

Make it 31 straight in ‘excellence’ with Town’s CAEFR nod

TAMMY CHEEK

tcheek@farragutpress.com

Farragut Board of Mayor and Aldermen received good news, for the 31st time, about the Town’s financial reporting during its meeting Thursday, Jan. 11.

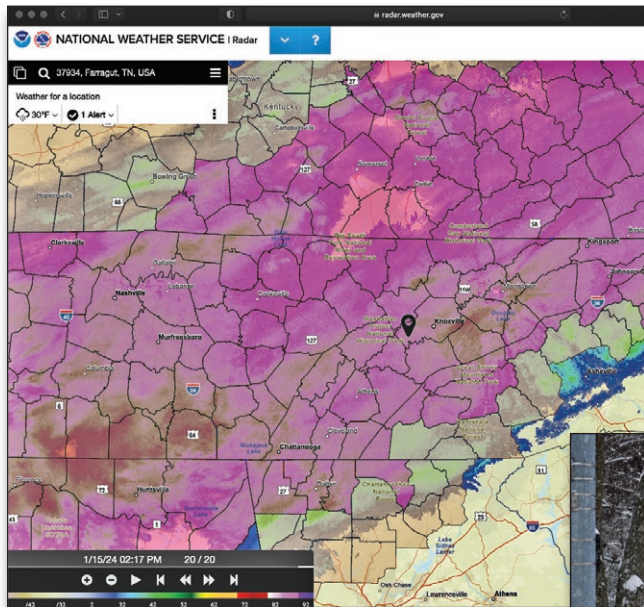
“The Town, this week, received notification that we received the Certificate of Achievement for Excellence in Financial Reporting,” Town administrator David Smoak said.



Myers

The certificate is the highest form of recognition in government accounting and financial reporting, and its attainment represents a significant accomplishment by government and its management,” stated Michele Mark Levine, director of technical services with Government Finance Officers Association, in a letter to the Town.

“This is the premier association for public sector finance professionals in the United States and Canada,” Smoak said. “It’s the 31st time we’ve received this award, and I’d like to recognize Allison Myers, our Town recorder at Town Hall, and Pam Hall, clerk, for their excellent work in maintaining our financial



Winter white — more in store?

Single-digit, sub-freezing temps should keep snow around a while



Above left: National Weather Service “snow” radar **Top:** A Town of Farragut snow plow works to clear snow off Peterson Road around noon, Monday, Jan. 15, as between 8 and 9 inches eventually fell Monday — with more possible later this week to go with single-digit lows and continuous sub-freezing temperatures. **Left:** David Turner goes shopping. **Below:** a National Weather Service weather bulletin.

Photos by Tammy Cheek | Radar image/bulletin from National Weather Service

Event: Winter Storm Warning

Alert:

...WINTER STORM WARNING REMAINS IN EFFECT UNTIL 7 AM EST / 6 AM CST/ TUESDAY...

* WHAT...Heavy snow. Additional snow accumulations of 4 to 6 inches. Total snow accumulations of 4 to 8 inches expected with locally higher amounts possible.

* WHERE...Portions of east Tennessee and southwest Virginia.

* WHEN...Until 7 AM EST / 6 AM CST/ Tuesday.

* IMPACTS...Plan on slippery road conditions. The hazardous conditions could impact the morning or evening commute.

* ADDITIONAL DETAILS...Wind chills will be below zero at times, especially across higher elevations and ridge tops. The cold wind chills could result in hypothermia if precautions are not taken.

Instructions: If you must travel, keep an extra flashlight, food, and water in your vehicle in case of an emergency. The latest road conditions for the state you are calling from can be obtained by calling 5 1 1.

See EXCELLENCE, 31, Page 2A

Council focuses on pickleball playing home; many thoughts

TAMMY CHEEK

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Farragut’s pickleball community may have realized their biggest future playing location in Town, coming a few weeks after four north courts in McFee Park were removed due to noise complains from Brass Lantern subdivision residents.

“The residents of Brass Lantern (subdivision) and the pickleball players met Nov. 29,” Parks and Rec director Ron Oestreich told Town Parks and Recreation Council Council members during their meeting Tuesday, Jan. 9. “I want to say the discussion was productive.

Everyone got to express their feelings.

“There was good discussion on ideas, alternate play,” he added. “I did give all of the Board a quick summary of everything that was discussed at that meeting.

“The Brass Lantern people had their eyes opened to, really, the plight of pickleball players, and the pickleball players had their eyes opened to the plight of the Brass Lantern residents, so it was educational and eye-opening for both sides, I believe.”

While those north McFee courts

See PICKLEBALL on Page 3A



‘Groovy’ Expo

Wanda Malotra, owner of Crunchy Mama Box, one of the vendors at Shop Farragut/Farragut Business Alliance’s Health & Wellness Expo, shared a photo moment and some laughs in a “hippie van” with SF/FBA executive director Steve Krempasky during the Expo, which took place in Farragut Community Center Saturday, Jan. 13. (See related photos in West Side Faces, page 6A).

Tammy Cheek

validating driver's licenses

More than 70,000 local residents don’t have a valid driver’s license, according to Knox County Criminal Court Clerk’s Office.

But that office is looking to change that fact.

In a first of its kind event, Criminal Court Clerk Mike Hammond will host a Driver’s License Reinstatement Resource Fair to address the large number of resi-

dents with a revoked or suspended license in the area.

The event takes place from 9 a.m. to noon, Saturday, Jan. 20 at the Pellissippi State Community College Magnolia Avenue Campus. To register and learn more about the Driver’s License Reinstatement Program, visit <https://criminalcourt.knoxcounty.org/services/drivers-license> or call 865-215-2375.

CHECK OUT

the January
Farragut West Knox
Chamber of
Commerce
Newsletter
pg 1D
In this Issue!



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• No Parking signs on Old Colony in Village Green (subdivision) should say: “No Parking between 7 a.m. and 8:30 a.m., and (from) 2 to 3:30 p.m.”

We respectfully ask our readers to abide by the following Presstalk rules when submitting their opinions:

- Please keep calls to a 90-second maximum (call 865-671-8255 24 hours a day, seven days a week);
- Please keep e-mailed Presstalks to 250 words maximum (editor@farragutpress.com);
- Libelous and malicious comments will not be published;
- Profanity will be edited out;
- Individuals’ names, including public figures, will be edited out
- Specific references to businesses and the naming of local government organizations will be edited out.

Letters election notice

All letters supporting a given candidate running in the Tuesday, March 5, Knox County Primary must be submitted to farragutpress no later than 8 a.m., Monday, Jan. 29, for our Wednesday, Jan. 31 issue — the last issue such letters can run before March 6.

This will happen in light of Early Voting for this primary beginning Wednesday, Feb. 14.

Should a given candidate take issue with information within a letter supporting an opponent, that candidate can respond any time through our Wednesday, Feb. 7, issue (Deadline is 8 a.m., Monday, Feb. 5). The responding candidate’s letter must address only the disputed information — and may only be answered by the candidate himself/herself, and not by any other campaign official, supporter or relative.

KCSOreports

• At 3:34 a.m., Saturday, Jan. 13, a Knox County Sheriff’s Office unit was dispatched to speak with a victim/complainant in reference to an assault the previous night at Cotton Eyed Joe, 11220 Outlet Dr.

Victim said he was “talking to a couple of girls when one of them bumped into another one and was knocked over,” the report stated. “Wyatt stated that the suspect ... thought (victim) had pushed the girl.” Victim said he and the suspect “ended up in a physical altercation that had to be separated by the Cotton Eyed Joes Security.” After being escorted out of the bar, victim said suspect “made statements to him regarding killing him or slitting his throat,” the report further stated. “No weapon was ever shown or displayed.”

Victim said he does not know suspect, but the girls told him who he was and gave him his phone number so that he could make a police report. Victim said he would like to press charges, and that he wanted to get a restraining order against the suspect. Victim said “his hands were swollen from the fight, and he may have some marks on his back,” the report stated.





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lettertotheeditor

Recalling the founding of Farragut: Povlin

During the third week of January, the Town of Farragut celebrates Founder’s Week. It is a time to celebrate the founding of Farragut and remind us of our founding values that remain relevant today.

In the late 1970s, the focus of development in Knox County had turned to the Farragut area. The residents of this area became alarmed by Knox County’s inferior development standards and inadequate planning.

Specifically, among the residents’ concerns were insufficient road construction and storm-water management standards, haphazard development, cluttered right-of-ways and no plans to improve the infrastrucure as this area grew. Also, they were concerned about reserving land for future parks and preserving the rich history of this community.

After a few years of fruitless efforts fighting for reasonable conditions to be imposed on new development, the members of the Farragut Community Group decided the only way for this community to have more control over the future of the Farragut area was to incorporate. They recognized that growth and development would come, but they knew this community would do a better job of planning, zoning and developing than either Knox County or the City of Knoxville.

They began their efforts to incorporate

in early October 1979. Their work was done swiftly and, due to adverse forces within Knox County, under the radar. By the end of October, they were able to file the documentation with the Knox County Election Commission that was necessary to hold a referendum.

The incorporation referendum was held on January 15, 1980. The vote was overwhelmingly in favor of incorporation by a 3 to 1 margin. The paperwork for incorporation was filed with the State of Tennessee on Jan. 16, 1980, and the Town of Farragut was born.

On April 1, 1980, the first Town elections took place. On April 7, 1980, the first Board of Mayor and Aldermen was sworn in.

The board immediately began working with this community to plan for our future and to approve ordinances and policies aligned with our founding values. To this day, we remain true to our founding values, we continue to develop based on a vision established in those early years and we continue to thrive without a municipal property tax.

If you would like to learn more about the story of the founding of the Town of Farragut, you can read the book “Full Speed Ahead” by Heather Mays Beck.

Vice Mayor Louise Povlin,
Farragut

Excellence, 31

From page 1A

records making sure the Town complies with state and local financial practices.”

He encouraged the Board to look at the comprehensive annual financial report on the Town’s website.

“If you do, you’ll see the tremendous amount of work that goes into our financial reporting,” Smoak said. “We do this in an effort to be transparent in our finances because we know how important it is to our community.”

He noted Farragut is one of 31 municipalities out of 345 in the state to receive the certificate.

“It’s indicative of the high standard that our entire Town

of Farragut staff holds when it comes to our financial statements,” Smoak said.

“When a Certificate of Achievement is awarded to a government, an Award of Financial Reporting Achievement is also presented to the individual(s) or department designated by the government

as responsible for its having earned the certificate,” Levine stated.

“We hope that your example will encourage other government officials in their efforts to achieve and maintain an appropriate standard of excellence in financial reporting,” he added.

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Pickleball
From page 1A

will remain closed — four other pickleball courts at McFee that are located well away from Brass Lantern remain open, though local pickleballers say “they are crowded” — Oestreich recommended the following:

- “We are going to ask the Board of Mayor and Aldermen to allow us to do a study on moving the pickleball courts to Mayor Bob Leonard Park. (The Town does not have pickleball or tennis courts there)
 - “Based on results of the study, move the pickleball courts to Mayor Bob Leonard Park. The timeline is to get it done as soon as possible.”
- The Council voted 7-1, with Council member Brian Walker the lone dissenting vote, to make those recommendations to the Board of Mayor and Aldermen. Council members Debbie Pinchok, Joe LaCroix, Riley Honken, Derek Wright, Randy Armstrong, Chairman Jeff Ullian and Town Alderman Drew Burnette, also a Council member, voted in fa-

vor of the recommendation. However, “Can we study putting courts in the back of McFee?” Walker asked, with Burnette echoing Walker’s question. “Sure,” Oestreich answered. “We can do all kinds of studies. I personally think they would be better off at Mayor Bob (Leonard Park) just because there’s no houses near there. My fear is wherever, we put pickleball in McFee there are going to be homes surrounding it.” Adding McFee to the study was not voted upon for recommendation to BOMA.

Other feedback “I was pleased that they’re going to consider McFee and Mayor Bob Leonard Park (for the courts),” Farragut pickleball player Carlos Reveiz said. “I’m also pleased that (Brian Walker) said ‘you need to build more’ because ...”(pickleball) is not going to go away.” “There’s space out there, near where the volleyball courts are,” he added. “It would be far away from homes. “Hopefully, they can build at least 10 to 12 pickleball-

dedicated courts because the demand is there. It’s huge. If they say they are going to build courts, it’s not going to happen overnight. You’re looking at two, three years.” “I just wanted to remind pickleball people or Brass Lantern folks about the information that was presented last week about some alternatives ... in the short term,” Pinchok said. “There are two areas that are close to Farragut that (are) pay-to-play pickleball courts — inside and outside — over at Fort Sanders West tennis courts (Pavilion of Pickleball) ... and the new, expansive location, the Pickleball Playground at Ball Camp Road.” “It only takes 15 minutes

to get there, too” she added. “They’re starting to run programs ... the owner is really working to work with people ... they have a \$35 monthly fee (if you play outside, there’s no additional fee).” “We discussed other potential solutions with the subcommittee: alternate dates of play, keeping the north courts closed permanently, reduction of court hours and even the Town providing quiet rackets and such,” Oestrich said. “It was great to see the residents of Brass Lantern understanding some of the pickleball players can’t come for play when there’s reduced hours because they work.” After complaints from resi-

dents living near McFee Park, the Town closed half the courts to pickleball players last fall. “I’m disappointed,” pickleballer Wayne Jones said. “I’ve been playing for six years, and I’ve lived in Farragut for 20 years. I’ve been playing at West Hills, Fort Sanders, anywhere I could get a court.” “There have been 20 to 30 people waiting to play pickleball,” pickleballer LaDona O’Nan said. “There was no one playing on the tennis courts.” “I hope the Town of Farragut goes through with their idea that they need to build some dedicated pickleball courts ... and the Board wasn’t just kidding about that,” pickleballer Linda Anderson said.

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Open house, donations at Closets by McKenry



Chris McKenry, owner/chief organizing officer of Closets by McKenry, with friend Katie, joins his designers, Robin Carbaugh, left, and Meghan Wilson, in welcoming guests to the company's open house ever Wednesday through Jan. 31, at their showroom, 201 Center Park Drive, Suite 1070.

TAMMY CHEEK
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Closets by McKenry invites the community to its showroom from 10 a.m. to 2 p.m., every Wednesday through Jan. 31, at 201 Center Park Drive, Suite 1070, Knoxville, for an open house to find solutions to organizational dilemmas. At the same time, Closets is a donation location for Carson-Newman University's clothing drive for The STORE Career Closet. You can

drop off clothing items to be donated at Closets by McKenry. "Come by for coffee and a snack, and our friendly design team will be available to answer your questions, hear your ideas and listen to your needs," said Chris McKenry, chief organizing officer/owner of Closets by McKenry. "January, for years, has been a good organizing month," he added. "Coming off the New

See CLOSETS-MCKENRY on Page 5A

Anthem Memory Care new manager of former Avenir

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Anthem Memory Care recently assumed management of Concord Place Memory Care, formerly known as Avenir Memory Care, 901 Concord Road in Farragut. "Anthem is so excited to support the terrific efforts of the staff," said Isaac Scott, Anthem Memory Care principal and CEO. "We look forward to sharing our unique approach to meaningful engagement and becoming a part of the fabric of the community." "Under the agreement, Anthem Memory Care is manag-

ing all aspects of the community's operations and will add regional staff, technology and training programs to adapt the community to its approach to care," he said. The new property in Farragut "brings Anthem's portfolio up to 19 properties and marks the Oregon-based operator's entry into Tennessee," Scott said. "With existing communities in Arkansas, California, Colorado, Illinois, Kansas, Minnesota, Ohio and Washington, they now manage 1,300 memory care beds. He said the transition took place the last week of December.

"Anthem's single focus is operating free-standing memory care communities not affiliated with independent senior living, assisted living or nursing care," Scott said. "Concord Place is a community solely dedicated to serving seniors with various types of dementia, so it fits perfectly with our mission to protect, engage and love people living with memory loss. "We were excited to combine our years of experience with a team of people skilled in memory care," he added. Anthem officially changed

See ANTHEM on Page 5A

NEWSPAPER CARRIERS NEEDED!

farragutpress is in need of additional Motor Route Carriers to deliver the paper once a week. Multiple routes in and around Farragut are available.

Please contact Tony Christen at 865-218-8872 or production@farragutpress.com

businessbriefs

- **Abigail Davis and Justin Davis** recently joined the team of agents at Weichert, Realtors - Advantage Plus at 10160 Parkside Drive, Suite 100, in Knoxville.
- **Professional Photographers** of East Tennessee recently elected **Colby McLemore** of Knoxville as chairman of the Board.
- **Jeff Smith**, special advisor to University of Tennessee System president Randy Boyd, is expected to be recommended to the UT Board of Trustees to serve as the vice president for national labs at the UT System.
- The Board will consider the recommendation during its winter meeting March 1 at UT Southern.
- Smith will serve as the UT System's primary liaison to Oak Ridge National Laboratory's leadership team, U.S. Department of Energy and Battelle Memorial Institute on matters relating to UT-Battelle management and operations contract for ORNL.
- **SouthEast Bank**, with a branch in Farragut, recently donated \$44,000 to the Knoxville Area Urban League, reinforcing its commitment to community



McLemore



Rackley

development and financial literacy. This contribution is expected to strengthen KAUL's financial literacy initiatives, particularly within the education and youth, housing and economic development programs.

- Weichert, Realtors - Advantage Plus in Knoxville has announced **Richard Rackley, Dan Pastor, Adam Hatmaker and Michael Wood** recently were named the top agents in the office for November.
- Rackley earned overall Top Agent while Pastor was named the Top Selling Agent and Hatmaker and Wood were named the Top Listing Agents.
- **State Reps. Jason Zachary, representing Farragut; Dave Wright, Corryton; Justin Lafferty, Michele Carringer and Elaine Davis** of Knoxville, recently announced more than \$371,000 in grants to Knox County museums and historic sites.
- Recipients were Historic Ramsey House Historic Westwood, Women's Basketball Hall of Fame, Hazen Historical Museum Foundation and East Tennessee Historical Society and Blount Mansion Association.

Bank's gift to Second Harvest



Photo submitted

Eliane Sterno, executive director of Second Harvest Food Bank of East Tennessee, left, and Eileen Emerson, agency relations manager with SHFB, recently accepted SouthEast Bank's food donation at SHFB's Mobile Distribution Center.

CANDIDATE SPOTLIGHT



Ballard on the Ballot 24

Phil Ballard is on the 24 Ballot for seeking election for Assessor of Property. Experienced in this position with award winning staff and knowledge of the area from his Real Estate experience, Ballard prides himself on accurate and fair appraisals. "I promise to continue my legacy of fair and equitable property assessments in Knox County and will attain this with the most experienced staff and highly trained appraisers in Knox County," states Ballard.

During his term of office, Ballard achieved a level five assessment certification - Tn Master Assessor designation - which was retired by the State in 2016 upon leaving office. He has been a member of good standing with the International Association of Assessing Officers since 2008. He completed 7 courses for certificates, plus passed a Master's Exam with Assessment Administration taken at the University of North Carolina - Chapel Hill - School of Government. Knox County is once again in need of Phil Ballard's management and experience to restore the office through technology, training and certification to where it was during his previous administrations.

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Closets-McKenry

From page 4A

Year’s resolutions and people wanting to get free from all their excess from the holidays, it’s a good time to think about your organizational systems in your home, how to get better organized.

“So, we’re just having every Wednesday in January an opportunity for people to come in, look in the showroom, see what all we offer, see what all the possibilities are for their closets,” he said.

The company designs and

sells organization systems — racks, drawers and more — for closets, kitchens, pantries, hobby rooms, home offices, laundry rooms and garages.

“We’re just here to answer questions, talk about the projects they have in mind, McKenry said.

“Of course, the showroom’s always open (from 9 a.m. to 4:30 p.m. Monday through Friday and closed Saturday and Sunday),” he said.

For more information about Closets by McKenry, call 865-249-6382 or visit Closets-byMcKenry.com

Anthem

From page 4A

the communities’ name Tuesday, Jan. 9.

“When Anthem assumes management of a new community, we like to re-brand the community to help the market understand that the community is under new management, Scott said.

However, “Anthem’s goal is not to go into the community and shake everything up,” he said. “We are identifying what has been working well at the community, areas of improve-

ment and ways that we can enhance the great work they were already doing.

“Anthem Memory Care is focused 100 percent on memory care,” Scott added. “This is a big differentiator for us. We believe education is key for our staff and it should be ongoing.

“All of our managers become certified dementia practitioners through National Council of Certified Dementia Practitioners, and all our line staff go through training to be certified through Alzheimer’s Association as part of our onboarding process. Our propri-

etary Pathways of Purpose philosophy is embraced by our entire team that revolves around creating an environment of meaningful engagement between residents, families and staff. “

Regarding families visiting their loved ones, Scott said, “Our families and friends are welcome to visit at any time.

“Our doors are secured when there is not a receptionist at the front desk, and we always ask guests to be considerate of our residents’ routines.”

Anthem just celebrated its 15-year anniversary Dec. 16.



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SHOP FARRAGUT/FARRAGUT BUSINESS ALLIANCE’S ANNUAL Health & Wellness Expo

Hundreds flocked to Shop Farragut/Farragut Business Alliance’s annual Health & Wellness Expo Saturday, Jan. 13, in Farragut Community Center, to find out how they can improve their physical health, as well as their business and financial health.

More than 60 Farragut vendors — chiropractors to financial planners — sponsored booths this year. “This is our biggest one,” SF/FBA chair Candice Viox said. “This is a huge win. We’re very appreciative of the Town for its support of the Health & Wellness Expo and their commitment to support Farragut

businesses. And we’re appreciative of the businesses’ commitment in participating in this year’s event.

“We’re excited to be able to feature some of our athletic wear and excited to be part of the community,” said Michelle Austin, JCPenney general manager. Her booth featured its exertion labels and national brands, such as Adidas, Champion and Puma. In addition to booths, this year the event featured a workshop on how to make a business healthier, demonstrations from vendors, the MEDIC mobile blood donation unit and Mucho Gusto food truck.



From left are Tonya Deguira, senior administrator for Tennova Healthcare; Stephanie Austin, Tennova senior marketing director; Suzanne Thames, Tennova chief financial officer; Robin Cumbie, senior director of operation at Tennova Turkey Creek Medical Center; Becky Purkey, Tennova regional project director; and Travis Simmons, TTCMC chief nursing officer.



From left are Tennova Turkey Creek Medical Center’s Dr. Megan Lodeiro, Farragut Mayor Ron Williams, TTCMC’s Dr. Stephen Miller and Tennova CEO Tony Benton.



Apotheca’s Blake Turner, left, and Brady Trax



Skin by Jenn’s owner Jenn Jarrett



Beltone’s Virginia Lara and Michael Murphy



RISE’s Cameron Smith, business coach



Phyllis Cada



From left, Shekhinah Dawn, Frog Greishaw and Jennifer Henry, all with Frog Juice



Anita Dunford, left, and Ruth Brown of Knox Wellness & Massage



Madison Casey, standing, and Jessica Stiffler with YMCA



From left, Fares Schlank of West Bikes and Tim Baird and Max Linke of Farm Bureau

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Sweep begins Webb region

Boys rout Chatt Christian by 30; Luton big spark

ALAN SLOAN
editor@farragutpress.com

KNOXVILLE — Having “not played in a while,” Webb boys hoops head coach Ricky Norris said he was “worried about the lay-off causing us to be rusty” prior to the Spartans’ first Division II-AA East Region game of the season, which was at home versus Chattanooga Christian.

However, “I thought we were pretty sharp,” Norris added, as his team was 30 points better than the 10-win Chargers, pulling away late for a 76-46 victory Friday night, Jan. 12.

“I liked our demeanor, I liked our intensity, I liked our body language.”

Though unhappy with his team’s defense in the third quarter — CCS cut a 21-point halftime deficit to 11 — “Wilson Luton was a big shot in the arm in the third,” the coach said, as this sophomore wing came off the bench and nailed three 3-point jumpers, 12 points in all, in the third quarter to help keep the Chargers at bay. “Wilson was a big answer. ... He’s just gotten better and better.”

Webb, 16-3 after the victory, also was led offensively by senior wing Drake Ingram’s game-high 20 points. Luton ended with 15 while sophomore wing Owen Lentz scored 13 and junior point guard Jaylen Pompey added 11.

Lady Spartans use first-half 17-0 run, whip Lady Chargers

ALAN SLOAN
editor@farragutpress.com

KNOXVILLE — Down 11-5 a little more than halfway through the first quarter, the Webb School of Knoxville girls basketball team doubled down on visiting Chattanooga Christian School Friday night, Jan. 12.

A 17-0 run put the Lady Spartans ahead 22-11 roughly 100 seconds into the second quarter. Webb (13-6) built on a 36-25 halftime advantage and pulled away in the second half



(Above) Drake Ingram (22), Webb School of Knoxville senior starting wing, makes a crosscourt pass while initiating a fastbreak versus the Chattanooga Christian School defense during this Division II-AA East Region game in Webb’s Lee Athletics Center Friday night, Jan. 12. The Spartans pulled away for a commanding 76-46 victory. (Right) Looking to move past the CCS Lady Chargers defense while the visiting coaching staff watches is Webb sophomore wing Meeyah Green. The Lady Spartans won 72-44.

Photos by Alan Sloan



for a 72-44 rout of the Lady Chargers (12-5) in both teams’ first Division II-AA East Region game of the season.

“I felt like if we could get going, get a couple of stops, that we’d be able to put together a little run and sort of push away from them,” Lady Spartans head coach Greg Hernandez said. “Our goal was to take No.

11 (eighth-grade star MoMo Moore) out of the game.”

Webb’s defense held Moore to 10 points, “well below her season average,” he added.

Sophomore forward Meeyah Green scored a game-high 18 points for Webb. “Meeyah Green was great, the way she was finishing around the basket,” Hernandez said.

Senior guard Katelyn Overton, pulling down a number of offensive rebounds, scored 14. “I was super proud of Katelyn’s effort,” her coach said.

Post Kyndall Mays, only an eighth-grader, contributed 12 points for the winners. Senior forward Brooklyn Bush scored nine and freshman Corisa Lowery added eight.

KCHS hoops star Mains nominated for McDonald’s All-American Games roster spot in April

Sydney Mains, Knoxville Catholic star senior wing and All-state honoree who was named TSSAA Division II-AA State Basketball Tournament Most Valuable Player last season in helping lead her Lady Irish to a state title (MVP plaque presented by a TSSAA official, left), is one of 724 high school players nationwide who have been nominated for a chance to play in the 2024 McDonald’s All-American Games April 2 at Toyota Center in Houston. Players were nominated by a high school coach, athletic director, principal or member of the McDonald’s All-American Games Selection Committee based upon athletic achievement, scholastic achievement and behavior. The top 24 girls and 24 boys will be revealed Tuesday, Jan. 23, on ESPN’s NBA Today between 3 and 4 p.m. EST and announced across ESPN’s various social and digital platforms.

File photo



HVA make-up Jan. 22; BHS reset Feb. 8, both at FHS

Near record effort in Lady Ads win

STAFF REPORTS
editor@farragutpress.com

After high winds and snow postponed both of Farragut High School varsity basketball’s two biggest rivalry home games, District 4-4A contests versus Hardin Valley Academy and Bearden have been rescheduled according FHS athletic director Donald Dodgen.

The HVA teams will visit Lynn E. Sexton Gymnasium Monday night, Jan. 22 (originally set for Jan. 16).

Bearden’s girls and boys varsity teams will travel to Farragut Thursday, Feb. 8 (originally set for Jan. 12). Opening varsity girls tip-offs for both games will remain 6 p.m. Boys games would follow.

As of deadline at 1 p.m., Tuesday, Jan. 16, Farragut’s District 4-4A games at Maryville Friday, Jan. 19, were still to be played. However, if school is postponed Friday, those games also would be postponed.

Lady Ads 86 West 20

Meanwhile, the FHS Lady Admirals’ most recent win was, perhaps, one of its most lopsided in program history — especially among all-time road games.

Led offensively by sophomore wing KJ McNealy’s game-high 20 points, followed by junior guard Jaci Neubert’s 16, Farragut romped past District 4-4A foe Knoxville West 86-20 at KWHS, Tuesday, Jan. 9.

The Lady Ads improved to 9-10 overall and 2-0 in district.

Admirals grab key 4-4A win on road

STAFF REPORTS
editor@farragutpress.com

KNOXVILLE — Once again stepping up his scoring prowess, Farragut senior wing Aiden VanAcker pumped in a team-high 24 points as the Admirals earned a key District 4-4A road win by beating Knoxville West 68-61 Tuesday night, Jan. 9.

Berkley Naro, FHS senior post, scored 15 points and grabbed 11 rebounds in helping lead the victory march. Dominic VanAcker, Ads junior wing, added 10 points.

“It was one of those close games that comes down to a couple of possessions, and like the Karns game (earlier this month) we finished one of those on the positive side with a win,” said FHS head coach JP Burris, whose team improved to 1-1 overall in district play, 7-12 overall.

“I thought we were really good defensively,” he added. “And we executed, especially in the second half. We were a lot more efficient on the offensive end.”

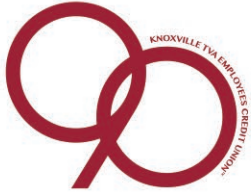
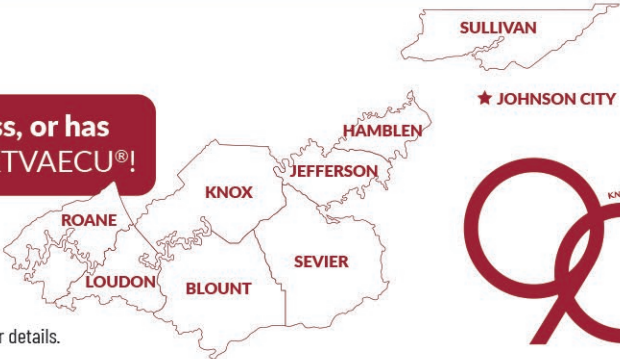
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Knoxville Temple breaks ground in Town Jan. 27

TAMMY CHEEK
tcheek@farragutpress.com

The Church of Jesus Christ of Latter-day Saints will be celebrating the groundbreaking of its future 30,000-square-foot Knoxville Tennessee Temple, slated to start at 1 p.m., Saturday, Jan. 27, at 13001 Kingston Pike in Farragut.

Elder Shayne M. Bowen of the Quorum of the Seventy from the Church will preside at the event.

Church president Russell M. Nelson announced the temple in April 2022.

“We are so excited to be in the subdivision next to the temple site in Farragut,” Michael Kofoed of Farragut said.

“We also are excited to share the gardens and beautiful House of the Lord with our neighbors and the Farragut community.”

“Construction is expected to begin shortly after the groundbreaking ceremony,” said Jeff Pizzino, APR assistant communication director with Media and Social Media for The Church’s Tennessee Knoxville Coordinating Council.

Tennessee has two other temples in operation: one in Nashville and the other in Memphis. Nelson announced news of the temple in April 2022 and said the construction completion, dedication and opening dates have not yet been announced.

“Every effort is made to construct temples in an expeditious manner,” Pizzino said. “At times, various reasons may delay a temple’s completion and dedication. Once the Knoxville Tennessee Temple is completed, there will be a free public open house for several weeks before it’s dedicated.”

“Temples are an important part of worship for members of The Church of Jesus Christ of Latter-day Saints because they draw us nearer to God,” said David Sexton, the leader for Church members in the Knoxville area. “Members throughout East Tennessee are excited they’ll no longer have to drive as far to visit temples in Nashville, Atlanta, Louisville or Columbia (South Carolina).”

Sexton described Latter-day Saint temples as “unlike anything on earth because they provide an opportunity to temporarily leave the things of the world behind and worship in a beautiful, peaceful place.”

The Knoxville Tennessee Temple will be built on a 4.99-acre site located along Kingston Pike, between Fast Pace Health Urgent Care and Christ Covenant Church. Pizzino said plans call for a single-story temple of about 30,000 square feet.

“This will be the city’s first temple,” he said, adding Tennessee is home to more than 57,400 Latter-day Saints in more than 110 congregations.

“When we moved to Tennessee in 1982, our nearest temple was located in Washington, D.C.,” stated Knoxville Temple Groundbreaking Committee co-chairs Russell and Sharlene Barber. “We’re thrilled



Photo submitted

The Church of Jesus Christ of Latter-day Saints will be breaking ground on the region’s first temple beginning at 1 p.m., Saturday, Jan. 27, at 13001 Kingston Pike, located between Fast Pace Urgent Care and Christ Covenant Church.

Topgolf site of Town Rotary golf fundraiser set Jan. 31

TAMMY CHEEK
tcheek@farragutpress.com

Farragut’s golf enthusiasts have a chance to play and help the area’s children at the same time.

Rotary Club of Farragut is hosting a golf tournament fundraiser to benefit Sleep in Heavenly Peace, which builds beds for children in need. The event will take place from 1 to 4 p.m., Wednesday, Jan. 31, at Topgolf, 11400 Outlet Drive.

“This is the first time we have ever done a Topgolf fundraiser,” RCF member Vicki Williams said, adding the tournament is open to the public.

Individuals and businesses are welcome to sponsor the event or come to play. The cost for a team of six is \$900. She added there are different levels of sponsorships.

Someone who purchases a team of six gets lunch, two drinks per person and an opportunity to win first, second or third prize, plus a chance to win a hole-in-one prize.

Regarding the cost, “we talked to a lot of golfers who do a bunch of tournaments,” Williams said. “We try to keep (the cost)



Farragut Lions’ ‘Canada Night’

It was an unofficial “Canada Night” with Farragut Lions Club during its meeting in Mimi’s Cafe Tuesday evening, Jan. 9. While new FLC member Laura Santana, left, lived in Canada for 11 years, she is flanked by visiting Canadian couple Charlotte and Jim Empringham, members of Apsley & District Lions Club in Apsley, Ontario.

Alan Sloan

See GOLF FUNDRAISER on Page 3B

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• **KARM's 20th Annual Dragon Boat Festival**, which will take place at The Cove at Concord Park on Fort Loudoun Lake Saturday, June 15, currently is accepting Early Bird Registration now through Wednesday, Jan. 31. Early registering will result in a discounted team registration fee of \$1,300, "which is \$200 off the original fee," a KARM press release stated. "Once Early Bird Registration is over, the fee will increase to \$1,500 per team."

For Early Bird registration, or if you have any questions, call 865-898-4497.

Thanks to KARM, "those with no resources to find affordable housing are being connected with others who can assist them," the release further stated. "Those without job skills are being trained for new careers. And those with life-crippling addictions are being set free. Your support of the KARM Dragon Boat Festival is making all of this possible."

• **Knoxville Children's Theatre, 109 E. Churchwell Ave. in Knoxville, presents "Junie B. Jones is Not a Crook,"** with tickets still available for the following presentations of roughly 70 minutes: 7 p.m., Thursday, Jan. 18; 7 p.m., Friday, Jan. 19; 1 and 5 p.m., Saturday, Jan. 20; 3 p.m., Sunday, Jan. 21; 7 p.m., Thursday, Jan. 25; 7 p.m., Friday, Jan. 26; 1 and 5 p.m., Saturday, Jan. 27; and 3 p.m., Saturday, Jan. 28.

Tickets are \$15 each for adults age 18 and older, and \$12 each for youth age 17 and younger. E-mail info@knoxvillechildrenstheatre.com or call 865-208-3677 to purchase tickets or for more information.

• **Morning Pointe of Knoxville senior living community, 9649 Westland Drive, will host a 5-year anniversary party** beginning at 2 p.m., Thursday, Jan. 25.

Since its opening in 2019, MPK has not only been a home and advocate for hundreds of seniors, but has been "where relationships have been built with residents' families, the greater senior community, local health care partners and many volunteers," a Morning Pointe press release stated.

The anniversary celebration, which will start

at 2 p.m., will emphasize those relationships.

The event will include singing by Christian Academy of Knoxville's children's choir, while Deborah Cable, winner of Morning Pointe Foundation's 2022 Seniors Got Talent show, will play the harp. Katie Harbin, development and public relations specialist with Alzheimer's Tennessee, will speak, and guests can enjoy hors d'oeuvres prepared by Morning Pointe of Knoxville's culinary team.

"Ten associates at the assisted living community have worked there for more than four years, including managers and frontline staff," the release stated. "Of these, four managers have been with the community since its opening."

Morning Pointe of Knoxville welcomed its sister community, The Lantern at Morning Pointe Alzheimer's Center of Excellence, Knoxville, to the campus in 2020. "Together, the two buildings provide a continuum of care for seniors with different needs," the release stated.

For more information about the event or the campus, call Morning Pointe of Knoxville at 865-223-6422.

Located at Morning Pointe of Knoxville is one of 25 assisted living and memory care centers in Tennessee operated by Morning Pointe Senior Living.

• **The New Beckham County Ramblers will play at Laurel Theater, 1538 Laurel Ave. in Knoxville, beginning at 8 p.m., Saturday, Jan. 20.** "Anchored by longtime students of the traditional music and culture of Eastern Kentucky, the band takes its name from the only county ever abolished by the Commonwealth of Kentucky," a Laurel Theater press release stated. To purchase tickets, visit

<https://jubilee-community-arts.ticketleap.com>

• **MEDIC Regional Blood Center has a low inventory for O Negative, A Negative and B Negative blood types.** "Currently, no blood types are critically low and there is no jeopardy

See **PLANNER** on Page 4B

College, university honors earned by Farragut students

• **Mackenzie Arlington of Farragut** has been named to Southern New Hampshire University's Fall 2023 President's List. The fall terms run from September to December. Full-time undergraduate students who have earned a minimum grade-point average of 3.700 for the reporting term earn this honors. Full-time status is achieved by earning 12 credits over each 16-week term or paired 8-week terms grouped in fall, winter/spring and summer.

• **Anna Cales and Julia Kilbey of Farragut** are two Miami University students (Oxford, Ohio) ranked in the top 20 percent among more than 22,600 undergraduate students for Fall Semester 2023 and have been named to the Dean's List, which recognizes academic excellence.

• **Abigail Howard of Farragut**, a biology major, was named to the Fall 2023 Dean's List in the University of Kentucky's College of Arts and Sciences. More than 1,900 undergraduate students have qualified for the Fall College of Arts and Sciences Dean's List. Students on the Dean's List earned 12 or more credit hours as letter grades with a minimum 3.6 grade-point average for the semester.

Temple

From page 2B

to soon have a temple less than 3 miles from our home in Farragut,"

"This is a miraculous blessing and gift to the people in this area," said Carrie Blashill, a Latter-day Saints member who lives in Jacksboro.

"After it's built, it will cut our travel time in half, having to currently drive to Columbia, South Carolina, or to Atlanta to the nearest temple, often requiring an overnight stay," added Church member Melissa Golden of Kingsport. "It will be a blessing for us here in Kingsport. We cried tears of joy when it was announced."

Attendance at the groundbreaking ceremony will be by invitation only and will include Knoxville-area religious and government leaders and media.

"Latter-day Saints consider temples to be the house of the Lord and the most sacred places of worship on earth," Pizzino said. "Temples differ from the Church's meetinghouses

(chapels). All are welcome to attend Sunday worship services and other weekday activities at local meetinghouses.

"The primary purpose of temples, however, is for faithful members of the Church of Jesus Christ to participate in sacred ceremonies — such as marriages, which unite families forever — and proxy baptisms on behalf of deceased ancestors who did not have the opportunity to be baptized while living," he explained.

"I am absolutely thrilled about getting a temple," Jenny McKinney of Knoxville said.

"It's just the best present there is," added Monica Irvine of Knoxville. "The Knoxville Temple is an answer to many prayers by faithful members of The Church of Jesus Christ of Latter-day Saints. Living close to the Knoxville Temple provides me the opportunity to continue to build my eternal family through the ordinances performed in the holy temples."

"I can once again visit the temple often and partake of the peace and joy only found within the temple," she added.

Golf fundraiser

From page 2B

in line with what's available currently when other people have tournaments."

Sleep in Heavenly Peace "has been a non-profit that the Rotary Club of Farragut has supported for several years," she said. "It's so rewarding to Rotary members and others to come together for about three hours and (help) build beds for children in our community who have no beds."

From SIHP, children get a bed and bedding items. The recipients "are kids in our community who are sleeping on the floor," Williams said. "We want every kid to have a bed."

So, when "Mark (Grenier), the manager at Topgolf, mentioned that they offer fundraisers, it kind of piqued our curiosity," she said. "He hosted an event at Topgolf for nonprofits, Rotary being one of them. He told us about how it would work and how we could raise money for whatever need that you have."

"We loved it because it's non-weather-related," Williams added. "It's rain or shine. There's great food and beverage there, and even better fellowship."

"And, Topgolf is very generous in their offerings to help the nonprofits raise money."

For more information on sponsorships or to register a

team for this Topgolf fundraiser, call Williams at 865-742-4505.

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New STEM Innovation Lab for Knoxville Catholic 2393 FIRST Robotics



Knoxville Catholic High School's 25-member FIRST Robotics Team 2393, which has begun preparations to build its robot for major competitions at the Rocket City Regional in Huntsville, Alabama, followed by Smoky Mountain Regional in Knoxville in March, has a state-of-the-art new home. "This year, the team is so excited to be headquartered in Knoxville Catholic's brand new, state-of-the-art STEM Innovation Lab," said team leader Douglas Parris about the facility, which



was celebrated with a ribbon cutting Tuesday, Jan. 9. "The team can now work in a space large enough to accommodate the entire team and to now have the equipment to create and build without using outside resources." The lab includes a a collaboration room (**left**) and a machine shop (**right**). "Team 2393 made it to the semifinals at Smoky Mountain Regionals and to the quarterfinals at the Arkansas Regional last year," Parris added.

Planner

From page 3B

of patients in our region not receiving the procedures that they need," a MEDIC press release stated.

However, "It is important to understand that inventory can change at any moment," the release further stated.

"January is typically a slower month, and we have seen that so far in 2024," stated Kristy Altman, vice president of communications and public relations. "At this time, no blood types are at a critical level. We have seen an in-

creased demand for both O Negative blood and platelets in the last six weeks. We do need all donors who are healthy and

well to continue to donate regularly to keep the blood supply stable."

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medicblood.org/donate or download the new MEDIC donor app to search for a drive and schedule an appointment.



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obituary

John Edward Sicard, age 90, was born in New Orleans, Louisiana on Nov. 10, 1933. But you can call him Jack.

He was born to Arthur Raymond and Clemencia Mae Sicard, née Miller, and grew up in Metairie with his siblings with whom he is now reunited: sister, Carol Blythe (Donald); brother, Raymond (Joan); and twin, Charles (Cynthia). At this point, Jack would have reminded us that he, Jack, was the better-looking twin. They took turns.

Jack graduated from Ridge-wood Prep in Metairie, having met the great love of his life, Marilyn Jean Sicard, née Munster, at Metairie Grammar in the fifth grade. They would share 70 years of wedded bliss, growing a life together.

After they were married, Jack served as Skipper of a Coast Guard rescue boat during the Korean War. When he left the Coast Guard, he matriculated into Tulane University, where he graduated in 1963 with a Master of Architecture degree and a mission to build.

He began by building his family with wife, Jean. Daughters, Cynthia, Tamara and Melissa were born, as was his small practice. Jack designed buildings across New Orleans, most importantly a home for his own growing family.

Jack built a career in design and construction management, which took his family to Dunwoody, Georgia. Over the years he also built furniture, boats and toys for his children. He even “rebuilt” doodle bugs. We’re still not sure how.

Jack’s career then took the family to Southern California. After several years in corporate architecture, Jack landed in the University of California

system, serving first at UC Irvine and then at UCLA as director of Capital Programs Project Management.

Eventually Jack and Jean made their move to Tennessee, which allowed Jack the opportunity to not only continue his executive role, but also fulfill his passion for teaching at the University of Tennessee.

Finally, Jack retired, but only briefly. Dear friends Michael and Romaine Evans asked Jack to help build a new division within their existing business as vice president of Construction for GEM Technologies.

Jack and Jean’s family continued to build throughout their journey with the addition of Thomas Baynham and Sue Long. The family built again, adding two more bright women: granddaughters, Kate Baynham and Megan Chang (daughter of Melissa Sicard and John Chang, Div.). Even this past year, the family was building with the marriage of Megan to her husband, Campbell Casseb.

Over the years, Jack built more toys, more playhouses and yet another home for his family on a peaceful cove overlooking Lake Loudoun in Knoxville. He designed it with care and a curated space for his much-loved mother-in-law, Lucile (Nanny), and room for the whole family and a select few very special dogs.

Jack was a sailor, a pilot, an artist, a mentor, a friend, a son, a brother, a husband, a fa-

ther and a Papa Jack. He also is survived by several beloved nieces and nephews.

He was loved so much in this world and built so much within it; his legacy is unfathomable.

On Nov. 27, 2023, Jack Sicard passed away in his home in

Knoxville, having just listened joyfully to Pete Fountain’s “When the Saints Go Marching In.”

The family wishes to thank the caring professionals from Parkwest Hospice, as well as Clay Harrington and Michele and Eric Leaver for their pas-

toral care and friendship.

A memorial service will be held beginning at 2 p.m., Saturday, Jan. 20, 2024, at in the chapel at Cedar Springs Presbyterian Church, Knoxville. Pastor Clay Harrington will be presiding.



Mr. Sicard

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FARRAGUT VISUAL RESOURCES REVIEW BOARD AGENDA
Farragut Community Center Large Classroom
Tuesday, January 23, 2024 • 7:00 p.m.

1. Approval of minutes for the December 12, 2023, meeting.
2. Staff report - wall signs approved in the past month.
3. Review of an individual tenant panel sign for Balanced Paws, located at 11135 Kingston Pike.
4. Review of a drive-through menu board sign for Dunkin, located at 712 N. Campbell Station Road.
5. Review of a permanent ground mounted subdivision sign(s) for Turkey Creek Woods Subdivision, located off East Kingsgate Road and Banbury Road.
6. Review of a primary permanent ground sign for Dunkin, located at 13038 Kingston Pike.
7. Review of two peripheral accessory freestanding signs for Dunkin, located at 13038 Kingston Pike.
8. Review of a landscape plan for Dogtopia, located at 12925 Kingston Pike.

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Educating people on healthy nutrition



Photo Submitted
Jill Hahn, a local certified holistic health coach, teaches a cooking class.

A healthy diet is fundamental in reducing the likelihood of many chronic conditions, including obesity, heart disease, diabetes and even cancer. However, according to the Centers for Disease Control and Prevention, the majority of Americans are consuming far too much sodium, saturated fat and sugar. On top of this, fewer than 1 in 10 children and adults eat enough fruits or vegetables.

For this reason, Jill Hahn, a local certified holistic health coach, strives to educate people on the importance of replacing processed, starchy foods with anti-inflammatory whole foods and plenty of protein to help the body heal. “After working with hundreds of

people, I’m constantly amazed at how the body can heal when inflammation is reduced and it comes more into balance,” she explained. “I’ve seen diabetics drastically improve their blood work and reduce medication; stomach pain and bloating disappear; people who were constantly sick dramatically improve their immune system; elimination of joint pain; serious sinus issues and allergies greatly improved; much better sleep; and so much more.”

By fully embracing an anti-inflammatory lifestyle, Hahn said your mood will also improve, leading to more patience and the ability to better handle stress. But, in order to achieve these results, there are several other components at play, especially in terms of engaging in regular exercise and expressing gratitude and positivity.

“Rather than a quick, short-term fix, look to changing daily habits to reach your goals – and maintain long-term results,” she said.

See NUTRITION on Page 2C

Revamp your skin care routine for the winter

Dry skin is a common problem in the winter, often leading to discoloration and discomfort. While this is usually harmless, failing to properly treat dry skin can result in more serious complications, including cracking, bleeding and even chronic eczema.

Fortunately, there are some basic measures you can take to fight dry skin during the colder months and even prevent it from occurring at all. In fact, Kat Mahn, who owns Kat’s Lash Lounge in Farragut, said one of the best ways to hydrate your skin is by hydrating your body.

“Staying hydrated in winter months

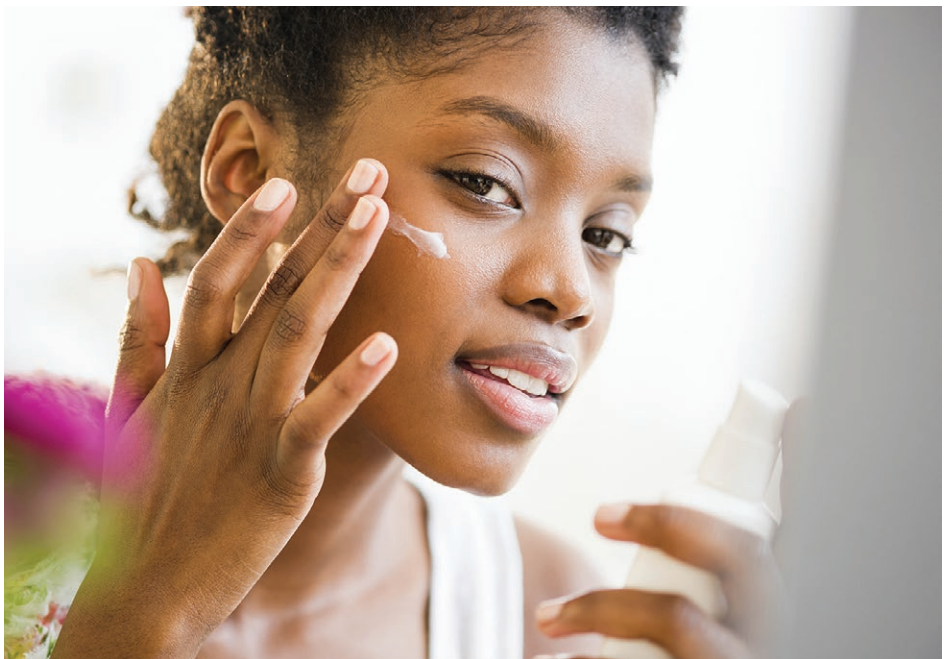
will help your skin,” she said, suggesting eight to 10 glasses of water each day. “Make sure you are getting your water intake in.”

Revamping your skin care routine is also necessary throughout the winter. Mahn said using a moisturizer with SPF and regular overnight masks can significantly help revitalize and soothe your skin. For best results, the moisture masks should be done two to three times a week.

“If you have dry skin, you will definitely need to add in extra hydration and moisturizer during colder months, as our heat in our houses will add to drying out our skin,” she explained.

These products don’t have to be extravagant and expensive either, Mahn said. Because the whole point is to simply hydrate your skin, there’s no

See SKIN CARE on Page 2C





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Substitute healthy options for sugary treats

With the holidays now over, many people are trying to get back on track with their health goals. This can be difficult when cravings hit, but Jill Hahn, a local certified holistic coach, says healthy foods can still satisfy hankerings. “My goal is to make this



Hahn

lifestyle shift as easy and tasty as possible,” she said. However, according to Hahn, in order to properly combat the desire to consume sugary foods, it’s essential to understand why sweet cravings occur in the first place. “Eating lots of sugar, sodas, processed foods, and starchy foods, such as bread, rice, pasta, and chips, can create cravings for more sugar and carbs,” she explained. “Getting plenty of protein at each meal, especially in the morning, can help prevent cravings throughout the day.” When craving a treat, Hahn suggests nuts with dark chocolate chips, energy bites

and using Stevia as a sweetener rather than processed sugar. “Apple Nachos” are also a good option. For this, simply cut an apple into thin slices, toss with lemon juice and arrange in a single layer on a plate. Then, drizzle with almond butter and sprinkle with toppings like unsweetened shredded coconut, chocolate chips and chopped nuts. For more homemade treat recipes, visit paleogrubs.com/healthy-snacks. To schedule a free discovery call with Jill Hahn, visit jillhahnhealth.com.

Nutrition

From page 1C

To help clients truly change their habits, Hahn takes a mind-body-spirit approach that’s tailored to individual needs. “Since everyone’s body, tastes, and tendencies are different, a one-size-fits-all approach simply isn’t ideal,” said Hahn. “I take into ac-

count each client’s preferences to create realistic goals and programs.” She also addresses any current health conditions, leveraging expert advice from functional medicine doctors Dr. Mark Hyman (www.drmarkhyman.com) and Dr. Kathryn Heidt (drkathrynheidt.com). As both doctors share extensive educational information on their social

media accounts, Hahn said anyone looking to improve their health should be sure to look into the resources they provide. “I encourage checking different resources to learn as much as possible and make the best decision for you,” she said. For more information about Jill Hahn, visit jillhahnhealth.com.



View the full recipe at: PaleoGrubs.com

Photo from paleogrubs.com

For the Apple Nachos recipe and more homemade treat recipes, visit paleogrubs.com/healthy-snacks



Skin Care

From page 1C

need to get caught up in trendy brands or products. “Never be afraid to look for low cost products at the local stores,” she said. “Kroger, Walmart, or Walgreens can help you keep your skin protected and moisturized on a budget.” Kat’s Lash Lounge, 11410 Kingston Pike, Suite 300, also offers a variety of hydrating skin care products, from facial cleansers to repair creams. For more information, visit katslashlounge.com.



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How much water do we really need?

Recent research from Pittsburgh-based Civic Science reveals 47% of Americans aren’t drinking enough water. This is shocking, seeing as how proper hydration is essential for energy production, muscle function and endurance.

Adequate water intake also keeps your joints lubricated, helps regulate body temperature and plays a key role in cardiovascular, immune, skin and digestive health. But, how much water do we really need?

Lauren McCrossin, who owns Drip into Wellness, says healthy individuals should be drinking about two liters of water or day – or eight eight-ounce glasses.

“Your water intake needs will vary depending on your age, health conditions, climate, physical activity, and pregnancy, but the 8x8 rule is a general rule for healthy individuals,” she said, noting that your urine output is a good indicator of proper hydration. “You should be urinating seven to eight times a day and it should be a clear, pale yellow color.”

McCrossin said electrolytes are also important when it comes to staying hydrated.

“Sometimes we drink water alone and still do not feel hydrated due to the lack of electrolytes like sodium, magnesium, and potassium,” she explained. “These electrolytes allow for your ion channels to be opened and the water to enter the cell, replenishing the cell’s hydration needs.”

To ensure you get enough electrolytes, McCrossin suggests filling your favorite cup with electrolyte water each morning and sipping on it throughout the day.

“Set reminders on your phone and listen to your body,” she said. “Drink when you are thirsty, and eat fruits and vegetables to add to your overall hydration.”

Drip into Wellness can also help you maximize your hydration through IV therapy, which delivers fluids, nutrients, vitamins, and medications directly into the bloodstream, giving your body quick 100-percent



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absorption. “Your oral absorption rate of vitamins is somewhere around 20% due to the first pass effect of the liver and bioavailability, certain diagnosis, gut health, your overall hydration status,” McCrossin said. “This makes IV

therapy a preferred complete way of hydrating and receiving micronutrients.” For more information about Drip into Wellness, visit dripintowellness.com.

Maintain essential self-care on a budget



Self-care is essential, but it can also get expensive. However, it is possible to pamper your body and rejuvenate your mind, even on a budget.

Here are just a few examples of how you can achieve a relaxing spa-like experience at home:

- **Bubble Baths:** Fill up your tub, light some candles and dive into your favorite book. If you’re not a reader, you can put on an audio book or relaxing music.
- **At-Home Manicures:** Get out all your nail polish and invite your friends over for manicures and pedicures. You can also do facials, bring-

ing a spa-like experience straight into your home.

- **Mental Health Day:** Take the day off, sleep in and enjoy a day free of deadlines and obligations. You can curl up with a book, put on your favorite movie or take a leisurely walk.
- **Journal:** Write out your thoughts, goals and ideas to relax your mind and better understand your emotions. If you don’t enjoy journaling, then you could make a vision board by cutting out pictures from magazines that resonate with you.
- **Picnics:** Gather up some of your favorite foods and bask in the outdoors with a relaxing picnic. You can invite friends and family or simply enjoy a peaceful day to yourself.

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Children with healthy habits help at home, in the classroom

For children, a healthy lifestyle is imperative for proper development, energy production and even brain function. By promoting and prioritizing exercise, adequate sleep habits and nutritional foods, parents can help their kids reach their full potential at home and in the classroom.

A great way to model a healthy lifestyle is by planning fun activities that can be done as a family. Not only will this get kids off their screens, it will also provide a way to burn calories, all while enjoying each other’s company.

Steve Barnard, who owns The Exercise Coach in Farragut, says hiking is an excellent option, as it enables family members to chat and comes with many physical benefits.

“Hiking is good because it’s more than just a walk. You’ve got some sort of incline and decline, so you’re going to activate type II muscle fibers, which don’t get used in just walking,” he said, noting that this will lead to burning more calories. “It’s a much more effective form of exercise than just going for a walk.”

In addition to hiking, Barnard suggests doing any type of physical activity that you and your children find exciting.

“If they love running, go run. If you love playing tennis, you go play tennis,” he said. “Do something that’s enjoyable.”

While this can be more challenging during the winter, there are still many activities that families can do together in the colder months. Ice skating and roller skating, for example, can be done indoors and can generally be enjoyed by children and adults alike. A trampoline park is another good option for times of inclement weather.

If it’s warm enough, biking, taking a neighborhood stroll or merely playing soccer in your backyard are all fun activities that can bring your family together and help burn calories.

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The Exercise Coach helps you achieve those fitness goals minus the winter chill

When colder temperatures hit, it can be difficult to get outside and exercise. Fortunately, gyms and fitness studios offer climate-controlled indoor spaces that can be utilized no matter the weather.

The Exercise Coach in Farragut, for example, offers resistance-based training sessions that focus on short, high-intensity workouts. Steven Barnard, who owns the fitness studio at 156 West End Ave., says this makes exercising more meaningful and beneficial.

“The fitness industry has kind of been dominated by this conventional wisdom of ‘just get moving’ or, you know, you have to be in the gym one to two hours a day, five to six days a week,” he explained. “But it doesn’t necessarily trigger positive adaptations in your body just because you’re moving... Meaningful exercise should be brief and intense.”

But, when exercise is intense, proper recovery is crucial. “You need a minimum of 24 hours before you undergo another intense session of resistance-based exercise,” said Barnard, noting that 48 hours is recommended. “You should not be doing this five six days a week.”

At The Exercise Coach, Barnard said “the sweet spot” is two 20-minute sessions each week. This ensures the body has had enough time to recover and also allows muscles to properly adapt.

“Your muscle mass impacts your entire physiology,” he said. “When you lose muscle, you impact your body’s ability to manage blood sugar levels and it slows your metabolism down. There’s all sorts of bodily functions that are linked to muscle mass, and the less you have, the poorer your body is going to function as a whole.”

With clients ranging from 16 to over 90 years old, Barnard noted that all sessions are coach-led to maximize safety, as well as efficiency. In fact, by exercising under supervision, people are much more inclined to achieve their fitness goals.

“The data shows that success dramatically increases under supervision,” he said. “It holds people accountable and ensures they’re doing what they should be doing to trigger positive adaptations in your body.”

In addition to this unique approach, The Exercise Coach is also revolutionizing the fitness journey by leveraging advanced technologies to provide training tailored to each individual.

“We have robotic exercise equipment that helps us generate a very precise dose of exercise based on where that person is at – it’s ability-based,” he said. “Using machine learning and artificial intelligence, it remodels the dose of exercise and adapts as the person gets stronger.”

This means using the exercise equipment will be different each time, as it will be constantly learning about your metabolic health and strength and adapting to new levels.



“It continuously challenges you specifically in the way that you need to be challenged,” Barnard said. “We’re taking exercise out of the Stone Age.”
For more information about The Exercise Coach, visit exercisecoach.com.

Tips to maintain your commitment to exercise

At one point or another, millions of adults across the globe have resolved to be more physically active. The benefits of routine exercise are too numerous to cite, but some of the more notable ones include a lower risk for chronic disease and illness, improved self-esteem and greater overall health.

With so much to gain from routine exercise, it’s no wonder so many people aspire to be more physically active. But it’s easy to lose motivation when aspiring to exercise more. Each year, one of the most popular New Year’s resolutions is to exercise more. In fact, Statista conducted a survey regarding New Year’s resolutions for 2023 and found that exercising more was the most popular resolution. However, a 2021 study published in the International Journal of Environment Research and Public Health found that 64 percent of people abandon their New Year’s resolutions within a month of making them. Exercising more requires commitment, and there are some ways to make it a little easier to maintain that commitment over the long haul.

• **Break it up.** The Harvard T.H. Chan School of Public

Health notes that people don’t need to exercise all at once to reap the rewards of physical activity. If time is tight, break up a workout over the course of your day. Some strength-training exercises in the morning can be followed up with a brisk walk or run over a lunch break. This approach makes it easier to fit a full workout into your daily routine.

• **Employ the buddy system.** The Centers for Disease Control and Prevention suggests that working out with a partner increases exercise motivation and encourages individuals to be more consistent with their exercise routine so they do not let their partners down. The authors behind a 2019 study published in the International Journal of Research in Exercise Physiology suggested the efficacy of the buddy system may require further study before researchers can definitively say it’s an effective motivation strategy for people who want to exercise more. But there’s no denying that many individuals feel that they are more likely to exercise with a friend than they are if they go solo.

• **Schedule exercise time.** Busy professionals book work meetings, family obligations and other daily tasks in their



schedules, and the T.H. Chan School of Public Health recommends doing the same with exercise. Allotting time to exercise each day may decrease the likelihood that you’ll skip a workout, and once results start to manifest you may be more motivated to stay the course.

• **Identify what progress may look like.** It’s easy to become discouraged if a commitment to routine exercise does not produce visible results. But just because your abs are

not becoming chiseled a month into a workout routine or the scale is not reflecting significant weight loss does not mean your routine is not working. As the human body ages, it becomes more difficult to transform it. So a workout routine that left you looking lean and chiseled in your twenties may not produce the same body in your forties. But that does not mean the exercise isn’t working and ultimately helping you get healthier. Adults are urged to speak with their physicians

and identify what progress with a workout routine might look like for someone their age. Progress may look different than it did years ago, but if the end result is a healthier you, then that should be all the motivation you need to keep going.

It’s no secret that making a commitment to routine exercise can be difficult. But various strategies can increase the likelihood that individuals will stay the course as they seek to exercise more frequently.

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SamuraiDragons.com | Sheena: (865) 300-2318

These are just a handful of approaches individuals can take to boost their mental health each day.

**3 ways people
can boost their
mental health
every day**



farragutpress

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ISSUE 19 VOLUME 36 WEDNESDAY, JANUARY 10, 2024 • 1A

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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Since 1854, the Knoxville Y has been a cornerstone of our community.

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



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

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

Benefits of Membership

At the Knoxville area Y we provide:

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

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

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865.522.9622

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East Knoxville
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North Knoxville
865.922.9622

YMCAKnoxville.org

CHAMBER LIFE

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

VOL. 38, NO. 1

A PUBLICATION OF THE FARRAGUT WEST KNOX CHAMBER OF COMMERCE

JANUARY 2024

You're Invited to the Farragut West Knox Chamber of Commerce

2024 BREAKFAST SPEAKER SERIES

County Commissioner Candidate Panel for District 5

Facilitated by:



**MICHELE
SILVA**

MIDWEST COMMUNICATIONS

Home of B97.5 FM

County Commission Candidates

Brad Hall
Dr. Arthur Moore
Toni Scott
Dale Skidmore
Brian Walker

School Board Candidate(s)

Terrye Whitaker



Rothchild Catering & Conference Center
Wednesday, 2/07/2024 | 7:30-9:00AM

**All candidates for District 5 Commission & School Board are invited pending availability*

EVENT SPONSOR



COMMUNITY SPONSORS



Community encouraged to attend Candidate Forum

All elections are important, and participation is crucial. But local elections have the biggest impact on the lives of business owners and their resident employees.

Have you ever wished you could interview the candidates and ask them questions that pertain to the impact on your business? Now is your chance.

The chamber encourages businesses and residents alike to register to attend its first Breakfast Speaker Series of 2024 on Wednesday, February 7 at 7:30am at Rothchild Event Center focusing on a candidate forum with both county and school board candidates for District 5. District 5's commission seat has been held by John Schoonmaker, who has served the maximum number of years allowed. The district includes zip codes 37772, 37919, 37922, 37923, 37932 and 37934, and the communities of Concord, Town of Farragut, Turkey Creek, Campbell Station, Lovell

and Choto.

The chamber appreciates the support of Community Sponsors First Utility District of Knox County and TDS Telecom.

The forum will be facilitated by Michele Silva of Midwest Communications (home of B97.5). Before her radio media career, Silva enjoyed an extensive background in the news media industry with multi-year stints as an anchor on local stations WVLT and WBIR, and in Corpus Christi, TX. Her most memorable interviews of her anchor years include the likes of John F. Kennedy, Jr., Bret Michaels, and Mother Teresa.

All district 5 candidates are invited to participate. As of press time, county commission candidate Angela Russell has a travel conflict, and school board candidate Lauren Morgan has not responded. Participating candidates who have confirmed

See **CANDIDATE FORUM** on Page 3



EXPO returns in 2024

The chamber's Business EXPO returns in 2024 on Wednesday, May 1, from 2pm to 6pm at Rothchild Event Center!

On February 1, booths will become available to the chamber membership in its entirety. Booth prices for members for this year will be \$250. Spaces will increase from 8'x8' to 10'x10' and a 10% early bird discount for members only will be available. Returning member participants from 2023 have until January 31 to lock in 2023 pricing as a thank you for coming back.

Sponsorships will also open to the full membership on 2/1 and they are limited. Contact the chamber now for more information at 865-675-7057 or info@farragutchamber.com.



YPs Feel the Need for Speed in February

Join the West Young Professionals as they kick off their 2024 program year with a FAST paced and fun speed networking on Thursday, February 1 at sponsor and venue host SouthEast Bank in Farragut!

Perfect for both newer and experienced networkers alike, the event will offer casual mingling followed by structured speed networking to help attendees meet as many people as possible, but also providing questions to get them getting to know each other in a meaningful way.

Register for this program at farragutchamber.com > Events!

Enterprise Club

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

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- More Than Memories • Slamdot



Networking

HomeTrust Bank Farragut

December 7, 2023



Ron Lee, Branch Manager and Katelyn Stevens break for a quick photo during HomeTrust’s annual networking.



Natalie Walz - *Best Choice Home Inspections* and Jessica Shular - *Ferris Wheel Finance, Inc.* smile for a quick photo.

Ribbon Cuttings

Carhartt

December 6, 2023



Store Leader Rob Ergenbright readies the ribbon-cutting scissors alongside his Turkey Creek Team, Chamber Members, and others from the community.

Triple F Elite Sports Training

December 13, 2023

Lee Smith wields the ribbon-cutting scissors beside his wife, mom, friends, colleagues, and many Chamber Members.



11826 Kingston Pike, Suite 110 | Farragut, TN 37934
(865) 675-7057 | (865) 671-2409 Fax

e-mail: info@farragutchamber.com | www.farragutchamber.com
This newsletter is published monthly by the Farragut West Knox Chamber of Commerce.

Regional Legislative Agenda Breakfast a sell-out

The chamber was pleased to sell out the 2024 Regional Legislative Agenda breakfast on January 26, 2024 at 7:30am at Bridgewater Place in Knoxville. Just over 350 attendees are expected, including Congressman Tim Burchett, state senators, representatives, and area elected officials and industries.

The chamber is thankful for the event to be presented by Slamdot, and also supported by event sponsors First Horizon Bank and TDS Telecom. For three decades the Chambers of Commerce of Blount County, Oak Ridge, and Knoxville worked together to develop a regional legislative agenda to identify state issues of importance and increase job and business growth in the region. In 2021, the Farragut West Knox Chamber of Commerce and Anderson County Chamber of Commerce joined this initiative. The 2024 Keynote Speaker is Dr. William “Bill” Lyons is Professor Emeri-



Regional Legislative Breakfast

Friday, January 26, 2024 7:30a - 9:00a
205 Bridgewater Road, Knoxville, TN 37923
Individual Tickets: \$40 | Table of 10: \$450



KEYNOTE SPEAKER
William Lyons
Professor Emeritus of Political Science and Interim Associate Director of the Institute of American Civics at the University of Tennessee

Presented by:



tus of the Institute of American Civics at the University of Tennessee’s Baker Center of Public Policy and Affairs. Dr. Lyons will speak on the theme, “Our Region is Growing: Doing it Together AND Getting it Right.”

Candidate Forum

From page 1

their ability to attend are:

Brad Hall (County Commission): Hall works for the Knox County Sheriff’s office as a Captain. Per his candidate website, he was honored multiple times as officer of the month during his service, including being distinguished as Detective of the Year in 2007. He is also involved in Hope for Victims, Send Senior Citizens Love, Town of Farragut Community Stakeholders Committee, and was recognized as the 2023 Volunteer of the Year for the Knoxville Open Championship Committee.

Dr. S. Arthur Moore (County Commission): Born and raised in Greeneville, TN, Moore received his undergraduate and medical degrees from Vanderbilt University, and completed his neurology residency and neurocritical care fellowship at the Mayo Clinic in Rochester, Minnesota. Since making his home in Farragut in 2014, Dr. Moore has started a small business and received an MBA from University of Massachusetts. Family includes wife, Katherine, a pediatric surgical nurse, two daughters, ages 12 and 8, and 9-year-old puppy, Blossom.

Toni S. Scott (County Commission): Scott has lived in Farragut most all her life. She retired from a career in teaching to pursue motherhood and also “threw herself into her community” volunteering in area schools, churches and civic organizations. She is the wife, daughter-in-law and mom of University of Tennessee athletes and believes in the Volunteer Spirit.

Dale Skidmore (County Commission): Skidmore is University of Tennessee graduate, business owner of the Dale

Skidmore Allstate Agency, and has lived in Knox County for over three decades. He been married to wife Holly for 18 years and they have two children, ages 13 and 10. Community service has included several terms as President and Vice President of the Village Green HOA, service in the pre-school ministry at First Baptist Concord, member of the Concord Farragut Republican Club, member of the Farragut West Knox Chamber of Commerce, and other area organizations.

Brian Walker (County Commission): Walker and wife, Jennifer, owned a Martial Arts Studio, a real estate & property management company, and flipped/built several homes before moving to Knox County. He holds a Master’s in Business Administration and a Bachelors in Criminal Justice, and has owned Rilynn Company Insurance Services for 23 years. Both spouses are members of the Farragut Rotary Club and enjoy riding motorcycles. They have been married for over 20 years and are proud parents of two active college students. Walker has been previously involved in multiple organizations including the Menifee Valley Chamber of Commerce, Boys and Girls Club, Lions Club, and others.

Terrye Whitaker (School Board): Whitaker has a bachelor’s degree in education. She moved to Knoxville in 1981. Whitaker has worked for the University of Tennessee and has served as a substitute teacher with the district. Whitaker’s daughter graduated from Farragut High School.

Reservations are available at www.farragutchamber.com > events. Member reservations are \$35, non-member reservations are \$40 and tables of 10 can be reserved for \$350.



Brad Hall
(County Commission)



Dr. S. Arthur Moore
(County Commission)



Toni S. Scott
(County Commission)



Dale Skidmore
(County Commission)



Brian Walker
(County Commission)



Terrye Whitaker
(School Board)

Member Briefs

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

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

Matlock Tire Service & Auto Repair recently celebrated 70 years of business at their annual Christmas Dinner. It was extra special this year as Ms. Jane Matlock was there to be recognized for this landmark. Stop by their store at 10730 Kingston Pike in Knoxville today!

The next ACT test date is February 10th, and it’s time to start preparing! **Calculating Minds** offers ACT math prep. Their tutors are experts on the ACT and will highlight key math concepts for the ACT, provide practice problems, and offer test-taking tips. Email them at calculatingminds@gmail.com or call them at (865) 386-9295 to schedule your student!

The **Children’s Museum of Oak Ridge** International Festival is on February 24th from 10:00 am to 4:00 pm. Tickets will go on sale February 1st. The festival features a variety of world cultures through performances, food, crafts, children’s activities, and more. If you or your company would like to sponsor the festival, contact Executive Director Beth Shea at bshea@childrensmuseumofokridge.org. To participate as a food/craft vendor or performer, contact Education Director Jessica Ordoñez at jordonez@childrensmuseumofokridge.org.

Stay warm this winter by taking advantage of **Pipe Wrench Plumbing, Heating & Cooling’s** FREE onsite estimates for new units and FREE second opinion for HVAC repair and replacement. They offer 0% financing on major HVAC brands you know and trust. Call (865) 248-5111 or book your appointment online today at pipewrench.com. Same-day service is guaranteed, or the visit is FREE!

January is National Financial Wellness Month – a time to prioritize your finances and set yourself up for success for the remainder of the year. Schedule a meeting with **Vantage Point Financial Planning** to review your #longtermgoals and discuss if you’re on track. (865) 212-2376

Daily arrivals of new and gently used items make every visit to the **Knoxville Habitat ReStore** a shopping adventure! Visit them at 1511 Downtown West Blvd. Tuesday – Friday 9:00 am to 6:00 pm and Saturday 9:00 am to 4:00 pm.

This New Year, get involved and stay informed! Subscribe to **Kids First Child Advocacy Center’s** new e-newsletter and be the first to know how you can help victims of child abuse become survivors. Newsletters will feature quarterly updates and event information. Sign up here: <http://eepurl.com/iGtgn0>

The DW Designs is returning to West Knoxville with the launch of its new location in Turkey Creek on January 20th. For nearly 10 years, owner Dan Wilson has been creating/designing original, unique TN-inspired apparel from hats to tees, fleece and more. Stop by their new location on January 20th. 11521 Parkside Dr., Farragut, 37934

Welcome New Members!

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

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

Unique Branded Charging Stations specializes in combining electric vehicle charging stations and your brand. They incorporate your logo and colors into a customizable EV charging unit by making it easy to promote your business with custom graphics and advertising specific to your business. Visit <http://www.QEVCharge.com>



CAJ Cyber Consulting LLC is a cybersecurity firm specializing in Governance, Risk, and Compliance (GRC) programs, with a core focus on Information Security and Business Process Analysis. We bring several years of diverse experience, providing expert services to fortify businesses’ security landscape across a wide range of industries. Visit <https://www.linkedin.com/company/cajcyber>



small businesses and shares the stories of local entrepreneurs, covering the greater Knoxville area with a mailed distribution of 30,000. The magazine targets West Knox, Farragut, Concord, Hardin Valley, Sequoyah Hills, Downtown Knoxville, and 19 upscale lake and golf communities in Loudon in Monroe Counties. To find out how to be featured, visit <https://www.everythingknoxville.com> or call (865) 640-3015.



HomeTrust Bank Bearden Branch bankers strive every day to work with individuals and businesses to help them prepare for what’s next in their financial future. Whether saving for a house, planning for college, or growing a business, their commitment to excellent personal service builds long-standing relationships. Visit <http://htb.com/> or call (865) 684-1001.



Welcome New Members!

New Members

From page 3

Farragut’s newest, luxury community is ready to be your new home! Conveniently located at the intersection of Watt Road and Kingston Pike, Farragut Junction offers residents the benefits of living in one of Tennessee’s most picturesque and sought-after communities around. Enjoy easy access to all that Farragut has to offer. Ready for high-end finishes, spacious apartment homes, and beautiful surroundings? Contact (865) 375-8184 or visit <http://www.farragutjunction.com> and let them know how they can assist you in finding your new home!



e|spaces offers premier office space in Knoxville. Located in the bustling Bearden business district just minutes from downtown and historic Market Square, e|spaces is surrounded by excellent restaurants and



some of the best shopping in Knoxville. Dedicated parking allows easy access and convenience when meeting with clients or team members. With numerous private offices of various capacities, collaborative coworking spaces, and meeting and conference rooms to accommodate up to 25 people. A clientship to e|spaces Knoxville also includes access to other e|spaces locations. Visit <https://espaces.com/locations/office-space-in-knoxville> to learn more about membership options or call (865) 343-0760.

Kelly Bireta is the face behind the piping bag, she always loved creating sweet memories for her family and decided to turn her passion into her occupation. She offers treats produced at a private residence, including business events, birthdays, weddings, showers, baptisms, First Communion, gender reveal, anniversaries, retirement, house warmings and holidays. Call (865) 412-0209 or visit <https://trinitybakingco.com>



Thank You for Renewing Your Membership!

The Farragut/West Knox Chamber thanks these businesses who have renewed their investment in the Chamber as of December 2023. We can 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. We also hope that area residents recognize a business’s commitment to its community when it becomes part of its local chamber of commerce and reward that commitment with its patronage.

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



Knox County Mayor’s Office
Thank you for your Admiral Elite Enterprise Membership!



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Tennessee State Bank – Turkey Creek
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Crushr Knoxville
Farragut Cleaners
Farragut Primary School
Hardin Valley Wealth Management
Holiday Inn Express - Campbell Station
Jet’s Pizza of Farragut
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KEPA Consulting, LLC
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Tennessee Strategies
Tennessee Valley Fair
The Insurance Group
WUOT Radio 91.9fm

Calendar of Events: January/February 2024

Members can quickly RSVP for events in their Member Portal at <http://members.farragutchamber.com/login>. Call (865) 675-7057 or email Suzanne@farragutchamber.com for a link to create your account! Visitors/Guests can register by clicking the links on the Chamber Calendar (www.farragutchamber.com > “Events”) and registering under “Not a member?”.

Tuesdays at the Chamber: FREE Business Mentoring for ANY business with SCORE Greater Knoxville. MUST Email Clifton.Caudill@SCOREvolunteer.org to pre-schedule

Wednesdays at the Chamber: FREE Business ADVISING for ANY business @ Chamber with SBDC. Visit www.tsbdc.org/request-advising/ to pre-schedule

1/25 at 4:30p

Signature Storage at Choto, Johnny Brusco’s New York Style Pizza, and Van Edom’s Wine Bar
1620 Choto Markets Way,
Knoxville 37922

2/8 at 4:30p

Farragut High School Education Foundation
11237 Kingston Pike,
In the Library, Farragut 37934

2/15 at 4p

FWKCC Annual Membership Meeting
Members can register to attend through their portals or by calling (865) 675-7057
Farragut Community Center
239 Jamestowne Blvd.,
Farragut 37934

2/22 at 8a

Salon Biyoshi
10412 Kingston Pike,
Suite 10,
Knoxville 37922

2/29 at 4:30p

ADS Phoenix
4624 Chambliss Ave.,
Knoxville 37919

Would your business love to host one of our popular weekly networkings?

Members can do just that!

Call us at (865) 675-7057
to learn more or to book for the 2024 year!

