







Photo courtesy of Steve Krempasky/GM Shop Farragut/Farragut Business Alliance

# First two-time TOWN SAMPLER winner told

Hardin Valley resident Jessica Fox, left, is delighted to Shop Farragut again. A TOWN SAMPLER winner back in 2018, Fox becomes the first two-time SAMPLER champ as the December winner. With prizes presented at JCPenney in Farragut, Fox also is pictured with her son, Colt, holding the winner’s bag of goodies, and Michelle Austin, JCP general manager. December prize package (all prizes transferable) was a \$180 value: \$25 gift cards from JCPenney, Best Buy-Turkey Creek, Cracker Barrel at Campbell Station and Kroger at Brooklawn Street; \$20 Gift cards from Dairy Queen-Farragut and Wendy’s-Farragut; plus two Zalads at Zaxbys in Turkey Creek and two free pints of liquid refreshment from Admiral Pub. The first monthly contest for 2021 is under way. A \$250 value (all prizes transferable), January prizes are a \$50 gift certificate from Flour Power Kid’s Culinary School and \$25 gift cards from Ricki’s Pet Depot, Publix-Turkey Creek, Buttermilk Sky Pie Shop, O’Reilly’s Auto Parts, Chili’s restaurant-Turkey Creek, Kohl’s, Linda’s Hallmark-Village Green shopping center and Clean Juice. Visit to [www.shopfarragut.org](http://www.shopfarragut.org) to enter.

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## KCSOreports

• **At 3:11 p.m., Saturday, Jan. 9, a complainant contacted Knox County Sheriff’s Office Teleserve Unit** to report his property stolen from a Meadow Pointe Lane residence. Complainant said sometime between midnight, Wednesday, Jan. 6, and 2:55 p.m., Jan. 9, an unknown suspect took a television and shoes from the residence without permission. He said the suspect(s) would have had permission to be inside of the residence. Total value of loss was listed at \$200.

• **At 3:52 p.m., Friday, Jan. 8, an officer responded to a Dutchtown Road residence** to meet with complainant/victim, who said her

ex-boyfriend, the suspect, was threatening her over text messages and phone calls. She said the suspect has been calling her at work claiming to be a Greene County Probation officer since she blocked him on her phone. Victim/complainant also said suspect said he knew where she lived and threatened to “beat her face in.” She was told how to get an Order of Protection.

• **At 6:06 p.m., Jan. 8, an officer was dispatched to a North Campbell Station Road** address for a stolen vehicle recovery. Victim/property owner located his vehicle, a 2004 Chevrolet VST, at this address. The vehicle was released out of NCIC and returned to the owner.

## Donations record for Festival of Lights at The Cove

The recently concluded Holiday Festival of Lights at The Cove at Concord Park set a record for non-perishable food items donated — enough to fill 16 barrels. A total of \$7,428.49 in cash also was donated. This most recent collection benefits The Love Kitchen in East Knoxville.

This 22nd annual event began the first week in December and concluded Sunday, Jan. 3. The previous year’s festival, which set the previous

record, raised \$7,677 and filled 12 barrels.

“In a year with so much uncertainty and strife, it is so rewarding to see this kind of generosity come from one of our longest running Knox County traditions,” Knox County Mayor Glenn Jacobs said.

“These donations are evidence that even in the worst of times, we can pull together to support each other.”

## Kitchen fire spreads in area residence



Photo courtesy of Jeff Bagwell, PIO Rural Metro Fire

At 3:48 p.m., Friday, Jan. 8, Rural Metro Fire responded to a reported house fire at 11009 Wellesley Lane just outside of Farragut. “When crews arrived they saw smoke coming from the roof line and windows. The one occupant had already self-evacuated and was treated on the scene for possible smoke inhalation,” a R-M press release stated. “Firefighters discovered a kitchen fire that had extended into the attic. The fire was extinguished quickly. (It) ventilated through the roof, reducing the amount of damage inside the house. No other injuries were reported, and the cause of the fire is under investigation.”

# The Knoxville Health & Wellness Expo

**Saturday, January 30th 9-2pm**

Come listen to 8 local health and wellness professionals in this virtual event. You'll hear from local experts give tips on topics including back pain, fat loss, the covid vaccine and more!

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[www.simplypt.com/health-expo](http://www.simplypt.com/health-expo) or call (865) 351-0615



## Horne-Ford

From page 1A

it should be, beside the Town Hall and the post office. ... I believe everyone thought it is where the Town Center would be. (The property) has been owned by the Bevins family since 1912 (Ford's late mother was a Bevins) — the Bevins family has a long history, longer than any of us ... this is the last piece of Bevins land.

"The post office, and Town Hall were built on property deeded by Bevins heirs; Kohls and Glenn Abbey, were also built on property originating from Bevins heirs. Eddy was the mayor for many years, and has a long legacy with the Town of Farragut for many years," Horne added.

"We've done a lot of development in Farragut, probably more than any other company because we live there, it's our home."

Horne noted he graduated from Farragut High School in 1963, and had lived in the area with his wife, Brenda Horne, more than 50 years.

"We developed the original Walmart ... we did the Ingles development, Kohl's, CVS, Lanesborough apartments and Glenn Abbey," he added. "We have been loyal participants in Farragut, all the way to 1980, when it was founded. I feel like we have some equity in the Town, so to speak."

"Doug and I first engaged with Eddy Ford, back in February — almost a year to date — and worked out the economics with Mr. Ford, then hired R2R (Architects) to put together the site plan," said Michael Patterson, Horne Properties executive vice president who is leading the AGORA project. "It is a unique piece of property — it is extremely deep ... and we went through literally 10 different renditions of this site plan.



Shipley

"I know you are looking at the merits of the rezoning," Patterson added, noting an additional benefit of the project would be the realignment and extension of Jamestowne Boulevard to connect with South Campbell Station Road.

Shipley suggested Horne might want to consider having the property zoned as a Mixed Use Town Center, which led to a lengthy discussion.

Horne said he would have to discuss the matter with Ford, but noted the multi-family element would still need to be part of the project, as well as the attached condominiums. "Whatever the zoning is, we can't just do the front, as (Ford) wants to sell the whole property."

"What we have to do is see if what is being required fits with the community's plan," Shipley said. "To me it doesn't as it is right now. Maybe we need to discuss offering some product, something between an R-4 and R-6 — a true medium-density product, consistent with trying to transition to a less dense, single-family detached development. Without making some text amendments, it might be problematic, in my opinion, to just rezone to R-6."

### Senior apartments

The senior apartments are proposed on a 20-acre tract behind the Ingles shopping center, where Horne is asking the land be rezoned from R-1 (Rural Single Family Residential) to R-6 (Multi-Family Residential).

Shipley voiced concerns that, regardless of Horne's intent, "once the property is rezoned, whatever is allowed (by that ordinance, which includes allowing up to 12 units per acre) the property owner could do," even though Horne and Patterson repeatedly stated the property "would be deed-restricted" to ensure it remained a senior living community "in perpetuity."

"We would need to focus on the rezoning request itself," Shipley said. "We can't be involved or be party to deed restrictions."

"I know the Town can't, but we will," Patterson replied.

## Vaccine update

From page 1A

### Tennova

Ann Metz, director of marketing and public relations for Tennova, said Monday, "Tennova began vaccinating frontline workers, including doctors and nurses at our hospitals across the region, on December 18.

"We continue to vaccinate our staff in (Farragut), Powell, Jefferson City, LaFollette and Newport," she added.

"As the state is coordinating vaccine distribution, we will continue to follow Tennessee's distribution guidelines."

### Knox County Health Dept.

Just over two weeks after receiving the first batch of COVID-19 vaccinations, the Knox County Health Department reported it had vaccinated nearly 4,000 people — including 500 who were vaccinated in roughly three hours during the Saturday, Jan. 2, event at Knox County Expo Center.

In addition, KCHD scheduled more than 200 vaccination appointments last week for those

75 years and older, but announced earlier this week all appointments have been filled.

Vaccination opportunities will continue to be announced on the health department website, social media channels and through local media partners.

As calls increase, the department is working to add more phone lines to the Public Information Line (865-215-5555) and offer online registration for vaccination appointments. Additional information will be released as its available, according to a press release.

For more information, visit [knoxcounty.org/health](https://knoxcounty.org/health). For a list of all counties and their contact information, visit [www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/County-PhaseStatus.pdf](https://www.tn.gov/content/dam/tn/health/documents/cedep/novel-coronavirus/County-PhaseStatus.pdf).

The vaccine is being administered in phases, with 1a1, 1a2 and those 75 years and older currently on the priority list.

For more information on phases, visit <https://covid19.tn.gov/covid-19-vaccines/vaccine-phases/>

Residents and staff of long-

term care facilities have been receiving their vaccinations through a federal partnership with select private pharmacies — not KCHD.

### Governor's announcement

Last week Gov. Bill Lee announced a new digital tool to help inform Tennesseans when they will be eligible to receive the COVID-19 vaccine.

The eligibility tool allows users to opt-in to receive updates and notifications about their vaccine phase and provides risk-based and age-based phase information at the county level.

The eligibility tool and COVID-19 information can be accessed at <https://covid19.tn.gov/>.

### Difficulty getting vaccines

However, even individuals in the priority categories have expressed concerns about not being able to schedule the vaccines in a timely manner.

Mary King of Farragut, who is a nurse practitioner and works alongside her husband, Dr. Dennis King, at their clinic, MD Wellness Center, shared their story as first-responders

attempting to receive the vaccine.

"I called multiple county health departments without much luck, but Roane County (Health Department) was awesome and extremely helpful," Mary King said. "They were amazing, and we were beyond impressed with them," she added.

Farragut Mayor Ron Williams, who receives weekly updates from the state regarding vaccine rollouts, said he has repeatedly asked about distribution, but has never been given a clear answer. He also said he suggested to Lee a cou-

ple of options that might help distribution as more vaccines become available.

"I suggested they could work it like our Rotary Club (of Farragut) does when they have Free Flu Shot Saturday," he said. "(Member) David (Smoak, Town administrator) said they can do about 1,000 shots between 9 a.m. and noon."

Williams said Knox County Expo Center could be better utilized by opening the truck bays and holding vaccinations in a drive-through scenario, adding, "It would be faster than a tent, and they could have a double line" like RCF.



## presstalk

671-TALK (8255)

or [editor@farragutpress.com](mailto:editor@farragutpress.com)

**\* You have to hear Farragut Mayor Ron Williams claim during the Farragut (Municipal) Planning Commission meeting** of Sept. 17 that a way to ease the traffic from the Biddle Farm apartments (as part of a Town Center) during school rush hours in the morning and in the afternoon, is that the Town of Farragut would ask Knox County Schools to have either Farragut Middle School or Farragut High School to start an hour later or an hour earlier to ease school traffic.

The mayor and Vice Mayor (Louise Povlin) claim that this will reduce stacking. Please think about this everybody: this would make the school rush hour last an hour longer twice a day. Every person in Farragut should listen to this very short commentary at the Sept. 17 Planning Commission meeting.

*We respectfully ask our readers to follow the following Presstalk rules when submitting their opinions:*

- Please keep calls to a 90-second maximum (call 671-8255 24 hours a day, seven days a week);
- Please keep e-mailed Presstalks to 250 words maximum ([editor@farragutpress.com](mailto:editor@farragutpress.com));
- Libelous and malicious comments will not be published;
- Profanity will be edited out;
- Comments will remain anonymous;
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*All Letters to the Editor must be no more than 600 words in length and must cite references when stating specific information as fact, especially in cases where it refutes other opinions and actions expressed.*

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businessbriefs

• **Jenn Price recently joined Weichert, Realtors** - Advantage Plus, 221 W. Young High Pike in Knoxville.

• **Y-12 Federal Credit Union in Oak Ridge recently received** its highest rating, a 5-Star, for financial strength and stability from Bauer Financial Inc., a national bank and credit union rating firm.

This is the ninth consecutive quarter Y-12 Federal Credit Union has earned Bauer's highest rating. Earning a 5-Star rating indicates this credit union excels in areas of capital adequacy, profitability, asset quality and more.

• **UScellular recently announced Tom Catani of Knoxville** has been promoted to its new area vice president/general manager for the Mid-Atlantic Region.

The position is a new business leadership role that now leads

both corporate-owned and agent retail locations. Catani will lead all UScellular locations across Maryland, North Carolina, Tennessee, Virginia and West Virginia.

• **Element Hotels, a part of Marriott International** and the Chattanooga-based 3H Group Inc., announce the opening of Element by Westin Knoxville West at 400 N. Peters Road in Cedar Bluff.

The new hotel aims to fuel a balanced life for travelers on the road, redefining a longer stay experience with a nature-inspired design philosophy that is clean, modern and bright.



Catani

Colby earns drone photography honor

**STAFF REPORTS**  
editor@farragutpress.com

Colby McLemore of Colby's Photos & Videos, 503 Clinch Ave. Suite 100, recently earned the Certified Drone Photographer credential from Professional Photographers of America.

McLemore earned this honor after completing an intensive program that measured his technical competence and aerial photographic proficiency.

This certification is above and beyond the Federal Aviation Administration's require-



McLemore

ments for commercial drone pilots related to photography.

"I'm never one to do the minimum requirement," McLemore said. "Since my teens, I've been a fixed-wing pilot doing aerial photography and was an early adopter of drone technology. Even with all my experience, I was delighted with how much I learned through this process."

PPA is the leading body for certifying professional photographers. Certified Drone Photographers must be permitted through the FAA, meet a requirement of 30 logged flight hours, prove that they have general liability insurance and pass a comprehensive exam before achieving their credentials.

Certification must be renewed on a periodic basis, ensuring continued confidence in professionalism and safety.

New COVID bill offers help for live venues

**STAFF REPORTS**  
editor@farragutpress.com

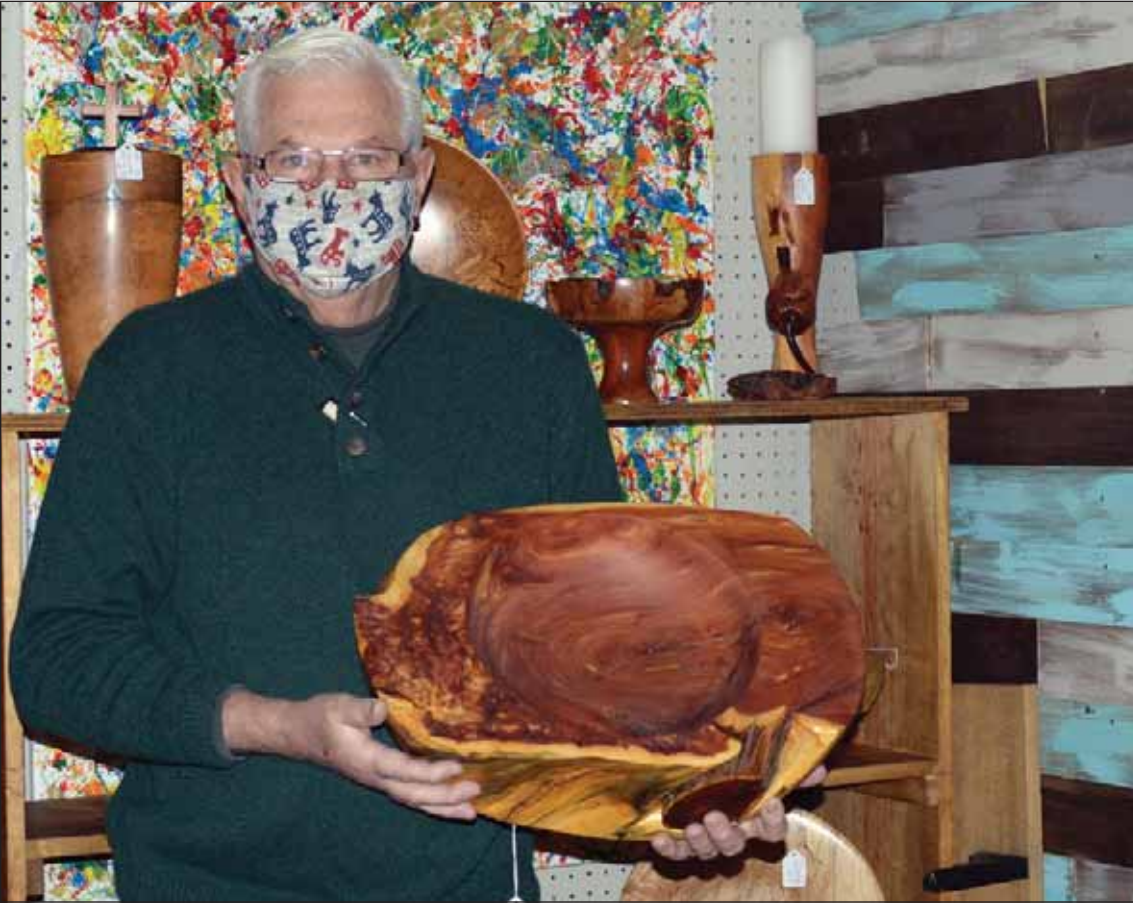
The Knoxville Small Business Development Center recently announced \$15 billion has been allocated in the most recent COVID-19 Relief Act as grants for shuttered live performance venue operators.

According to Farragut West Knox Chamber of Commerce, those grants would be awarded through the Small Business Administration.

A Thursday, Jan. 7, FWKCC online newsletter stated the bill "authorizes \$15 billion for the SBA to make grants to eligible live venue operators or promoters, theatrical producers, live performing arts organization operators, museum operators, motion picture theatre operators or talent representatives who demonstrate a 25 percent reduction in revenues.

"As of yesterday, the SBDC office has not seen what the application will look like and other eligibility requirements,

'Whittling' away



Tammy Cheek

West Knox County retiree Steve Brown can take a gnarled piece of wood and turn it into a bowl or other of his masterpieces. His works are on sale at The Shoppes at Homespun in Farragut.

Retiree opens booth at Homespun to sell works

**TAMMY CHEEK**  
tcheek@farragutpress.com

For Karns retiree Steve Brown, wood-turning simply was a hobby he enjoyed to pass time.

Then his daughter, Amanda Martin of Farragut, urged him to sell his pieces at The Shoppes at Homespun in Village Green shopping center, where he now has a booth featuring his one-of-a-kind works.

"All of these pieces have a story to tell," Brown said.

Booth F12 holds an array of his pieces, from vases and planter stand to bowls and candleholders.

"I sort of always enjoyed working with wood," Brown said. "Back in the '70s and '80s, I used to just whittle things."

In the late 1990s, when he became more serious with the hobby, he started making pipes.

wood from the Mediterranean.

"There's none made here," he added. "Back in World War II, there were a lot of pipe smokers, but the briar wood could not be imported."

So, pipe makers improvised, using rhododendron and laurel woods, of which the roots were extremely dense and hard.

Brown experiments with different woods to make his pieces.

"A lot of woods I find are around Catoosa (a wildlife management area near Crossville)," Brown said. "I would go up there in spring ... I would find stumps and knots left behind."

"I want all the trash stuff (the lumber companies) don't use — all the knots and the burroughs," he added.

Brown then moved on to other pieces — pipe holders,

candleholders, lamps — and other woods.

His pieces show a tree's history with tree rings, beetle tracks and fungus lines, creating beautiful natural designs.

Before retiring in 2018, Brown worked for TVA's fisheries division for seven years and in government contracts for 15 years.

"One of my biggest enjoyments is being able to get out and find woods," he said. "I don't want to just get a block of wood. I like to find unusual pieces that are weathered and washed up on the lake."

Brown usually does not know what he is going to make with the wood he finds until he studies it for a bit "to see what it's telling me (to make)," he said.

See TURNING on Page 7A

farragutpress  
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*Some of the team's accomplishments in 2020 include:*

- President's Club Award
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Photo submitted

Steve Brown uses a lathe to turn wood pieces into home decors — or even smoking pipes.

Turning

From page 6A

As his hobby grew, so did the collection of Brown’s works. Even though he gave some pieces away, he still filled up his home.

“My daughter, Amanda, my wife (Susan), and sister (Mary Charles Salomone) had been pushing me for years to get out and sell (the pieces),” he said. “I was hesitant — I love doing it, not selling it — but it’s to the point the house is filling up.

“The biggest inspiration for me to sell was Amanda,”

Brown added. “She knew people here (at Homespun).”

Looking around his booth, Brown replied, “This (place) is perfect.”

Martin helps her father sell his works and is looking at creating a website.

The Shoppes at Homespun, 11523 Kingston Pike as well as 1410 Sevierville Road in Maryville, is open from 10 a.m. to 6 p.m., Monday through Saturday, and from 1 to 6 p.m., Sunday.

To find out more about Brown’s pieces that are available, call 865-591-2248.



Tammy Cheek

Lines created by a wood fungus create unique designs in Steve Brown’s works. He keeps his pieces as low-gloss and natural as possible to allow the distinctive qualities to shine through.

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COMING 2021

# Strong tourney start for FMS girls

**KEN LAY**  
*Correspondent*

Farragut Middle School’s girls basketball team will get a chance to avenge one of its early season losses when it hits the hardwood Saturday morning, Jan. 16, for the second round of the James A. Ivey Jr. Memorial Middle School Basketball Tournament.

The fifth-seeded Lady Admirals will answer an early wake-up call and head to Fountain City to take on No. 4-seed Gresham in the tournament quarterfinals.

“That was one of the teams that we got to play earlier this year, and that game was one of our two losses. I think we’ll be ready for Round 2,” Lady Admirals’ head coach Devan McIntyre said after her squad cruised past No. 12-seed Whittle Springs 47-8 Monday afternoon, Jan. 11, in FMS’s Bobby J. Henry Gymnasium.

The Lady Ads (6-2) had some offensive struggles early, as they missed several shots at close range — but that wasn’t what had the Farragut second-year coach concerned out of the gate.

“Early in the game, I thought we were lazy defensively. We were reaching,” McIntyre said. “We weren’t working hard and we weren’t moving our feet.

“But we got better defensively, and defense has been a priority for us all season. We want to use our defense to create our offense because we play better when we’re able to get out into transition.”

FMS led 18-6 at halftime.

Sydney English, who led all scorers, tallied 12 of her 14 points in the third frame.

Farragut boasted a balanced offensive attack, as Annie Priest scored nine points. Gabbie Vanacker scored all eight of her points over the final eight minutes. Lilly Mullins chipped in with six points. Josie Tarantino had four points and Lucy Brock finished with two.



(Above) Keeleigh Rogers, Farragut Lady Admirals junior guard, brings the ball upcourt against Bearden defensive pressure in FHS’s Lynn E. Sexton Gymnasium Saturday afternoon, Jan. 9. (Right) Macy Barnes, FHS senior guard (center in white) joins a group of Lady Bulldogs in pursuit of a loose ball as Lady Ads teammate McCall Willis (32), a junior post, reacts from a distance. Bearden forced overtime near the end and won 61-60.

Photos courtesy Carlos Reveiz/crfoto.com



# Tying bank, OT win

## Bearden girls late rally keeps victory streak alive vs. FHS

**KEN LAY**  
*Correspondent*

It took some overtime and a bit of a comeback, but Bearden High School’s girls basketball team notched a victory Saturday afternoon, Jan. 9, over Kingston Pike rival Farragut.

The Lady Bulldogs erased a 10-point deficit and used some late-regulation heroics from Emily Gonzalez to force overtime. Bearden would eventually capture a 61-60 victory over the Lady Admirals in FHS’s Lynn E. Sexton Gymnasium.

Bearden (10-1 overall, 4-0 in District 4-AAA) fell behind 28-18 when Farragut’s Avery “Ace” Strickland buried a shot with 3 minutes, 35 seconds to go in the third quarter.

The Lady Bulldogs then began their journey on the comeback trail. They still trailed the Lady Ads (9-1, 4-1) 45-37 after Keeleigh Rogers knocked down a pair of free throws with 1:45 remaining in the fourth quarter.

Then things really got crazy.

Farragut had a 50-46 lead with lead with 15.5 seconds left in the final quarter before Gonzalez scored with 8.2 seconds left.

Lady Admiral McCall Willis made a free throw to make it 51-48, leaving the door open for a game-tying 3-point shot for the Lady Bulldogs — and Gonzalez delivered as time expired with a bank-shot three from up top.

“I knew I had to get it off because time was running out,” she said. “I haven’t been hitting a lot lately, but I knew that we had to have it.

“I know I can shoot and I’ve just to got believe that it’s going in, and it went in,” she added.

Early in the game, shots didn’t fall for Bearden, and its plight got more difficult when senior point guard Zneyah McLaughlin fouled out in the fourth quarter.

See LADY DAWGS-FHS on Page 12A

# Down to wire, but another Ads loss vs. Dawgs

**KEN LAY**  
*Correspondent*

Bearden High School boys basketball head coach Jeremy Parrott never takes a District 4-AAA victory lightly, especially one his team captures on the road.

The Bulldogs’ win over Farragut Saturday evening, Jan. 9, didn’t score many style points. But that just didn’t matter all that much.

“Any conference game is tough because everybody knows everybody else so well,” Parrott said after the Bulldogs edged the Admirals 54-49 in the latest chapter of this Kingston Pike rivalry in FHS’s Lynn E. Sexton Gymnasium.

Following a 17-day hiatus over the Holiday Break after Knox County Schools closed campuses and halted all extra-curricular activities, including sports, in mid-December due to COVID-19 concerns, “This was our fourth game in five days, and what makes it tough is that it comes after a 17-day layoff,” Parrott said. “You don’t want to go on the road in conference with no prep. That’s just how I feel.”

The Ads (5-5, 3-2), looking for their first victory against the Bulldogs since 2016, hung around the whole game and had several chances to pull even late. Farragut’s last chance came when trailing 52-49: Dillon Atwell missed a 3-point shot with six seconds remaining in the final frame.

Bearden’s A.J. Pruitt, senior wing, grabbed the rebound, got fouled and made both subsequent free throws to salt away a hard-fought victory.

Pruitt scored 22 points in the contest and received some high praise from his coach.

“A.J. is one of the best guards in Knoxville. He’s one of the best players in our con-

See BEARDEN-ADS on Page 12A

# Long layoff blues for HVA boys, young Lady Hawks vs. Maryville

**STAFF REPORTS**  
*editor@farragutpress.com*

Still getting adjusted after a long COVID-19 layoff, Hardin Valley Academy’s boys put up a good fight for one half against perennial District 4-AAA power Maryville.

But MHS pulled away in the second half and won 70-47 Friday night, Jan. 8, at HVA.

Until last week, “We hadn’t played since Dec. 1,” said HVA head coach Shane Wells, whose team fell to 2-3 overall, 1-2 in district. MHS improved to 10-4, 4-1.

Dale Henley, junior post, led the Hawks in points with 15.

Ty Gentry added nine for HVA, followed by Julian McCoy, followed by eight, Jaelyn Pannell six, Jake Hubbard five and Tanner Grantham and Hudson Stokes with two apiece.



**Lady Hawks**  
Still winless after a 59-26 loss Maryville Friday, HVA head coach Jennifer Galloway did point out “nice play out of our freshman point guard Gracie



Waite.” Waite scored seven. Avery Laugherty, junior guard, led the Lady Hawks in scoring with nine. Lexi Hall added five, Evelyn Hess three and Faith Johnson two points.

(Far left) Julian McCoy, Hardin Valley Academy junior guard, drives to the basket against Maryville during this District 4-AAA clash Friday night, Jan. 8, at HVA. The Red Rebels pulled away in the second half to win 70-47. (Left) Lexi Hall, Lady Hawks sophomore guard, looks to save a possession by finding a teammate for a pass before going out of bounds against Maryville Friday. The Hardin Valley girls remained winless after this District 4-AAA setback.

Photos by Alan Sloan



Photo courtesy Carlos Reveiz/crfoto.com  
Lucas Arnold, Farragut senior post, guards a Bearden player driving to the basket during this District 4-AAA rivalry showdown at FHS Saturday, Jan. 9.



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FHS'ers go full 'Blonde'

TAMMY CHEEK  
[tcheek@farragutpress.com](mailto:tcheek@farragutpress.com)

Farragut High School musical theater students will be presenting "Legally Blonde The Musical" next week in a limited attendance performance.

While the performance begins at 7 p.m., Wednesday, Jan. 21, and Thursday, Jan. 22, Dr. Tony Wooley, FHS's musical theater and forensics drama teacher, said it will be limited to family members of the production's cast and crew to observe COVID guidelines.

"COVID has changed just about everything," Wooley said. "The county has requested that we limit it to the family members of the participants."

"There are two sides of that coin," he added. "Obviously, I'm very disappointed we can't perform the show for a larger audience; but in the world as it is ... I am just very grateful we are able to have the show at all."

"I think the parents, grandparents, siblings are going to be incredibly pleased and proud. I think the kids are going to be very grateful to perform for them."

Wooley said all of the stu-



Photos submitted

(Above) The lighted display on the front lawn of Concord United Methodist Church, 11020 Roane Drive, is part of the church's current "Light of Life" sermon series intending to give encouragement. (Left) The Rev. Wil Cantrell, CUMC senior associate pastor, places a star on one of the trees where members of the community are encouraged to stop by, pick up a star and share how Jesus remains the "Light of Life" in every season.

CUMC shares 'Light of Life'

MICHELLE HOLLENHEAD  
[mhollenhead@farragutpress.com](mailto:mhollenhead@farragutpress.com)

Even though Christmas is behind us, Concord United Methodist Church is continuing to share the "Good News" that Jesus remains the "Light of Life" in every season.

Church pastors began a sermon series on Post-Traumatic Growth Sunday Jan. 3, sharing "the 'Light of Life' is how to move forward in the light of Christ in the midst of trauma," said the Rev. Glenna Manning, associate pastor of discipleship.

Further illustrating the message, lighted trees have been placed in the church's front lawn, 11020 Roane Drive, which are expected to remain at least through the end of January.

Both members and non-members are invited to come by the church, pick up a star (which will be located in plastic tubs outside the worship center on wire racks) and write a scripture, song lyric or poem that reflects personally how "the Light still shines in the darkness," said Manning, who had the idea for the "Light" project.

Outreach, sermon series point to our Savior, Jesus Christ, as a light in every season; through end of this month

"It came about when we were going into Advent and decorating for Christmas — and all of a sudden noticing there was an extra pep in people's steps, even amid the pandemic," she said. "People were putting up Christmas lights and decorating to bring joy and find peace. We enjoyed so much seeing the lights, but then when we were warned the winter would likely be a hard one, I realized that Christ's light doesn't go out just because Christmas is over, and He tells us those who follow Him will never be in darkness."

"His light is still shining." Manning said she saw the project as a "way to uplift and encourage one another during these troubling times. It was so comforting to drive around and see the lights, and we wanted to continue to offer that. And, we want people to share with us, and the community, what reminds them of Christ's light."

As she discussed her thoughts of prolonging the seasonal lights with senior pastor, the Rev. Larry Trotter, and senior as-

See BLONDE on Page 10A

See LIGHTS on Page 11A

Seniors help to replace FHS auditorium seats



Photo submitted

Farragut High School senior Anna Depres, chair of the Senior Committee that will begin fundraising this Friday to replace the school's auditorium seating, shows off one of the new seats.

MICHELLE HOLLENHEAD  
[mhollenhead@farragutpress.com](mailto:mhollenhead@farragutpress.com)

Knowing full well of the decades-long rivalry between Bearden and Farragut, all Farragut High School history teacher Angela Breeding had to do was mention a project in which the "other school" had taken part.

"When Dr. (John) Bartlett (current FHS principal and former BHS principal) asked about ideas for possible senior class gifts last summer, I said, 'Well, a few years ago Bearden got seats for their auditorium,'" Breeding recalled.

"That was all it took," she added, smiling. "The senior class was completely on board with duplicating that idea."

And that is exactly what 30 members of the Class of 2021 are hoping to do — oversee the replacement of 800 ground-floor seats in the Vickie B. Wells Auditorium during a fundraiser that officially will launch Friday, Jan. 15.

Bartlett, of course, is 100 percent behind the project, too, for more reasons than one — he was Bearden's principal when BHS replaced its auditorium seating a few years ago.

He has also been very pro-



Bartlett

active in leading the charge to spruce up the schools' campus since he was tapped to lead FHS at the beginning of the 2019-20 school year.

"One thing we have done is promote the idea of ownership," Bartlett said. "This is the community's school, and it is our job to make it the best we can make it."

"Working on the auditorium seemed to be the next logical step," said Breeding, who is leading the project among seven other faculty members who also are part of the Senior Committee.

The current seats are original from the building's construction in the mid-1970s.

See SEATS on Page 11A

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Appointments also can be made by calling 865-524-3074. Donors will receive a special edition MEDIC gift: \$10 E-Gift Card (delivered via e-mail), \$5 Salsarita's coupon and a Texas Road-

house Appetizer Coupon.

• **The Visit Farragut team has designed a Farragut Dining Guide with listings for all the restaurants in Town limits.** This guide details restaurant service options, including take-out, delivery, outdoor seating, drive-thru and dine-in, along with contact information. Pick up your copy of the dining guide at Farragut Community Center, Town Hall or the Pinnacle at Turkey Creek office, 11251 Parkside Drive. For an e-copy, go to [visitfarragut.org](http://visitfarragut.org). Several restaurants offer specials throughout the week, which are reflected on the website's calendar. The dining guide will be updated every six months.

• **Coats for the Cold drive and distribution by Knox Area Rescue Ministries** asks for gently used and/or new coats at any KARM Stores or Prestige Cleaners location. While all sizes are needed, of special need are children's coats and adult XL and XXL coats.

• **Knoxville Symphony Orchestra musicians will return to the stage** for the remainder of the 2020-21 season **Monday, Feb. 1**. The season runs through May 23. Specific plans for performances are expected to be announced this month. KSO plans to stream programming so audiences can enjoy the sounds of their orchestra from the comfort and safety of their homes. To receive Symphony updates, visit [knoxville-symphony.com](http://knoxville-symphony.com) and sign up for the newsletter. Follow KSO on Twitter and Facebook at [twitter.com/knoxsymphony](https://twitter.com/knoxsymphony) and [www.facebook.com/KnoxSymphony](https://www.facebook.com/KnoxSymphony).

# Dog enlarged prostate: signs, treatment options

**Q:** "Mikey," our sweet chocolate lab, was just diagnosed with an enlarged prostate. The vet wants to see us back next week for more tests. How nervous should I be? P.L., Farragut

**A:** I'm sorry to hear about Mikey, but it is a good idea to pursue testing to find the cause of his prostate enlargement. Hopefully the cause is benign.

Most dogs with prostate enlargement are not neutered and are middle-aged or older. When male dogs are not neutered, they are still producing testosterone, which will have hormonal influence on the prostate.



**Stephanie Myers**  
Ask the Vet

Your veterinarian will likely discuss with you blood and urine tests, along with X-rays and ultrasound of the prostate. Occasionally, an aspirate or biopsy may be necessary.

The most common cause of an enlarged prostate in a healthy dog is benign prostatic hyperplasia. This simply means that the prostate is enlarged due to age and hormones with no other significant disease processes. BPH can still cause problems, as an enlarged prostate can put pressure on the bladder and/or colon, creating difficulty and/or discomfort.

Other causes of prostate enlargement include benign cysts, bacterial infections or bacterial abscesses. Prostate cancer does occur in dogs, but thankfully it is rare.

Based on the cause of the prostatic enlargement, your veterinarian will likely discuss neutering Mikey, especially if one of the benign causes is diagnosed. Castration will eliminate the production of testosterone, thus allowing the prostate to decrease in size. If neutering is not an option, some medical therapy options are available, and your vet can discuss whether or not it is appropriate for Mikey. And certainly, if bacterial infection is present, antibiotics will be prescribed.

Best of luck to you and Mikey next week.

*If you have questions or concerns about your pet, e-mail Dr. Myers at [lencircityac@gmail.com](mailto:lencircityac@gmail.com)*

## Blonde

From page 9A

dents will be wearing masks at all times.

"And we have put in procedures for proper sanitation and social distancing during rehearsal and production for the students and everybody," he added.

The production involves 35 cast and seven crew members. Leading the cast are Mary Claire Carter as Elle Woods; Mason Cross as Emmett Forrest, who later becomes Elle's boyfriend; Charley Becker as Warner, the ex-boyfriend; Cecilia "Ceci" Lovelace as Vivian Kensington, Warner's girlfriend; and Grace Gee, the student director.

"I could not be more excited to play Emmett Forrest," Mason Cross, a sophomore, said. "I guess, in a way, you could

say that I do felt connected to this character.

"We definitely share a very similar personality and way that we handle ourselves, which made it a lot easier to learn the character," Cross added.

"One of my favorite parts is the character development of Elle and her journey in realizing that she does not need her ex-boyfriend keeping her down. I also enjoy watching her evolve into a confident and independent woman despite the obstacles she faces."

Wooley said Carter, a junior, was chosen to portray Elle



**Carter**

because "she is an absolute incredible talent, and she is a wonderful, all-around student.

"I have been working with her since she was a freshman, and every part she has ever gotten she has worked her hardest at, always performed wonderfully in her audition.

"And she knocks her (performance) out of the park," he added. "I am incredibly blessed with very talented students.

"All of my kiddos in this program are exceptional in

different ways."

He said the musical was selected because it was one of the students' favorites, with good music, a lot of energy and "I have very strong female performers.

"And, it really does promote female empowerment as a



**Cross**

strength," Wooley added.

He said the movie and musical production relates a "stereotype of what a young woman can or can't do and how she could choose to be a stereotype or choose to break the mold.

"There are so many reasons for (students) participating, but in this year that has been so difficult," Wooley added.

"I hope my students are able to look back on this experience as a shining, wonderful memory in an otherwise very challenging year."

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Seats

From page 9A

As they have aged and needed repairs, maintenance workers have had to use parts from the upper floor balcony seats because parts are no longer available.

Bartlett said it is hoped the 200 upper-floor seats would be replaceable, too, but right now the focus is ground floor.

“This is the community’s auditorium as much as it is the school’s,” said Breeding, noting church groups — and even the meetings leading to formation of the Town — have taken place there through the years.

Replacing each chair will require a \$199 dollar commitment, which will cover not only the seat but also a small



Photo submitted

Displaying one of the new FHS auditorium seats is senior Max Wegzyn.

nameplate, if the donor chooses, to honor or memorialize an individual — or just list the donor.

“I have encouraged club members to think of maybe buying their favorite teacher a chair donated in honor of

a favorite teacher,” Breeding suggested.

Breeding said she is especially proud of the work the committee has put in during the project’s planning stages, with each student serving on specific subcommittees, as the plans have solidified.

“It has been really special to see them work so hard,” she added.

The fundraiser will be featured on the school’s Web page <https://www.knoxschools.org/farraguths>, where a link will appear starting Friday.

“This is such a special school, and such a special place to a lot of people,” Bartlett said. “This semester — this year — we want to be able to say, and to show, it has been successful — regardless of challenges.”

coordinator Joan De Tar ([jdetar@concordunited.org](mailto:jdetar@concordunited.org)), who will put up stars for those interested in participating.

The trees are being lit nightly, and Manning said it is her hope they will be able to remain up through Ash Wednesday in February, which begins Easter season.

Lights

From page 9A

sociate pastor, the Rev. Wil Cantrell, the sermon series evolved, too.

The first week introduced the idea and explained the community connection. Ensuing sermons will cover “different ways Jesus is still our Light of life,” Manning said. “Each Sunday of our sermon series we will be focusing on the different ways Jesus is the light to all of us.”

The project is an especially meaningful current outreach for CUMC, as officials made the difficult decision in late December to discontinue in-person worship — after resuming it only two months ago

— as COVID-19 has continued to be a threat to the community. In-person worship is tentatively scheduled to resume in March.

Anyone unable to physically come by the church to write on a star may contact Manning ([gmanning@concordunited.org](mailto:gmanning@concordunited.org)) or senior adult ministries

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# Moms Club virtual Preschool fair Jan. 16

**MICHELLE HOLLENHEAD**  
[mhollenhead@farragutpress.com](mailto:mhollenhead@farragutpress.com)

It may look different this year, but the Knoxville-Northshore Chapter of Moms Club International has committed to hosting its 8th Annual West Knox Preschool and Activities Fair beginning at 10 a.m., Saturday, Jan. 16 — only on the group’s Facebook page.

“We had to go virtual this year because of COVID,” explained Kate Lee, the club’s assistant vice president of outreach who also noted the event typically takes place at St. John Neumann Catholic Church and and SJNC School.

“We hope we will be able to have it there again next year,” she added.

The virtual event still works to fulfill the Club’s goal of helping connect parents to schools and other educational resources for young children in the West Knox County area. The program will feature

seven (as of press deadline) preschools, with representatives of each being present online to answer questions.

They include Garden Path School, Annoor Academy of Knoxville, Clayton-Bradley Academy, Episcopal School of Knoxville, Farragut Church of Christ, Morning Star Child Development Center and Webb School of Knoxville.

Additionally, the event’s Facebook Page also offers posts highlighting family-centric activities and studios, including Tinkergarten, Inicios Language Learning Center, Angela Floyd Studios, Knox Moms and Knoxville Academy of Martial Arts among others.

Visit [Facebook.com/WestKnoxPreschoolActivitiesFair](https://www.facebook.com/WestKnoxPreschoolActivitiesFair) for more information.

Postings will still be available online after the event for those unable to attend.

For more information, e-mail [momsclubofnorthshore@gmail.com](mailto:momsclubofnorthshore@gmail.com).

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Bearden-Ads

From page 8A

ference, and on some nights I think he's the best," Parrott said.

Izaiha Bredwood, senior guard, scored 11 for Bearden.

After the two teams slugged through an evenly matched opening frame, with the game knotted 19-19, the Bulldogs had a slim 32-29 advantage by halftime and led 42-39 heading into the final stanza.

"I thought we battled hard tonight, but I didn't think that would ever really be a prob-

lem," Ads head coach Jon Higgins said. "We just didn't do enough to win the game when we needed to. I feel like we should be in that position in every game, to take the lead."

Ryan Neal, junior guard, led FHS in scoring with 14 points. Carter Mayfield added 12 and Atwell finished with 11.



Neal

Lady Dawgs-FHS

From page 8A

But Gonzalez, who ran the point after McLaughlin exited, saved the day as she scored 14 of her points over the last 12 minutes of the contest. The Lady Bulldogs scored just 25 points over the first 24 minutes of the game.

"We definitely didn't play our best basketball," BHS head coach Justin Underwood said. "When you score 25 points in three quarters, you're not going to beat a lot of teams."

"But I was proud of the girls

for stepping up (after McLaughlin left); we keep talking about next man up. It doesn't have to be your night every night. Scoring 36 points between the fourth quarter and overtime, we really turned it on at the right time."

The Lady Bulldogs never trailed in the extra frame. They also received late sparks from Jennifer Sullivan, Mad-die Brillhart and Avery Treadwell.

Sullivan finished the contest with 13 points while Brillhart and Treadwell added 12 points each. Treadwell and Brillhart

also were forces on the boards. Treadwell had 12 rebounds and Brillhart pulled down nine.

"We really felt like we let one get away," Farragut head coach Jason Mayfield said. "We're not too disappointed about this one even though it was a tough loss to a big rival and we made some mistakes."

Ashlyn Sheridan, junior wing, led the Lady Ads with 18 points. Rogers added 15, Macy Barnes finished with 11 and Strickland chipped in nine.

FHS led 7-5 after the opening frame, 22-16 at halftime and 32-25 after three quarter.

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### FARRAGUT BOARD OF MAYOR AND ALDERMEN AGENDA

January 14, 2021 • BEER BOARD 6:55 PM • BMA MEETING 7:00 PM

**I.** Roll Call

**II.** Approval of Agenda

**III.** Approval of Minutes

**A.** December 10, 2020

**IV.** Mayor's Report

**V.** Business Items

**A.** Approval of Resolution R-2021-01, Appointment of Municipal Judge

**VI.** Ordinances

**A.** Public Hearing & Second Reading

**1.** Ordinance 20-25, an ordinance to amend Appendix A – Zoning, Chapter 3., Specific District Regulations, Section XII., General Commercial District (C-1), B., 3., as it relates to the outdoor display and or storage of general farm implements and lawn care equipment, riding lawn mowers, and related accessories (Farragut Lawn and Tractor, Applicant)

**2.** Ordinance 20-26, an Ordinance Amending the General Fund and Capital Investment Program for the Fiscal Year 2020-2021 Budget, Passed by Ordinance 20-07

**B.** First Reading

**1.** Ordinance 21-01, an ordinance to amend the future land use map in the Comprehensive Land Use Plan Update for a portion of Parcel 003.19, Tax Map 143 (a portion of the property referenced as 133 Concord Road) associated with the Farragut Town Center at Biddle Farms project from Medium Density Residential to Town Center (CHM, LLC, Applicant)

**2.** Ordinance 21-02, an ordinance to amend the Farragut Zoning Map in association with the Farragut Town Center at Biddle Farms project, 11230 and 11240 Kingston Pike and 133 Concord

Road, Parcels 3.02, 3.03, 3.10, and a portion of 3.19, Tax Map 143, from General Commercial (C-1) and General Single-Family Residential (R-2) to Planned Commercial Development (PCD), 43.63 Acres (CHM, LLC, Applicant)

**3.** Ordinance 21-03, an ordinance to amend the Farragut Zoning Ordinance, Chapter 3., Section XII. F. Mixed Use Town Center, associated with the Farragut Town Center at Biddle Farms project, 11230 and 11240 Kingston Pike and 133 Concord Road, Parcels 3.02, 3.03, 3.10, and a portion of 3.19, Tax Map 143, 43.63 Acres (Budd Cullom, Applicant)


**VII.** Town Administrator's Report

**VIII.** Town Attorney's Report

**IX.** Citizens Forum

This meeting can be viewed live on the Farragut YouTube Channel, [www.townoffarragut.org/livestream](http://www.townoffarragut.org/livestream), Charter channel 193 and TDS channel 3. The meeting will be held virtually, authorized by Governor Lee's executive orders regarding the COVID-19 pandemic. Meeting comments, including your name and address, may be emailed to [comments@townoffarragut.org](mailto:comments@townoffarragut.org) and must be received by 12:00pm on Wednesday, January 13 to be included in the record of the meeting.

It is the policy of the Town of Farragut not to discriminate on the basis of race, color, national origin, age, sex, or disability 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 contact the ADA Coordinator at [jcurry@townoffarragut.org](mailto:jcurry@townoffarragut.org) or 865-966-7057 in advance of the meeting.



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### FARRAGUT MUNICIPAL PLANNING COMMISSION AGENDA

January 21, 2021 • 7:00 p.m.

This meeting can be viewed live on the Farragut YouTube Channel, [www.townoffarragut.org/livestream](http://www.townoffarragut.org/livestream), Charter Channel 193, and TDS Channel 3. The meeting will be held virtually, authorized by Governor Lee's executive orders regarding the COVID19 pandemic. Meeting comments may be emailed to [comments@townoffarragut.org](mailto:comments@townoffarragut.org) and must be received by 12:00 p.m. on January 20 to be included in the record of the meeting. Anyone that wishes to provide comments must include their name and address. For questions please e-mail Mark Shipley at [mshipley@townoffarragut.org](mailto:mshipley@townoffarragut.org) or Bart Hose at [bhose@townoffarragut.org](mailto:bhose@townoffarragut.org).

**1.** Approval of agenda

**2.** Approval of minutes – December 17, 2020

**3.** Discussion and public hearing on a re-subdivision plat for the property at 11824 Kingston Pike, 1.79 Acres, Zoned R-2, 3 Lots (Troy Stavros, Applicant)

**4.** Discussion and public hearing on a final plat for the Ivey Farms Subdivision, Phase 1, Unit 2, Zoned R-1/OSR, 22 Lots, 10.87 Acres (SITE, Incorporated, Applicant)

**5.** Discussion and public hearing on a site plan for enclosing the existing covered outdoor seating area at the First Watch Restaurant, 111 Lovell Road, Zoned C-1 (Design Innovation Architects – DIA, Applicant)

**6.** Discussion and public hearing on a site plan for the Kingston Pike Village – Phase 2 (Grocery Store and Retail Shops), 115 S. Watt Road, Zoned PCD, 8 Acres (GBS Engineering, Applicant)

**7.** Discussion and public hearing on a rezoning of property situated around the eastern intersection of McFee Road and Boyd Station Road, Parcels 50, 50.01, 54.01, and 9.01, Tax Map 162, 12611 Boyd Station Road, from General Single-Family Residential (R-2) to Open Space

Mixed Residential Overlay (R-1/OSMR), 131.25 Acres (OBO Homestead Land Holdings, Applicant)

**8.** Discussion on a zoning map amendment request for the property referenced as Parcel 069, Tax Map 142 (north of old Ingles building), 20 Acres, to change the zoning from R-1 (Rural Single-Family Residential) to R-6 (Multi-Family Residential) (Horne Properties, Inc., Applicant)

**9.** Discussion on a zoning map amendment request for the property referenced as 11500 Kingston Pike (west of Farragut Town Hall), Parcel 148, Tax Map 142, 68.31 Acres, to rezone a portion of the area currently zoned O-1 (Office) to C-1 (General Commercial), to rezone a portion of the area currently zoned O-1, B-1 (Buffer), R-1 (Rural Single-Family Residential), and R-2 (General Single-Family Residential) to R-6 (Multi-Family Residential), and to rezone a portion of the property currently zoned R-2 to R-4 (Attached Single-Family Residential)(Horne Properties, Inc., Applicant)

**10.** Discussion and public hearing on an Aesthetic Plan for Vertical Utility Infrastructure in Public Rights of Ways (Town of Farragut, Applicant)

**11.** Approval of utilities

**12.** Citizen Forum

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


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CONCORD CHRISTIAN SCHOOL

# Homecoming Parade

Concord Christian School held its inaugural Homecoming Parade Friday, Dec. 4. Inclement weather forced festivities indoors, but enthusiasm never wavered as students gathered inside the school's rotunda to cheer on participants, which included the school's band, cheerleaders, representatives from all four high school classes, Student Government Association, Key Club, Science Olympiad, Thespian Society and the Homecoming Court.

During the school's basketball game against the Ambassadors later in the evening, Anna Bergner and Brett Shoopman were crowned Queen and King, respectively. "It was a great day to be a Lion," said Lorna Keeton, CCS director of marketing and development.



Homecoming Court and King & Queen photos submitted; others by Michelle Hollenhead except where indicated



**Top:** CCS's inaugural Homecoming Court included, from left, Ashley Anderson, Catherine Sweeney, Sydney Peterson, Annabelle Sulish, Tali Beeler, Anna Bergner (Queen), Mikayla Profeta, Brett Shoopman (King), Chez Caudill, Jacob Armour, Harry Pennoyer, David Lowe, River Bailey and Bryson Bodenheimer.  
**1.** CCS's 2020-21 Homecoming Queen Anna Bergner and King Brett Shoopman.  
**2.** CCS cheerleader Natalie Hobbs helps lead the pep rally.  
**3.** CCS Band member Miriam Barbour displays her flags during the school's Dec. 4 pep rally.  
**4.** Kindergarten students, from left, Ben Brock, Logan Bradley and Brady Martin enjoyed the parade.  
**5.** CCS freshmen Amber Holt, left, and Isaac Reyes front the class display.  
**6.** CCS Head of School Donald Snider greets bystanders as the CCS Band marches.  
**7.** Amy Rainwater's first-grade class proudly poses with the school's Lion mascot.  
*(Photo courtesy of Lorna Keeton, CCS)*



# Building your Immune System

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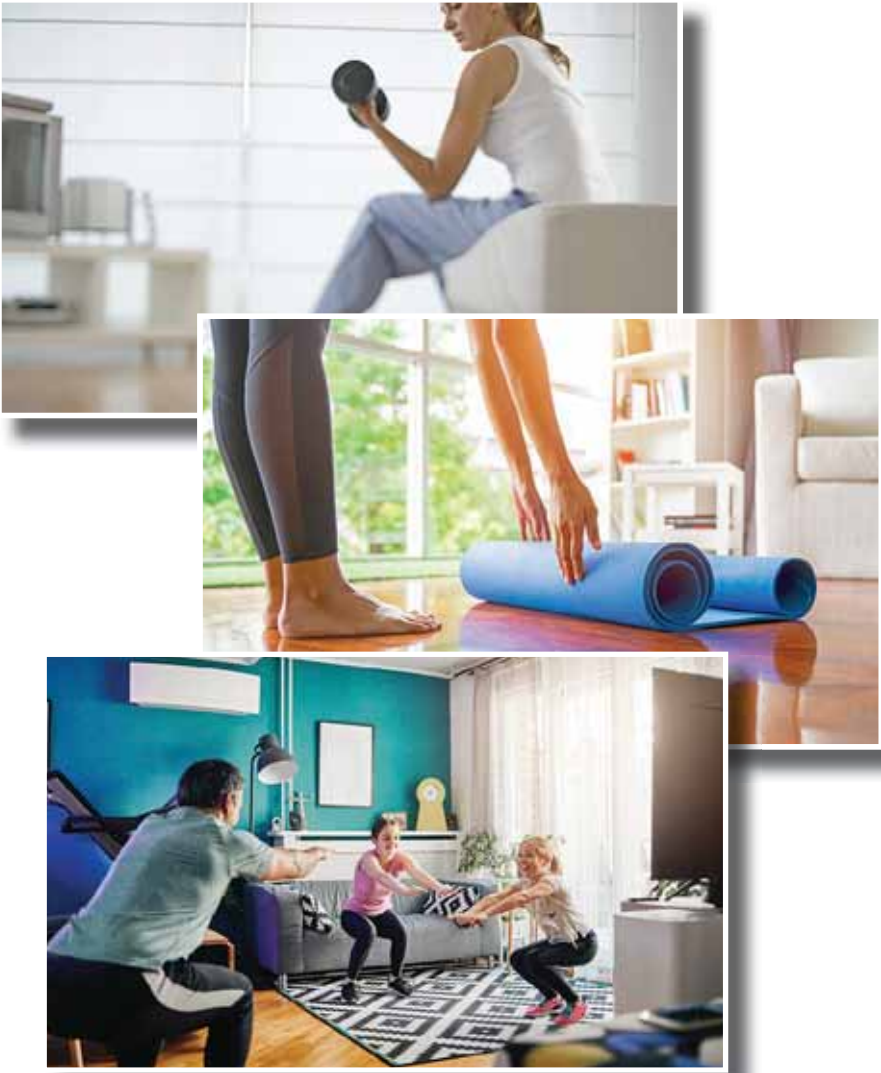
Never underestimate the health value of drinking water. To build up a person’s immune system through consumption — especially in the era of COVID-19 — a local nutrition expert made a “clear” point, among many, on the subject of vitamins-supplements, liquid intake and diet.

Dr. Alan Smiy, M.D., a family medicine specialist at Tenna Turkey Creek, said he is a proponent of vitamins as a nutritional supplement “within reason,” adding, “especially now there’s a lot of controversy about vitamins and supplements and their protective effect against the viruses that are out there — in particular COVID.” As for diet, “What folks need to realize is how we eat directly impacts the functioning of the immune system,” he added.

Drinking water

However, “Before you even get into foods, one of the most

See IMMUNE SYSTEM on Page 5B



# In-home therapy one key Functional Pathways feature

Michelle Hollenhead  
mhollenhead@farragutpress.com

The Coronavirus pandemic has changed our daily lives in many ways, but one local company is sharing hope and help during these difficult times. Functional Pathways, located off Pellissippi Parkway, has built a top-tier reputation during the last 25 years providing rehabilitation services in long-term care and assisted living communities. During the last year, it began offering in-home therapy services to its clientel — and beginning in 2021 the company is offering those same services to the general population. “With concerns about COVID, our patients began asking for physical therapy in their homes,” Functional Pathways president Dan Knorr said. “They didn’t want to go to clinics where there might be a chance of exposure. As we came to understand the needs of our patients, we started thinking about others in the community who might need the same services.

“Nobody else is providing it at this time in the Knoxville area, and we are one of the largest providers of rehab services in the state,” he added. Functional Pathways provides a comprehensive rehabilitation component — including employing more than 2,000 physical, occupational and speech therapists. Additionally, they provide billing services and marketing support in long-term care and senior living communities. “Skilled nursing facilities are required to provide therapy services, but many have realized over the years that doing it themselves was difficult — especially when dealing with all of Medicare’s rules and regulations,” Knorr said. “They realized it was better to outsource to a company like us — a national company coming in to manage everything since that is all we do, it is our expertise. We are also a company that knows how to achieve the best clinical outcomes with therapy.

See PATHWAYS on Page 4B

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# KIDS' CORNER

## How to approach nutrition when feeding children away from home

Children can be picky eaters. Parents know that getting kids to eat anything, much less healthy foods, can sometimes make the dinner table feel more like a battlefield than a place to break bread. That's especially so when the dinner table is in a restaurant, where savvy youngsters might know less nutritious dishes like macaroni and cheese or fried chicken fingers are on the menu. But the benefits of a healthy, balanced diet are so numerous for youngsters that it's worth doing whatever it takes to get kids to embrace nutrient-rich foods, both at home and when dining out.

The American Academy of Family Physicians notes that a healthy diet can stabilize children's energy levels, help them maintain healthy weights and potentially prevent mental health conditions, including anxiety and attention deficit hyperactivity disorder, or ADHD. But recognizing the importance of a healthy diet and getting kids to embrace one are two different things, especially when kids are dining out and being tempted by unhealthy alternatives. In recognition of that, the American Academy of Pediatrics recommends the following strategies to parents who want their kids to eat healthy when they're away from home.

- **Make meals all-inclusive.** When preparing school lunches or taking youngsters out for a night on the town, make sure to offer a mix of foods from the five food groups. The AAP recommends parents offer vegetables, fruit, grains, low-fat dairy, and/or quality protein sources, which can include meat, fish, nuts, seeds, and eggs. Offering each of these foods at every meal may not be feasible, but kids should eat foods selected from the major food groups at every meal.
- **Avoid highly processed foods.** The National Institutes of Health notes that studies have suggested there's a link between highly processed foods and health problems. Such foods, which typically contain ingredients such as hydrogenated oils, high-fructose corn syrup and flavoring agents, are typically high in calories, salt, sugar, and fat. While highly processed foods tend to be easier to make and readily available at restaurants, serving them to youngsters can start kids down the road to poor dietary habits, potentially increasing their risk for obesity and diseases like heart disease and diabetes. When packing snacks for school lunches or taking kids out to restaurants, be sure to include or bring along healthy whole foods, such as fruits and vegetables. This can ensure kids get some healthy fare during mealtime.
- **Enhance foods if necessary.** While high amounts of

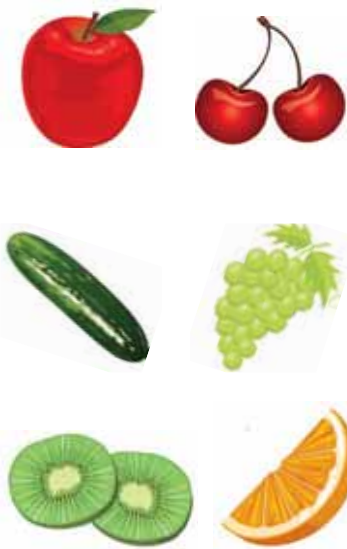


sugar, salt and fat can jeopardize the health of adults and youngsters alike, the AAP notes that small amounts of these substances can be used to enhance kids' enjoyment of healthy foods and increase the likelihood that they will eat them.

Parents may not have much control over what their children eat while away from home. But a handful of strategies can increase the likelihood that kids enjoy healthy fare when eating at school or at restaurants.



Find the fruits and veggies hidden in the picture above:



## Healthy Food Word Find

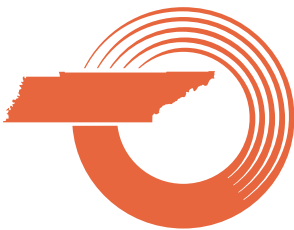
Find the hidden words in the puzzle.

N	H	N	D	R	I	N	K	R	C	I	M
G	U	T	O	I	L	W	C	O	Z	U	R
X	E	T	J	I	X	F	N	J	I	P	Z
T	A	F	R	M	T	S	I	D	E	Q	O
H	W	P	E	I	U	R	O	B	X	T	T
T	Y	A	O	M	T	S	O	U	E	T	F
L	L	U	E	E	E	I	K	P	R	R	O
A	W	A	H	D	O	U	O	B	C	X	O
E	I	R	O	L	A	C	D	N	I	J	D
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K	W	T	A	E	Z	K	K	J	E	S	J
F	I	G	Y	Y	R	O	C	N	E	N	V
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# Simple ways to help kids eat healthy

Childhood obesity is a problem in many parts of the world, including the United States and Canada. The 2015-2016 National Health and Nutritional Evaluation Survey from the U.S. Centers for Disease Control and Prevention found that the national childhood obesity rate among 2- to 19-year-olds was 18.5 percent. Just north of the United States, the Public Health Agency of Canada reports that, in 2017, 30 percent of Canadian children between the ages of five and 17 were overweight or obese. Healthy lifestyles can help children achieve and maintain healthy weights into adulthood. Nutritious diets are an essential component of healthy lifestyles, and the American Academy of Pediatrics offers the following tips to parents who want to help their kids eat healthier.

- **Serve low-fat or no-fat milk, yogurt and cheese.** Low-fat dairy products are low in calories, saturated fat and cholesterol but still provide high amounts of protein, calcium and various vitamins and minerals.
- **Serve starches in small batches.** The AAP notes that starchy foods, such as potatoes, pasta and rice, help the body use fat and cholesterol. Small amounts of such foods can be beneficial additions to kids’ diets. When serving such foods, avoid toppings such as butter, sour cream and gravy, which tend to be high in calories. Foods like cottage cheese, low-fat yogurt and parmesan cheese are low-calorie alternatives to more traditional toppings.
- **Choose lean meats as entrées.** When choosing entrées, parents should opt for lean meats, such as white meat chicken or turkey. Lean cuts of beef, pork or fish also can be included in healthy diets. When preparing chicken, remove the skin and cut away fat, which also can be removed from pork.
- **Serve vegetable- or broth-based soups.** Vegetable- or broth-based soups tend to be lower in calories and saturated fat than cream-based alternatives. When serving soups, particularly store-bought canned soups, parents should read labels and be mindful of the sodium content. Some canned soups include as much as two-thirds the daily recommended sodium intake in a single can. Large amounts of sodium can lead to high blood pressure and heart disease, and the CDC notes that roughly 90 percent of children in the United States eat too much sodium each day.
- **Bake, broil or grill foods.** When preparing meals, parents can bake, broil or grill foods instead of frying them. Fried foods have been linked to a host of ailments, including type 2 diabetes and heart disease. In addition, when foods are fried in oil, they lose water and absorb fat, increasing their overall calorie count.

# Signs of stress in children

The global pandemic sparked by the spread of the novel coronavirus COVID-19 caught many people off guard. Life changed seemingly overnight, causing a host of unforeseen consequences that people were still confronting months after the pandemic began.

The pandemic has proven stressful for many people, and the Centers for Disease Control and Prevention notes that should not come as a surprise. According to the CDC, fear and anxiety about a new disease and what could happen can be overwhelming. Public health actions, such as the social distancing measures implemented during the COVID-19 outbreak, can increase anxiety and stress. That’s even true among children, millions of whom have been separated from their friends and forbidden from participating in extracurricular activities for several months.

The U.S. National Library of Medicine notes that children may not recognize that they are stressed. That makes it imperative that parents learn to recognize the warning signs that stress is affecting children. The USNLM says increased stress can manifest itself both physically and emotionally.

**Physical symptoms**  
*The physical symptoms of stress can mimic symptoms of other conditions, so parents should not jump to any conclusions before consulting their children’s pediatricians. In addition, the CDC says not all children and teens respond to stress in the same way. However, there are some physical indicators that may be warning signs that a child is stressed.*

- Decreased appetite or other changes in eating habits
- Unexplained headaches or body pain
- New or recurrent bedwetting
- Nightmares
- Sleep disturbances
- Upset stomach or vague stomach pain

*The CDC also notes that children may confront stress by using alcohol, tobacco or other drugs.*

**Behavioral symptoms**  
*According to the CDC, children and teens react, in part, on what they see from the adults around them. So the ways in which adults are responding to the pandemic could be affecting their children’s behavior. Some of the behavioral symptoms to look for include:*

- Excessive worry or sadness
- An inability to relax
- New or recurring fears, such as fear of the dark, fear of being alone and/or fear of strangers
- Clinging behaviors, such as an unwillingness to let their parents out of sight
- Anger, crying or whining
- Inability to control emotions
- Aggressive or stubborn behavior
- Going back to behaviors present at a younger age
- Avoidance of things enjoyed in the past, including family or school activities
- Irritability or acting out, especially among teens
- Difficulties with attention and concentration

Many people, including children, have had to deal with heightened stress levels during the pandemic. Parents who recognize signs of stress in their children should consult their kids’ pediatricians immediately.



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Pathways

From page 1B

“We also provide therapy services to assisted living communities,” he added. “They don’t have their own rehab department, but we can basically provide outpatient (services) at assisted living and independent living communities, and have been doing that for several years.”

“Now, with COVID, a lot of patients who are in need of basic physical therapy, go to their physicians, whether it is an orthopedic problem or concerning balance, strength or ambulatory issues. Then they don’t want to go to another clinic, to be exposed to other patients and other health care workers, so we decided to begin offering physical therapy in their homes.

“We have an abundance of therapists in the Knoxville market. We understand this need for outpatient therapy for our community and the fearfulness in patients about getting out. We realized that we could offer these services in the patient’s home environment.”

Knorr even asked his father-in-law his opinion. “My father-in-law is in his 60s and he was going in for treatment for tennis elbow. I asked him, ‘If you had the option for someone to come to your house, with all the equipment would you be interested?’ He said, ‘Absolutely.’ “This treatment is totally different from home health,” Knorr added. “Home health is where someone is home bound and needs multiple differ-

ent skilled services. With our program the individual can get physical or occupational therapy in their own home instead of going to an outpatient clinic. Our office would call the patient, set up an appointment and schedule the therapist to make a visit to their home.

“We have already been doing this in conjunction with our clients in the area. Long-term care patients are discharged either to home health or outpatient. We have been offering this to those patients in select locations.”

Since therapists would come to patients’ homes, Functional Pathways can offer “flexible schedules and flexible hours,” Knorr said. “Our office would call them, and set up the appointments, and send the therapists out.

“We also have the ability to provide Telehealth which has been very convenient during the Pandemic for healthcare providers and patients,” he added. “It is not something that would happen often, but the therapists could do the initial assessment, then provide continued services via Telehealth.

“It’s an interesting time that’s for sure. We are trying to adjust to it as a company, but once this pandemic crisis starts to go away, I still think it is something that our patients will want and need.

“We’re very excited about the offering.”

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## Immune System

From page 1B

basic things to do is to make sure we maintain a good level of hydration,” Smiy said about water. “You have to drink enough water during the day to keep your urine clear at all times — except for maybe first thing in the morning.

“If you’re taking multiple vitamins and supplements, you might find the urine is light yellow,” but acceptable.

“Dark yellow urine usually indicates the body is dehydrated,” he added. “And if you’re dehydrated, lots of things can happen: your muscles can ache, your joints can ache; it tends to precipitate more arthritic aches and pains; if there’s viral or bacterial illnesses, they tend to take over more because they all love a dehydrated body.”

One of the first signs of illness, “Fever is a natural response of the immune system,” Smiy said. “And while that’s good, it tends to dehydrate you more; it leads to a loss of fluid.

“So that’s the importance of drinking water.”

As for old standards, “When we were kids we always heard drinking eight glasses a day was what you needed to do,” he said. “But I like to tell folks it’s important to drink water until your urine is clear. For you it might be six glasses, for me it might be 10.”

From the realm of misconceptions, “A lot of folks think: ‘Well, I drank coffee today, I drank tea, I had a Coke or another soda, or Gatorade’ (and other) nutritional drinks — those don’t count as much for rehydration because the kidneys have to work to filter out the water component,” Smiy said. “If you drink plenty of water, you’re making it easier on your kidneys to get through the system.”

### Vitamins

“I think in today’s day and age, everyone can benefit from a multiple vitamin,” Smiy said. “... It acts as a catalyst and it will help you benefit even more from the foods that you eat.”

For those who might have, for example, an iron deficiency or a Vitamin B-12 deficiency, “You can only truly confirm that with a blood test. ... Are you having symptoms of a vitamin deficiency?” he said. “For example, if you are low on Vitamin D, that can affect your thyroid. If your thyroid’s not working correctly you’re going to have less energy; you can see dry skin, dry hair, dry eyes.

“Hair can be thinning — other than from the aging process.”

Because people tend to get much less sun exposure in the late fall and winter, Smiy said there may be a Vitamin D deficiency unless you partake in at least average servings of dairy products.

“Vitamin D is very important for your energy, your sleep, your mood and to help your immune system fight infections,” he added.

However, “Overuse of Vitamin D can be harmful to the kidneys,” Smiy said. “... But it would take someone going way beyond what’s a recommended dose over the counter to hurt themselves.

“A vitamin people tend to overdo is Vitamin C,” he added. “... When people get sick they have a tendency to go out and take large amounts of Vitamin C, thinking that’s that going to make them better.

“It really doesn’t work that way — in fact, it can be harmful to the kidneys. Vitamin C is an acid, so the more you take the harder it is on the kidneys.”

To be safe, “The standard dose is usually about 90 milligrams a day for men and about 75 milligrams a day for women,” Smiy said.

Moreover, in terms of gender, “Women tend to need a few more vitamins than men over time,” he said. “For that reason I typically recommend that all women take a pre-natal vitamin because they’re beefed up with a few more vitamins, such as your iron, your folic acid, your B-12.

“But if you take too much iron, it can lead to constipation and slowing down of the bowels,” Smiy added.

### Diet

“Your want to limit your salt intake to about 5 grams a day,” Smiy said. “That’s

important, too, because salt will help retain a balance of what your body needs — but you don’t want to over-indulge in salt because then you go into fluid retention, and that’s hard on the body and hard on the heart, the kidneys, the lungs.”

Moreover, “Anybody with any cardiac problems, anybody with any kidney or renal problems, they should check with their specialist to make sure they’re taking in the right amount.”

As for your daily meals, “You should be eating about four servings of fresh fruits a day, five servings of vegetables a day, and if you use dried or canned products, you want to make sure they don’t have added sugar or salt,” Smiy said. “And eating more whole grains and nuts along the lines of a Mediterranean-type diet. Limiting red meat to maybe two or three times a week.

“And balance your meals with things like fish and chicken and eggs, milk products; pork would be fine,” he added.

On the other hand, watch for canned fruits and vegetables, most of which have excessive sodium, Smiy warned. “And frozen dinners and frozen foods are especially notorious for being high in sodium. ... You’re looking at 5,000 milligrams of sodium (per day) that you want to keep it under.”

He also reminds consumers, “Unsaturated fats are the healthy ones, which you get from olive oil, canola, sunflower oil, avocados.”

With fresh being the key word, “Nowadays we have so many chemical treatments of our food supply that what may have been natural years ago on the farm isn’t necessarily the same when you buy it in a grocery store today,” he said.

A common problem in food preparation “some folks tend to do,” Smiy said, “Is they over-cook their vegetables. You risk losing important vitamins and minerals.”

### Other things

“Keeping a daily balance of exercise, prayer, meditation — and getting regular sleep, we all need seven to nine hours,” he said.

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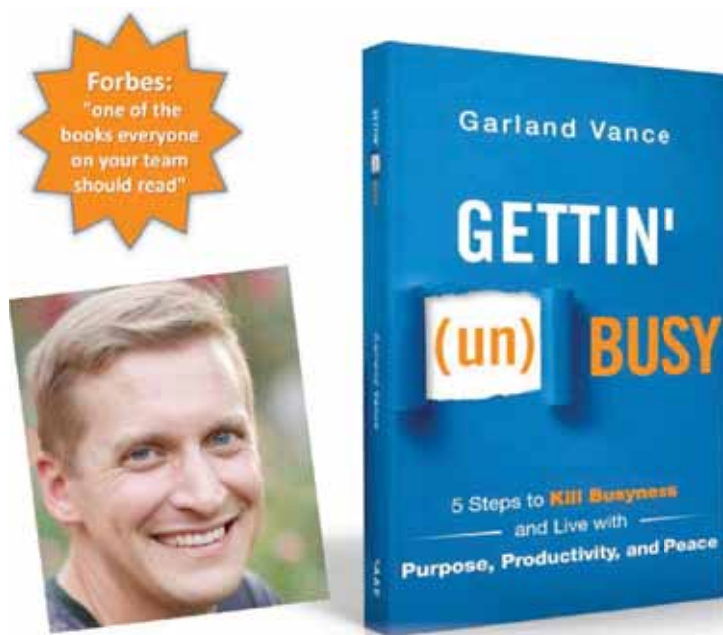
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JANUARY 2021

## 2021 Breakfast Series Aims to help you (UN)Busy

The 2021 Breakfast Speaker Series will launch on Tuesday, February 2 at 8:30 a.m. featuring author, speaker, coach and consultant, Dr. Garland Vance on the topic of his Forbes recommended book, "Gettin' (un)Busy: 5 Steps to Kill Busyness and Live with Purpose, Productivity, and Peace." The one-hour program will be online as a webinar. Chamber members can register for this included benefit at no cost by visiting [farragutchamber.com](http://farragutchamber.com) > "Event" and clicking the February 2 event link. Non-members and the general public can register for just \$10.

Vance exudes energy even just by phone, but it wasn't always that way. The program and process for "Gettin'



(un)Busy" is driven by Dr. Vance's doctoral research, completed while Vance was both working for a non-profit and raising three children. He started having chronic migraine headaches, heart palpitations and exhaustion. His own doctor explained that he was stressed out because of his busyness.

This led Vance to study the busyness of leaders in different industries, the effects of busyness and how to beat it.

Vance found overwhelming proof through his research that being "busy" has been normalized as a good thing and is expected in order to fulfill goals or dreams—but that being "busy" is ultimately killing us.

In the program, Vance will teach attendees how to recognize they are overcommitted; realize the damage being done to their bodies, minds, relationships, work and home lives; and how to say "no" to

unwanted commitment without feeling guilty.

The book itself is recommended by Forbes as "one of the books everyone on your team should read." It also comes with high endorsements from New York Times and Wall Street Journal best-selling authors, including the comment from NYT author Dan Miller ("48 Days to the Work You Love") that, "In Gettin' (un)Busy, you'll discover how to make sure that you

don't allow even work you love to overtake your life. If you've ever felt like your soul needs to catch up with your body, this is the book for you."

The Chamber appreciates the support of Presenting Sponsors Town of Farragut and Knox County, and media sponsor [farragutpress](http://farragutpress.com). Other sponsorships are available; email [julie@farragutchamber.com](mailto:julie@farragutchamber.com) or call (865) 675-7057 for information and marketing benefits for sponsors.

### Board opens applications for new directors

The Farragut West Knox Chamber announced the opening of applications for seats on the Board, with terms beginning July 2021. Applications are due no later than Monday, February 1st at 4pm. Interested candidates can download the application in two formats at [farragutchamber.com/about-the-chamber/board-of-directors](http://farragutchamber.com/about-the-chamber/board-of-directors). They can also pick up a hard copy at the chamber office or email [julie@farragutchamber.com](mailto:julie@farragutchamber.com).

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*.

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

## West Under 40 Outlines Plans for 2021

2021 is going to be a very busy year for the Chamber's young professionals group, West Under 40, thanks to the goals that came from their planning retreat in late November 2020. Already, the committee has launched a growing group on Facebook for area young professionals, outlined an itinerary that will increase their programs/events to monthly (previously semi-monthly), and identified those values that they want to stay focused on in the new year.

Among those values that West Under 40 sees as key, one is "culture," or the importance of retaining the welcoming and personable feel that dozens of attendees said attracted them to the new group in 2019 and 2020. West Under 40 committee members discussed the importance of tearing down the walls between personal and professional roles, as they often successfully cohabitate. The group also saw giving back to the community as important. On the heels of their first \$300 donation to ProjectGrad Knoxville, they intend to focus on ways to fundraise in 2021 and provide other YPs with a chance to



serve others.

Each quarter will include at least one speaker event on a topic relevant to up and coming professionals; the first topic for 2021 is a webinar on "Building Resilience (even in adversity)" on Wednesday, Jan. 13 with Anna Rappaport, an attorney and coach who counsels others in the high pressure fast-paced legal field. For information on upcoming events, visit [farragutchamber.com](http://farragutchamber.com) > "Events" and search "West Under 40" OR join the Facebook group at [Facebook.com/groups/WestUnder40](https://www.facebook.com/groups/WestUnder40).

## Enterprise Club

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

<b>ADMIRAL ELITE</b> 				<b>ADMIRAL</b> 			
<b>CAPTAIN</b> 							
<b>ANCHOR</b> 				<b>PROPELLER</b> 			



# Member Briefs

Looking for more details on a specific event, special or job? Go to [www.farragutchamber.com](http://www.farragutchamber.com) to see these and other member items!

**MEDIC Regional Blood Center** has a current, critical need for several blood types. All donors will receive a MEDIC gift (\$10 e-gift card, delivered via email), Salsarita's coupon, Petro's coupon and a Texas Roadhouse coupon. Schedule your appointment by calling (865) 521-2658 or by visiting [www.medicblood.org](http://www.medicblood.org).

**Bank of America Student Leaders Program** returns to Knoxville! The program provides young people with tangible work experience and insights into the important work of nonprofits in our communities. Student Leaders will participate in two key components: 1.) an eight-week PAID internship with selected non-profit organizations during the summer; 2.) a week-long all-expense-paid Student Leaders Summit for all participants in Washington, D.C. (safety permitting). Junior and Senior students can apply online at [www.bankofamerica.com/studentleaders](http://www.bankofamerica.com/studentleaders) by selecting "Apply Now." Deadline is January 29, 2021

**The Knox Fox Real Estate Group** is committed to giving to their community and supporting the foundations and organizations that lift those in need. Most non-profits hold events to raise money and awareness and with social distancing due to Covid many have not been able to do so. Teri Jo Fox and Eric Whitener set aside a portion of their earnings from every closing to help support those organizations. They want to personally thank their clients who trusted them with their real estate needs in 2020 who made it possible to Give Big! They also want to acknowledge and thank volunteers who give their time and talents. A big Thank You to The Knox Fox Real Estate Group!

East Tennessee's 40 Under 40 Young Leaders to watch include: Cristina Carbajo, Water Technology Program Coordinator, **Pellissippi State Community College**; Cristina designs and teaches the program, which is the first of its kind in Tennessee, launched last at year at Pellissippi. Also, Jessica Vinsant, General and Breast Surgeon with **Premier Surgical Associates**. Jessica is a fourth-generation physician and is the first female partner at Premier Surgical Associates. Congratulations Cristina and Jessica!

Commercial real estate agency **NAI Koella RM Moore** has appointed Mary Ellen Kilburn as Senior Advisor. Kilburn will specialize in retail, hospitality and entertainment projects in the Sevierville, Pigeon Forge, and Gatlinburg communities. Congratulations Mary Ellen!

**The Pizza Kitchen** has new Specials: get \$5 off orders over \$30 with promo code LOCAL1120. (865) 577-9191, 10420 Kingston Pike, Knoxville 37922. Takeout, delivery, or dine in. They're doing their best to keep you safe to include careful contact minimization during online ordering and delivery, more frequent sanitation of common contact surfaces including menus and doorknobs and encouraging staff safety and wellness practices.

**Hilton Knoxville Airport** has plenty of room for social distancing, with over 21,000 square feet of space in a variety of new and updated meeting and event rooms make them Knoxville's largest venue. Hold your meeting or event with them before June 30, 2021 and receive: \$150 off a meeting for 25 people or more; \$300 off a meeting of 75 people or more; plus double Hilton Honors Event Planner Points. This promotion is applicable to meeting room rental and beverage minimums. Call their sales department at (865) 970-4300 and mention "Social Distancing Promo".

**Liberty Mutual Insurance** is offering a free consultation and quote on Car, Home or Life Insurance. Please visit <https://calendly.com/adam-freitag> to set up a time to talk or call Adam Freitag at (865) 963-1809.

**OsteoStrong of Farragut Wellness Center** is offering a free consultation to include Bone Density Screening and 2 Free Sessions. Call

See MEMBER BRIEFS on Page 4

# 2020 Holiday DROP-IN

Enjoy this sampling of photos from members who DROPPED in on December 15th to safely celebrate the season with us!



- 1. *farragutpress* team members: Charlene Waggoner, Cara Ford, Laura Sayers.
- 2. *Huntington Learning Center* owners: Krista & Matthew McGrath.
- 3. *Flour Power Kids Cooking Studio*: Kelly Longmire (center), Lizzie Longmire, Becky Stanforth, and Ashley Sanford.
- 4. *School of Rock Knoxville* owners: Holly & Greg Franklin.
- 5. *Town of Farragut* Vice-Mayor Louise Povlin and husband, Jay Povlin.
- 6. *Main Event Knoxville*: Lindsay Newman and son, Jackson.
- 7. L to R: *Young Williams Animal Center* (& Chamber Board director), Stephanie Eastman-Vozar; *Payteva* (& West Under 40 YPs), Jared Butler; and *Postal Annex*, Al Hazari.
- 8. L to R: *Regions Bank Farragut* (& Chamber Board Chair), Terry Rutherford; and Chamber President/CEO, Julie Blaylock.

# 2020 Adopt-A-Family Ambassador “Elves”

After the Holiday Drop-In, our Ambassador Elves were busy making sure that the gifts collected for our Adopted Families from hospitals and cancer centers across the county got where they needed to go!



- 1. 2020 Ambassador Chair, Cara Knapp-oysk3 architects (3rd, right), with staff from UT Medical Center Cancer Institute.
- 2. Adam Freitag-Liberty Mutual Insurance (1st, left) with staff and CEO Tony Benton at Tennova: Turkey Creek Medical Center.
- 3. Stephanie Erb-Emerald Youth Foundation (3rd, right) with staff from Covenant Health's Thompson Cancer Survival Center.



# Networkings

Postal Annex – November 12, 2020



Marcelle and Al Hazari, proprietors of Postal Annex, are ready to assist you with your business service's needs, offered under one roof.



Christy Fitzgerald-Cabi and Julie Blaylock- FWKCC President/CEO get caught up during the Postal Annex morning networking.

## Farragut High School Education Foundation – November 19, 2020



Melissa McKay- FHSEF Recording Secretary; Gene Perkins- FHSEF President; Kim Homan; Teri Jo Fox- The Knox Fox Real Estate Group, Eric Whitener- The Knox Fox Real Estate Group, FHSEF Vice President; Laicee Hatfield- FHS Curriculum Principal; Mary Cook- FHSEF Treasurer; Beth Duncan, Dr. John Bartlett- FHS Principal, and Sherry Browder- FHSEF Director accept a donation from The Fox Knox Real Estate Group.



Kim Hohman- The Knox Fox Real Estate Group, Stephanie Erb – Emerald Youth Foundation, and Christine Dean- His Security and Technology learn that while FHS has had a long tradition of academic achievement, the demands on its resources are greater than ever, community assistance is needed to continue its tradition of academic excellence. To this end, the Farragut High School Education Foundation has been established to facilitate community involvement in raising funds for the integration of technology in all areas of curriculum, and to help provide for the general needs of FHS that may not be met by public funding.

# Ribbon Cuttings



## Premier Title Group November 11, 2020

Celebrating their grand opening are Premier Title Group team members: first row (4th from left) Dustin Landry- Landry and Azevedo; Christin Johnson; Jenifer Marks (green dress); 2nd row (5th from left) Kristi Geagley; and Lauren Monger (black glasses). A host of well-wishers comprised of Chamber Ambassadors, Board Members, and members, family and friends complete the picture.



## Ionopure November 13, 2020

The Ionopure Team of Josh Wright- Owner, Houston Sanders, Owner/CEO, Chris Carter, Business Strategy/Marketing, and Amber Walters- Inside Sales, celebrates a second office location at 815 Herron Rd. Chamber Ambassadors, Board Members and members round out the festivities.



## Dos Agaves November 16, 2020

Serving up delicious, Mexican cuisine are owners, Carlos Cobian (with scissors) and Maria Ramos (beside Cobian). Staff and family members lend their support; third from left, Alfredo Palacios, Micaela Cobian, Hortecia Cobian, Marisol Cobian (Carlos' wife), Aaron Cobian (their son), and Fermin Lopez (next to Maria), as well as Chamber Ambassador and members.

# TSBDC

## Did you know the SBA has an online Learning Platform?

SBA's online learning programs are designed to empower and educate small businesses owners every step of the way. Whether you're looking to start a small business or expand your current one, SBA's digital learning platform has everything you need to educate yourself on entrepreneurial best practices and available financing options. (U.S. Small Business Administration)

Check out the Learning Center Topics: <https://learn.sba.gov/dashboard>

This is a great way to grow, start or redirect your business! It's free, so try it out!

Upcoming Classes at the Knoxville SBDC: For all classes, visit <https://www.tsbdc.org/search-for-training/> and choose "Live Online Training." Each class will have it's own registration link.

### Government Contracting 101

January 13th 10- 12:30 pm

This introductory course outlines everything you need to know about government contracting and how to be successful in today's procurement marketplace. This course is unique in that it will be offered one time.

The University of Tennessee Center for Industrial Services has provided these services since 1986. PTAC (Procurement Technical Assistance Center) is funded, in part, by the U.S. Department of Defense. **Paul Middlebrooks** along with guest panelists will be hosting this 2.5-hour course.

### Business Start-Up: The Essentials

January 19th 9am Register Here

Sole proprietor, LLC, Partnership... Are you confused on which legal structure you should choose for your business? Do you need help with your business plan? Help finding the types of grants you qualify for?

Let us help! New year, new content!

\*required before scheduling a business counseling session if not currently IN business

### Using Pinterest to Grow Your Business

Presented by: Victory Harbin,

The Social Brand

January 26th 9:30am

This class will be a beginner's guide on using Pinterest to Grow Your Business. This class will teach you how to:

- Create and optimize your Business Pinterest profile
- Know what types of content to post and give you tips on how to design your posts
- Understand ways to drive traffic to your website and grow your email list using Pinterest
- Automate your Pinterest strategy and give you recommendations on the tools to use
- Navigate analytics on Pinterest to determine your effectiveness.
- Learn how to grow your profits on Pinterest in 2021!

Next Month:

### Business Start-Up: The Essentials Evening Class

February 2nd @ 6:00pm

### Government Contracting 101, Part 1

February 10th @ 10am

### Government Contracting 101, Part 2

February 11th @ 10am

### Business Start-Up: The Essentials

February 16th @ 9am

Check our website for more training events: [www.tsbdc.org](http://www.tsbdc.org)

# Inside the Ambassadors' "Studio"

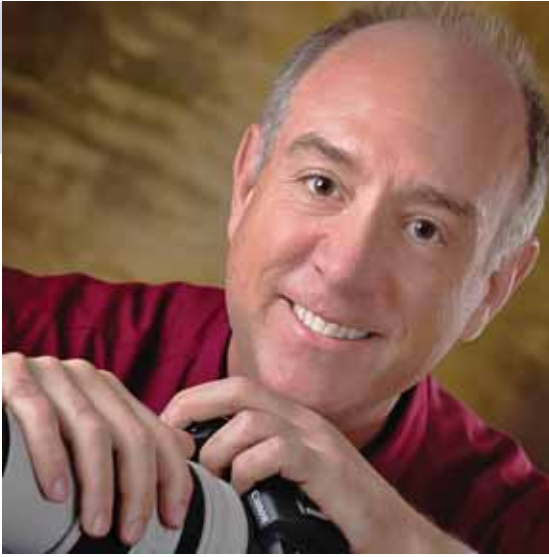
*This new feature highlights one of our Ambassadors and their answers to 10 questions modelled after the popular show, "Inside the Actor's Studio." The Ambassadors are an integral standing volunteer team of professionals who, besides being members of the chamber, serve to support the staff and enhance the business community in which they work and live.*

**Featured:** Colby McLemore, 2021 Ambassador Co-Chair

Colby's Photos & Videos, Owner/Primary Creator

<https://www.colbysphotosvideos.com/> | (865) 924-1455 | [colby@colbysphotosvideos.com](mailto:colby@colbysphotosvideos.com)

1. **What is your FAVORITE word?** "Thank you"
2. **What is your least favorite word?** A southern "Maybe"
3. **What turns you ON in business?** Collaborative clients!
4. **What turns you off in business?** Clients who won't communicate and allow me to help them.
5. **What sound/noise do you LOVE?** My dog howling.
6. **What sound/noise do you hate?** Any crashing sound.
7. **What's your FAVORITE piece of advice?** Be present and be grateful.
8. **What profession—other than your own—would you like to attempt?** Exotic dancer
9. **What profession would you not like to do?** HR or having to fire people
10. **If you were gone tomorrow, what is one thing you'd like people to say about you?** He loved deeply.





# January/February 2021 Calendar of Events

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

**January 13, 2021 • 10:00am-11:00am**

**West Under 40: Build RESILIENCE**  
(even in adversity)

ONLINE / ZOOM Webinar link sent in registration confirmation

**January 14, 2021 • 4:00pm-5:00pm**

**Networking:**

**The Hill Group, Inc.**

ONLINE / ZOOM link sent in registration confirmation  
10 people chosen at random to intro themselves & their business!

**January 18, 2021**

**Holiday – Chamber Office Closed**  
(MLK Holiday)

**January 27, 2021 • 4:00pm-5:00pm**

**Ribbon Cutting: Jessica Phillips, CPA**  
102 Chaho Road, 37934

**January 28, 2021 • 8:00am-9:00am**

**Networking: Emerald Youth Foundation**

ONLINE / ZOOM link sent in registration confirmation  
10 people chosen at random to intro themselves & their business!

**January 28, 2021 • 10:00am-11:00am**

**Paycheck Protection Program Second Draw: What We Know**

Co-Sponsored by FWKCC /  
Hosted by Small Business Development Center of TN  
ONLINE / ZOOM link sent in registration confirmation

**February 2, 2021 • 8:30am-9:30am**

**Breakfast Speaker Series:**

**Gettin’ (un)Busy with Dr. Garland Vance**

ONLINE / ZOOM Webinar link sent in registration confirmation  
INCLUDED benefit for members / \$10 non-members

**February 4, 2021 • 5:00pm-6:00pm**

**Networking:**

**Staybridge Suites-Knoxville West**

TBA

**February 10, 2021 • 11:00am-12:00pm**

**Ribbon Cutting: Inspirations Dance & Gymnastics**

10541 Kingston Pike, Ste B, 37922



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**Linens / Inflatables / Concessions**  
**Wedding Arches / Lighting / Drapery**

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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](http://www.farragutchamber.com) and click “Join the Chamber!”*

**Acadiana Bakery**  
**Rachel Glandon**  
(865) 282-2233  
Website: <http://www.acadianabakery.com>

**National Property Inspections**  
**Sidney Jessee**  
(865) 719-2590  
Website: <http://www.NPIweb.com/Knoxville>

**Serendipity Massage and Wellness**  
**Laura Jones**  
9724 Kingston Pike, Suite 902  
Knoxville, TN 37932  
(865) 919-8656  
Website: <http://serendipitywellnesstn.com>

**Smarketing, LLC**  
**Fred Hess**  
6312 Kingston Pike, Suite 101  
Knoxville, TN 37919  
(865) 963-0642  
Website: <https://smarketing4u.com/>

# New ENTERPRISE Member



**Citizens**  
INSURANCE SOLUTIONS

**Citizens Insurance Solutions**

Heather Majka, CPCU, CSSCS

Loudon, TN 37774 | (865) 640-1614

Website: <http://www.citizensinsurancesolutions.com>

*Thank you for going above and BEYOND to Propeller Enterprise Membership!*

Raised by her grandmother, Citizens Insurance Solutions owner, Heather Majka, says that the experience of her upbringing taught her to get up early, be disciplined, to save money, and be unapologetic about being authentic. Above all else, Majka made it her mission to be a servant leader and business owner and help others in her grandmother’s name. That’s why Citizens Insurance Solutions can not only help with ALL Medicare Plans (having assisted over 10,000 Medicare beneficiaries), but provides agent licensing in 18 states, so they can travel with you to keep assisting with life or health insurance needs. The team at Citizens Insurance Solutions brings over 25 years of insurance experience with them, AND Majka herself is also a Financial Peace University Leader (Dave Ramsay). They are happy to help you or a loved one apply for Social Security or Medicare for the first time OR switch to a better Medicare plan that works for you, apply for prescription drug saving programs, apply for Medicaid, get COVID-19 assistance, connect you to community resources or programs that can help your situation, plus they excel in helping Veterans access benefits.

## Member Briefs

From page 2

(423) 839-6600 to schedule/more information. Offer expires January 31, 2021.

Let **His Security & Technology** hang your TV with professional installation, full motion mount included. 10% off standard TV mount, or \$50 off MantelMount (up to 85” TV). Discount offer valid until January 31, 2021. Call (865) 474-9495 for more information.

**Bin There Dump That** Makeover your garage by first doing a clean-out! Who knows what you’ll find AND you could even make a couple of extra dollars by selling items you don’t need? Plus, your car will be happy to have a cozy place for the winter months. How to clean-out: (1) Survey your garage. (2) Make a plan & block out dates. (3) Use the Keep, Sell, Throw, Donate method. (4) Host a garage sale. (5) Organize, organize, organize. For storage ideas, visit [BinThereDumpThatUSA.com](http://BinThereDumpThatUSA.com)! For prompt, reliable same-day delivery of your residential dumpster, call (865) 276-8857.

# 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:*



Thank you  
for your  
Admiral Elite  
Membership!



Thank you  
for your  
Captain Enterprise  
Membership!



Thank you  
for your Anchor  
Enterprise  
Membership!



Thank you  
for your Anchor  
Enterprise  
Membership!

Advance Financial  
Beltone Hearing Aid Center  
Brightway Insurance - The Serio Agency  
Concord Veterinary Hospital  
Connie McNamara &  
The McNamara Group | Keller Williams Realty  
Dixie Lee Wines & Liquors, Inc.  
Emerald Youth Foundation  
Farragut Cleaners  
Flour Power Knoxville  
Holiday Inn Express - Campbell Station  
Image Matters, Inc.  
The Insurance Group  
Knoxville Real Estate Professionals Inc.  
Mortgage Investors Group

Painting with a Twist  
Park Place of West Knoxville  
Postal Annex  
Prestige Cleaners  
R&B Tax & Accounting Services  
Radio Systems Corporation  
Rick Terry Jewelry Designs  
Rotary Club of Farragut  
Shangri-La Therapeutic Academy of Riding  
Sharp Business Systems of Tennessee  
Tennessee Strategies  
Tennessee Valley Fair  
The Pizza Kitchen  
Waste Connections  
Years Younger MediSpa

# 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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**FARRAGUT  
WEST KNOX**  
CHAMBER of COMMERCE