional system cleaning along with many other benefits,” the release stated.

“A lot of attention has been given to the black dog that people see on the Russell & Abbott trucks and in our advertising,” the release further stated.

“There are reasons for that dog. Think about the qualities of man’s best friend: loyal, reliable, eager to please — that’s how we do business,” Meck said.

“A home is one of your biggest investments, and we take into account that each home has unique heating and cooling needs,” Hurley said.

“We respect the privilege to be in your home, and we take the extra time and effort to determine what is best for your specific situation and present options before you commit to buying because our company is in the relationship for the long haul,” he added.

Along with the Onyx equipment line, the Maryville company also provides ductless heating and air conditioning services, indoor air quality service and installation, customized residential and commercial heating and cooling maintenance, commercial heating and cooling installation and services, on-demand HVAC service and flexible financing.

Russell & Abbott Heating and Cooling is open from 8 a.m. to 8 p.m., Monday through Saturday, and is closed on Sunday.

For more information, call 865-982-5133, visit www.RussellandAbbott.com or find it on Facebook.

Briefs
From page 3A

from Radford University and has more than 20 years of experience administering various types of trusts, including special needs, structured settlement and charitable trusts.

• **Analysis and Measurement Services Corporation**, a Knoxville-based market leader in testing and instrumentation and control systems of nuclear power plants worldwide, in response to the company’s growth,

hired seven full-time employees in 2021: **Caleb Crosby**, **Wes Fletcher**, **Matthew Junker**, **Michael Dewell**, **Amy Godfrey**, **Ben Fennema** and **Seth Thompson**.

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Special bond: 8th-grade FMS girls, McIntyre

ALAN SLOAN
editor@farragutpress.com

While all Farragut Middle School girls varsity basketball players are valued by head coach Devan McIntyre — this season’s eighth-graders “are really, really special to me.

“I guess you can tell how I feel based on my emotions. ... The eighth-graders now were the sixth-graders when I started here,” added the third-year Lady

Admirals head coach, fighting back tears just after FMS celebrated 8th Grade Evening in the school’s Bobby Henry Gymnasium Tuesday, Jan. 4 — the team’s final regular season home game for the coach’s eight 8th-graders: Anna Corum, Brylee Flatt, Gracie King, Lilly Mullins, Julia Puterbaugh, Audrey Rust and Annie Steele, along with team manager Ella Schlomer.

“I feel like we’ve built a winning tradition together. They’ve all worked extremely hard,” she added.

This season is evidence of that, as a 62-7 FMS win against Northwest Middle School Jan. 4 improved the team’s record to 14-4 overall and 11-2 in the Knox County Middle School Basketball League standings.

“In terms of (League Division) AAA for tournament seating, we’re in first (place) right now,” McIntyre said. “Other teams have lost just two, but we’ve won the head-to-heads against those other teams.

See FMS GIRLS on Page 10A

‘Net’ profits, League-wise, for FMS boys



All FMS photos by Alan Sloan

In was a night of celebration in Bobby Henry Gymnasium at Farragut Middle School during Eighth-Grade Evening Tuesday, Jan. 4. **(Above)** Parker Lane, one of 10 FMS boys basketball eighth-graders, earned membership into the inaugural FMS 500-Point Club (he had 674 career points starting the week), with a plaque and basketball to prove it, alongside his mother, Brittney Warwick. Parker also wore one of the rim’s nets to indicate his Admirals were Knox County Middle School League undefeated champions (20-1 overall) after blowing past Northwest Jan. 4. **(Right)** His nine eighth-grade teammates are shown cutting down the net and taking a memento piece, as Parker also did. Roughly 30 FMS eighth-graders, also including head coach Devan McIntyre’s FMS girls team (see story above) plus cheerleading and dance team members, were recognized with parents and other family members between games. **(See photos in our Jan. 20 issue)**



Hayden Duncan



Moses Burnette



Will Dickens



Aiden Foshie



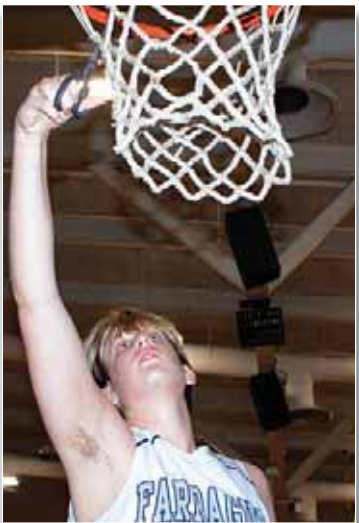
Zain Kureshi-Smith



Daniel Lanning



Britton Lewis



John McWhirter



Reid Vining

One of just 50 in nation, Warrior Network earns prestigious club entry

STAFF REPORTS
editor@farragutpress.com

KNOXVILLE — Christian Academy of Knoxville’s Warrior Network, a student-led broadcasting team, has been named to the National Federation of State High School Association’s Network Founders Club.

“This is a big honor, as CAK is among only 50 schools nationwide to be named to the NFHS Founder’s Club, an honor acknowledging the Warrior Network’s impact on the (Founder’s) network streaming over 1 million events since its inception in 2008,” a school press release stated.

“When we started the NFHS Network, we knew there was a significant demand for a platform like ours,” PlayOn! Sports CEO and founder David Rudolph stated in the press release.

“High schools have some of the most passionate fans in all of sports, and they covet the ability to cheer on the student-athletes and schools they support when they cannot physically be in attendance. Our Founder’s Club represents

some of our company’s biggest champions and will continue to be integral to our growth.”

“We at the Warrior Network are honored to be acknowledged among the 50 schools that played a part in hitting the NFHS 1 million streamed events milestone,” Warrior Network teacher John Sessoms said. “Congrats to all of the students who played a vital role in making this happen.

“And thank you to the late Jim Blackwell, who was instrumental in launching the

Warrior Network,” he added.

As part of the Founders Club, each school receives a banner to hang along with an official certification marking the honor.

“All of the schools are part of the NFHS Network School Broadcast Program, which provides schools with the software and tools needed to produce and broadcast professional-grade events online, including sports, graduations, news, guest speakers, interviews, and award ceremonies,”

the CAK release stated.

“This has been vital during this time of COVID-19, when we have been offering a streaming option of a high number of events,” Sessoms said.

“It’s fantastic to see high school stadiums and gyms packed with fans once again,” Rudolph stated. “But for those fans that live out of state, are tied up with business travel or simply can’t make it to an event in person, we’ll continue to keep them covered.”



John Sessoms, Founders Club banner

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Snow much fun!

Julia’s ‘ritual’ had a sizeable payoff

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

A Farragut Primary School second-grader is convinced her “snow ritual” paid off in a big way Monday, Jan. 3.

Before she went to bed the night before, Julia Logan Horne said she followed instructions relayed by her FPS physical education teacher Elizabeth Bell.

“I flushed ice cubes down the (commode), wore my pajamas inside out, and my teacher said to sleep with a toothbrush under our pillow — but I used two and seven different cups of ice,” Julia excitedly relayed that afternoon.

“She said if we did all that, the snow would probably come, and it did.”

The 7-year-old daughter of Katrina Logan Horne and the late Brook Horne said she wanted to try Bell’s ritual because “I love the snow, a lot, and we never get it anymore.”

Julia said she also was hoping for a little extra time added to the holiday winter break Knox County students enjoyed through Jan. 3.

Julia bundled up and played happily in the winter wonderland she firmly believes she helped bring about.

“I made snow cream and jumped on the trampoline and made a snow angel,” she said. “I got to go sledding in the backyard, and I’m gonna build a snowman later.”

“She has just been thrilled with the results,” said Katrina, who shared Julia’s methods on social media.

For her part, Bell said the “ritual” is one she has been



Photo courtesy of Katrina Logan Horne

Julia Logan Horne, 7, who enjoyed the snow Monday, Jan. 3, with her family dog, Andy, is convinced her “snow ritual” worked its magic.

sharing with her students since she started teaching 12 years ago.

“It is something I learned from my students, my first year of teaching,” Bell said. “Since then, over the years, I have jokingly shared the ‘tricks’ with students to get them excited for a possible

snow day.

“Who doesn’t love a good snow day?” she added. “Kids at the primary age love to have something to believe in.”

Especially if it works. Perhaps Julia’s ritual also could be credited with the second round of snow that took place at the end of last week.



Photo submitted

Farragut High School sophomore William Cabaniss, who founded ‘Vanilla Feeds Tomorrow’ specifically to contribute to Second Harvest of East Tennessee, made his company’s most recent \$40,000 donation Dec. 20 to Rachael Ellis, Second Harvest Director of Development.

‘Vanilla’ provides 421K meals to Second Harvest

MICHELLE HOLLENHEAD
mhollenhead@farragutpress.com

In just 18 months, Farragut High School sophomore William Cabaniss’ selfless generosity and unique talent for making vanilla extract has provided close to half a million meals for hungry East Tennesseans.

The “Vanilla Feeds Tomorrow” non-profit he began in his Farragut home in May 2020 so far has contributed \$140,405 to Second Harvest Food Bank of East Tennessee, which organizers say is the equivalent of 421,215 meals.

Cabaniss, who is the son of Mark and Jillina Cabaniss, has made several separate donations to Second Harvest, most recently one for \$40,000 Thursday, Dec. 20.

Grateful for his ongoing contributions, on that same day, Second Harvest placed the Vanilla Feeds Tomorrow logo in its volunteer lobby and began selling the extract there as well.

“Second Harvest is beyond excited about the opportunity to sell homemade bottles of vanilla extract from Vanilla Feeds Tomorrow,” said Rachael Ellis, the organization’s director of Development. “The vanilla extract is high quality and made with compassion. William inspires everyone he encounters, and he reminds us daily of the enormous impact that that one person can make.”

“The opportunity to work with someone like William who has a genuine passion to

See FEEDS on Page 9A

Benefield, Sanchez, Frear FPS Teachers of Year

TAMMY CHEEK
tcheek@farragutpress.com

Farragut Primary School teachers Disa Benefield, Claudia Sanchez and June Frear are their school’s Teachers of the Year.

Benefield, who teaches special education, Sanchez, who teaches English as a second language, and first-grade teacher Frear were chosen by their peers for their accomplishments.

“There’s a ballot, so each staff member will choose a teacher,” Benefield said.

The results of those ballots then are combined, and the nominees who meet a list of qualifications, such as tenure, are selected.

“I was so excited and very happy because we have such high-quality teachers here in the building,” Sanchez said, adding she also is happy that teachers think highly enough of her to choose her for the honor.

This marks Sanchez’s eighth year at FPS in a teaching career spanning 17 years. Along with ESL, she also had taught high school Spanish.

“I remember when I was the youngest teacher in the building,” she said. “I was 21.”

Sanchez was inspired to pursue teaching by her parents, who were teachers. However, her father did not want her to become one.

“I have a law degree (in the nation of) Colombia, too, because when I wanted to be a teacher my dad said, ‘No, I’m not paying for that.’”

Regardless, Sanchez also studied to obtain a teaching degree, and “when I moved to the United States my teaching degree was valid, but my law degree wasn’t ... now I am a teacher.”

What she loves most about her chosen career is “my interaction with the kids,” Sanchez said. “We are not always the teachers; the kids teach us things, too.”

Benefield, who has been with FPS for seven years, now is in her 20th year of teaching.

“I was surprised,” Benefield said about her Teacher of the Year award. “It was a nice honor, especially coming after a hard year last year, and this year equally challenging.”

Benefield’s career started in Missouri and included teaching in West Virginia and Iowa before she moved to Tennessee in 2012. While most



Tammy Cheek

Farragut Primary School recently chose as Teachers of the Year, from left, Disa Benefield, special education teacher; June Frear, first-grade teacher; and Claudia Sanchez, English as a second language teacher.

See TOPS on Page 9A



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Concern level when pet has high liver enzymes?

Q: “Brewster” is my sweet little mutt that I adopted from the shelter a few years ago. We were just at the vet for his annual check-up, and my vet said his liver enzymes are high. Brewster is middle aged, but we don’t know his exact age. He is happy and active — how concerned should I be? **P.R., Farragut**

A: The primary liver enzyme in dogs is called ALT, and I assume that is what your veterinarian is referring to. There are also secondary liver enzymes, and there may be more cause for concern if those are also elevated.

Many things can cause ALT to be elevated. Primary liver disease is always a possibility. Additionally, certain medications can cause liver enzymes to be elevated, such as steroids or phenobarbital (a seizure medication). Some chemicals or toxins can also cause temporarily high levels; veterinarians see this often, as dogs get into the trash and lick/eat things outside they should not. Increased ALT can be secondary with certain medical conditions, such as diabetes or Cushing’s disease.

At Brewster’s annual visit, your vet likely performed a physical exam. An enlarged liver is generally palpable on exam, and a pet that is jaundiced will be noticed. It’s a good thing if your vet did not find this.

Depending on how high Brewster’s ALT is, your vet may discuss a few different scenarios. For slight elevations with no clinical signs, he/she might recommend liver antioxidants and a re-check blood test in a few weeks.

With higher enzyme levels, a liver ultrasound may be recommended — and even a liver biopsy. There is also a blood test that can tell us more regarding liver function. Your veterinarian, knowing Brewster and his medical history, will be able to guide you both through this.

If you have questions about your pet, please e-mail Dr. Myers at lenoircityac@gmail.com



Stephanie Myers
Ask the Vet

ActFast CPR training part of 2nd Health Wellness Expo

Debra Jawor took a CPR class, offered by Act-Fast CPR, during 2nd Annual Shop Farragut’s Health & Fitness Expo in Farragut Community Center Saturday, Jan. 8. ActFast CPR provides classes in CPR, AED and first-aid training to individuals ad businesses.



Tammy Cheek

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• **A volunteer income tax assistance site in Farragut, certified by the IRS, is offering tax preparation services free of charge** to those who are financially challenged, and the elderly, among those needing special assistance. The service is available from 10 a.m. to 3 p.m., Monday, Jan. 31, through Friday, April 15, at Westside Unitarian Universalist Church, 616 Fretz Road. Service is on a first-come, first-served basis. “Taxpayers must bring government-issued photo ID, Social Security cards for everyone named on their return, and all their tax documents,” a press release stated.

• **Local author/poet Tom Catalano will be conducting a live-stream workshop, “POETRY: How and Why,”** as part of the monthly meeting of The Inkwell Writer’s Group. This

free-of-charge online meeting will be held beginning at 5 p.m., Tuesday, Feb. 1, via Zoom with Catalano as guest speaker. Anyone interested in writing and learning more about how to become a poet are encouraged to attend. If you plan to attend, or for more information, contact Jennifer D. Diamond, Area 4 Representative, at Area4Rep@Pennwriters.org, or Jennifer.d.diamond.writer@gmail.com.

• **Ladies who are new to the area, or who just want to make new friends,** are invited to come and join Newcomers Club for lunch and a program at 11:30 a.m., Wednesday, Jan. 19, in Bearden Banquet Hall, 5806 Kingston Pike. Program will be about Senior Safety, presented by Knoxville Police Department. For reservations, call 865-985-0521 before Monday, Jan. 17.

Preschool Fair Jan. 22 in SJNCS

STAFF REPORTS
editor@farragutpress.com

Ninth Annual West Knox Preschool & Activities Fair is set from 10 a.m. to noon, Saturday Jan. 22, in St. John Neumann Catholic School gym (625 St. John Court in Farragut).

Organized by Knoxville-Northshore and Hardin Valley/North Farragut chapters of MOMS Club International, the event is free to attend and will feature more than 20 preschools.

Those preschools include Annoor Academy of Knoxville,

Christian Academy of Knoxville, Clayton-Bradley Academy, Concord United Methodist Weekday Preschool, Farragut Church of Christ Preschool, Garden Path School for Young Learners, Knoxville Christian School, The Little Gym WonderKids Club, Morning Star Child Development Center, Sacred Heart Cathedral Preschool, Sonlight Academy, St. John Neumann Catholic School and Trinity Learning Center.

Activity programs featured will include: Angela Floyd Dance Studios, Bricks 4 Kidz,

Calculating Minds, Child Find, Hola Knoxville Bilingual Academy, Inicios 1.2.3. Language Learning Center, Knoxville Moms, Mornings with Mommy and Music Makers and Soccer Shots Knoxville.

“Many presenters will have hands-on activities for the little ones and/or small giveaways,” event organizer Kate Lee said. “Bring the whole family and see what West Knoxville has to offer your little ones.”

Snow date is Saturday, Jan. 29. For more information, e-mail momsclubofnorthshore@gmail.com.

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Tops
From page 7A

of her career has been in special education, she also taught third grade for a couple years. She chose to teach special education because “I had a friend whose brother had special needs.

“Just watching his challenges was a unique challenge for me to see how I could help,” Benefield added. “I kept pursuing that as I got older.

“I like seeing students succeed who start out where school is really challenging but find areas where they can be successful.

“That’s rewarding to me.” Going into her 43rd year as an educator, Frear has taught at FPS for 29 years.

“I taught second grade for nine years, but the rest has been first grade,” she said.

“I was so excited and honored to be chosen,” Frear added. “Especially since I am retiring this year, so what an honor to go out being honored by my peers.”

Frear was inspired to teach by a former sixth-grade teacher, Mrs. Fulton, in Fairview, Pennsylvania.

“She just went above the line, really worked with me and just gave me a stronger desire to succeed,” Frear said. “She was just very understanding.”

As a teacher herself, she said, “I love making learning fun and engaging for kids and just watching them grow from where they started in the beginning — especially in the first grade, just starting to read — and where they end up at the end of the year,” Frear said.

“The growth you see is very rewarding,” she added.

Before coming to FPS, Frear was at Knox County’s now-closed Oakwood Elementary School, and also taught in Springdale, Arkansas.

SSCL delivers Christmas to elderly

MICHELLE HOLLENHEAD

mhollenhead@farragutpress.com



Photo submitted

Send Senior Citizens Love volunteers, from left, Knox County Sheriff’s Office Capt. Brad Hall (Santa); Pinnacle at Turkey Creek general manager Darryl Whitehead; SSCL founder Ashley Lynch; and Karen Cooper of Mercedes-Benz of Knoxville delivered more than 1,100 gifts to East Tennessee seniors over the holidays.

Send Senior Citizens Love volunteers were extra busy in the days leading up to Christmas, providing more than 1,100 gifts throughout East Tennessee to residents of nursing homes and assisted living communities who might otherwise have gone without.

Founder Ashley Lynch of Farragut, along with Knox County Sheriff’s Office Capt. Brad Hall, Darryl Whitehead of Pinnacle at Turkey Creek and Karen Cooper of Mercedes Benz, Knoxville, began deliveries Saturday, Dec. 18.

It was the third year the foursome had worked together on providing Christmas gifts to area seniors, beginning under another organization before shifting over the last year to work through SSCL, which is a year-round senior-focused non-profit Lynch founded in memory and honor of her late grandparents.

“We began in Greeneville ... we came back down and hit some Dandridge nursing homes, then Sevier County,” Lynch said. “Our total up there was 270.

“In Greeneville, we were able to go room to room,” she added. “The residents were so ecstatic. Brad dressed as Santa again and gave out presents.”

“It is exciting to see the faces of those folks light up when we show up,” Hall said.

“On the 21st, we did local deliveries (including) Summit View Farragut, Avenir Memory Care, Morning Pointe Westland, The Lantern Westland, Morning Pointe Clinton, River Oaks Place-Lenoir City and Catholic Charities,” he added.

“It was a humbling, fantastic experience, and I cannot wait until next year,” Lynch added.

Up next for SSCL will be a Valentine-focused event, Bears of Love.

For more information on SSCL, visit www.sendseniorcitizen-slove.org.

Feeds

From page 7A

help the community is a dream come true. He works tirelessly before and after high school to help us fight hunger and feed

hope,” she added.

“I’m so happy with how much Vanilla Feeds Tomorrow’ has grown in such a short time,” said Cabaniss, who continues making weekly batches of the extract in his home to

sell both online and now at Second Harvest.

“The community has generously supported Vanilla Feeds Tomorrow,” he added. “I am thankful that I have been able to make a difference in the

fight against hunger. I’m looking forward to seeing the impact Vanilla Feeds Tomorrow will continue to make in East Tennessee.”

For more information, visit www.vanillafeedstomorrow.com.



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Total team recognition for Mayfield’s 200



Jason Mayfield (**above right and right**), Farragut Lady Admirals basketball head coach, was honored by FHS brass, players and fans for reaching the 200-career win mark with the program earlier this season. The ceremony, with a specially marked basketball, came after his Lady Ads beat Cleveland 57-34 Tuesday night, Jan. 4, in Lynn E. Sexton Gymnasium. While joined by team members (**right**) and wife, Jennifer Mayfield, the coach is congratulated (**above**) by Donald Dodgen, FHS athletic director.



Photos by Alan Sloan

FMS girls

From page 6A

“So we should secure the No. 1 seed in our bracket,” she added.
“I have very high hopes for our team going into tournament time” this week.
In fact, two of the team’s four overall losses came during a Christmas tournament based in Coalfield “when we had several girls out of town,” McIntyre said.
Among season highlights, the coach pointed “to our West Valley win,” beating a rival that is a traditional league

contender. “They ended our season last year.
“We used that as motivation to get better,” McIntyre added. “To see our hard work pay off after (this season’s WVMS game) really meant a lot.”
Against Northwest, Gracie led the Lady Ads in scoring with a game-high 14 points, followed by Brylee and Lilly with 10 each.
Reagan Sheridan scored nine, followed by Anna with five. Julia and Trinity Curry pumped in four apiece while Audrey, Annie and Gabby Vanacker each added two.
“I’m just very, very proud

of these girls and the tradition that they’ve created and the program that we’ve built together,” McIntyre said.
All Eighth-Grade photos
The Lady Ads Eighth Grade

Evening ceremony photos — taken with parents, siblings and other family members — will be among roughly 30 overall photos to be featured in next week’s farragutpress issue.

Eighth-graders from Lynn Allen’s FMS boys team, along with “senior” members of the school’s cheerleading and dance teams, also will be featured from the ceremony.

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FARRAGUT MUNICIPAL PLANNING COMMISSION AGENDA
JANUARY 20, 2022
FARRAGUT TOWN HALL - BOARD ROOM • 7:00 P.M.
For questions, please e-mail Mark Shipley at mshipley@townoffarragut.org or Bart Hose at bhose@townoffarragut.org.

1. Approval of agenda
2. Approval of minutes – December 16, 2021
3. Discussion on approval of preliminary design for the Evans Road Greenway Connection (Town of Farragut, Applicant)
4. Discussion and public hearing on a final plat for the Meadows on McFee Subdivision, Phase 1, 5.25 Acres, 19 Lots, Zoned R-1/OSR (Lynch Surveys, LLC, Applicant)
5. Discussion and public hearing on a zoning map amendment to rezone Parcel 6, Tax Map 151, 421 N. Watt Road, from General Commercial (C-1) to Neighborhood/Convenience Commercial (NCC), 9.22 Acres (Robert Campbell & Associates, Applicant)
6. Discussion and public hearing on a site plan for façade updates to the existing Clarion Inn in association with a conversion to a Sleep Inn at 11341 Campbell Lakes Drive, 2.39 Acres, Zoned C-2 (Campbell Station Lodging, LLC., Applicant)
7. Discussion and public hearing on a site plan for the SKORE Hotel at 11320 Outlet Drive, 4.34 Acres, Zoned OD-RE/E (Land Development Solutions, Applicant)
8. Discussion on a request to amend the Farragut Municipal Code, Appendix A – Zoning, Chapter 3., Section XII., General Commercial (C-1), Subsection F, 9. Height Regulations, to provide for a concept plan review when a building more than two stories in height is proposed (Town of Farragut, Applicant)
9. Discussion on a request to amend the Farragut Municipal Code, Appendix A – Zoning, Chapter 3., Section XIII., Neighborhood/Convenience Commercial (NCC), to remove apartment buildings as a residential use and require a concept plan in association with a rezoning request to NCC (Town of Farragut, Applicant)
10. Discussion on a request to amend the Farragut Municipal Code, Appendix A – Zoning, Chapter 3., Section XXVI., Planned Commercial Development (PCD), to clarify that uses permitted in the General Commercial or Office zoning districts “may” rather than “shall” be permitted as part of a development plan submitted for a rezoning request to PCD (Town of Farragut, Applicant)
11. Discussion on a draft Public Tree Care Ordinance that will be required to help meet one of the standards for an application for Tree City USA recognition (Town of Farragut, Applicant)
12. Approval of utilities
13. Citizen forum

It is the policy of the Town of Farragut not to discriminate on the basis of race, color, natural origin, gender, gender identity, sexual orientation, age, religion, disability or veteran status pursuant to Title VI of the Civil Rights Act of 1964, Public Law 93-112 and 101-336 in its hiring, employment practices and programs. To request accommodations due to disabilities, please call 865-966-7057 in advance of the meeting


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FARRAGUT BOARD OF MAYOR AND ALDERMEN
FARRAGUT TOWN HALL • 11408 MUNICIPAL CENTER DRIVE
AGENDA JANUARY 13, 2022 • BMA MEETING 6:00 PM

I. Roll Call
II. Approval of Agenda
III. Approval of Minutes
A. December 9, 2021
IV. Mayor’s Report
V. Ordinance
A. Public Hearing and Second Reading
1. Ordinance 21-19, an ordinance to amend the Farragut Municipal Code, Appendix A – Zoning, Chapter 3, Section XXIV., B., 7., e., and 8., to provide for sign related amendments associated with regional recreational and entertainment facilities and clarification related to the master sign for a unified development, as provided for in the Outlet Drive Regional Entertainment and Employment District (ARCO Murray Construction, Applicant)
2. Ordinance 21-22, an ordinance to Amend Farragut Municipal Code Chapter 18, Parks

& Recreation, to Prohibit Smoking, the use of Tobacco Products, and the use of Vapor Products on the Grounds of Public Parks, Public Playgrounds, Public Greenways, or Public Property Accessible to use by Youth.
B. First Reading
1. Ordinance 21-20, an ordinance to amend the Farragut Municipal Code, Appendix A – Zoning, Chapter 4., Section XIII. – Outdoor site lighting, to create new provisions and update and organize existing provisions (Town of Farragut, Applicant)
VI. Business Items
A. Approval of Resolution R-2022-01, Appointment of Municipal Judge
B. Approval of Farragut Parks and Athletics Council Re-Appointment
VII. Town Administrator’s Report
VIII. Town Attorney’s Report
IX. Citizens Forum

This meeting can be viewed live on the Farragut YouTube Channel and the Town of Farragut website www.townoffarragut.org/livestream.
The meeting will be held at the Farragut Town Hall, 11408 Municipal Center Drive

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Rigorous slate of foes toughen Bearden players



Parrott

BILL HOWARD
Correspondent

According to Bearden High School's boys basketball head coach Jeremy Parrott, his team has, thus far, faced the toughest Class 4A schedule in the state of Tennessee. His source is the website coacht.com.

But Parrott is fine with that. He's convinced the preparation it has given his squad will pay off the rest of the season.

"Challenging, I'll say that," he said of his team's 12-5 record entering this week. "It's like I always say: you can play whoever you want in the regular season. If it's not preparing you for the postseason and exposing some of your weaknesses, you're probably not playing who you need to. It's been challenging, but it's been rewarding because we have some quality wins in there as well."

One of the Bulldogs' highlight games was a 67-58 overtime loss to Berkmar High School (Georgia) at the 38th Annual Arby's Classic in Bristol just before New Year's. The Bulldogs led by two with 14 seconds left. Berkmar is one of the nation's top high-school teams.

"We were a free throw and a rebound

away from beating them," Parrott said. "It would have been a really, really nice win in that tournament. The losses are gone. But that's one you'd like to have back."

Parrott thinks his team strengths have been unselfish ball movement and balanced contributions.

"We've done a really nice job of sharing the ball," he said. "We're a high-volume assist team. It can be any one of us that leads us any given night in different categories."

Going forward, Parrott sees crashing the boards as a primary part of the game where his team needs to focus.

"Because we're undersized — just a couple of guys around 6-(foot)-5 are our tallest players — we have to do a little better job of rebounding some nights when we face teams that have a size advantage," he said.

Parrott is confident his team's experience will prove valuable down the stretch. "We're a senior-led ballclub," he said. "They've really answered the bell thus far, but there's always room for improvement. We've learned a lot about ourselves, so pretty confident knowing exactly what we need to work on. Just hoping to peak at the right time and stay healthy."

Beating nation's No. 3 team highlights BHS girls' season

BILL HOWARD
Correspondent

At 15-3 overall and 1-0 in District 4-4A entering this week, Bearden High School's girls' basketball team has every reason to feel confident about the rest of the regular season and postseason.

A major factor in the Lady Bulldogs' success has been leadership from their experienced players, according to head coach Justin Underwood.

"Our veteran leadership between our five seniors has been fantastic," Underwood said. "Their work ethic, their amount of time in the gym has been a great example to our younger kids. As far as our juniors and seniors as a whole, their unselfishness has been a strength for us. Every single starter has been a leading scorer."

"We've had some very challenging games," he added. "We've had a lot of our games on the road. We've definitely been tested away from home, and against some really good competition."

Two of those challenging games came in Florida during the Christmas break when Bearden first beat MonteVerde Academy (Florida) 83-79. According to one poll, MonteVerde was the No. 3 team in the nation at the time.

Two days later, the Lady Bulldogs lost 95-91 in double overtime to Lake Highland Prep, the No. 9 team nationally.

Between the twin requirements of shooting and rebounding, Underwood thinks clearing the glass remains the bigger challenge.

"Rebounding is a key," he said. "We shoot it particularly well most nights, but you wanna be able to limit other teams to one shot and give yourself extra chances on the other end. That's definitely an area that we always want to emphasize."

The Lady Bulldogs hardly lack talent. Four senior starters already have signed to play college ball.

"They've all stood out," Underwood said.

Individually, senior guard Emily Gonzales is "one who has exceeded expectations outside our locker room ...," the coach said. "She's a gym rat and just continues to get better."

"She averaged over 22 points in those three games (in Florida), which was a really solid offensive presence for us in those games," Underwood added.



Underwood

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Health & Fitness Expo

A crowd of about 350 attended Shop Farragut/Farragut Business Alliance’s 2nd Annual Health & Fitness Expo, which took place in Farragut Community Center Saturday, Jan. 8.

About two-dozen vendors — from chiropractors, Tennova Healthcare, MLILY Mattress and health coaches to credit unions and financial planners — were on hand to give advice and information on their products. Those who attended also had a chance to take a CPR class provided by ActFast CPR in Knoxville, which took place during the Expo.

“Patrons enjoyed the variety of businesses that were represented, and on average spent 30 minutes on the show floor,” Shop Farragut/FBA executive director Steve Krempasky said. “The vendors said that they are committed to helping me grow this event, and one stated, ‘The community needs this event for its future potential.’”

Krempasky said the crowd was “just a bit larger than our first time out in August of 2020.”



Colin Karich with Allstate



Kathleen Holmes and Steve Krempasky



Casse Ethington of MLILY



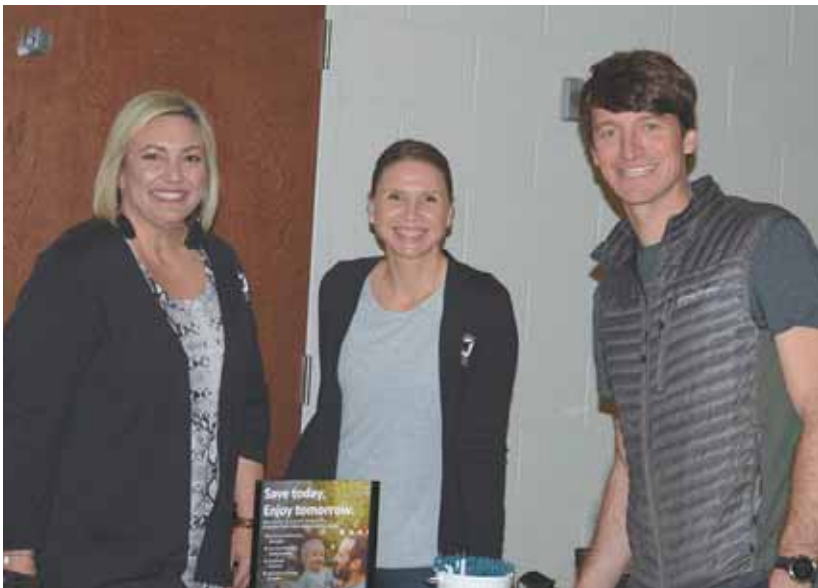
Representing Tennova Healthcare, from left, were Justin Hill, Travis Simmons, Stephanie Austin, Wanda Crider and Joella Pack



Paola Nielsen-Lensgraf, left, of Medi-Spa with Kristin Letvinchuk and J.P. Castro



Clean Eats Andy Batista, general manager, and Faith Shipley



Representing Knoxville TVA Employees Credit Union were Kasi Lawson, left, and Tiffany Ericksen, with Dr. John Mark Chesney of Simply Physio



ActFast CPR owner Jen Ullian, R.N.



Beltone’s Michael Murphy, standing, with Johnnie Hester



Representing Revl Health, from left, were Rachel Duncan, Stephanie Sulack and Dr. Pete Sulack



Knoxville Hair and Scalp Clinic trichologist Jenn Crews



Functional medicine

that gets to the core of the illness

With their son dying, Novis couple ‘found functional medicine out of necessity’

Tammy Cheek
tcheek@farragutpress.com

The journey toward Vanessa O’Donnell and her husband, Mike O’Donnell, launching Novis Health of Knoxville — which helps patients get to the core of their health problems — began years ago with a sick child losing weight rapidly. One wrong diagnosis after another had the couple fearing for their son’s life. “We found functional medicine out of necessity,” Vanessa said about their clinic, 8870 Cedar Springs Lane, Suite 104. Their son was 7 when his sickness started with stomach pains, then grew

worse. “We knew that something was terribly wrong,” she said. “He was wasting away in front of us. It all happened very quickly.” Meanwhile, “We could not find anybody who would listen to us,” Vanessa said. “We could not find anybody who would help us.” After hearing doctors dismiss the pains as constipation or gas, the O’Donnells took their child to several specialists. “He lost 25 percent of his body weight,” Vanessa said. “He was down to 47 pounds at 7 years old ... we were losing our child.” At one point, doctors told them the boy had Crohn’s Disease and was given a month’s worth of antibiotics. “I didn’t know if he was going to make it that next month,” she added, as the O’Donnells decided they needed to find something different. Their search led them to a functional practitioner, who “did the proper testing,” Vanessa recalled. “She did the proper diagnosis... within a month of working with her, he was significantly better.” Now, their son is a happy, healthy 12-year-old, she added. Years after their son’s illness, Vanessa said the couple was looking for a business to open when they came across Novis Health, met with its CEO and decided “this

See **NOVIS** on Page 4B

3 metrics to know if exercise is working

Obstacles are bound to appear as individuals embark on the road to getting healthier. Such obstacles come in many different forms, but one hurdle many individuals encounter is doubts about the effectiveness of their workout regimens. Everyone would love to reap instant rewards from exercise, and immediate gratification is not necessarily elusive. For example, individuals who begin exercising may find their energy levels and attitudes have improved after their first workout. However, individuals who are exercising to lose weight may be discouraged if the scale doesn’t immediately indicate they’re shedding unwanted pounds. That’s a significant obstacle to overcome, and it’s one reason why so many health professionals urge patience and perseverance as individuals embark on their weight loss goals. Though it might not seem like much, industry professionals note that losing one to two pounds per week is a good sign that a workout routine is working. The experts at Johns Hopkins Medicine note that weight loss is not the only way for individuals to determine if they’re making progress toward their weight loss goals. The following are three additional metrics that individuals can look to

as they try to chart their exercise progress. **1. Target heart rate:** Before beginning an exercise regimen, individuals, especially those who have been living a sedentary lifestyle, should speak with their physicians to determine what their target heart rate should be. They can then measure their exercise progress by what they need to do to reach that progress. At the outset, individuals may not need to exercise as vigorously to reach their target rates, but as their bodies get healthier and grow more acclimated to exercise, they will need to work harder to reach their target heart rate. This makes target heart rate a good metric by which to measure exercise progress. **2. Repetitions:** Johns Hopkins Medicine notes that repetitions are another reliable metric by which to measure exercise progress. The more repetitions individuals can do without straining, the stronger their muscles are becoming. Individuals should resist any urge to overdo it. The repetitions metric is only a useful measure of prog-

See **METRICS** on Page 7B

The link between oatmeal and lower cholesterol

The European Food Information Council notes that beta-glucan, a dietary fiber found in oatmeal, has certain properties that can help individuals lower levels of cholesterol in their blood. In fact, the EUFIC cites research that consuming three grams of dietary beta-glucan each day may reduce “bad” cholesterol levels by as much as 10 percent.

Robert Overholt, MD

Michael Springer, MD

Ty Prince, MD

Karthik Krishnan, MD

Jeffrey Schlactus, MD

Jane Conley, MD

Laura Green, MD

Joseph Wisniewski, MD

Nicholas Kolinsky, DO

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Functional Medicine is Quickly Becoming Health Care of Choice

At the start of every year, especially 2022, all thoughts turn to health. New Year's resolutions are made and diets begin, with the hope of finally feeling better and being able to live your best life without the aches and pains of last year. With all the confusion about our health care, more and more people are turning to Functional Medicine for answers.

Functional Medicine determines how

and why illness occurs and restores health by addressing the root causes of disease. The Functional Medicine model is an individualized, patient-centered, science-based approach that empowers patients and practitioners to work together to address underlying causes of disease and promote optimal wellness. It requires a detailed understanding of a patient's genetic, biochemical and lifestyle factors

and uses that data to create personalized treatment plans that lead to improved patient outcomes.

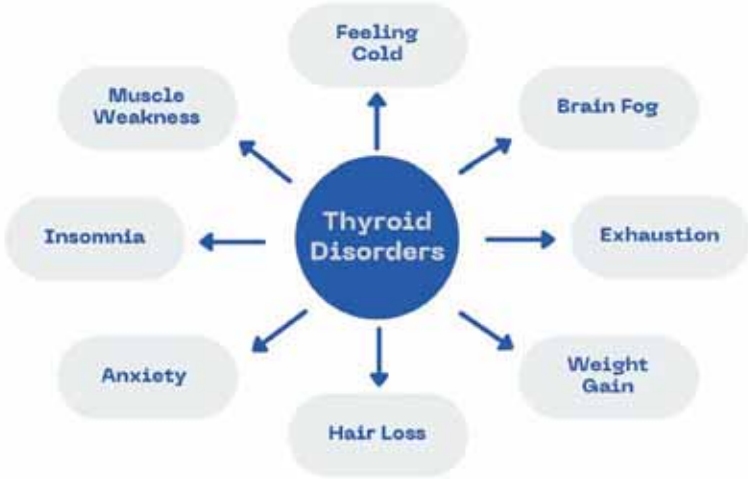
By addressing root cause, rather than symptoms, Functional Medicine practitioners can identify the complexity of diseases. One condition can have many different causes and, likewise, one cause may result in many different conditions (see graphic). As a result, Functional

Medicine treatment targets the specific manifestations of disease in each individual.

Patients find that when the root cause of their disease is removed, their symptoms disappear. This is revolutionary from the symptom-suppressing methods of traditional medicine. This disease reversal is what makes Functional Medicine so appealing as we enter the new year.

Functional Medicine

One Cause, Many Conditions One Condition, Many Causes



Quick and Easy
Anti-Inflammatory
Dinner

By: Novis Health of Knoxville

One Pan Honey Garlic
Chicken and Vegetables

- 4 chicken breasts, boneless, skinless
- 1 small head broccoli, cut into florets
- 1 zucchini, sliced
- 2 sweet potatoes, cubed
- 1/2 tsp. dried oregano
- 1/2 tsp. dried basil
- 4 tbsp. avocado oil
- 2 tbsp. raw honey
- 1 tbsp. Dijon mustard
- 3 garlic cloves, minced
- Sea salt and black pepper
- Fresh parsley, minced (for garnish)

DIRECTIONS:

1. Preheat oven to 400 F.
2. In a bowl, whisk together the avocado oil, honey, Dijon mustard, garlic, oregano, and basil; then season to taste with sea salt and pepper.
3. Place the chicken on a sheet pan and arrange the sweet potatoes and vegetables around the chicken.
4. Pour the oil and herb mixture over all ingredients and toss to mix.
5. Place in the oven and bake for 25 to 30 minutes, until chicken is cooked through and vegetables are tender.
6. Top with fresh parsley and serve.

Functional Medicine Offers a New Approach for Those Suffering from Diabetes

Diabetes is a disease that occurs when your blood glucose (sugar) is consistently too high. Blood glucose is an essential part of our bodies' function, is the main source of energy for our bodies and comes from the food we eat. Insulin, a hormone made by the pancreas, helps glucose enter your cells to create energy. If your body does not make enough insulin to get glucose into your cells, that glucose stays in your blood, increasing your blood sugar.

Diabetes has reached epidemic levels in the US, with 34.2 million Americans suffering from diabetes as of 2020. Shockingly, nearly half of those with diabetes are still undiagnosed. Half of those diagnosed do not have their blood sugar under control. This is staggering considering advancements in the medical field over the past 10 years. 1 in 3 Americans now has pre-diabetes. Even though the US spends double per capita on health care costs than every other developed country, we are among the sickest in the world. The US has the highest prevalence of diabetes of all developed countries!

The traditional approach towards treating Type 2 Diabetes only addresses symptoms and does not try to alter the course of diabetes at the prediabetes stage. It works on the symptoms, and as a result, the number and dose of medicine increases every few years.

Blood glucose is a symptom of diabetes and not the cause of diabetes. So, it is important to understand that treating only the symptoms will not be helpful in alleviating diabetes. It is imperative to detect the primary cause of diabetes, which Functional Medicine does.

Reversing Type 2 Diabetes is now possible! People all over the country are finding relief from diabetes using Functional Medicine. Functional Medicine provides a holistic approach towards managing diabetes and reducing the complications associated with it. More people are now looking for a way to take a more active role in their diabetes. Functional Medicine has skyrocketed as the premier way to regain control of health, including diabetes. Poor diet, a sedentary lifestyle, inadequate sleep, chronic stress, gut dysfunction, environmental toxins, genetics and changes in mitochondrial function play a significant

Health Risks from Diabetes:

- A Diabetic has Twice the Risk of Heart Attack and Stroke than a Non-Diabetic.
- 37% of Diabetics have Kidney Disease, making it the Leading Cause of Kidney Disease.
- 60-70% of people with Diabetes exhibit Damage to their Nervous Systems.
- Nerve, Kidney, Eye, and Foot Damage
- Depression
- Anxiety
- High Blood Pressure
- Hearing Impairment
- Skin Conditions (bacterial and fungal infections)
- Alzheimer's Disease
- Increased the Risk of Cardiovascular Disease
- Cancer
- Cognitive Decline

role in causing diabetes. As a patient-centered, science-based approach to preventing and treating diabetes, Functional Medicine is successful in not only optimizing glycosylated hemoglobin (HbA1c) and blood glucose levels, but also reversing diabetes completely. It is now the most effective first-line strategy for managing Type 2 Diabetes. Functional Medicine can effectively prevent, treat and manage Type 2 Diabetes.

Functional Medicine plays a crucial role in managing and reversing diabetes by utilizing extensive laboratory testing, performing a thorough evaluation of the patients' overall lifestyle and health history leading to detection of issues, which can be reversed using intensive lifestyle changes. Functional Medicine can control the blood glucose levels, and reduce many health risks of diabetes.

Novis Health is the Premier Functional Medicine Center in Knoxville

>> Have you had enough of living with your chronic medical conditions without ever understanding WHY you are suffering?

Entirely Focused on Identifying and Reversing the Root Causes of:

- Type 2 Diabetes
- Thyroid Disorders Including Hashimoto's
- GI Disorders
- Autoimmune Diseases

The people we serve come to us frustrated, disappointed, and feeling misunderstood. Although most of them are under a doctor's care and taking medication, they remain tired, sick, and unhealthy. This is where Novis Health's Functional Medicine delivers real, life-changing results. Our primary goals include reducing or eliminating your reliance on medication, recovering your energy and drive, and helping you restore full-body health and wellness.

Our Novis Health coaches integrate with Functional Medicine doctors to execute a unique plan built specifically for you and your health conditions.

★★★★★ Jennie T.

I'm so happy that I took a chance and went to the consultation! I've lived with hypothyroidism for twenty something years, treating it with western medicine. Never really feeling normal even though my lab work said I was within range. Novis Health of Knoxville has changed that. I'm finally off of all my prescribed medications and taking my health back with a holistic approach!

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Other offerings include:

- Wellness/Weight Loss
- Corporate Wellness Partnerships



Alleviate everyday aches and pains

Pain occurs for a variety of reasons. Pain may be a byproduct of overuse of a particular part of the body, or it could signal an underlying illness or condition. Sometimes injury is at the heart of aches and pains.

Daily aches and pains may be seen as a normal byproduct of aging, but that does not mean aging individuals should simply accept pain. In fact, daily discomfort can be remedied with some relatively easy techniques.

- Get moving.**
Lower back pain is common among adults, and most often appears when individuals are in their mid-30s and 40s. Strength training and cardio exercises can remedy this pain because these activities increase blood flow and help build core muscles, which support the spine. Support can alleviate pressure on the discs in the back. Exercising also will build strength in other areas of the body and support joints.
- Practice good posture.**
Sitting and standing with optimal posture can help the body feel better. The body is designed to stand in a “neutral” position that stacks the pelvis, head and torso, according to DMC Healthcare. When posture is out of whack, this puts undue stress on muscles, leading to pain. Dropping your head or shoulders also can create unnecessary tension that leads to headaches. Good posture can alleviate this.
- Exercise more often.**
Certain pains arise when exercising for the first time or performing a new activity. Allan H. Goldfarb, Ph.D., a professor and exercise physiologist at the University of North Carolina, Greensboro, says when you do the same activity again and again, your muscles will start to get used to it and soreness will be reduced. Don’t give up on exercise too soon, but include off days in your routine to give your body time to become more acclimated to increased physical activity.
- Get tested.**
Speak with your doctor if you have chronic pain in one or more areas. Such pain may be a sign of osteoarthritis, an inflammatory condition that is associated with aging. Rheumatoid arthritis and other autoimmune conditions can cause aches and pains as well, leaving the joints and tendons inflamed and a body with low energy. A doctor can rule out these conditions or help you get the therapy and medications you need.
- Increase stretching and movement exercises.**
Incorporate stretching and movement exercises like yoga or tai chi into your daily regimen. These activities slowly stretch areas of the body and can improve range of motion and flexibility over time.

These are just a few ways to address common aches and pains. Medical interventions, physical therapy, occupational therapy and ergonomics assessments, and massage therapy also may help to alleviate aches and pains.



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- And various other skin conditions

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- Microblading
- Profound RF
- And more

Healthy substitutions for baking and cooking

An ability to adapt is one of the most important skills to have in the kitchen. Following a recipe can give home cooks the cursory knowledge they need to make a delicious meal, but an ability to tweak recipes allows individuals to put their own spin on foods and customize meals so they fit with their particular lifestyles.

A person may have to change an ingredient to avoid a food allergy, or he or she may swap something out to make a dish more nutritious. Some substitutions can change the texture or even taste of the overall recipe, as no substitution can mimic the original ingredient exactly. However, a home cook will often find the results are acceptable, and may even prefer them to the “real” thing.

Original ingredient:
White flour
Substitution:
Whole wheat flour, nut flour
White flour lacks many nutrients because the grain has been largely stripped of its most important parts before being ground. Whole wheat flour has extra fiber that aids in digestion and can lower risk for certain diseases. Those with a gluten intolerance can use nut flours, like almond flour. Whole wheat flour and nut flours are denser than white flour, so you may need to experiment with ¾ cup to 1 cup of white flour ratios in recipes

Original ingredient:
Sugar
Substitution:
Applesauce
Sugar is the foundation of many baked goods, but too much sugar provides empty calories and can contribute to various illnesses if eaten in large quantities. Swapping one cup of unsweetened applesauce for one cup of sugar can provide sweetness with more health benefits, such as added fiber and vitamins.

Original ingredient:
Oil or butter
Substitution:
Fruit or vegetable puree
Try adding pureed carrot, banana, pumpkin, or apples to recipes to boost moisture. These ingredients also add extra flavor and nutrients. The ratio is generally one-to-one for the replacement. However, cooks may want to experiment to find the best ratio for their recipes.

Food substitutions can help people customize recipes to fit their dietary needs. People can experiment with various ingredients to develop delicious meals.

Original ingredient:
Buttermilk
Substitution:
Milk and lemon juice
If you don’t have buttermilk on hand or if you feel that it is too high in calories, mix enough milk (low fat if desired) with enough lemon juice or light vinegar to reach 1 cup.

Original ingredient:
Water
Substitution: Stock
Make a batch of vitamin- and nutrient-rich vegetable stock to use with foods that are boiled, such as pastas and rices. The stock will add flavor and nutrition.

Original ingredient:
Egg
Substitution:
Vinegar, baking powder and liquid (baking) or egg substitute (cooking)
When baking, 1/2 teaspoon of baking powder plus 1 tablespoon vinegar plus 1 tablespoon of a liquid can replace an egg in the recipe if you’re avoiding eggs.

Original ingredient:
Sour cream
Substitution:
Plain Greek yogurt
Greek yogurt, with its natural helpful probiotic bacteria, can be a healthy substitution for sour cream in dips, dressings and other recipes that call for sour cream or even mayonnaise.





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Peaches pack a nutritional punch



The Iowa Department of Public Health notes that peaches can make a worthy addition to any diet. That’s because peaches are naturally free of fat, cholesterol and sodium. What’s more, peaches are a good source of vitamins A and C.

Metrics

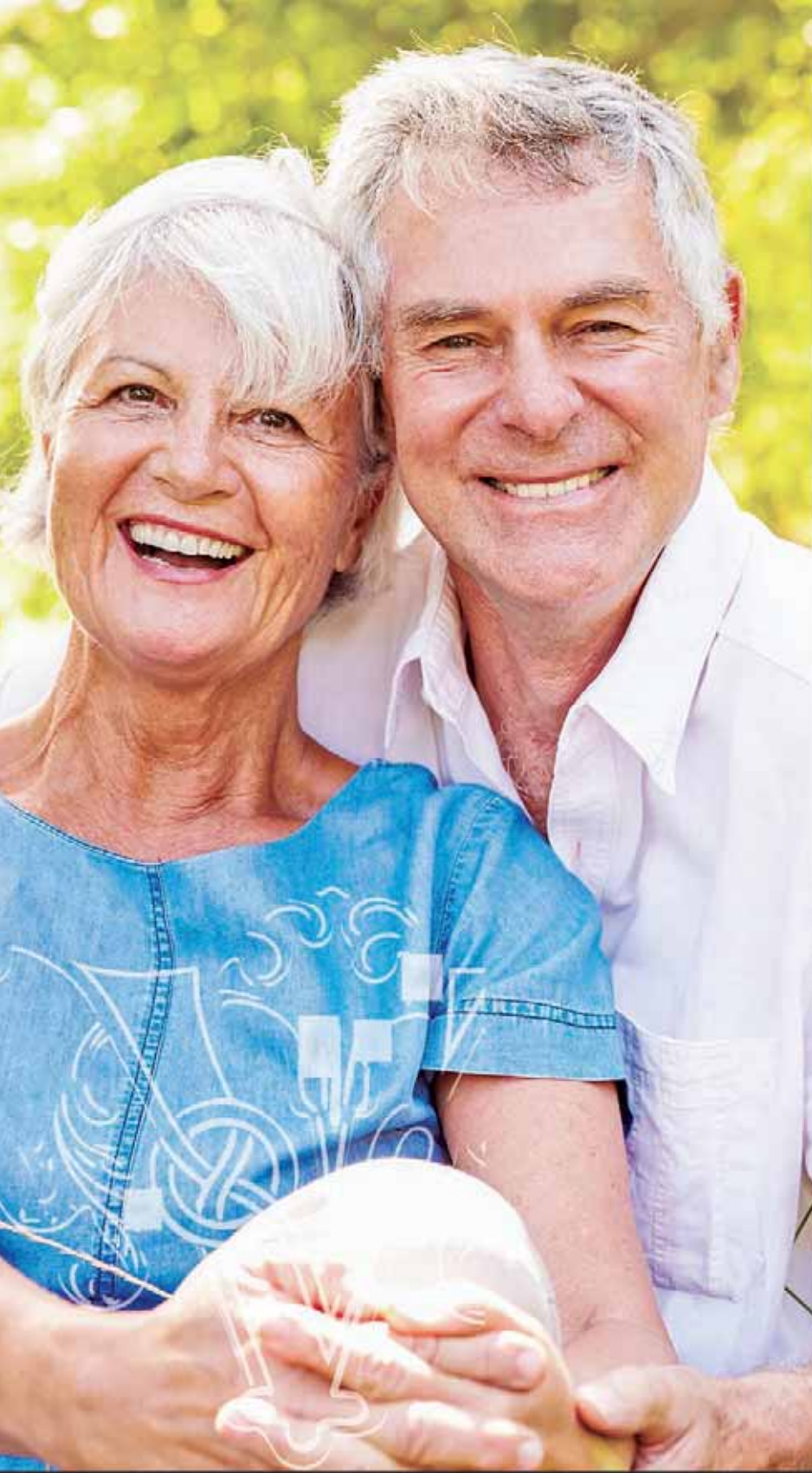
From page 1B

ress if individuals are capable of doing a rep without straining.

3. Body composition: This metric should come as no surprise. The more positively exercise affects the body, the more that will show in how the body looks. Johns Hopkins notes that fat loss, specifically around the waist, and muscle growth are two telltale signs that an exercise regimen is progressing.

It can be easy to obsess over results when beginning an exercise regimen. But remaining patient and persistent and utilizing certain metrics to measure progress can keep individuals on the path to getting fit.





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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Since 1854, the Knoxville Y has been a cornerstone of our community.

We are a community leader who supports children, adults, and families in their quests for physical, emotional, and social wellness.



We are committed to building strong and healthy-minded children, individuals, families, adults, and communities through our programs and services that promote youth development, healthy living, and social responsibility.

As one of the area’s leading non profits, your membership will help bring about meaningful change in our community, as well as your own life. In addition to the wide range of classes and programs available to each member, we also have financial assistance for those that can’t afford a membership.

Benefits of Membership

At the Knoxville area Y we provide:

- Exceptional fitness, personal training, sports, and aquatic programs.
- Extensive early childhood education and school-age programs
- A safe, family fun environment

Joining the Y gives you unlimited access to 5 East Tennessee locations, free group classes and child watch, member discounts, and more – all with no contract!

Programs include:

- Swim
- Group Exercise
- Sports
- Social Connection
- Childcare
- Wellness
- Fitness
- Martial Arts

Offering memberships for individuals, families, students, military and much more.

Come tour one of our locations to see what the Y has to offer for you.

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West Knoxville
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East Knoxville
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BOB TEMPLE NORTH SIDE YMCA
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YMCAKnoxville.org

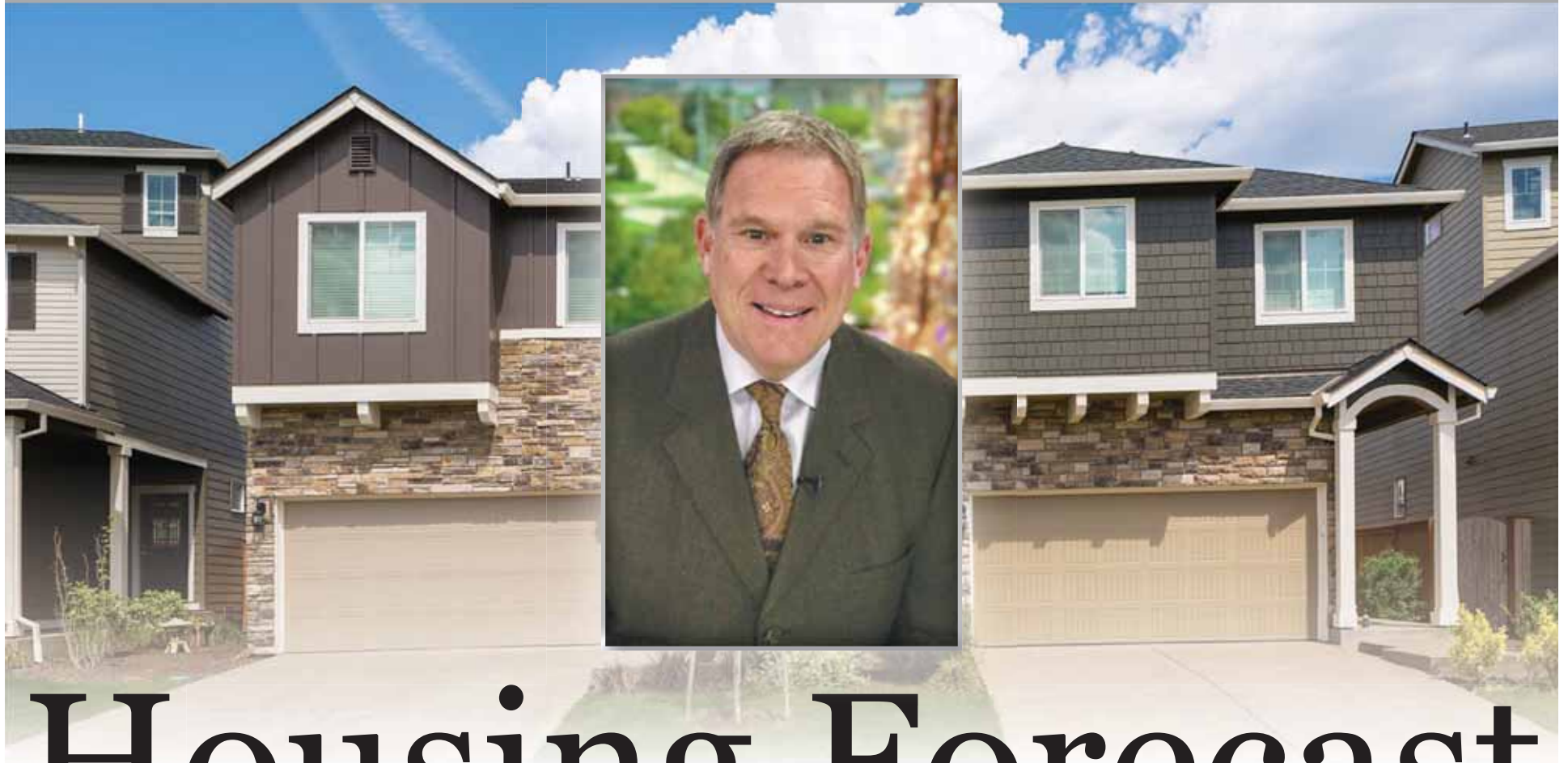
CHAMBER LIFE

"MISSION: TO STRENGTHEN, PROMOTE, AND CREATE BUSINESS OPPORTUNITIES THROUGH RELATIONSHIPS AND EDUCATION THAT ENCOURAGE MEMBER SUCCESS."

VOL. 36, NO. 1

A PUBLICATION OF THE FARRAGUT WEST KNOX CHAMBER OF COMMERCE

JANUARY 2022



Housing Forecast

Panel to feature familiar face as Emcee

The upcoming January 18, 2022 Breakfast Speaker Series, "Housing: Forecast on Farragut, West Knox & Beyond," presented by The Knox Fox Real Estate Group as well as Town of Farragut and Knox County, will feature a very familiar face: that of longtime journalist, news anchor and East Tennessee native, Alan Williams.

Williams will both emcee and moderate the three-person panel comprised of Nick McBride (Knox Co. Register of Deeds), Hancen Sale (Government Affairs & Policy Director, Knoxville Area Association of Realtors), and John Cook (Pres., Home Builders Association of Greater Knoxville and Owner, Cook Bros. Homes) who will be discussing housing trends and forecasts for Farragut/West Knox and beyond. The panel will also dive into explaining the significant economic impacts to the area and its employers as it relates to the recent and potential future states of the housing market.

McBride has recently mentioned that Knox County "crushed previous records" of real estate sales, recording \$5.022 billion in 2021, exceeding the last

See **HOUSING** on Page 2



Cook



McBride



Sale

PRESENTING SPONSORS:



Nominating Committee seeks Leaders

The Chamber's 2022 Nominating Committee is seeking area leaders from the chamber's business membership to apply for open seats on the Board of Directors, with terms beginning in July 2022.

Applicants must:

***Be members in good standing.**

***Possess a sincere willingness** to serve in both leadership & collaborative team capacities, always in the best interest of the collective business membership.

***Be able to provide support & guidance** to help ensure the chamber's success and fulfillment of the mission statement (to strengthen, promote and create business opportunities through relationships and education that encourage member success).

Directors are chosen because they exhibit the values that the chamber holds in high regard: *Integrity, Excellence, Stewardship, Inclusion* and an *Enterprising* spirit.

Applications are due no later than Friday, January 28 at 4pm. Interested candidates can

download the application in two formats at farragutchamber.com/about-the-chamber/board-of-directors or by clicking the link in their weekly e-newsletters in January. They can also pick

See **LEADERS** on Page 2



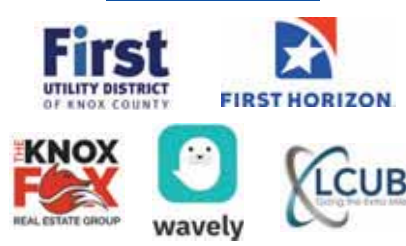
Enterprise Club

These Chamber members generously contribute to the Chamber and the Continuing Education Grant Program above and beyond their annual dues.

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Training Events:

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(Online)

Register: <https://clients.tsbdc.org/register.aspx?mode=event&event=21420050>

January 14, 10:00AM – 12:00PM
Startup Bootcamp for

Entrepreneurs

(Roane State Community College, Oak Ridge)

Register: <https://clients.tsbdc.org/register.aspx?mode=event&event=22420001>

January 20, 10:00 – 11:00AM

Business Startup Basics

(at Blount Partnership)

Register: <https://clients.tsbdc.org/register.aspx?mode=event&event=21420003>

February 17, 10:00 – 11:00AM

Business Startup Basics

(at Blount Partnership)

Register: <https://clients.tsbdc.org/register.aspx?mode=event&event=21420003>

February 18, 10:00AM – 12:00PM

Startup Bootcamp for

Entrepreneurs

(Roane State Community College, Oak Ridge)

Register: <https://clients.tsbdc.org/register.aspx?mode=event&event=22410037>

March 2, 10:00 – 11:00AM

Business Startup Class

(Farragut Community Center)

Register: <https://clients.tsbdc.org/register.aspx?mode=event&event=21420002>

Housing

From page 1

record of \$3.72 billion logged just one year prior in 2020. Sale adds that there is “an important link between economic prosperity and the availability and affordability of housing.” He looks forward to discussing that piece and sharing his findings from recent Knoxville Area Association of REALTORS 2022 Housing Market Forecasts, which are predicting continued housing growth. As a home-builder, Cook will be able to speak directly to future housing availability and growth, cost of materials impacts and many more issues.

The event's emcee, Williams, retired at the end of 2020 after an impressive 40+ year career in media, 33 of which he spent at local news station, WVLT. He was honored upon retirement by figures such as Bob Kesling, Phillip Fulmer, Mayor Glenn Jacobs, Mike Keith of the Tennessee Titans and others.

Sponsorships are still available at several levels of marketing exposure and include tickets to the program; contact the Chamber for details. Tickets are available individually for members for \$30, \$40 for non-members and \$275 for tables of 10 seats. Call 865-675-7057 OR email suzanne@farragut-chamber.com.

Leaders

From page 1

up a hard copy at the chamber office or email julie@farragutchamber.com.

Questions about board service, expectations, and more can be directed to the President/CEO, Julie Blaylock.

Networkings

HomeTrust Bank - Farragut

December 2, 2021



Dale Skidmore- Dale Skidmore Agency – Allstate and April Damron- Heritage Investors enjoy coffee and getting to know each other



Trevor Hobbs- Town of Farragut and Lisa Atkinson- Zelvin Security take a photo break during the morning's event.



West Under 40 Candy Canes & Cocktails

December 15, 2021



West Under 40 Young Professionals hold their holiday gathering at The Club at Gettysvue. The Group is focused on engaging and connecting their members with community events, professional development and supporting good causes through their various networking functions. January 12 will see the return of their casual “West Wednesdays” meetups in 2022.

Ribbon Cuttings

Villages of Farragut

December 3, 2021



Town of Farragut Mayor Ron Williams and Vice Mayor Louise Povlin join Villages of Farragut Executive Director, Melody Matney (black dress, center) along with staff, residents and Chamber and community members as the ribbon is cut.

FASTSIGNS 30th Anniversary

December 8, 2021



Joining current owners Daniel Maw (dark blue vest) and Mary Maw (light blue cape), are former owners Nancy Harter (red coat) and David Harter (blue sweater), along with FASTSIGNS employees, Chamber Ambassadors, and members as they celebrate this major anniversary milestone.

Craven Wings at Choto

December 14, 2021



Chamber members and Craven Wings staff gather to celebrate the opening of the Northshore/Choto location. Proprietor Justin Cress (beige vest) is thrilled this new location is such a hit with the locals!

Member Briefs

Looking for more details on a specific event, special or job?

Go to www.farragutchamber.com to see these and other member items!

Congratulations to Dr. Michael Antiporda, Surgeon with **Premier Surgical Associates**. He made the *40 Under 40 Outstanding Achievers Class of 2021!* Dr. Antiporda brings innovative technology and experience to the operating room- including two robotic surgery processes never used in East Tennessee.

Congratulations to Savannah Dabney McCabe, Associate Attorney with **Baker, Donelson, Bearman, Caldwell & Berkowitz, PC**. She made the *40 Under 40 Outstanding Achievers Class of 2021!* In 2020, when was recognized as Baker Donelson's Knoxville Pro Bono Attorney of the Year for her work helping refugee clients obtain legal guardianship and conservatorship over family members.

Congratulations to James Hatfield, Redevelopment and Real Estate Director with **Knoxville Community Development Corporation**. He made the *40 Under 40 Outstanding Achievers Class of 2021!* James has been responsible for the management of all aspects of the Austin Homes revitalization. His leadership has taken the project from deteriorating infrastructure and outdated apartments to (when complete) modern, energy-efficient homes for people with low and moderate incomes.

Congratulations to Andrew Hmielewski, Director of Fiber Operations with **Knoxville Utilities Board**. He made the *40 Under 40 Outstanding Achievers Class of 2021!* Andrew faces his biggest professional challenge yet: designing, building, and activating KUB's fiber broadband network, access to that network will enhance education and economic development opportunities across seven counties.

Congratulations to Nick Wilson, Vice President and Senior Portfolio Manager with **First Horizon Bank**. He made the *40 Under 40 Outstanding Achievers Class of 2021!* Nick devotes himself to community organizations outside work, his impact on the community has helped him become an exemplary leader in his industry, not just for his financial knowledge, but for his dedication to inclusion with the LGBTQ community and beyond.

Congratulations to **Town of Farragut** Tourism Coordinator Karen Tindal! She received her Travel Marketing Professional certification.

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Welcome New Members!

The Chamber welcomes these businesses who joined us recently in the month of December!

Did you know businesses/organizations can submit an application & payment online? Visit www.farragutchamber.com and click “Join the Chamber!”



BioPURE Services is proud to serve the Hardin Valley area with their innovative disinfection cleaning process- their team is please to offer one of the most effective disinfection technologies to both commercial and residential. Proudly owned and operated a local professional that is fully committed to providing the ‘new standard of clean’ to our neighbors and business partners. For more details, contact **Jennifer Wilson** at (865) 317-0920. <http://biopureservice.com/hardinvalley>



Lisa Sinclair is a premier real estate agent with a commitment to excellence and specializes in home sales in West Knoxville and the surrounding areas. Whether representing buyers of sellers, she helps her clients achieve their long-term real estate goals through her local market knowledge and professionalism, making her a successful and trusted agent throughout the greater Knoxville area. Contact **Lisa** at (865) 862-6161. <http://www.soldwithsinclair.com>



Life is moving so fast it becomes easy to procrastinate, minimize, and/or completely forget or not recognize the risks that surround our everyday lives. Therefore, prioritizing four key quadrants of your life: incoming planning; tax mitigation; investment position; and wealth transfer is so important. Need cash flow, tax, estate, and investment advice? **Miser Wealth Partners** would like to demonstrate how they can deliver continuity and collaboration, schedule a call with **Derek Miser** at (865) 281-1616. <http://www.miserwealthpartners.com>



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There’s a natural affinity between a wood fire and coffee beans. Their wood-fired coffee roasting process results in a smooth, balanced coffee.

Every batch of Summer Moon coffee is roasted in their handmade brick roasters over seasoned Texas oak. **Summer Moon Coffee** a family-run business offering a deep love for delivering high quality, hand-roasted coffee, and exceptional experiences to Summer Moon customers. Contact **Heidi Davis** for more information at (865) 696-4160 or visit <http://Summermoon.com>



An independent nonprofit corporation, the **UT Foundation’s** mission is to raise financial, public, and political support for the University of Tennessee. Your gift creates opportunities by enhancing and advancing the University of Tennessee System. Your generosity pushes forward high-achieving students, ambitious faculty, and engaged alumni. Through your partnership, UT will continue to do more for the UT System and the world. Contact **Stephanie Eastman-Vozar** at (865) 974-9557 or <http://www.utfi.org> for further information.

WELCOME to the ADMIRAL Level of the Enterprise Club!



They are the solution that wants you to find the right candidate today, not tomorrow. No more sifting through unqualified resumes. No more half-filled out applications- just human conversation, the right team member is just a chat away. Only you know what’s best for your team. That’s why **Wavely** helps you find dependable and dedicated people you can trust. Want to learn more? Contact **Mike Essex** at (337) 366-2776 or visit <https://wavely.com/employers>



Welcome Back Renewing Members!

The Farragut/West Knox Chamber welcomes back these businesses who have renewed their investment in the Chamber as of this past December. We are privileged to count them as Farragut/West Knox Chamber of Commerce members! We urge members to patronize one another when the goods or services a member can provide are needed. It is also our hope that area residents recognize the commitment a business makes to its community when it becomes part of its local chamber of commerce and reward that commitment with their patronage.

A special thank you goes to these renewing members who are continuing their support of our chamber and the businesses it serves through their above and beyond Enterprise Membership:



**Knox County
Mayor's
Office**

Thank you for your
Admiral Elite Enterprise Membership!



**Tennessee
State Bank**

Turkey Creek
Thank you for your
Anchor Enterprise Membership!

Brandon’s Awards
Cyan Insurance Solutions
Farragut Cleaners
Flour Power Knoxville
Go Dance
Hardin Valley Wealth Management
Image Matters, Inc.
Kumon of Farragut
Markets at Choto
Mary Kay - Marianne Morse,
Independent Senior Sales Director
Mortgage Investors Group
Northwestern Mutual
Park Place of West Knoxville
Postal Annex

R&B Tax & Accounting Services
Radio Systems Corporation
Rodan & Fields
Rotary Club of Farragut
Shangri-La Therapeutic
Academy of Riding
Shoot Point Blank
Signature Storage at Choto, LLC
Storage Sense
Tennessee Smokies Baseball
Tennessee Strategies
The Insurance Group
Venue at Lenoir City; The
Waste Connections
Young-Williams Animal Center

Calendar of Events: January / February 2022

Members can quickly RSVP for events in their Member Portal at <http://members.farragutchamber.com/login>. Call 675-7057 or email Suzanne@farragutchamber.com for a link to create your account! Visitors/Guests can register by clicking the links on the Chamber Calendar (www.farragutchamber.com > “Events”) and registering under “Not a Member?”.

Tuesdays at the Chamber: FREE Business Mentoring for ANY business with SCORE Greater Knoxville. MUST Email Clifton.Caudill@SCOREvolunteer.org to pre-schedule
Wednesdays at the Chamber: FREE Business ADVISING for ANY business @ Chamber with SBDC. Visit www.tsdbc.org/request-advising/ to pre-schedule

Wed, January 12 4:30pm-6:00pm **WEST Wednesday (Second Wednesday, monthly)**
Finn’s Irish Restaurant & Tavern, Baker Peters House, 9000 Kingston Pike, 37923

Thu, January 13 4:30 PM - 6:00 PM **Networking - Farragut High School Education Foundation**
11237 Kingston Pike, 37934, FHS Library
(Enter via Main Entrance)

Tue, January 18 7:30 AM - 9:00 AM **2022 Breakfast Speaker Series:**
HOUSING... Forecast for Farragut, West Knox & Beyond
(7:30 AM: Breakfast/Networking) (8:00 AM: Forum / Q&A)
Rothchild Catering & Conference Center, 8807 Kingston Pike, 37923

Wed, January 19 3:30 PM **Ribbon Cutting - Prime West Knoxville**
1932 Falling Waters Rd., 37922

Thu, January 20 4:30 PM - 6:00 PM **Networking - Rodan + Fields**
K-Town Tavern, 320 N. Peters Rd., 37922

Tue, January 25 3:30 PM **Ribbon Cutting - Smith Handyman Service**
1544 Schaeffer Rd., Suite A , 37932

Thu, January 27 8:00 AM - 9:00 AM **Networking - The Admiral Nutrition**
157 West End Ave., 37934

Fri, January 28 7:30am (Breakfast) 8-9:00am (Program) **Regional Legislative Agenda feat. Speaker Bill Haslam**
Hilton Knoxville Airport, 2001 Alcoa Hwy., 37701

Tue, February 8 11:00 AM **Ribbon Cutting - Thrive Physical Therapy**
153 Brooklawn St., #153, 37934

Thu, February 10 8:00 AM - 9:00 AM **Networking - PCS**
1720 Topsiside Rd., 37777

Tue, February 15 11:00 AM **Ribbon Cutting - Mbody Healthcare**
10414 Jackson Oaks Way, Suite 102, 37922

Farragut West Knox Chamber of Commerce

11826 Kingston Pike, Suite 110 | Farragut, TN 37934

865-675-7057 | 865-671-2409 Fax

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